



**TRURO COUNCIL ON AGING
APRIL 2016
NEWSLETTER**

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

JEANNE FOULKE

TRURO SENIOR CITIZEN OF THE YEAR 2015

When Jeanne Foulke spent summers in Truro in the 1950s, she remembers her first taste of New England clam chowder. "I loved it!" she says. She and her husband camped at the North of Highland camping area run by the Currier family until their three sons were grown, and then rented a cottage until they moved here permanently in 1986.

Her volunteer work started when she was asked to help form the Affordable Housing Authority, in cooperation with Wellfleet. "Our aim," she says, "was to acquire the houses on the Air Force base for the Town of Truro. I worked on that committee for three years. Then we formed the Housing Authority of Truro." She remembers a mob of people at the base who were interested in those houses. "At least we got the two Coast Guard houses moved and one house at the end of Coast Guard Road." Jeanne served on that Board for eight or nine years.

As a tribute to Jeanne's tireless work on the issue of affordable housing, the road leading to the new units behind the community center developed by Ted Malone was nearly named after her. Sally Mack was then chair of the Board of Selectmen. But Jeanne said no, others have worked just as hard. And that's why the road is named "Sally's Way."

The one thing Jeanne wanted to see done, when those units were being planned, was a path, so children could walk safely to the playground, the library, and the community center. Jeanne recalls, "Ted Malone at the open house celebration said to me, 'Come here. I want to show you something.' And he showed me the path- a beautiful paved walkway. 'That's the first thing that got done,' he said." She also noted that the hill there is great for sledding.

Jeanne has also been with the Council on Aging, and on the Board of the Friends for about seventeen years, where she is vice-chairman. She didn't want to be Chair, but she is happy to help out. Her professional career as an estimator for a rubber corporation in New York State –which Jeanne says was a very responsible job; she was invited to all the cocktail parties! –turned out to be an excellent background for Friends of COA, whose main function is to handle the money and decide what to use it for. The money comes from donations and memberships. She reminds us that anyone can be a member of the Friends. "You don't have to be a senior!"

She was instrumental in putting together the popular Tuesday luncheons, because she felt it was important to bring people out, especially in the winter, and serve them a hot meal. So many seniors, she says, don't want to go out. At the luncheons you can also buy frozen soups to take home. And she would someday like to see a walking path made near the community center.

Although she plans to step down from her position with the Friends at the end of this year, she will definitely keep busy. She loves to knit –she can watch TV and work a pattern at the same time – and she knits children's sweaters for a church in Hyannis, which keeps her busy when she is not knitting for her family. In addition to her three sons, Gordon, Bruce and Douglas, she has eight grandchildren and two great-grandchildren. Her husband of fifty years and five months, George Brion Foulke, died in 1995. "They all keep me busy," Jeanne says. "Twelve or fourteen of them usually come for Thanksgiving. I do the dressing. One of the boys handles the turkey."

Jeanne's many years of devoted efforts on committees, boards, and on behalf of friends and neighbors attest to her deep belief that each effort, as she puts it, is "an important cog in the wheel of progress here, and helps to make a healthy and well-balanced town." It would be wonderful to someday see a sign on Route 6 which says "WELCOME TO TRURO. THIS IS A HEALTHY AND WELL-BALANCED TOWN" – in honor of Jeanne Foulke's vision.

Written by Rosalind Pace

Safe Driving Tips-Adjusting your seat and mirrors

Do you know how to adjust your seat and mirrors to ensure maximum safety and comfort? Check out these helpful hints from the “DriveWell” handbook, published by the National Highway Transportation Safety Administration and the American Society on Aging.

Seat

Make sure you can reach the center of the brake and gas pedal with the ball of your foot

Your chest should be at least 11 inches from the air bag located in the center of the steering wheel

Make sure the seat is high enough for your line of sight to be three inches above the steering wheel

Headrest

Adjust the headrest to touch the middle of your head, not your neck

Mirrors

Before you start your vehicle, adjust your rearview mirror so you can see as much of the rear window as possible

For the mirror on the driver’s side, while in the driver’s seat:

Place your head against the driver’s side window

Adjust the side mirror on your left so you can just see the side of the car

For the mirror on the passenger’s side, while in the driver’s seat

Move your head to the center of your car under the rearview mirror

Adjust the passenger side mirror so you just see the side of your car

For most people, this is a big change, we urge people to make these changes gradually over a week or two.

