



TRURO COUNCIL ON AGING
JANUARY 2017
NEWSLETTER
7 Standish Way, N. Truro
508-487-2462 www.truro-ma.gov/coa



Truro Central School Holiday Carolers visited us at the COA!!

**THE AARP FOUNDATION TAX-AIDE PROGRAM
WILL BEGIN IN FEBRUARY**

- Call our office assistant, Mary Ellen in order to be placed on an appointment list and we will schedule your appointment in February.
- We can mail, email or you may drop by to pick up:
 1. Special Intake Form
 2. Check list of items to bring to your appointment including bringing your 2015 tax return to your scheduled appointment

*****Please Note: *Truro Residents will be given priority***



INCLEMENT WEATHER POLICY

If the Truro Central School is closed, the Truro COA activities and programs (including transportation) are **CANCELLED**. However, the COA building will remain open, and the COA staff will report unless town offices are closed.

P.A.C.E. HAS A NEW NAME!!! MOVE AND STRETCH!

The **Thursday 12:30** class has a new name for the New Year- "Move and Stretch". This is a gentle, chair-based class: no impact, no strain, no pain, no weights.....no kidding. What we do is movement, stretching, balance and posture. This class is not strenuous, but you will feel the benefits. I hope that the new name gives a better sense of what the class is all about. It's time for resolutions, if yours is to begin exercising, then come on down to the COA and Move and Stretch, you'll be glad you did. If you have any questions about the class, please feel free to call me at 508-397-5324 or e-mail at kathystetson@verizon.net.

Thank You!

Thank you to the following businesses and non-profits for all of the donations during the holidays:

Provincetown Lions Club, Rotary Club, Dexter Keezer Fund, Home Instead Senior Care, Friends of the Truro Public Library, the Truro Police Department and the Lower Cape Outreach Council.

Behavioral Health Column

I want to take this time to let you all know about an exciting new group that Gosnold will be holding for the Lower Cape. The **Reaching Out** Group is a weekly support group for those affected by someone else's addiction or substance abuse. That someone else might be a friend, significant other, or family member. The groups are designed to assist family and friends with understanding and navigating every aspect of addiction treatment and recovery, through education, intervention, and peer support. The trained facilitator will work with group members to support them in coping with all the feelings that can arise when someone you love is in the grips of an addiction, and will help group members develop the skills necessary to motivate a loved one to engage in treatment and recovery. The group sessions are provided at **no cost** and group members are welcome to come weekly or drop in now and then. We have been holding these groups at other areas on the Cape and the participants are finding the peer support extremely helpful. Having a loved one in the grips of substance abuse can be a scary, lonely, and overwhelming experience; you don't have to go through it alone.

The group sessions, facilitated by Dawn White, LCSW, are held:

Thursday evenings from 6:30 to 8:00 at the Wellfleet Council on Aging
715 Old King's Highway
Wellfleet

For more information, feel free to contact either 844-558-4357 (HELP) or 508-487-2449.

If you feel you need more individual support to cope with a loved one's addiction or substance abuse, please call the Gosnold Provincetown office at 508-487-2449 or the Orleans office at 508-255-3584 for a confidential appointment.

Georgia Neill, LICSW

BEREAVEMENT SUPPORT GROUP

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 11 & 25, 1:-2:30 pm** 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.

Do You or Someone Who Lives With You Have A Disability?

If an emergency arises at your home and you call 9-1-1, your call is answered at the Truro Police Department's 9-1-1 system which automatically displays your name, address and telephone number on the dispatcher's screen. **At your request**, codes will be displayed on the dispatcher's screen that will identify the disability code that you or someone living with you at your address. These codes will help the dispatcher at the Truro Public Safety Facility communicate with the caller and provide useful information to the police or fire/rescue department to prepare for your emergency.

Who will know this information?

The information is confidential and will **only** appear at the dispatcher's location when a 9-1-1 call originates from **your** address.

How Do I sign up for this program?

