



**TRURO COUNCIL ON AGING
MARCH 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.

**Driving Decision Workshop
Tuesday, March 8 at 1:30**

The Driving Decision focuses on issues facing older drivers, providers, and family members. Michele Ellicks, outreach coordinator with the Registry of Motor Vehicles will discuss functional impairments and other factors that lead to collisions, as well as difficult issues providers, families, and friends face when interacting with an older driver who may be at-risk. The workshop will cover Massachusetts' reporting procedures and the Safe Driver Law as it pertains to reporting and relicensing policies for older drivers. The workshop will include details on disability placards, the application process, criteria for eligibility, and placard use and abuse.
Please RSVP.



Outer Cape Housing is a non-profit organization that creates a place to call home for individuals and families of Provincetown, Truro, Wellfleet & Eastham. Please attend a free and information reception on March 24 at 2:00 pm at the COA and learn more about the housing options for our Truro residents. Light refreshments will be served. Please RSVP.

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

March 1, 15 and 29

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.



TRURO POLICE & FIRE/RESCUE INVITES

**TRURO SENIORS TO THE
ANNUAL SENIOR DINNER**

ON SUNDAY, MARCH 6

at 1:00 pm

Truro Public Safety Facility

344 Route 6

Please call the Truro Police Station 508-487-8730 if you would like to attend the Annual Senior Dinner as they have a limit of 80 people. As usual, they have GREAT raffle prizes to give away after the dinner. This has always been a very popular event, so make plans early to attend and visit with all your friends while you eat great food!

SHINE NEWS...

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) Plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program and fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2015!

Trained SHINE (Serving the Health Insurance Needs of Everyone on Medicare) volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to make an appointment with the SHINE counselor.

SHINE NEWS-Are you or someone you know turning 65 soon?

Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. If you are collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at www.socialsecurity.gov or at your local Social Security office. There are federal rules as to when you can enroll into Medicare Part A, Part B, Part C (Medicare Advantage Plans-HMOs, PPOs) and D (prescription coverage). If you miss these enrollment periods you may have to pay a late enrollment penalty and could have a gap in health care coverage. If you are covered by a group health plan through the company you or spouse is still actively working (not Cobra) you may delay taking Medicare Part B at 65 without a penalty. However, if the employer has less than 20 employees then Medicare is primary and the employer coverage is secondary. In this case you may need to have Medicare Parts A and B for complete coverage. This is only one example- each situation is unique and more questions need to be asked, options to look over and costs to compare. That is why it is very important to sit down with a SHINE (Serving the Health Insurance Needs of Everyone) counselor and go over your particular situation. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help those on, or eligible for Medicare, navigate the complex health insurance system. If you or someone you know will be turning 65 soon please call the senior center to make an appointment with a SHINE counselor or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at 508-375-6762.

Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

| Extra Help | Monthly Income Limit | Asset Limit |
|-------------------|-----------------------------|--------------------|
| Individual | \$1,491/month | \$13,640 |
| Couple | \$2,011 | \$27,250 |

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 March 9th & 23rd, from 1:00-2:30 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.

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 3:00 pm to 4:30 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

LIVE YOUR LIFE WELL!

In May we will be holding a half day workshop presenting tips on how to stay mentally and emotionally fit. Watch for more information in next month's newsletter.

**VNA FALLS PREVENTION AND SAFETY**

Tuesday, March 15 at 1:30 pm

The FREE Falls Prevention Program addresses the many causes of falls and offers strategies to manage those factors that increase risk of falls. The session is presented by an experienced physical therapist and is very interactive. It provides attendees opportunities to share their own experiences and inquire about particular concerns. We leave plenty of time for questions and answers. Please RSVP.

Payomet Circus presents

Juggling and Object Manipulation

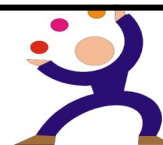
featuring Trevor the Juggler!

Beginning Monday, February 1—March 28 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



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.

NEW TREATMENT FOR PARKINSON'S DISEASE – Mayo Clinic Health Letter 12/15

Scientists have developed a new treatment for advanced Parkinson's disease that may work better than current oral drug therapies and may be on par with – but less invasive than deep brain stimulation.

Currently, a combination of levodopa and carbidopa (Sinemet) is one of the most effective drugs available for treating symptoms of Parkinson's disease. Traditionally given orally as a tablet, this combination medication helps relieve resting tremor, muscle stiffness, and slowness of movement, making the disease much easier to manage. Levodopa crosses the blood brain barrier and is the active drug, while carbidopa prevents levodopa from breaking down before it reaches the blood brain barrier.

But there is a downside, People who've taken levodopa for a long time often experience "off" times--- periods when the drug does not work as well as it should due to variations in how the body responds to the drugs.

To address this problem, scientists figured they could find a way to provide continuous delivery of the medication. They developed a gel (Duopa) that infused directly into the upper part of the small intestine. The gel, which is a combination of levodopa and carbidopa, is delivered through a tube inserted into a small hole in the abdomen. This tube is attached to a portable infusion pump.

