

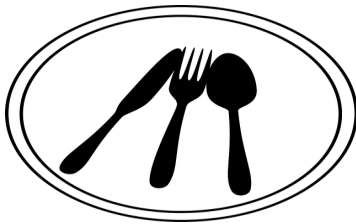


**TRURO COUNCIL ON AGING
JANUARY 2016
NEWSLETTER**

**7 Standish Way, N. Truro
508-487-2462 www.truro-ma.gov/coa**

MISSION STATEMENT

The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.



Cooking for One Class with Heather Bailey

It can be a real challenge adjusting to cooking for just yourself, especially when it is so easy to heat up a can of soup or microwave a frozen dinner, often with not much difference in cost. However the cost is hidden in the fact that most processed foods are harmful to our health with high doses of sodium and chemical additives and preservatives. Focus will be placed on keen menu planning to ensure you use up the perishable foods you have purchased in a variety of simple and healthful preparations.

Please join us for our first class on Wednesdays, at 11:00 am January 13 , January 20, and January 27

RSVP by January 8- \$.500 per class

**FIRE
SAFETY**

REMEMBER WHEN:

A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

TUESDAY, JANUARY 26

1:30 PM

TRURO COA ACTIVITIES ROOM

Please join us to learn sixteen key safety messages-eight fire and eight fall prevention-developed by experts from national and local safety organizations as well as through focus groups testing in high-fire-risk states.

- Door prizes
- Trivia Game
- Refreshments
- Voluntary Home Inspection



SHINE NEWS...**2016 Medicare Part B Premium**

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare.

Most people who had their Part B premium deducted from their Social Security check last year will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$121.80 per month.

There are exceptions based on income. Those with incomes higher than \$85,000 per year (\$170,000 for a couple) will have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level.

People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare and will screen you for programs that offer assistance. Please call the Senior Center to schedule a SHINE appointment.

NEW YEAR'S RESOLUTIONS- TIPS FOR BECOMING MORE PHYSICALLY ACTIVE

- Work out with a friend or a group- you are more likely to stick with it if other people are counting on you to show up
- Track your progress-write down what you have done in a calendar or a journal
- Make it part of your regular routine, schedule it- exercise should be part of your regular routine, just like brushing your teeth
- Listening to music can help you to exercise longer
- Exercising in the morning makes it easier to stick with your plan
- Set a goal
- Pick something that is **fun** for you
- Try new things to keep it interesting
- Reward yourself for sticking to your plan
- Help a beginner get started
- Realize that set-backs are part of life, and you can get back to your routine, a few days or even weeks off isn't the end of the world
- Do something safe for your body, it **shouldn't hurt**
- Don't do too much too soon
- Avoid "all or nothing" thinking, it doesn't have to be 60 minutes, 5-10 minute spurts of activity are okay
- Accept where you are today and work within your abilities
- Don't try to compete with anyone, except the person in the mirror, if you can do a little more than you did last week, then you are successful!

By Kathy Stetson, Physical Therapist, Certified Exercise Physio

BEREAVEMENT SUPPORT GROUP WILL NOW BE OFFERING TWO SESSIONS

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a spouse or partner . The group will be held on **Wednesday, January 13 & 27 from 1:00-2:30 pm** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.

ALZHEIMER'S FAMILY SUPPORT CENTER NEWS**SUPPORT GROUPS AT SEASHORE POINT IN PROVINCETOWN**

Caregivers Support Group (Caregivers need not be living with care recipients in order to attend). Will meet the second and fourth Thursdays of the month 2:00 pm to 3:30 pm.

Support Group for Early Stage Alzheimer's or Mild Cognitive Impairment (MCI) will meet the second Thursday of the month, 10:30 am to 12:00 pm.

