



**TRURO COUNCIL ON AGING  
FEBRUARY 2016  
NEWSLETTER**

**7 Standish Way, N. Truro  
508-487-2462      [www.truro-ma.gov/coa](http://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.

**IT'S TIME TO SCHEDULE AN  
APPOINTMENT TO FILE YOUR  
2015 INCOME TAXES!**

AARP Foundation Tax-Aide program is the largest volunteer run tax assistance and preparation service. Our volunteers will be here beginning **Tuesday, February 16th.**

You must have a scheduled appointment. Please call Mary Ellen at #508-487-2462, ext. 10. You will be mailed an In-Take Form and a Checklist of items prior to your appointment that you must bring with you to your appointment.



**FIRE  
SAFETY**

**REMEMBER WHEN:**

**A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS**

**TUESDAY, FEBRUARY 23rd**

**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. Please RSVP for this class.

- 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.

**MORE SHINE NEWS...****Can I change my Medicare Plan after Open Enrollment?**

**Even though Medicare's Annual Open Enrollment ended on 12/7/2015 (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.

**For those with a Medicare Advantage Plan (HMO or PPO):** Between **January 1<sup>st</sup> and February 14<sup>th</sup>**, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You cannot switch to another Medicare Advantage Plan during this time. You will be able to join a Medicare Prescription Drug Plan (Part D) to add drug coverage. You may also add a Medicare Supplement (Medigap Plan) at this time.

**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.

**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.

**Would you like to be a SHINE Counselor?** If becoming a SHINE volunteer interests you, please call Sheila Curtis, Regional SHINE Manager for Cape and the Islands, at 508-375-6762. The training will begin in April and consists of 12 full days- 2 days per week. You will learn all about Medicare, MassHealth and other public assistance programs. You will be required to pass a certification exam at the end of the training, attend monthly meetings and volunteer at least 4 hours per week.

**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. We are happy to talk with you at any time of the year. We can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. We may also be able to save you money through public assistance programs. Call the senior center to make an appointment with a SHINE counselor.

**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 February 10th and 24th, 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 information please call 508-737-9452. If your need for help is immediate, please call 508-737-7934**

**SAVE THE DATE****SATURDAY, MAY 14, 2016****For**

**LIVE YOUR LIFE WELL! A half day workshop presenting tips on how to stay mentally and emotionally fit. Watch for more information in next month's newsletter.**

**Payomet Circus presents****Juggling and Object Manipulation****featuring Trevor the Juggler!****Beginning Monday, February 1 at 11:00 am Truro Community Center**

This program will accommodate both beginners and those with some experience. We'll cover spinning, rolling, balance, bounce, and other fun styles of object manipulation in addition to the standard toss juggling. Did you know that juggling has been proven to increase the amount of gray matter in the brain? Research also suggests it may prevent Alzheimer's disease. In addition to being a great choice for brain fitness, juggling burns calories, tones the body, strengthens the core, and improves general coordination.

**Please RSVP by calling, #508-487-2462****Fee: "Pay What You Can" offering**

**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.

**WINTER FALL PREVENTION**

It’s that time of year again; ice and snow can descend upon us, leaving slippery steps and driveways. Unfortunately, slips and falls often result in fractures or other injuries. As the saying goes, an ounce of prevention is worth a pound of cure. Here are several tips from Denver Health, Beth Israel and my personal experience of winter in New England:

- Plan ahead; try to do errands and outings when the weather is fair. Avoid going out when possible if snow is falling
- Allow plenty of time; you are much more likely to fall if you are rushing
- Look for the safest path, check sidewalks, steps and building entryways to see if they have been shoveled and treated with ice-melt.
- Choose shoes or boots with the best traction. If you do a lot of outdoor activity in the winter, consider Yak-Trax ice grippers or similar products- they can be worn over your boots, sort of like putting chains on car tires.
- Keep your vision sharp; you are more likely to fall if you can’t see patches of ice and other hazards. Get your eyes checked regularly and wear your glasses or contacts when outdoors.
- Walk like a penguin- take short, shuffling steps, and keep your feet as flat as possible. It is also helpful to bend your knees slightly as you walk.
- Don’t put your hands in your pockets, use gloves or mittens to keep them warm. Then your arms are free to help you balance.
- Watch out for wet floors when you are indoors from melting snow and ice.

