



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
April 2017

COA Staff Members

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



EGG PAINTING WORKSHOP II on Monday, April 3, 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.

Singer Davis Bates will perform

Under One Sky: A Song and Story Celebration!

The Truro Public Library, Council on Aging & Recreation Commission will celebrate the diverse heritage of the New England region and April School Vacation by presenting a performance by Parents' Choice Award winning performer Davis Bates. Entitled Under One Sky: A Song and Story Celebration, the intergenerational program will involve the audience in a variety of cultural traditions. It will include traditional songs and tales from around the world, sea songs & chanteys, farming and sugaring songs & stories and family tales. There will also be plenty of sing-along's, a short lesson in how to play music with spoons, and an appearance by a dancing wooden dog named Bingo.

The performance will take place at the Truro Community Center on Tuesday, April 18th at 1:30 pm. All ages are invited to attend. Be sure not to miss this wonderful program of traditional interactive family entertainment. For more information call the Library at (508) 487-1125 or the Council on Aging at (508) 487-2462. This performance is funded, in part, by a grant from the Truro Cultural Council, a local agency supported by the Massachusetts Cultural Council.



The Truro COA will be celebrating World Day for Physical Activity with a free 30 minute community walk on April 6th at 10 am, rain date Wed, April 12th at 10:15 am. Please join us!

EDUCATION & INFORMATION

SHINE NEWS... **Hospital Observation Stays and Original Medicare**

Many times when a person goes to the emergency room and is then placed in a hospital bed, they are not admitted as “inpatient” but are they are under “observation”. When a Medicare Beneficiary is in the hospital under observation, Medicare Part B (medical insurance) will be billed not Medicare Part A (hospital insurance). This can result in increased costs for the beneficiary. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under observation in a hospital will not count towards that three-day minimum. If a Medicare Beneficiary goes to a skilled nursing facility after a stay at the hospital under observation they will be responsible for the entire bill which could be thousands of dollars. The Medicare Beneficiary may also be responsible for the Part B deductible and co-insurance if they do not have a supplement. As of March 8, 2017, hospitals are required to provide a **Medicare Outpatient Observation Notice (MOON)** to a Medicare Beneficiary who has been receiving observation services as an outpatient for more than 24 hours. This notice will inform the individual as to the reason(s) they are an outpatient receiving observation services and the implications of such status with regards to Medicare cost sharing and post-hospital skilled nursing facility services. An oral explanation of this notice must also be provided. A signature must be obtained from the individual or a person acting on the individual’s behalf to acknowledge receipt. If the individual refuses to sign the MOON, the staff member of the hospital providing the notice must sign certifying that notification was presented. This notice was a result of the Notice of Observation Treatment and Implication for Care Eligibility Act (NOTICE Act) which was enacted August 6, 2015. This Act will hopefully make the Medicare Beneficiary more aware of the implications of not being admitted as inpatient.

SHINE (Serving Health Insurance Needs of Everyone) offers free, confidential counseling on all aspects of health insurance to anyone on Medicare.

Please call your local certified SHINE counselor Elton Cutler (ext. 313) if you would like more information on this or any other Medicare or health insurance issues.

Lecture and Discussion Series

Please 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.

HANDWASHING DONE RIGHT

One of the best ways to prevent illness is to wash your hands often and well. Washing your hands removes germs that are picked up throughout the day.

From preparing food Taking out the garbage Using the toilet

This can prevent germs from being transmitted to your mouth, eyes or nose, or to other people.

To get the most protection, follow these tips:

- Wet your hands with clean running water. It can be warm or cold- evidence says that temperature doesn’t really matter.
- Lather well with liquid, bar or powder soap. Soap is better than water alone because elements in the soap help lift the dirt and germs away from your skin.
- Rub vigorously for at least 20 seconds-or hum the happy birthday song through twice. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well with clean, running water.
- Wet hands are more germ friendly than dry ones. Dry your hands with a dry disposable towel or air dryer. Some evidence suggests that disposable towels are more hygienic than air dryers. It’s also a good idea to open bathroom doors using a paper towel; you never know who washed their hands prior to you and who didn’t!

If soap and water aren’t available-or in settings where hand washing is frequent, such as a doctor’s office or a hospital- an alcohol based hand sanitizer that contains at least 60 % alcohol is an acceptable substitute for disinfecting your hands.