These groups are being offered through the Alzheimer's Family Support Center of Cape Cod,

providing free services and support to families dealing with AD and dementia. For more infor-

mation please call 508-737-9452. If your need for help is immediate, please call 508-737-7934

Pain Medications and Older Adults

Almost daily we open the newspaper and read about the opiate epidemic that is hitting not only the cape but seemingly everywhere. While the focus is often on young adults, older adults are also affected by opiate dependence. It's not unusual for older people to suffer from chronic pain and be prescribed an opiate-based pain medication. As bodies age, we often need lower doses of medications, it takes longer to metabolize them, and we may be taking several drugs which could interact in adverse ways. In addition, if we experience cognitive decline, it is easy to mistakenly take more than the prescribed dose. All this can lead to falls, confusion, dependence, and death. There is some evidence that these sorts of pain meds only reduce pain by about 30% and work less well over time. This means someone may still experience pain while also being dependent on a drug that if they stop taking suddenly can result in extreme and dangerous withdrawal symptoms.

While there is a role for opiates for treating pain (especially short-term extreme pain), they should be prescribed and taken cautiously. Here are some safety guidelines:

- An older person should start with 1/2 or even 1/4 the standard dose.
- Tell your med provider and pharmacist what other meds you are taking and ask if the combination is safe. Ask if it is safe to drink alcohol while on the medication.
- Have a system in place so you know for sure when you have taken it and take only as prescribed. Report all side-effects from taking the medication and from stopping it.
- If the pain is chronic and may not be resolved, ask about a long-term pain management program. This may include physical therapy, exercise, stress management, weight loss, or other behavioral approaches.
- Be realistic about pain management; it may not be possible to eliminate all the pain.
- If you're on pain meds for more than 2-3 weeks, ask for a plan for tapering the meds rather than stopping all at once. Keep these meds in a secure location where others can't get them easily.

It can feel difficult to question your med provider. We don't want to offend them and we want to assume they know what is best, but providers are only human. They do not and cannot know everything, and are often seeing numerous patients and may not have the time to be as careful as we might like. So remember, you are the most important part of your healthcare team. Be Assertive! Ask Questions!

If you're concerned about your dependence on medications, alcohol, or non-prescription drugs, call me at 508-487-2449 x5802 for an appointment or a referral.

Georgia Neill, Gosnold

PLEASE NOTE:
OUR WEEKLY WEIGHT LOSS SUPPORT GROUP
HAS BEEN CANCELLED
UNTIL FURTHER NOTICE.

Tai Chi & Chi Kung Classes at the COA

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental, physical balance and general well being, with an emphasis on “mindfulness”-remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, Tai Chi, Chi Kung, and meditation for seven years on Cape Cod.

Wednesday mornings 8:30 am—9:30 am \$5.00 per class

WOMEN’S REFLECTIONS

Come to explore or discover your own path, direction, and purpose through spirituality. Spirituality is found through different forms of expressions. A walk in the woods, music, conversation, readings, kindnesses, meditation, gardening, even doing the dishes. This would be an opportunity to share your own sacred journey, a time to be quiet, reflect, listen and learn from other’s experience of their own practice. Together we will discover new paths.

Join us on Tuesday evenings, 6:30 pm at the Council on Aging and bring a friend! For more information please call Carol Bishop, 508-487-0014.

HOW TO GET MORE PHYSICALLY ACTIVE

- Check your local council on aging and adult education for programs
- Check out local free walking groups
- Many pools offer programs to the community for swimming and water aerobics
- Find an exercise buddy
- Biking: stationary, road bike or 3 wheeler
- Mind-body exercises such as yoga or tai chi
- Dancing
- Strength training
- Exercise videos you can do at home
- Pilates
- Golf
- Tennis
- Pickle ball
- Aerobics
- Rowing, canoeing, kayaking
- Gardening
- Walk more when doing errands

By Kathy Stetson, Physical Therapist, Certified Exercise Physio



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

January 8th "Absolute Certainty" by Rose Conners

February 12th "A Beautiful Place" by Phillip Craig

Please feel free to join our Mystery Book Club in the Activities Room of the COA. The books are available at the Truro Public Library. For more information please call Joan Rogers, 508-487-9196.