The Food and Drug Administration has recently approved Duopa for Parkinson's disease. Physicians are just beginning to familiarize themselves with the treatment but feel it is a major shift in the way Levodopa may be administered and shows great potential as an alternative to deep brain stimulation in many cases.

Dee Yeater RN Public Health Nurse.

Asking for Help

It seems almost universal that we struggle, more or less, with our need for independence and dependence. We survive and thrive in groups and need each other for all sorts of things but this may come into conflict with our values and a desire for independence. This conflict can intensify as we age and our need for help increases. We may think we should be able to do it ourselves or that nobody else can do it right, or that if we ask for help we will be rejected by others, or at least will annoy them. We don't want to be a burden, and we don't want to feel badly about ourselves because of our needs. The result of not asking for help is we are more isolated, put ourselves at health risks, lessen the quality of our lives, and ultimately need even more help. So how do we ask for help when it feels so difficult?

Think about the kind of person who makes it easier for others to help. They probably ask for specific help when needed, express appreciation, do what they reasonably can for themselves, and don't resist help and thereby create crises. They are realistic about their abilities and disabilities.

Here are some pointers for asking for help:

Before asking, realistically evaluate what you can safely do and with what you need help.

Ask before a situation becomes overwhelming.

Think about whom you can ask and how you will ask. Are they apt to say yes?

Prepare how you'll handle it if they say no. Don't let "no" stop you from asking someone else.

Be specific and keep it simple; you don't need to over-explain yourself.

Be considerate and appreciative.

Asking for help may at first feel awkward. Consider starting with small requests of safe people. If there is no one to ask, work on building up supports (the COA is a great place to start). After you've asked, compare your fears with what really happened. And remember, asking for help makes you more independent in the long run.

If asking for help is simply too challenging, call for a confidential appointment or a referral.

Georgia Neill 508-487-2449 x 5802



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

March 11th “the Face on the Wall” by Jane Langton

April 8th “The Girl on the Train” by Paula Hawkins

May 13th “Death At La Fenice by Donna Leon

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**

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

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**



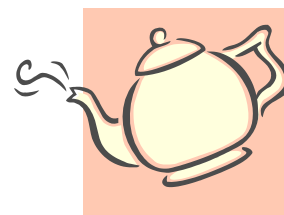
**PLEASE JOIN US FOR COFFEE AND
CONVERSATION AT THE COA
WEDNESDAYS 10:00 am
Free coffee and treats**

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



IN MEMORIAM

Paul J. Donahue

Pamela T. Nolan (Former Town Administrator)

Stella D. Painter

Luene Silva

Are you or someone you know turning 65 soon?

Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. If you are collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at www.socialsecurity.gov or at your local Social Security office. There are federal rules as to when you can enroll into Medicare Part A, Part B, Part C (Medicare Advantage Plans-HMOs, PPOs) and D (prescription coverage). If you miss these enrollment periods you may have to pay a late enrollment penalty and could have a gap in health care coverage. If you are covered by a group health plan through the company you or spouse is still actively working (not Cobra) you may delay taking Medicare Part B at 65 without a penalty. However, if the employer has less than 20 employees then Medicare is primary and the employer coverage is secondary. In this case you may need to have Medicare Parts A and B for complete coverage. This is only one example- each situation is unique and more questions need to be asked, options to look over and costs to compare. That is why it is very important to sit down with a SHINE (Serving the Health Insurance Needs of Everyone) counselor and go over your particular situation. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help those on, or eligible for Medicare, navigate the complex health insurance system. If you or someone you know will be turning 65 soon please contact Elton (508) 487-2462 to schedule an appointment.

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) Plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program and fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2015!

Save Money on Meds: 5 tips for finding the Best Prescription Drug Prices

1. **Support independents.** Though you might think that mom and pop stores usually charge higher prices, it is not always the case. In fact, for a lower price they have more flexibility to match or beat competitor's prices.
 2. **Don't always use your health insurance.** Many chain and big-box stores offer hundreds of common generics at prices as low as \$4 for a 30-day supply and \$10 for a 90-day supply for people who pay out of pocket.
 3. **Always ask "Is this your lowest price?"** If you are on Medicare you are required to ask the pharmacy for a lower price in order to get the base or lowest price. So always ask if that the lowest price for every prescription. Check back often, because prices and offers may change. And never assume that one pharmacy's "discounted" price is lower than another's regular price.
 4. **Seek a 90-day prescription.** For drugs you take long term, it can be more convenient and even cheaper. For example, if you use insurance, you'll pay one co-pay rather than three. And for discount generic drug programs, paying \$10 for a 90-day supply works out to less than \$4 every 30 days.
- Look online.** If you're paying out of pocket, check GoodRx.com to learn its "fair price" and use that to negotiate if a pharmacist quotes you a higher price. You can also fill a prescription with an online pharmacy. HealthWarehouse.com, they seem to have the lowest prices overall. Just be careful about the one you choose. Only use an online retailer that clearly operates within the U.S. and displays the "VIPPS" symbol to show that it's a **Verified Internet Pharmacy Practice Site**. Most sites that bill themselves as "Canadian" are actually fake storefronts selling low-quality or counterfeit products. Internet pharmacies based in other countries that advertise heavily discounted medications are almost never legitimate, according to the National Association of Boards of Pharmacy (NABP), a nonprofit organization that accredits pharmacy websites. Once you've verified that a retailer is legit, read terms carefully. For example, HealthWarehouse.com ships to all 50 states; others may not. And you'll have to wait for shipping.

