



TRURO COUNCIL ON AGING NEWSLETTER
7 Standish Way, N. Truro
(508) 487-2462
www.truro-ma.gov/coa
HOURS: 8:00 am - 4:00 pm MONDAY - FRIDAY
MARCH 2017

COA Staff Members

Susan Travers, Director
Marjorie Childs, Transportation Coordinator/Assistant to the Director
Elton Cutler, Outreach and Resource Coordinator
Mary Ellen Duart, Office Assistant
Van Drivers: Nancy Braun, James Downey, Butch Francis

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.



EGG PAINTING WORKSHOP

Monday, March 27th at 1:00 pm

Truro Council on Aging

Using acrylic paint on blown-out eggs you can create decorative eggs that will last for years to come! If you have them bring small brushes to use in the class. All other supplies will be provided. Participation is limited to 16 people. Please call the COA at 508-487-2462 to sign up for the class. If you have any questions call Joan Rogers, 508-487-9196.



TRURO POLICE & FIRE/RESCUE INVITES
TRURO SENIORS TO THE ANNUAL SENIOR DINNER
ON SUNDAY, MARCH 12 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!



EDUCATION & INFORMATION

Pick your Protein!

Protein helps maintain muscle mass, fight off infection and enhance metabolism. For most of us, about 45-55 grams a day is recommended. Meat and poultry are full of protein, but the non-lean types can also be loaded with saturated fat and cholesterol. Swap in other protein rich foods instead, such as:

Seafood – consider substituting seafood for meat twice a week. Canned fish and frozen fillets are great to have on hand for everyday meals. For special occasions try shrimp or salmon.

Eggs – Eggs contain all the components you need. Put a poached egg over a salad, wild rice or whole grain toast and you have a meal. Hard boiled eggs make great snacks. Eggs contain saturated fat, so aim for no more than one a day, on an average.

Dairy – Fat-free milk and milk products provide calcium and vitamin D, but also pack a nice punch. Try Greek yogurt with honey and fresh fruit. Spread ricotta on toast and top with fruit. If you don't like cow's milk try soy milk.

Beans, peas and tofu – Dried, canned or frozen beans are inexpensive protein options and have the added bonus of fiber and high levels of antioxidants. Add to salads, pastas, soups and casseroles. Tofu is a soy-based source of protein you can add to soups, stir-fries and even scrambled eggs.

Nuts and seeds – A handful of unsalted, roasted nuts is a healthy serving of protein. Spread nut butters over crackers or toast for a protein filled snack.

BE WELL! LIVE LONG! LIVE STRONG!

Charles Altieri, RN, Public Health Wellness Nurse, VNA of Cape Cod

Lecture and Discussion Series

Come join us to learn what it was like to live in ancient times from the earliest recorded beginnings to the Middle Ages.

We are presenting a series of recorded lectures from Robert Garland, Professor of the Classics, Colgate University. The sessions are **at 10:30 AM on Mondays and Fridays at the COA**. Each session will feature two 30 minute lectures regarding what it was like to live as an ordinary person in various periods and cultures of the ancient world. Topics such as: "Growing up Greek"; "Being an Egyptian Worker"; "Being a Roman Slave" and "Being a Celt in Ancient Britain" are included. While the series generally runs in chronological order, the lectures are discrete topics so that you can miss some and still enjoy the ones you attend.

The professor uses stories and graphics to present daily life in a wide range of civilizations from the viewpoint of someone other than the kings and queens, generals and other so called important people. No need to memorize names, dates and battles! Just enjoy the presentation.