STORY SWAP

We are fortunate to have our very own Master Storyteller, Dan Lynch, come to the Truro COA to listen and tell stories!! It's a spirited gathering where you will hear folktales and legends, along with the most fascinating and entertaining personal stories told by our attendees! Listen or tell a personal story for the group!!



Please note the change of day! Wednesday, at 11:00 am, COA

****The Third Wednesday of the Month at 11:00 am, Truro COA**

Are you interested in playing MAHJONGG?

Please join us in the Conference Room at the COA every

THURSDAY from 1:00 pm to 4:00 pm

**PLEASE JOIN US FOR COFFEE AND CONVERSATION
AT THE COA**

WEDNESDAYS 10:00 am

Free coffee and treats



IN MEMORIAM

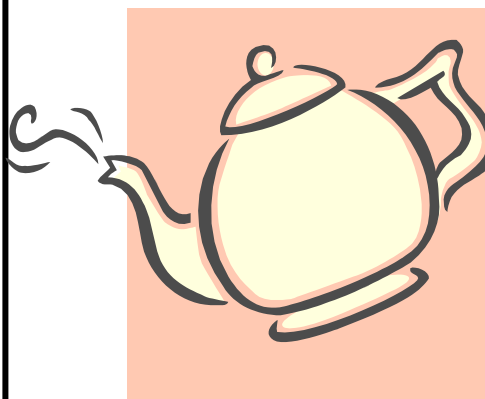
JOANNE YAREMKO

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



Fuel Assistance

LIHEAP is the **Low Income Home Energy Assistance Program** that is commonly referred to as **Fuel Assistance**. It is a government program that provides eligible households with help in paying a portion of winter heating bills. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Annual Income. If you rent, you may receive fuel assistance even if your heat is included in the rent. The amount you receive depends on your income, your housing status, and your heating costs. You may also be eligible for weatherization services, heating system repairs, discount utility rates, and Citizens Energy heat assistance programs. Once you are found eligible for fuel assistance, your local fuel assistance agency will notify your heating company and pay your benefit directly to them, unless your heat is included in your rent. First-time applicants must apply for fuel assistance in person. In Massachusetts, the eligible income guidelines extend to households with incomes up to \$33,126 for 1 member, up to \$43,319 for 2 members. Please note that on the application, you will need to report all sources of income and assets such as stocks, bonds, dividends, etc. Call Elton (508) 487-2462 X13 to obtain the list of documents needed and to schedule an appointment to apply. You may apply any time during the heating season, which ends April 30, 2016. Households must apply each year, applications are mailed to households after the first year.

WARNING SIGNS OF DEPRESSION

Samaritans Outreach Program – Befriending seniors in need, Strengthening a community that cares. Is it the blues or something more? It's not always easy to tell someone when you're experiencing difficulties in life. Perhaps this is even more so for the elders in our community – a proud, independent generation who are accustomed to making do on their own. Sometimes all we need is a little extra support. Did you know that 10% of American adults age 65 and older have a diagnosable depressive disorder? Did you know that 50% of Americans with a depressive disorder don't seek help or treatment? These statistics show how important it is to take care of ourselves and each other. The Samaritans on Cape Cod and the Islands offers the outreach program where they are matched with a volunteer who will call them once a week to connect and check-in, simply a caring voice to listen with compassion and empathy. Conversations are confidential, and provide a safe place for you to talk about whatever is troubling you most without any fear of judgment or repercussion. To learn about resources and supports that is available

Call (508) 548-8900 or 1-800-893-9900



SNOW SEASON - It is hard to believe, but the winter snow season is here. Let's hope this winter won't be as difficult as some. However, just in case, we are strongly encouraging all elders to be as proactive as possible. We urge you to line up a snow plowing service you can depend on in a snow emergency. Also, please verify that this service can shovel your walkway. We want you to be able to safely leave your home. Also, it is important that such services as the Visiting Nurse and Meals on Wheels be able to access your home. We know of no service that does plowing or shoveling free of charge. For help making a plan, please call our Outreach & Resource Coordinator, Elton Cutler.