Improve your balance- the best way to do this is through exercise: strength training, balance activities, yoga, tai chi and dance based classes like Zumba- you can find all of these at the Truro Community Center, so come on down!

By Kathy Stetson, Certified Exercise Physiologist, Physical Therapist

**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



**MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm**

**February 12th "A Beautiful Place" by Phillip Craig**

**March 11th "the Face on the Wall" by Jane Langton**

**April 8th "The Girl on the Train" by Paula Hawkins**

**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**

**Caroline R. Herron**

**Mary-Kevin Shenk**

**Elizabeth Sturdy**

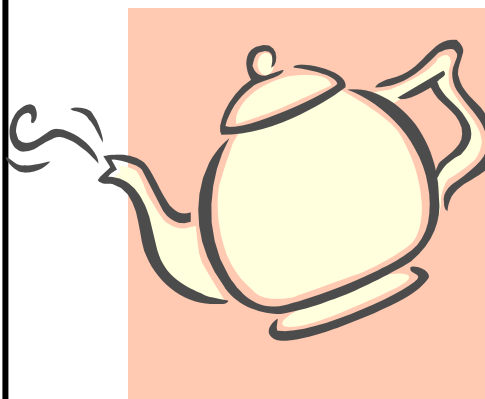
**Albert Tinkham**

**TEA IS SERVED!!**

**COME AND JOIN US ON THURSDAYS**

**AT**

**1:30 pm in the Activities Room**





**DEPARTMENT OF VETERAN'S SERVICES**

**TRURO VETERANS & WIDOW(ER)S** - You MAY be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES and possibly additional FINANCIAL ASSISTANCE through Massachusetts Chapter 115

- Single: Income is below \$1,915/mo & assets less than \$3,200
- Couple: Combined income is below \$2,585/mo & assets less than \$7,000

For information about Chapter 115 Benefits or to schedule an appointment, contact Veteran's Service Officer - Robert M. Schultz (508) 487-7099 or Toll Free 1-888-778-8701



**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. 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.

Contact Elton (508) 487-2462 X13 to obtain the list of documents needed and to schedule an appointment to apply.



**SAFETY TIPS FOR YOU AND YOUR PET DURING WINTER**

"Have your chimney flue checked for any buildup of creosote and cleaned if necessary to lessen the risk of fire.

"Install storm windows or cover windows with plastic from the inside to provide insulation.

"Make sure your home is properly insulated. Caulk and weather-strip doors and windows to keep cold air out.

"To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing.

"Be leery of frozen bodies of water. Always keep your pets on a leash when walking them near suspected frozen bodies of water. The ice may not be sturdy enough to support your pet. If a pet falls through the ice, do not attempt to rescue your pet yourself; call 9-1-1 or go for help.

For more information about winter safety or pet safety visit [www.mass.gov/mema](http://www.mass.gov/mema) and [www.smart-mass.org](http://www.smart-mass.org)



**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, Contact Elton (508) 487-2462 X13

## ~ Winter Checklist ~



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 residents to be as proactive as possible. We urge you to line up a snow plowing service you can depend on in a snow emergency. Here is a checklist to remind you of some important things to consider during the winter season.