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.**

FOR YOUR INFORMATION

THE AARP FOUNDATION TAX-AIDE PROGRAM IS ACCEPTING CLIENTS

- Call our office assistant, Mary Ellen in order to schedule your appointment in March.
- 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 for this service*

The Hardships of Not Changing

Change may be hard, but to not change may be harder. Think about cigarette smoking, drinking, gambling, or any behavior on which we can get dependent. Lighting up a cigarette seems so easy, but is it really so easy to spend \$6 to \$8.00 for a pack of cigarettes, find places to smoke, have others think less of you because you smoke, have your body and clothes and home smell like stale cigarettes, risk any number of health problems, and have family, friends, and medical providers lecture you? If you're drinking too much, is it really so easy to pretend (to yourself and others) that you don't have a problem, to feel hungover, to fall or get sick, to wonder when and where you'll be able to drink, to feel guilty or worried about it, or to not be able to always control the amount you drink? Not exercising leaves us weak, tired, maybe even depressed or anxious, and more apt to fall or have all sorts of aches and pains and health problems. Is it really easier to not exercise? Another way of looking at this is: do we really want to put ourselves through all sorts of pain, hassles, and discomfort? Wouldn't it be nicer to be nicer to ourselves?

Our perspective and beliefs can make change harder or easier. Could it actually be easy to change a behavior? Not necessarily, but reminding ourselves of the difficult consequences of our behaviors and the relief of not having these problems can help. So if you're thinking about a change, and you notice you're thinking about how hard it would be to stop or you're finding reasons why it's ok to continue, try focusing instead on all the hardships of your current behavior and what you really want for yourself.

If you're thinking about changing something, and it feels too hard to do it on your own, ask for help. You can talk with your medical providers, the COA staff, or call me for a confidential appointment.

Georgia Neill

Prescription Drug Kiosk

The Truro Police Department will collect unwanted household prescription medications. Truro residents will now have a permanent, free, safe method to dispose of unused or expired prescription or over-the-counter medications. NADDI Drug Collection Units were delivered to police departments in Barnstable County, including Truro. The Cape Cod Cooperative Extension, which programs include water quality and hazardous waste, purchased the units for the departments through grant monies obtained from a private foundation.

The following Massachusetts Department of Environmental Protection Guidelines Should Be Adhered To:

- < Only household prescription or over-the-counter medications are accepted
- < No business or medical waste is allowed
- < No sharps, mercury thermometers, epi-pens or needles are accepted
- < The process is completely anonymous and the names and labels may be removed from the packaging
- < This site is for Truro residents only. All cape police departments now have the same Prescription Drug Kiosk



HEALTH & WELLNESS PROGRAMS

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

MEN'S WORKOUT CLASS

The Men's Workout program will continue to meet weekly, on Tuesdays from 10:45 am to 11:45 am. 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, ext. 313



CHI KUNG CLASSES WILL MEET ON WEDNESDAY & FRIDAYS BEGINNING MARCH 8

8:30 am—9:30 am

AT THE TRURO COMMUNITY CENTER

\$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.

MONTHLY PROGRAMS/SERVICES

MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

March 10 "The Story Teller" by Margaret Coel

April 14 "The Ice Princess" by Camilla Lackberg



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



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, March 8 & 22, 1:00 pm to 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.

GRAB AND GO BAGS!

We have "Grab and Go Bags" for seniors to use in the event of an emergency trip to the hospital or a shelter. The bags contain personal care items and a File of Life packet which provides emergency contact information and any medications that you are presently taking.

If you would like a "Grab and Go" bag please stop by the Council on Aging.

Monday-Friday 8:00 am-4:00 pm

For more information please call Elton Cutler at 508-487-2462, ext. 313

TRURO COA'S MEMOIRS PROGRAM

Our Memoirs program meets regularly Monday morning from 10:30 am-12:30 pm, 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!

CHAIR YOGA

We would like to offer a Chair Yoga class which will meet for an hour, twice a week for 8 weeks in April. \$3.00 per class.

Are you interested? Please call or stop in to let us know.

Are you interested in playing MAHJONGG?

Please join us in the Conference Room at the COA

THURSDAYS from 1:00 pm to 4:00 pm in APRIL

Mahjongg is cancelled for the month of March

OUTREACH NEWS

Elton Cutler, Outreach and Resource Coordinator, ext. 313



Tax Help for Caregiver of Elderly Parents

- *Are caregiving expenses tax deductible?*
- *Do you provide a lot of financial support to an elderly parent and would like to find out if you can write any of it off on your taxes?*

There are actually several tax deductions and credits available to adult children who help look after their aging parents or other relatives. Here are your options along with the IRS requirements to help you determine if you're eligible to receive them.