Charles Altieri, RN Public Health and Wellness

Mayo Clinic Health letter (March 2017)



FOR YOUR INFORMATION



Please join us on Tuesday, April 25 at 1:30 pm for a Presentation on

Advance Care Planning: Essential Conversations for Peace of Mind Before There Is A Crisis

We all need to have a health care proxy. But how does your health care proxy know your wishes? We'll explore the value of several documentation options, including the Five Wishes, MOLST (Massachusetts Medical Orders for Life Sustaining Treatments), and the Health Care Proxy form. By using these, you can be more confident that your individual definition of quality of life is understood and honored, should it ever be medically needed. We will review how patients and families can obtain these forms, and we'll address frequently asked questions.

Presented by Melissa Weidman, Director of Community Relations and Outreach, Hope Hospice

Please call the COA to register: 508-487-2462



community development partnership

NEED REPAIRS TO YOUR HOME?

We Can Help!

The Community Development Partnership (CDP) has opportunities available to fund Housing Rehabilitation in **Truro**. **Please attend an important program on Wednesday, April 12 at 1:00 pm, at the Truro Council on Aging.**

Funds up to \$35,000 are available to eligible residents to pay for critical home repairs, like:

- ☐ Roofing and Siding
- ☐ Windows & Doors
- ☐ Heating and Plumbing Work
- ☐ Minor Structural Repairs
- ☐ Lead Paint Abatement
- ☐ Energy Efficiency Upgrades such as windows and storm doors

The CDP staff works with the homeowners through every step of the process, from planning the work to completion. Program contractors are licensed and insured. Funding is limited and available on a first come first serve basis.

Housing Rehab Program Manager, Jean Stanley is also available to answer questions and provide guidance. You can reach her at (508) 240-7873 X14 or jean@capecdp.org.

We are committed to preserving existing homes for year-round living.

3 Main Street Mercantile, Unit 7 Eastham, MA 02642

P 508.240.7873 **F** 508.240.5085 **E** contact@capecdp.org

www.capecdp.org

The Housing Rehabilitation Program is made possible by Community Development Block Grant funds provided by the MA Department of Housing and Community Development.

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

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

April 14 "The Ice Princess" by Camilla Lackberg

May 12 "Waxwork" by Peter Lovesey

June 9 "The Face of Deception" by Iris Johansen



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.



MASTER STORYTELLER, DAN LYNCH

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, April 12 & 26, 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

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

OUTREACH NEWS

Elton Cutler, Outreach and Resource Coordinator, ext. 313



The Massachusetts Senior Legal Helpline

1-800-342-5297 Are you 60+ and in Need of Legal Help?

The Helpline is a project of the Volunteer Lawyers Project of Boston. We provide free legal information and referral services to Massachusetts residents who are 60 years old or older.

The Helpline is open Monday through Friday 9AM-12PM.

Can I get a free attorney?

Most callers will not be eligible for a free attorney. Helpline advocates can help you find out if you are eligible and complete an application for services with a Massachusetts civil legal services program. Legal services law types include: Social Security/SSI, Veterans Benefits, Mass Health, Medicare, Consumer, Public Benefits, Unemployment, Foreclosures, Utilities, Guardianship, Wills/Advance Directives, Bankruptcy, Housing, Family law, and Nursing Home.

Can I get referrals to reduced fee and private bar attorneys?

If you are not eligible for a free attorney and have some ability to pay an attorney, we can refer you to reduced fee attorney referral programs where attorneys will charge you on a sliding scale based on your income.

We can also refer you to private bar attorney referral programs. Private attorneys will charge for their services. Some cases, such as medical malpractice, workmen's compensation, personal injury, and Social Security benefits denials do not require you to pay money upfront in order to get an attorney. The attorney fees are taken from your award only if you win your case.

Can I get free legal information or referrals?

Yes. Your Helpline advocate will research your legal issue and provide you with information or referrals on most legal topics. We can also text, e-mail, or mail you links or written materials.

What if I need help with a non-legal issue?

Please see the other side for a full list of resources helpful to Massachusetts seniors.

Where can I find social services or resources?

Executive Office of Elder Affairs

(800) AGE-INFO (800-243-4636) TTY (800) 872-0166

Information on prescription drug assistance, care giving, community resources, local programs, homecare, housing/assisted living facilities, and other topics. The EOEa can also refer you to elder services programs in your community with services to improve your quality of life, such as housing counseling, home care services, public benefits, healthcare access, financial help, and others.

How do I report elder abuse?

Elder Protective Services: (800) 922-2275

Where can I find help with a consumer matter?

Attorney General's Elder Hotline

(888)-AG-ELDER (1-888-243-5337)

Statewide, toll-free service providing consumer information and referrals to seniors about consumer transactions, telemarketing fraud, and home improvement scams.

Who helps elder homeowners with financial problems?