	Secure plowing services for your road (if private) and also for your driveway and walkways. If private, reach out to your neighborhood association or formulate one if it has not been established to share the cost of snow removal
	Keep a close watch on oil/propane levels in your home
	Stock up on salt and keep it accessible for placement on walkways and stairs
	Make sure cell phones are charged before a storm in case of a power outage
	Always check outdoor heating vent pipes during snow event to make sure they are not blocked
	Stock up on batteries and flash lights and keep them in an accessible location
	Ensure smoke and CO detectors are in working order and have fresh batteries
	Maintain a minimum half tank of fuel in your vehicle at all times
	Communicate a back-up plan with VNA, Meals on Wheels, or any other service that is provided to you in case of a winter emergency
	If you have a generator, make sure you have fuel and test it before a storm

For help making a plan, please call our Outreach & Resource Coordinator, Elton Cutler.

### Important Numbers

**Truro Police:** 508-487-8730

**Truro Fire:** 508-487-7548



**WHAT'S COOKING AT THE COA CAFÉ**

**TUESDAYS 12:30 PM**

# COA CAFE

**February 2nd**

Roast Pork Loin with a Mango Chutney  
Sauteed Greens & Herbed Mashed Potato and Cauliflower  
Soup: Lentil

**February 9<sup>th</sup>**

Chicken and Shrimp Alfredo and Broccoli over Pasta  
Mixed Greens and Garlic Bread  
Soup: White Bean and Escarole

**February 16<sup>th</sup>**

White Bean and Roasted Garlic Hummus with Crostini  
Chicken Piccata with an Orzo Pilaf and Caesar Salad  
Soup: Tortellini Soup

**February 23<sup>rd</sup>**

Classic Meatloaf  
Roasted Potato Medley and Mixed Greens  
Soup: Tuscan Turkey

**Soup \$4.00 pint**

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

508-487-2462 ext. 10

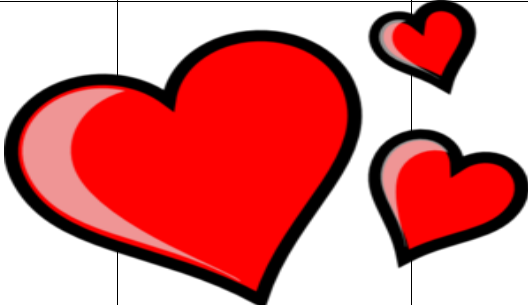
Meals include: coffee, tea, juice and dessert





# FEBRUARY

# 2016

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30 <b>Juggling 11:00</b>	<b>2</b> <b>COA CAFÉ 12:30</b> <b>Men's Exercise Class</b> <b>10:45</b> <b>Women's</b> <b>Reflections 6:30</b>	<b>3</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 Coffee Hour 10:00	<b>4</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>5</b> <b>Strength Training</b> 9:00-10:00  <b>White Line Class</b> <b>1:30—3:30</b>
<b>8</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30  <b>Juggling 11:00</b>	<b>9</b>  <b>COA CAFÉ 12:30</b>  <b>Men's Exercise</b> <b>Class 10:45-</b>  <b>Women's</b> <b>Reflections 6:30</b>	<b>10</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 w/Kathy Stetson  Coffee Hour 10:00  <b>Bereavement</b> <b>1-2:30</b>	<b>11</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>12</b> Strength Training 9:00-10:00  Mystery Book Club 12:30  <b>White Line Class</b> <b>1:30—3:30</b>
<b>15</b>  <b>HOLIDAY</b>  <b>COA CLOSED</b>  <b>PRESIDENT'S DAY</b>	<b>16</b> <b>AARP Taxes Prepared</b> <b>9:00</b> <b>(Appointment only)</b> <b>COA CAFE 12:30</b> <b>Men's Exercise Class</b> <b>10:45</b> <b>CANCELLED</b> <b>Women's</b> <b>Reflections 6:30</b>	<b>17</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00 <b>Bereavement</b> <b>1-2:30</b>  <b>Legal Assistance</b> <b>(By Appointment)</b> <b>CANCELLED</b>	<b>18</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1:00-4 Tea Time 1:30	<b>19</b> <b>Strength Training</b> 9:00-10:00 <b>White Line Class</b> <b>1:30—3:30</b>
<b>22</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30  <b>Juggling 11:00</b>	<b>23</b> <b>COA CAFÉ 12:30</b> <b>Men's Exercise</b> <b>Class 10:45</b> <b>Fire and Fall Pre-</b> <b>vention Safety 1:30</b> <b>Women's</b> <b>Reflections 6:30</b>	<b>24</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 w/Kathy Stetson Coffee Hour 10:00 Story Swap 11:00 <b>Bereavement</b> <b>1-2:30</b>	<b>25</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1:00-4 Tea Time 1:30	<b>26</b> <b>Strength Training</b> 9:00-10:00 <b>White Line Class</b> <b>1:30—3:30</b>
<b>29</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30  <b>Juggling 11:00</b>				<b>Art Gallery</b> <b>Opening</b>  <b>JOHN HOLY</b>  <b>February 7</b> <b>2:00-4:00 pm</b>