If you would like the Truro Police and Fire Departments or other emergency agency to know about your condition when you call 9-1-1 in an emergency. **Please contact Jackie Mastrianna at the Truro Police Department (508) 487-8730 for more information.**

MEN'S WORKOUT

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



FREE SMOKE DETECTORS

The detectors will be available to Truro Senior Citizens in need of new or a replacement of non-working battery operated detectors only, **Not compatible with hardwired detectors.**

Please call Elton Cutler at the Truro COA if you have any questions or would like to set up a date and time for your detector to be installed, 508-487-2462 Press Option 3



TRURO COA'S MEMOIRS PROGRAM

Our Memoirs program meets regularly Monday morning from 10:30-12:30, year-round. Mentor Rosalind Pace has been conducting Memoirs in Truro since 1988. Participants work on writing their life stories, sharing them with each other and the community. Memoirs is funded by a grant from Truro Treasures.

Please feel free to join us!

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.

**CHAIR MASSAGE FOR SENIORS**

Mondays at 10:15 am

Taught by Janis Sommers, LMT

Join Janis Sommers, LMT for a hands on and instructive workshop in massage for Seniors.

Janis, a Truro year round resident, is professional, licensed and has over twenty years experience providing hands on therapeutic massage services to people of all ages and health conditions. She believes safe touch is essential to us throughout life and as we age, we receive less and less of this gentle interaction with others. Her goals with this workshop are, 1. to reintroduce safe, gentle touch as one method of creating a healthier life as we age, and 2. Provide participants with easy methods of massage that can be applied at home, on the self or on another.

During the hour current research findings in massage for Seniors will be presented, but most of the time will be spent massaging. Come alone, bring a friend. Care Givers are especially encouraged to attend. No one should stay home because they don't think they can do this, or suffers the belief that touch is not important. Attend, and surprise yourself! Dress in loose fitting clothes. Janis invites anyone with concerns about their ability to participate to call her at [774-722-9717](tel:774-722-9717) or email her at: janiso2642@gmail.com

Can I change my Medicare Plan after Open Enrollment?

Even though Medicare's Annual Open Enrollment ended on 12/7/2016 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan –Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is January 1 –March 31 with an effective date of July 1st. Please call or visit your local Social Security office.

For those with a Medicare Advantage Plan (HMO or PPO): Between **January 1st and February 14th**, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan).

For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment.

Five Star Special Enrollment Period (SEP)- You can join a 5 Star Part D drug plan or a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare (all Tufts Medicare Advantage HMO plans, Blue Cross Blue Shield Medicare Advantage HMO plans and Blue Cross Blue Shield Part D plans).

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. Please call the senior center to make an appointment with a SHINE counselor.



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

January 20 'Maigret on the Riviera' by Georges Simenon

February 17 "Clouds of Witness" by Dorothy L. Sayers

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.

Chi Kung Classes at the COA

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

This class combines the slow movements of 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, Ellen Anthony, has been teaching Chi Kung, for several years on Cape Cod.

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**



LINE DANCING AT THE COA

TUESDAYS at 10:30 AM

Have fun learning basic line dances to a variety of popular music!

Julie Rich, is a certified dance instructor and is currently teaching Zumba, Zumba Gold, Seated Zumba at various senior centers and community centers on Cape Cod and is looking forward to sharing her love of dance with us.

Please wear comfortable shoes/sneakers and don't forget your water bottle!

Please pre-register by calling the COA 508-487-2462

IN MEMORIAM

Alice N. Furlaud

Richard T. Marr



TEA IS SERVED!!

**COME AND JOIN US ON THURSDAYS AT
1:30 pm in the Activities Room**



Medicare Open Enrollment ended on December 7th

What if I still have a problem?

“My Medicare drug plan is too expensive! Can I still change my Plan?”

If you have a Medicare Advantage Plan:

between January 1 and February 14, you can leave your plan and switch to Original Medicare (A & B), but you cannot switch to another Medicare Advantage Plan. However, you can join a Medicare Prescription Drug Plan and a supplement or “Medigap” Plan.

If you have Prescription Advantage you can change your drug plan one time per year.

If you have “Extra Help” to pay for prescription drugs or MassHealth, you can change every month.

“My new plan doesn’t cover one of my medications!” You are entitled to a “transition supply” -- a one month (30-day) refill.

In the meantime, call your doctor to change medications. Use the new plan’s drug formulary to choose a medication that is on the list...(or you could change plans. See above.)