Homeowner Options for Massachusetts Elders (H.O.M.E.) www.elderhomeowners.org

(978) 970-0012 / 1-800-583-5337

H.O.M.E. provides comprehensive in-home counseling to low/moderate-income elder homeowners on financial and homeownership issues to enable successful aging-in-place. Services include remainder-of-life planning, budgeting, income maximization, equity conservation, foreclosure prevention, consumer protection, equity conversion, and creative financial options specially crafted for seniors.

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



Handicapped Parking Placard and Plate Application Changes for 2017

If you are applying for a new placard or disabled plate, make absolutely sure you use this

New Application – all others will be disregarded. You can find more information on this at the Massachusetts RMV or read the “Information on Disabled Parking Placard/Plate Application Changes” from the Registry of Motor Vehicles.



Elder Services of Cape Cod & the Islands

1-800-394-4630, 508-394-4630, www.escci.org

What is Elder Services? They are your designated Area Agency on Aging (AAA) and the state designated Aging Services Access Point (ASAP) as well as the Aging and Disability Resource Consortium (ADRC). They are a private, not-for-profit community-based organization dedicated to serving older adults in the twenty-two towns of Barnstable, Dukes, and Nantucket counties. Since 1972, they have been the central source of information and services enabling elders to enhance their quality of life and maintain their independence. Elder Services helps provide the access, service and advocacy to assist you.



HELP PREVENT ELDER ABUSE

To report suspected elder abuse
in Massachusetts

1-800-922-2275

WHAT'S COOKING AT THE COA CAFÉ?

OUR MENU FOR APRIL

Heather Bailey, Cook

April 4th

Classic Macaroni and Cheese with Ham and Spring Vegetables

Spring Greens with a Mushroom and Herb Vinaigrette

Soup: Mushroom Barley

April 11th

Spiced Turkey Patties with a Cucumber Tzatziki served with a
Morrocan Farro Salad

Soup: Spring Pea

April 18th

COA CAFÉ CANCELLED

April 25th

Lemony Baked Cod with and Olive, Tomato and Caper Relish

Asparagus with Oven Roasted Tomatoes and Potatoes

Soup: Butternut Squash

- **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!**



APRIL

2017

Mon	Tue	Wed	Thu	Fri
3 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	4 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	5 Chi Kung 8:30 Strength Training 9:00-10 Coffee Hour 10:00 Adult Coloring Class 10:00	6 Active People 10:00 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4	7 Chi Kung 8:30 Strength Training 9:00-10:00 Lecture & Discussion Series 10:30 White Line Open Studio 1:30-3:30
10 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Lecture & Discussion Series 10:30 *Chair Massage 10:15-11:15	11 Board Meeting 10:00 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	12 Chi Kung 8:30 Strength Training w/Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30 Housing Rehab Program 1:00 Free Legal Assistance (By Appointment Only)	13 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 Bus Trip-Lunch at Wellfleet COA 12:30	14 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
17 HOLIDAY PATRIOTS' DAY COA CLOSED	18 Men's Exercise Class 10:45 COA CAFÉ 12:30 CANCELLED Singer Davis Bates 1:30 Women's Reflections 6:30	19 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Story Swap 11:00	20 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	21 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
24 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Lecture & Discussion Series 10:30 *Chair Massage 10:15-11:15	25 COA CAFÉ 12:30 Men's Exercise Class 10:45 Advanced Care Planning 1:30 Women's Reflections 6:30	26 Chi Kung 8:30 Strength Training w/ Kathy Stetson 9:00-10 :00 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30	27 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	28 Chi Kung 8:30 Strength Training 9:00-10:00 Lecture & Discussion Series 10:30 White Line Open Studio 1:30-3:30
				ART GALLERY OPENING April 9th 2:00-4:00 pm

Art Opening Sunday April 9, 2017 2:00-4:00 pm



The TRURO GROUP
A community of Artists

GOOD BYE TO WINTER
Exhibition



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



Sunday April 9, 2017 2-4 pm
Truro Council on Aging



Through April 28



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 WELLFLEET COA

Wellfleet COA is offering lunch in their dining room on Thursday, April 13th at 12:30 PM. Iris will be preparing baked salmon, asparagus, mashed sweet potato and orange ricotta pie for dessert. Cost is \$7.50 We will be providing free transportation to this event. Reservations need to be made with Margie no later than noon on Tuesday, April 11th. This is a great chance to visit with our neighbors to the south and to say "hi" to Iris!

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



Hello April!

Stone: Diamond

Flower: Daisy & Sweet pea

Birth signs: Aries (March 21-April 19)

Taurus (April 20-May 20)

Dates: April 1st is April Fools' Day

April 5th is Arbor Day

April 22nd is Earth Day

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

James J. Reheiser

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: 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.