Dependency Deduction If you're paying for more than 50 percent of your elder's living costs (housing, food, utilities, medical and dental care, transportation and other necessities), and their 2016 gross income (not counting their Social Security benefits) was under \$4,050, you can claim your aging parent or other relative as a dependent on your tax return, and reduce your taxable income by \$4,050. Also note that your aging parent or other relative doesn't have to live with you to qualify as a dependent, as long as their income was under \$4,050 and you provided more than half their financial support. If your aging parent or other relative does live with you, you can include a percentage of your mortgage, utilities and other expenses in calculating how much you contribute to their support. [IRS Publication 501](#) has a worksheet that can help you with this. To receive this, or other IRS publications or forms via mail, call 1-800-829-3676.

Shared Support If you share the financial responsibility for your aging parent or other relative with other siblings, you may be eligible for the IRS multiple-support declaration. Here's how this works. If one sibling is providing more than half the parent's financial support, only that sibling can claim the parent. But if each sibling provides less than 50 percent support, but their combined assistance exceeds half the aging parent or other relative support, in that case, any sibling who provides more than 10 percent can claim the parent as a dependent. But only one sibling can claim the tax break in any given year. Siblings can rotate the tax break, with one claiming the aging parent or other relative one year, and another the next. The sibling who claims the parent as a dependent will need to fill out [IRS Form 2120](#) and file it with his or her tax return.

Medical Deductions If you can't claim your aging parent or other relative as a dependent, you may still get a tax break for helping pay their medical costs. The IRS lets taxpayers deduct money spent on a parent's health care and qualified long-term care services, even if the parent or other relative doesn't qualify as a dependent. To claim this deduction, you still must provide more than half of their support, but your parent or other relative doesn't have to be under the \$4,050 income test. And the deduction is limited to medical, dental and long-term care expenses that exceed 10 percent (or 7.5 percent if you're 65 by Dec. 31, 2016) of your adjusted gross income. You can include your own medical expenses in calculating the total. See the [IRS publication 502](#) for details.

Dependent Care Credit If you're paying for in-home care or adult day care for your aging parent or other relative so you are free to work, you may also be able to claim the Dependent Care Tax Credit, regardless of whether or not your parent or other relative qualifies as a dependent on your tax return. This credit can cut up to \$1,050 off your tax bill for the year. In order to claim it, you must fill out [IRS Form 2441](#) when you file your federal return.

Not sure if you may qualify – always check with your Tax Preparer In addition to the federal tax breaks, more than 20 states offer tax credits and deductions for caregivers on state income taxes too.

INFORMATION

WOULD YOU LIKE TO PLAY CANASTA AT THE COA?



We need two or three players to join us and play this fun card game.
Please stop by or call the COA to sign up. 508-487-2462

How To Create A Safe 'Aging-in-Place' Home

A good first step in making your home more age-friendly is to do an assessment. Go through your house, room-by-room, looking for problem areas like potential tripping or slipping hazards, as well as areas that are hard to access and difficult to maintain. To help with this, there are several organizations that have aging-in-place checklists that point out potential problems in each area of the home, along with modification and solutions. Rebuild Together, for example, has a two-page "[Safe at Home Checklist](#)" that's created in partnership with the Administration on Aging and the American Occupational Therapy Association. The National Association of Home Builders also has an "[Aging-in-Place Remodeling Checklist](#)" that offers more than 100 suggestions that can help homeowners age 50-plus live safely, independently and comfortably. Also check out AARP's excellent resource called the "[HomeFit Guide](#)" that's filled with 28-pages of tips and diagrams to make your entire home safe and easier to live in as you age. You can access it at [AARP.org](#), or call 888-687-2277 and ask them to mail you a free copy. Many health insurance providers, including Medicare, will pay for a home assessment by an OT if prescribed by your doctor. However, they will not cover the physical upgrades to the home. Another option is to contact a builder who's a Certified Aging in Place

Specialist (CAPS). Visit the National Association of Home Builders at [NAHB.org/capsdirectory](#) for each state.