“My generic medication is now a Tier 4 and costs a lot more!”

Ask your doctor to contact the plan to request the previous Tier co-pay amount. (Or you could change plans. See above)

For these and other questions about your options call - Elton Cutler (508) 487-2462,

Certified SHINE Counselor (Serving Health Insurance Needs of Everyone...on Medicare) Our health benefits counselor offers free, confidential counseling on all aspects of health insurance.

SHINE is funded by the Federal Administration on Community Living and is managed by the Executive Office of Elder Affairs in coordination with local organizations, such as the Truro Council on Aging.

Preventing Dehydration- Mayo Clinic 2016

As we age, proneness to dehydration increases in part because the sensation of thirst declines.

Thus, older adults may need to be sure they are getting adequate fluids. This may include having set times to have a drink, keeping a daily drink log or making sure to have enjoyable drinks within reach. Extra hydration may be needed during the following situations:

- During an illness- vomiting or diarrhea can quickly lead to serious dehydration. Other symptoms may include fever, nausea, and a sore throat causing us not to feel well enough to get up a get a drink.
- Having a chronic disease- like untreated or under treated diabetes can cause increases in urination thus fluid loss. Kidney disease and heart failure also can lead to dehydration. Urinary incontinence could prompt you to drink less to avoid going to the bathroom so often or to avoid embarrassing accidents.
- Taking certain medications- these include laxatives and blood pressure drugs that decrease body fluid.
- In certain environments- being at a higher altitude or in a hot, humid environment can increase your rate of fluid loss. Sweating from exertion also can cause fluid loss.

The effects of dehydration can cause fatigue, high blood pressure, cardiac arrhythmias, asthma and allergies, high cholesterol, digestive disorders, skin disorders and even cancer.

To maintain hydration, water is the refreshing, zero calorie beverage of choice. Sports drinks or electrolyte solutions may be preferred during prolonged exercise or with vomiting and diarrhea. A simple plan of two 8 oz. glasses of water before each meal according to a 2010 study published in the journal of the dietetic association, can keep you hydrated, and help take weight off.

Happy and Healthy New Years!

Charles Altieri, RN and Truro Town Nurse from the Visiting Nurses Association

TRURO REAL ESTATE EXEMPTIONS

The Town of Truro offers several Real Estate tax exemptions. All exemptions require that the property be the applicant's domicile (i.e., primary residence). Some of those exemptions are as follows:

Elderly Persons (Clause 41C): The applicant must be at least 65 years old and must meet certain ownership, residency and income and asset limit requirements. The amount of the exemption is \$1000.

Surviving Spouse, Minor Child or Elderly Person (Clause 17D): The applicant must be either (1) a surviving spouse or minor child; or (2) a person who is at least 70 years old and must meet certain ownership, residency and asset limit requirements. The amount of the exemption (which changes yearly) is currently \$239.78.

Blind Persons (Clause 37A): The applicant must (1) be the owner of the property and (2) provide a certificate from the Massachusetts Commission for the Blind. The amount of the exemption is \$500.

Veterans (Clause 22): The applicant must be a (1) veteran who has a service-connected disability of at least 10% or has been awarded a Purple Heart; or (2) the parent of a serviceman who lost his or her life during wartime. There is also a one-year Massachusetts residency requirement. The amount of the exemption ranges from \$400 to \$1500. There is also an exemption of the entire real estate tax for paraplegic veterans (or their surviving spouse) and for the surviving spouse of a serviceman who dies as a result of a combat injury or disease.

Age, Infirmary and Poverty (Clause 18): The applicant must be at least 65 years old and be able to document medical and financial hardship. Determination of eligibility is solely at the discretion of the Board of Assessors.

Tax Deferral (Clause 41A): Although not an exemption, this allows a property owner who is at least 65 years old and whose annual income is \$40,000 or less to defer any or all of the real estate tax until the property is sold or transferred or until the death of the owner, whichever occurs first. The applicant must meet certain ownership and residency requirements. A lien is placed on the property for the amount of the deferred tax plus 4% interest.

The Assessor's Office is available Monday through Friday from 8 a.m. to 4 p.m. to answer any questions about these exemptions or provide any assistance with the application process. Please come in to the office at the Town Hall or call them at 508-349-7004, Ext. 17.