Elder Services of Cape Cod & the Islands—Protective Services — What is Elder Abuse and Self Neglect? Massachusetts law (M.G.L. Chapter 19A) defines elder abuse as an act or omission which results in a serious physical or emotional injury to an elderly person; or is the failure, inability or resistance of an elderly person to provide for himself or herself one or more of the necessities essential for physical and emotional well-being without which the elderly person would be unable to safely remain in the community. How do I report elder abuse or self neglect? **Call Elder Services from 9:00 am to 5:00 pm on weekdays at (508) 394-4630 or 1-800-244-4630. At all other times call the Elder Abuse HOTLINE at 1-800-922-2275.** Who is protected? Anyone sixty years of age or older living in the community who has suffered harm from a family member, friend, neighbor, or caretaker is protected under the law. More information is available at <http://www.escci.org>

PROPERTY TAXES TOO HIGH?

**HELP IS AVAILABLE FOR
ELDERLY AND DISABLED TRU-
RO PROPERTY OWNERS . YOU
COULD BE ELIGIBLE FOR HELP
WITH PAYING FISCAL YEAR
2016 PROPERTY TAXES
THROUGH THE
TRURO TAXATION AID FUND**

Applications available at the Truro
Town Hall, Truro Public Library and the
Council on Aging

For further information, contact Truro
Town Hall , the Council on Aging or
online at:

Truro-ma.gov

click on:

“Boards and Committees”

**WHITE LINE BLOCK PRINT OPEN
STUDIO**

Fridays 1:30-3:30

White-Line Block prints were developed in Provincetown by B.J.O. Nordfeldt in 1916 and became known as the Provincetown Print. The whole image is drawn on and printed from one woodblock rather than a series of blocks for each color change. The popular method was practiced by many other artists through the years and continues to be popular today.

**Join Pat Canavari and Joan Rogers at
the Truro COA and bring a new project
or work on a print in progress!**

**MEN'S WORKOUT CONTINUES**

The Men's Workout program will continue to meet weekly, on Tuesdays from 10:45 to 11:45. This free class is a blend of strength, flexibility, agility and balance geared specifically to the needs of men. If you have any questions, please call instructor Kathy Stetson at 508-397-5324