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 SHINE counselor, Elton Cutler - call (508) 487-2462 ext. 313

PETER DONNELLY WILL BE PERFORMING AGAIN!

Tuesday, March 28th at 1:30 pm
Following our COA Café Luncheon



WHAT'S COOKING AT THE COA CAFÉ?

OUR MENU FOR MARCH

Heather Bailey, Cook

March 7th

Chicken Parmesan with Baked Ziti

Caesar Salad

Soup: Tuscan Turkey

March 14th

Classic Boiled Dinner

Corned Beef and Cabbage, Potatoes and Carrots

Soup: Cauliflower and Potato Bisque

March 21st

Ginger Sesame Salmon with a Lime Curry Sauce

Thai Noodle Salad

Soup: Coconut Curry Sweet Potato

March 28th

Baked Ham with Spinach Pie

Chopped Salad with a Creamy Herb Vinaigrette

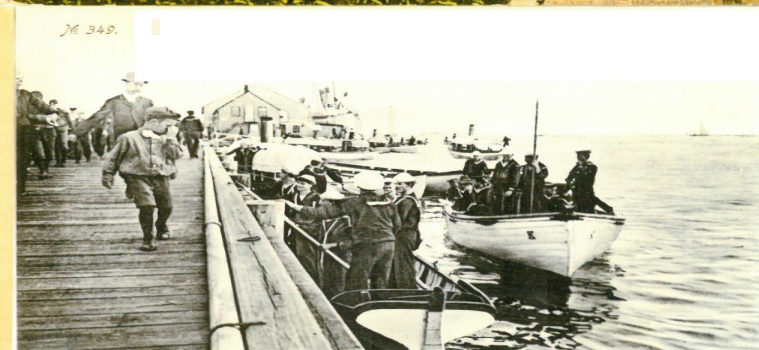
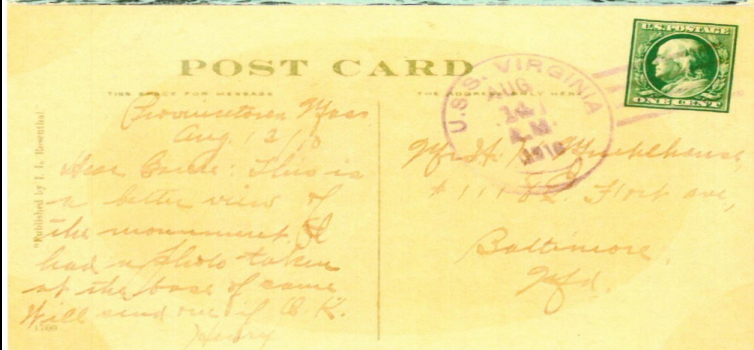
Soup: Split Pea

- **Please call and make your reservations on Mondays by 12:00 pm.**
- **Mary Ellen at 508-487-2462, ext. 310**
- **Meals include: coffee, tea, juice and dessert**
- **“To Go Soup” is \$4.00 pint /Frozen Soup \$3.00**
- **Want to pick up a “To Go Meal” please order by Monday at 12:00 pm & pick it up on Tuesday between 1:00-4:00 pm.**
- **Bring a friend!**