Seatbelt

Always wear a seatbelt when driving

By Kathy Stetson, Physical Therapist, Certified Exercise Physiologist



EVERYTHING YOU WANTED TO KNOW
ABOUT FUNERAL PLANNING BUT WERE AFRAID TO ASK”

Tuesday, April 19, 2016 1:30 p.m.
Truro Council on Aging @ The Community Center

Let’s face it, nobody want to discuss funeral planning. But, why not get your questions answered and be able to make your wished known ahead of time? We’ll discuss cremation vs burial, Veteran’s benefits, what kind of information will be needed, ceremonial traditions, and more. Come alone, or with a loved one, and have your questions answered with a clear mind, not an emotionally charged heart. Presented by Christine from Nickerson Funeral Home. Registration is Required. Please call the Truro Community Center at 508-487-2462.

The Elderly Population in Massachusetts is Booming!

- The elderly population in Massachusetts will increase 46% between 2015 and 2035.
- Our elderly population is rising by 360,000 between 2010 and 2030.

(Under 60 dropping by –8%)

-Source: MMPI, Mannatt Health Systems 12/15

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 April 13 & 27, 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!

Saturday, May 14 at 10:00 am

Truro COA

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. Please sign up ASAP! We only can accept 20

Participants!

**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 Tuesday, April 12th.

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.

**V.N.A. Healthy Cooking and Nutrition Education Workshop**

Tuesday, April 5 at 1:30 pm

Truro COA

It is never too late to become a "Nutrition Detective". This session will help you to navigate the complexity of understanding food labels and making healthy food choices. We will discuss portion control , sugar and salt limits. Together we will create some healthy breakfasts and find creative ideas for lunch and dinner. Please sign up for this FREE presentation by calling 508-487-2462.

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.

SHINE NEWS....

Every day there are thousands of 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 Part 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 or your spouse are actively working and have group health insurance through that employer (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.

If you are on a Massachusetts Health Connector plan and are now eligible for Medicare, you can stay on the Health Connector Plan but you will lose any subsidy or tax credit. Therefore it may be less costly for you to enroll in Medicare. If you don't sign up for Medicare during your initial enrollment

Those are some examples. Because each situation is unique, there are more questions to ask, options to be looked over and costs to compare.

If you or someone you know will be turning 65 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. Please call the Senior Center and make an appointment with a SHINE counselor or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at 508-375-6762.

***Expanded Estate Recovery has reared its ugly head again!***

Attorney Arthur Crooks will be at the COA on **Thursday, April 21 at 1:30 pm** to educate all of us on this important topic. Please make every effort to attend.

Expanded Estate Recovery has reared its ugly head again! Governor Baker's House 2 budget proposal for Fiscal Year 2017 includes Outside Section 11 which will expand estate recovery for MassHealth members to non-probate assets. It also allows MassHealth to recover assets to pay for the Prescription Drug "Clawback" which are the funds states are required to pay the federal government for the cost of Medicare Part D.



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

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

May 13th "Death At La Fenice by Donna Leon

June 10th Final Judgement-Richard North Patterson

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, April 20 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**



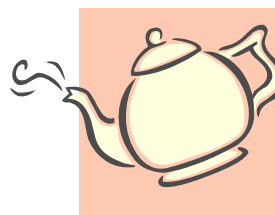
**PLEASE JOIN US FOR COFFEE AND
CONVERSATION AT THE COA
WEDNESDAYS 10:00 am
Free coffee and treats**

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



IN MEMORIAM

PETER J. ANNESE, JR.