**Art Gallery Opening featuring  
Artist John Choly  
Sunday, February 7th 2:00-4:00 pm**



**John Choly is an artist of spirit. Originally from the New York area, He has made Provincetown his home permanently since 2000. He is known for his paintings of hearts and moons, creating abstract landscapes, watercolors, prints and one-of-a-kind greeting Cards. He sold his first painting in 1985 to a collector in Hartford, Conn. In 1998 his Moon Series exhibit consisted of 365 paintings of the moon at what was then Provincetown's Cortland-Jessup Gallery. His work has been in numerous exhibitions and in many private collections for over 30 years. He is excited and honored to be exhibiting at the Truro Council on Aging.**

**INVITATION**

**THE TRURO GROUP WILL BE SHOWING THEIR WORK AT THE COUNCIL ON AGING IN THE MONTH OF MARCH!**



**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!**

**Do you need a ride to Boston? Please consider the following options.**

**TRANSPORTATION OPTIONS FROM TRURO TO BOSTON MEDICAL FACILITIES**

**CAPE COD REGIONAL TRANSIT AUTHORITY**

Boston Hospital Transportation (BHT) 800-352-7155 for reservations. Medical appointments must be between 10:00AM & 2:00PM. Bus leaves Dunkin' Donuts in Wellfleet at 7:00AM and leaves Boston for return at 3:00PM.

**DEPARTMENT OF HEALTH AND HUMAN SERVICES**

MassHealth provides transportation services to and from a MassHealth provider for a MassHealth-reimbursable service. Forms for this service are generated by your health care provider.

**HELPING OUR WOMEN (HOW)**

Provides transportation for women diagnosed with chronic, life threatening or disabling conditions. All services are free and confidential. (508)487-4357. [Helpingourwomen.org](http://Helpingourwomen.org)

**AMERICAN CANCER SOCIETY**

Patients must be travelling to an appointment required to begin or complete cancer treatment. Patients must be ambulatory. 800-227-2345 [www.cancer.org](http://www.cancer.org)

**SOUTH SHORE COMMUNITY ACTION COUNCIL**

SSCAC, Inc. is an authorized vendor of the Commonwealth of MA Division of Medical Assistance (DMA). Transportation services are provided for a small fee. Transportation Coordinator, (508)747-7575x6229 [www.sscac.org](http://www.sscac.org)

**CALIBER/MEDEX PATIENT TRANSPORT**

(508)744-3760 for information and fee schedule.

**CAPE COD HOMEHELPERS**

Provides hospital transports by qualified volunteers who will drive their car or yours. (508)394-9800

**CAPE AIR**

State Residential Fare

\$82.00 each way. Fly out of Provincetown to Boston on Tuesday, Wednesday, Thursday, Friday. (800)227-3247 for reservations. You must show proof of Cape Cod residency.

**CAPE & ISLANDS VETERANS OUTREACH CENTER AND GRACE VETERANS PROGRAM**

(508)778-1590 or (774)470-4971 for more information on transport for veterans.

**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.***