Mon	Tue	Wed	Thu	Fri
Annual Senior Dinner Truro Police and Fire Sunday, March 12 at 1:00 pm	Peter Burgess Post Card Collection Art Gallery Opening March 5 2:00-4:00 pm	1 Strength Training 9:00-10 Coffee Hour 10:00 Adult Coloring Class 10:00	2 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 (Cancelled)	3 Chi Kung 8:30 Strength Training 9:00-10:00 Lecture & Discussion Series 10:30 White Line Open Studio 1:30-3:30
6 Strength Training 9:00- 10:00 Memoirs Writing Group 10:30 Lecture & Discussion Series 10:30 *Chair Massage 10:15-11:15	7 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	8 Chi Kung 8:30 Strength Training 9:00- 10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30 Free Legal Assistance (By Appointment Only)	9 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 (Cancelled)	10 Chi Kung 8:30 Strength Training 9:00-10:00 Lecture & Discussion Series 10:30 Mystery Book Club 12:30-1:30 White Line Open Studio 1:30-3:30
13 Strength Training 9:00- 10:00 Memoirs Writing Group 10:30 Lecture & Discussion Series 10:30 *Chair Massage 10:15-11:15	14 Board Meeting 10:00 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	15 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Story Swap 11:00 Trip to Provincetown COA for lunch at Noon	16 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00 (Cancelled)	17 Chi Kung 8:30 Dr. Campo –Podiatrist (By Appointment Only) 8:30 Strength Training 9:00-10:00 Lecture & Discussion Series 10:30 White Line Open Studio 1:30-3:30
20 Strength Training 9:00- 10:00 Memoirs Writing Group 10:30 Lecture & Discussion Series 10:30 *Chair Massage 10:15-11:15	21 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	22 Chi Kung 8:30 Strength Training 9:00- 10 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30	23 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 (Cancelled)	24 Chi Kung 8:30 Strength Training 9:00-10:00 Lecture & Discussion Series 10:30 White Line Open Studio 1:30-3:30
27 Strength Training 9:00- 10:00 Memoirs Writing Group 10:30 Lecture & Discussion Series 10:30 *Chair Massage 10:15-11:15 Egg Painting 1:00	28 COA CAFÉ 12:30 Peter Donnelly 1:30 Men's Exercise Class 10:45 Women's Reflections 6:30	29 Chi Kung 8:30 Strength Training 9:00- 10 Coffee Hour 10:00 Adult Coloring Class 10:00	30 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 (Cancelled)	31 Chi Kung 8:30 Strength Training 9:00-10:00 Lecture & Discussion Series 10:30 White Line Open Studio 1:30-3:30

Art Opening Sunday March 5, 2017 2-4 pm



Peter Burgess is displaying his extensive postcard collection at the Truro Council on Aging for the month of March.

I have chosen to concentrate on the postcard messages of Navy sailors anchored in Provincetown Harbor to illustrate an era circa 1905 – 1910 when the United States nation, bursting with pride, made itself known to the world through the battleships of Teddy Roosevelt's Great White Fleet. Another expression of national pride was the construction of the Pilgrim Monument to celebrate our English origins. The Navy played a large ceremonial part in this effort.

I have used sailor's and tourist's postcard messages to illustrate and allude to these events, the movement of ships, and places that ships of the Atlantic Fleet sailed to, and from, Provincetown Harbor to display and reinforce our national pride.

OUTER CAPE WHITE LINE PRINTMAKERS OPEN STUDIO

MEETS ON FRIDAYS FROM 1:30 pm-3:30 pm 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!

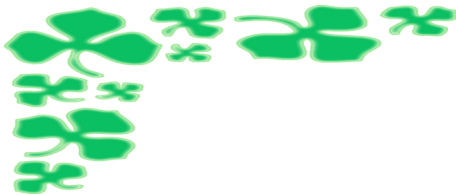
TRANSPORTATION NEWS

Marjorie Childs, Transportation Coordinator/Assistant to the Director, ext. 320

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 from Monday through Friday.

LUNCH AT PROVINCETOWN COA

Provincetown COA is offering lunch in their dining room on Wednesday, March 15th at noon. Menu was not available at press time, but if you are interested in participating, please call Margie at ext. 320. Cost is \$3.00 and we will be providing transportation. Please make your reservation with Margie no later than Friday, March 10th by noon.



"May the sun shine all day long, everything go right and nothing wrong. May those you love bring love back to you, and may all the wishes you wish come true!" -Irish Saying

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**

VOLUNTARY CONTRIBUTION SCHEDULE

Truro	\$3.00
Provincetown/Wellfleet	\$4.00
Orleans	\$6.00
Chatham/Brewster	\$7.00
Harwich/Dennis	\$8.00
Hyannis/Barnstable	\$10.00
Mashpee/Sandwich	\$15.00
Plymouth	\$25.00

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

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.

IN MEMORIAM

MICHAEL BRENEMAN

ANSEL B. CHAPLIN

RUBY DRUSS

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 BOARD MEMBERS

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, Lucy Brown, Alternate.

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.