HAL MCINTOSH

BERNARD F. ROBBINS

ALEX P. ZAWADUK



Get the Food You Need to Stay Healthy

The FoodSource Hotline has created a dedicated “Senior Line” for seniors interested in SNAP/Food Stamps or who have general questions about resources. Seniors can call the statewide, toll-free hotline, and press 2 to be immediately connected with one of their counselors, avoiding any extended wait times. Counselors can screen callers for SNAP eligibility and start the application over the phone. A counselor will also follow-up with them throughout the process to answer any questions or concerns that might arise. Counselors are also available to answer questions from current recipients and help to ensure they are receiving the maximum benefit. To further provide assistance, during the months of February, March, and April the FoodSource Hotline has ensured extra staff during Mondays and Wednesdays from 2:00 pm to 7:00 pm to respond to Senior Line callers.

Call Today 1-800-645-8333 - Seniors should press 2 for the dedicated Senior Line



VA Dental Insurance Program

VA is implementing a comprehensive national VA Dental Insurance Program (VADIP) to give enrolled Veterans and beneficiaries the opportunity to purchase dental insurance through Delta Dental and MetLife at a reduced cost. Participation is voluntary. Purchasing a dental plan does not affect Veterans eligibility for VA dental services and treatment. Covered services include diagnostic, preventative, surgical, emergency and endodontic/restorative treatment. Delta Dental and MetLife are offering multiple plans. Each participant pays the fixed monthly premiums for coverage and any copayments required, depending on the type of plan selected.

PROVIDER TOLL-FREE NUMBER & WEBSITE:

Delta Dental 1-855-370-3303 www.deltadentalvadip.org
MetLife 1-888-310-1681 www.metlife



Funding for Eye Exams, Eyeglasses & Hearing Devices

The Lions Club is a nonprofit organization with a mission to help others in numerous ways. They can help with funding for eye exams, eyeglasses as well as hearing devices. Have you ever wondered what is done with the used eyeglasses that are donated to their cause? Most of the recycled glasses are distributed to people in need in developing countries where they will have the greatest impact. Besides helping those globally, they help those in need here on Cape Cod as well. If you are in need of assistance, call Elton Cutler to schedule an appointment.



community development partnership

Let Us Help You Stay Safely in Your Home

Tuesday, April 12 at 1:30 pm

Truro Council on Aging

Join the Community Development Partnership on Tuesday, April 12th from 1:30-2:30 PM at the Truro Council on Aging to learn about opportunities available through the Housing Rehabilitation Program. We want to help you stay in your home safely for as long as you choose. Funds are available to eligible residents to pay for critical home repairs, like:

Roofing and siding

Electrical

Heating and plumbing work

Structural repairs

Lead paint abatement

Energy efficiency upgrades

Get expert assistance on planning the work and work with quality licensed and insured contractors. Funding is limited and available on a first come first serve basis. Don't wait! Find out more at our website – www.capecdp.org or contact Jean at (508) 240-7873 X14 or jean@capecdp.org.

PLANNING FOR SPRING: WHAT ESSENTIAL OILS ARE IN YOUR WELLNESS KIT?**APRIL 26TH, 2016 1:30 PM**

The Truro Council on Aging is offering a workshop called **"PLANNING FOR SPRING – WHAT ESSENTIAL OILS ARE IN YOUR WELLNESS KIT?"** on Tuesday, April 26th. Judi Pregot, Medical Social Worker and Level Two Aromatherapist from the VNA Hospice and Palliative Program will be the presenter. The workshop will focus on developing a Wellness Kit to maintain our health and well-being during the spring and summer months with the help of essential oils. This workshop is scheduled for Thursday, April 7th at 1:30 PM.