WHAT'S COOKING AT THE COA CAFÉ

TUESDAYS 12:30 PM

COA CAFE

January 5th

Coconut Curry Shrimp and Vegetables

Served over Almond Rice Pilaf

Soup: Split Pea

January 12th

Cod Piccata with Herbed Mashed Potatoes

Roasted Mediterranean Vegetables

Soup: Portuguese Kale

January 19th

Chicken Parmesan

Caesar Salad and Garlic Bread

Soup: Winter Bisque

January 26th

Chicken Marsala with Herbed Polenta and

Sauteed Winter Greens

Soup: Mushroom Barley

Soup \$4.00 pint

Please call and make a reservation on Mondays by 12:00 pm

508-487-2462 ext. 10

Meals include: coffee, tea, juice and dessert

\$7.50 per person



JANUARY

2016

Mon	Tue	Wed	Thu	Fri
Art Gallery Opening Richard Hopkin 2:00-4:00 pm				1 COA CLOSED HOLIDAY
4 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	5 COA CAFÉ 12:30 Men's Exercise Class 10:45- Women's Reflections 6:30	6 Tai Chi 8:30 Strength Training 9:00- Coffee Hour 10:00	7 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	8 Strength Training 9:00-10:00 Mystery Book Club 12:30 White Line Class 1:30—3:30
11 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	12 COA CAFE 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	13 Tai Chi 8:30 Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Bereavement 1-2:30 Cooking For One 11:00 Legal Assistance (By Appointment)	14 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	15 Strength Training 9:00-10:00 White Line Class 1:30—3:30
18 COA CLOSED MARTIN LUTHER KING DAY	19 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	20 Tai Chi 8:30 Strength Training 9:00-10 Coffee Hour 10:00 Cooking For One 11:00 Story Swap 11:00	21 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	22 Strength Training 9:00-10:00 Dr. Campo, Podiatrist <i>(by appointment)</i> White Line Class 1:30—3:30
25 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	26 COA CAFÉ 12:30 Men's Exercise Class 10:45 Fire and Fall Pre- vention 1:30 Women's Reflections 6:30	27 Tai Chi 8:30 Strength Training w/Kathy Stetson 9:00-10 Coffee Hour 10:00 Cooking For One 11:00 Bereavement 1-2:30	28 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	29 Strength Training 9:00-10:00 White Line Class 1:30—3:30

RICHARD HOPKINS
PHOTOGRAPHY EXHIBIT

After thirty-five years of photography on Cape Cod, Richard Hopkins is having a show of his photographs at the Truro Council on Aging January 3 through February 3, 2016. The opening reception is Sunday, January 3, 2-4 pm. Seeing him with his camera at innumerable art gallery or museum events and music performances, people for years have asked Richard when he was going to have a show. So this is it.

In 2007 Richard switched from film to digital photography. This show is a selection of photos on Cape Cod of people and of landscapes. And Richard wishes to express his appreciation of the artists, musicians, art and music fans, and bystanders who have encouraged (or at least tolerated) his taking photographs.



(The captions for the photo is: 1st, "Ray Nolin at FAWC (5/16/09)"

The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions to help defray vehicle costs to the town are appreciated. We strive to accommodate the most riders in an efficient manner.

REMINDER

We need the following information from you when requesting a ride from the COA:

MEDICAL FACILITY NAME

MEDICAL FACILITY ADDRESS

MEDICAL FACILITY PHONE NUMBER

ESTIMATED DURATION OF APPOINTMENT

**YOU MUST HAVE A COMPANION
ACCOMPANY YOU IF YOU'RE HAVING
A PROCEDURE**

We must have at least 24 hours' notice to schedule transportation

INCLEMENT WEATHER POLICY

We do not offer transportation if the Truro Central School or the Truro Town Offices are closed or if the COA Director is advised that the roads are unsafe. Remember that in the event of snow, your driveway and walkway must be accessible or we cannot transport.

***PLEASE NOTE***

We currently do not have the use of our Ford Flex station wagon. All transportation will be provided in the wheelchair accessible bus until further notice. The schedule of transport has had to be changed for this reason. Monday, Wednesday and Friday we will transport to Hyannis if there is a driver available. We will be able to drop clients off for appointments along the way, but you will have to wait for the bus to return from Hyannis for your trip home. To better accommodate everyone and minimize wait times, appointments **MUST** be between 10AM and 1PM. There will be **NO** exceptions. We are sorry for any inconvenience this may cause. There is alternative transportation offered by the Cape Cod Regional Transit Authority, the American Cancer Society, Helping our Women and the Veterans Administration. Please call Margie at extension 20 for further details on these rides.

**TRURO COUNCIL ON AG-
ING**

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

FRIENDS OF THE TRURO COUNCIL ON AGING MEMBERS

Diane Rose, President; , Bill Worthington, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Lucie Grozier, Martha Ingram, Brian Trainor and Jeanne Foulke.

Council on Aging Officers: Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Beth O'Rourke, Secretary, Alternate. Board Members: John Thornley,, Stephen Royka, Joan Holt, Martha Ingram, Joan Moriarty, Bernard Robbins, Claudia Tuckey, Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; Elton Cutler, Outreach and Resource Coordinator; Mary Ellen Duart, Office Assistant; James Paul Ludwig, Web Master; and Nancy Braun, Jim Downey, David Peterman, & Rich Tuden, Van Drivers.

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to our newsletter helpers for their invaluable help with the bulk mailing.