OUR MENU FOR JANUARY

January 3rd

Coconut Curry Chicken and Vegetables

Almond Rice Pilaf

Soup: Coconut Curry Sweet Potato

January 10th

Cod Piccata with Herbed Mashed Potatoes

Roasted Mediterranean Vegetables

Soup: Portuguese Kale

January 17th

Lazy Sausage and Spinach Lasagna

Caesar Salad

Soup: Corn Chowder

January 24th

Chicken Marsala with Herbed Polenta

Winter Greens

Soup: Winter Bisque

- **Please call and make your reservations (s) on Mondays by 12:00 pm.**
- **508-487-2462, ext. 310**
- **Meals include: coffee, tea, juice and dessert**
- **To Go Soup is \$4.00 pint**



JANUARY

HAPPY★NEW★YEAR

2017

Mon	Tue	Wed	Thu	Fri
2 COA CLOSED	3 COA CAFÉ 12:30 Line Dancing 10:30 Men's Exercise Class 10:45 Women's Reflections 6:30	4 Chi Kung 8:30 Strength Training 9:00-10 Coffee Hour 10:00 Adult Coloring Class 10:00	5 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	6 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
9 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15	10 COA Board Meeting 10:00 Men's Exercise Class 10:45- COA CAFÉ 12:30 Women's Reflections 6:30	11 Chi Kung 8:30 Strength Training w/ Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30 Free Legal Assistance (By Appointment Only)	12 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	13 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
16 MARTIN LUTHER KING DAY COA CLOSED	17 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	18 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Story Swap 11:00	19 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	20 Dr. Campo –Podiatrist (By Appointment Only) 8:30 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Open Studio 1:30-3:30
23 Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group 10:30	24 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	25 Chi Kung 8:30 Strength Training w/ Kathy Stetson 9:00-10 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30	26 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	27 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
30 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15	31 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30		OUTER CAPE WHITE LINE PRINTMAKERS ART GALLERY OPEINING SUNDAY, JANUARY 8	

Art Opening Sunday January 8, 2017 2-4 pm

Winter Exhibition

Outer Cape White-line Printmakers

Truro Council on Aging



Please join us!

Exhibition through January 2017

The Outer Cape White-line Printmakers started out as a series of workshop that evolved from a demonstration of white-line block printing at a Truro Group exhibition. The series of workshops were so popular participants decided to meet on Friday afternoons at the Truro COA as an open studio. We are still going strong after 3 years.



OUTER CAPE WHITE LINE PRINTMAKERS OPEN STUDIO

MEETS ON FRIDAYS FROM 1:30-3:30 in Activities Room at the COA



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

The Truro Council on Aging van transportation services are for Truro residents age 60 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 are appreciated to help defray the vehicle costs to the town. The service is available based on rider need and scheduling

VOLUNTARY CONTRIBUTION SCHEDULE

Truro	\$3.00
Provincetown/Wellfleet	\$4.00
Orleans	\$6.00
Chatham/Brewster	\$7.00
Harwich/Dennis	\$8.00



**WE NEED THE FOLLOWING INFORMATION
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 HAVING A PROCEDURE**

REMEMBER

WE MUST HAVE

**AT LEAST 24 HOURS' NOTICE TO
SCHEDULE TRANSPORTATION**

Please have the following information when requesting a ride:

Medical facility name, address and phone number

Appointment time and duration of appointment

If you are having a procedure, you need to have a friend or relative accompany you

Please give us a minimum of 48 hours' notice when scheduling an appointment

TRURO COUNCIL ON AG-
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P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

The Transfer Station will be closed Wednesday and Thursday until April 30th, 2017. The Transfer Station will also be closed on the following holidays:

****Thanksgiving Day, Christmas Day, Martin Luther King Day, President's Day, Patriot's Day, and Columbus Day.**

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 com-

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, Brian Trainor and Ed Yaconetti. Jim Brown.

Council on Aging Officers: Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Joan Moriarty Secretary, Board Members: John Thornley, Stephen Royka, Joan Holt, Claudia Tuckey, Hannah Shrand, Marla Perkel, Susan Grace. **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 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.