Some of the topics that will be discussed include, but are not limited to:

A Basic Introduction to Aromatherapy

The Application of Essential Oils: What the Oils Do and How To Correctly Apply, Diffuse and Work With Them

Some Suggestions for Oils to Include in A Wellness Kit

Some Simple Uses for Essential Oils

The Use of Journaling as a tool to fully understand how the essential oils affect the user's sense of well-being

registration is required. To register, please call 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.**

WHAT'S COOKING AT THE COA CAFÉ

TUESDAYS 12:30 PM

COA CAFE

April 5th

Baked Ham with Spinach Pie
Green Salad with a Balsamic Vinaigrette
Soup: Spring Pea

April 12th

Spiced Turkey Patties with a Garlic Herb Aioli
Morocca Cous-Cous Salad
Soup: Tuscan Turkey

April 19th

CANCELLED

April 26th

Lemony Baked Cod with Olive, Tomato & Caper Relish
Asparagus with Oven Roasted Tomatoes & Potatoes
Soup: Butternut Squash

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



APRIL

2016

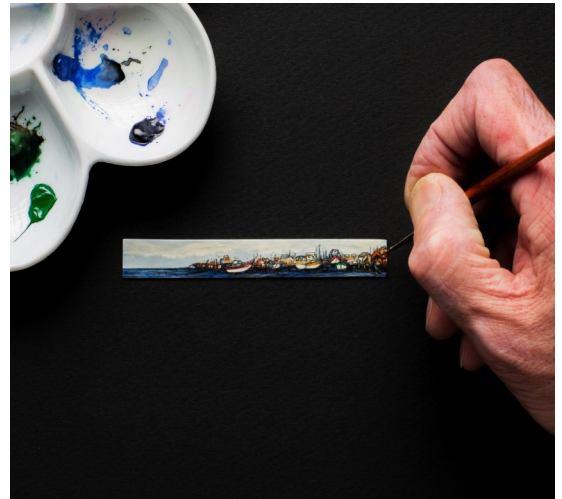
Mon	Tue	Wed	Thu	Fri
Art Gallery Opening 2:00-4:00 pm				1 Strength Training 9:00-10:00 White Line Class 1:30—3:30
4 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	5 Men's Exercise Class 10:45- COA CAFÉ 12:30 Nutrition Class 1:30 Women's Reflections 6:30	6 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00	7 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	8 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Class 1:30—3:30
11 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	12 AARP Taxes Prepared 9:00 (Appointment only) COA CAFE 12:30 Men's Exercise Class 10:45 Home Improvement 1:30 Women's Reflections 6:30	13 Tai Chi 8:30 Strength Training w/Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Bereavement 1-2:30 Free Legal Assistance (By Appointment)	14 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	15 Strength Training 9:00-10:00 White Line Class 1:30—3:30
18 HOLIDAY PATRIOT'S DAY COA CLOSED	19 COA CAFÉ 12:30 Men's Exercise Class 10:45 CANCELLED Nickerson Funeral Home 1:30 Women's Reflections 6:30	20 Tai Chi 8:30 Strength Training 9:00-10 Coffee Hour 10:00 Story Swap 11:00	21 CORE 11-12:00 CANCELLED PACE 12:30-1:30 CANCELLED Mahjongg 1:00-4 Legal Presentation Attorney Crooks 1:30 Tea Time 1:30	22 Strength Training 9:00-10:00 White Line Class 1:30—3:30 Dr. Campo (Appointment only)
25 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	26 COA CAFÉ 12:30 Men's Exercise Class 10:45 Aromatherapy 1:30 Women's Reflections 6:30 CANCELLED Annual Town Meeting 6:00 –TCS	27 Tai Chi 8:30 CANCELLED Strength Training w/Kathy Stetson 9:00-10 Coffee Hour 10:00 Bereavement 1-2:30	28 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	29 Strength Training 9:00-10:00 White Line Class 1:30—3:30

“SMALL REFLECTIONS”

Miniature landscapes on antique ivory piano keys

Robert Callahan established himself as a leader in the world of miniatures early on in his career. Fashioning one inch scale reproductions of period furniture and accessories his work was featured in numerous publications including LIFE magazine. Recognized by collectors and museums for his precise detail his work was added to many collections around the world.

Robert's recent work pays homage to those early years by painting miniature landscapes of New England on antique ivory piano keys. Using scrimshaw, the traditional maritime art form, Robert creates fine details in the work. He then painstakingly watercolors the sky, coast and towns of the New England he calls home. Each work is unique as the “grain” in the ivory reflects through the paint. These miniature works of art draw the observer in to them to take a closer look.



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-
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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.

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 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, Joan Moriarty, 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.