~ 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

Truro DPW: 508-349-2140

Truro Council on Aging: 508-487-2462

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.**

Truro Adult Education

Rubber Stamping and Cardmaking Class

Beginning on Mondays, 6:00-8:00 pm at the Truro Council on Aging

Dates: March 14th, March 21st, April 4th April 11th



Rubber Stamping and cardmaking is fun an easy! Students will be surprised at just how simple it is to create beautiful cards in one class. Beth Wood has been making cards, rubber stamping and paper crafting for over 20 years. Class size is limited to 10 participants. Please bring double sided adhesive if you have it and scissors suitable for cutting paper. All registrations MUST be in by Feb. 29th to allow time for materials to be ordered. The COA has registration forms available. To sign up and any questions should be referred to Heather Fair at Truro Central School, 508-487-1558.

WHAT'S COOKING AT THE COA CAFÉ

TUESDAYS 12:30 PM

COA CAFE

March 1st

Ginger Sesame Salmon with a Lime Curry Sauce
Thai Noodle Salad
Soup: Split Pea

March 8th

Chicken Marsala with Rice Pilaf
Chopped Salad with a Homemade Blue Cheese Dressing
Soup: Corn Chowder

March 15th

Corned Beef and Cabbage, Potatoes & Carrots
Irish Soda Bread
Soup: Mexican Chicken

March 22nd

Seafood Scampi
Mixed Green Salad with a Balsamic Vinaigrette
Soup: Butternut Squash

March 31st

Cod Piccata with Garlicky Mashed Potatoes
Classic Caesar Salad
Soup: White Bean, Tomato and Kale Stew

Soups \$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



MARCH

2016

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|--|---|
| | 1 AARP Taxes Prepared 9:00 (Appointment only) COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30 | 2 Tai Chi 8:30 Strength Training 9:00-10 Coffee Hour 10:00 | 3 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 | 4 Strength Training 9:00-10:00 White Line Class 1:30—3:30 |
| 7 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Juggling 11:00 | 8 Men's Exercise Class 10:45- COA CAFÉ 12:30 The Driving Decision-RMV 1:30 Women's Reflections 6:30 | 9 Tai Chi 8:30 Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Bereavement 1-2:30 Free Legal Assistance (By Appointment) | 10 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 | 11 Strength Training 9:00-10:00 Mystery Book Club 12:30 White Line Class 1:30—3:30 |
| 14 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Juggling 11:00 | 15 AARP Taxes Prepared 9:00 (Appointment only) COA CAFE 12:30 Men's Exercise Class 10:45 Falls Prevention 1:30 Women's Reflections 6:30 | 16 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Story Swap 11:00 | 17 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 | 18 Dr. Campo (Appointment only) Strength Training 9:00-10:00 White Line Class 1:30—3:30 |
| 21 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Juggling 11:00 | 22 COA CAFÉ 12:30 Men's Exercise Class 10:45 Artist Louise Pacquette Demo 1:30 Women's Reflections 6:30 | 23 Tai Chi 8:30 Strength Training 9:00-10 w/Kathy Stetson Coffee Hour 10:00 Bereavement 1-2:30 | 24 CORE 11-12:00 PACE 12:30-1:30 Outer Cape Home Share Reception 2:00 Mahjongg 1:00-4 Tea Time 1:30 | 25 Strength Training 9:00-10:00 White Line Class 1:30—3:30 |
| 28 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Juggling 11:00 | 29 AARP Taxes Prepared 9:00 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30 | 30 Tai Chi 8:30 Strength Training 9:00-10 Coffee Hour 10:00 | 31 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 | Art Gallery Opening TRURO GROUP MARCH 6 2:00-4:00 pm |



the TRURO GROUP a community of Artists

Opening Sunday, March 6, 2016 2:00 – 4:00 PM

Truro Council on Aging

Kate Grozier



Pat Canavari



The Truro Group is a group of more than 40 artists who make Truro their home for at least part of the year. The artists work in a variety of visual media.



Nancy Silva

Truro Artist Louise Paquette, a member of the Truro Group is calling all Muses!!

Getting started is always the first task; Louse will demonstrate n how an hour can translate into a little oil painting that can convince even the grumpiest muses to come out and play!

Please join Louise on Tuesday, March 22 , 1:30 pm at the COA!! Please RSVP!



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

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

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

CALIBER/MEDEX PATIENT TRANSPORT

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

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

IRS SCAM WARNING

The Truro Police Department would like to warn its citizens to guard themselves against potential telephone scams. Recently residents have received a call from the “IRS” to inform you that you owe money is very popular. If you have any calls which you feel are suspicious, or “scams” you may contact the Truro Police to speak with an officer at 508-487-8730.



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 Ingrum, 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 Ingrum, 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 Duarte, 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.