



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
JUNE 2017

"I REMEMBER"

with readers from the Truro COA Memoirs Group

Rosalind Pace, mentor

including more excerpts from "Truro As We Remember It" :

an ongoing oral history project

Free and open to the public

Refreshments

At the

TRURO COUNCIL ON AGING

SUNDAY, JUNE 25, 2-4 P.M.

This event is sponsored in part by Truro Treasures



Honoring Aging

What did these people do after the age of 65?

Larry King, John Glenn, William Ivy Baldwin, W. Somerset Maugham, Bill Painter.....

Join us for fun, food and dialogue

Bring your own stories

Thursday, June 22, 2017 12:00 noon

Light Lunch served

Hosted by Independence House



EDUCATION & INFORMATION



Let Nutrition Start your Day off Right!

Mayo Health-letter May 2017

A nutritious breakfast can be a great start to your day- but what makes it healthy? It generally means a combination of complex carbohydrates, fiber, protein, and a small amount of healthy fat.

Complex carbs such as whole grains, legumes, nuts fruits and vegetables help replenish energy stores that were depleted overnight and provide vitamins, minerals and fiber-which helps you feel full longer. Adding in lean proteins, which are rich in vitamins and minerals, also help you delay hunger. One example is low-fat dairy products, which are important sources of vitamin A and D, calcium, and potassium.

A morning meal with these elements will help improve your concentration; provide nutrients important to your heart, bones and other systems; and may help control the amount of calories you take in the rest of the day. Choose from at least three of the four food groups to round out a healthy breakfast:

- Whole grains- whole-grain bread or bagels, hot or cold whole-grain cereals, whole grain English muffins, whole grain waffles.
- Lean protein- egg, lean meat, legumes and nuts.
- Low-fat dairy-milk, plain or low sugar yogurts, and low-fat cheeses, such as cottage cheese and natural cheeses.
- Fruits and vegetables- fresh or frozen fruits and vegetables, 100% juice drinks without added sugar, and fruit and vegetable smoothies.

Happy and Healthy You!

Charlie Altieri, RN, Public Health Nurse, Visiting Nurse Association of Cape Cod

caltieri@vnacapecod.org -#1-800-631-3900

STRATEGIES FOR REDUCING STRESS

Stress seems to be an epidemic these days, but what can we do about it? Fortunately, there are many strategies available to help us manage stress. There are literally hundreds of techniques out there; here is a short list of some of the more common ones.

Mindfulness and meditation: this can include formal meditation techniques, visualization exercises, or it can be as simple as taking a few minutes to tune into your breath. The key factor here is that you attempt to focus your attention on one thing (your breath, the image that you create in your mind, an object that you are gazing at). When distracting thoughts pop into your mind, as they invariably will, you gently return your attention to the focal point. This has the overall effect of quieting the “internal chatter” that goes on constantly inside your mind. Research shows that even a few minutes a day can significantly decrease stress hormone levels, reduce blood pressure and ease symptoms of anxiety and depression.

Connecting with others: belonging to a group gives us a feeling of connection. Support groups or exercise groups geared to a particular condition are helpful in that they allow us to meet other people who are dealing with similar situations. As a result, we don't feel alone. We may also learn useful coping strategies and techniques.

Schedule time for rest: adequate sleep fuels your body as well as your mind. Constantly cutting sleep time short will raise levels of stress hormones.

Keep your sense of humor. The act of laughing helps to ward off the effects of stress by lowering blood pressure, lowering levels of stress hormones and triggering deep breathing. Bonus- a good laugh exercises your belly muscles!

Make time for exercise: physical activity can be a key component in stress reduction. Regular exercise improves relaxation and sleep, lowers blood pressure and levels of stress hormones. Increased strength and stamina also enable us to more easily manage daily tasks and to deal with stressful events when they arise.

By Kathy Stetson, Certified Exercise Physiologist, Physical Therapist

JUNE IS ALZHEIMER'S & BRAIN
AWARENESS MONTH
TAKE ACTION AT ALZ.ORG/JUNE



Happy Father's Day

FOR YOUR INFORMATION

TOWN OF TRURO SENIOR MUNICIPAL SERVICE PROGRAM

BEGINNING JULY 1, 2017

ENDING JUNE 30, 2018

The Town of Truro is offering an abatement to its senior residents for services provided to the town. It is an opportunity for a Truro senior resident to share a skill they have with the our community and also receive a real estate tax reduction on their Truro property.

Participants must meet the following requirements:

Applicant must be 60 years of age or older

Applicant must own property in Truro that serves as their principal residence

Applicant has been a full-time resident of Truro as of July 1st of the previous year

Applicant must be the current occupant of property for which abatement is requested

Applications are available for the Senior Municipal Service Program for the FY18 at the Truro Council on Aging, 7 Standish Way, North Truro or call #508-487-2462 for more information.

APPLICATIONS DUE BY JUNE 15TH



MEDICARE FRAUD

Doctors and doctors' offices have notified The Centers for Medicare & Medicaid Services (CMS) that they are receiving prescription renewal requests from unfamiliar, out-of-state pharmacies. When doctors realize the requests are for prescriptions or supplies their patients do not receive, they deny the requests.

As always, Medicare beneficiaries are strongly encouraged to review their quarterly Medicare Summary Notice and their Medicare Explanation of Benefits to ensure Medicare is billed accurately. If there are any questions about prescriptions, doctors, pharmacies or services listed on the benefit statements, members can call their plan or 1-800-Medicare.

Alcohol: How much is too much?

It is still too often assumed that older adults don't have drinking problems, and when it is suspected, ageist attitudes prevail: "they're too old to change," "what else do they have?" And, often, consequences of drinking, such as falls, incontinence, confusion, depression, digestive problems, or isolating are attributed to old age and dismissed. We now know that many older adults (perhaps as many as 10 to 20 percent) have a problem, that it can cause significant problems, that older adults, with treatment, are more successful than younger at stopping drinking, and that the benefits of stopping are remarkable.

One of the contributing factors to a drinking problem is the amount that someone drinks, and how often. So how much is too much? Federal guidelines advise no more than one drink per day for adults who are 60 and older, and many experts suggest that older women should drink even less. Drinking more than this increases risks for health problems and for dependence.

The following can help you think about whether you have a problem:

- Have you tried unsuccessfully to cut back or quit?
- Do you feel annoyed or angry when someone asks you about your drinking?
- Do you feel guilty about drinking?
- Do you drink in the morning or soon after getting up?

Yes to 2 or more may indicate a problem. If you're concerned about your or a loved one's drinking, seek help through a counselor/therapist or from AA. It's never too late to quit!

Call Georgia Neill at 508-237-3170 for a confidential appointment.

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.

Beach Point and Swim Club is OPEN!!

Memberships are \$180.00 for 30 visits to the club. Please stop in and sign up at the COA if you are a new member.



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 WEDNESDAYS

8:30 am—9:30 am

TRURO COMMUNITY CENTER



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. **\$5.00 per class**

MONTHLY PROGRAMS/SERVICES

MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

June 9 “The Face of Deception” by Iris Johansen

July 14 “Pursuit” by Karen Robards

August 11 “Celebrity In Death” by JD Robb

September 8 “Manner of Death” by Stephen White



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!!

****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, May 10th & 24th at 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 #1- 800-631-3900 x7715 or 508-957-7715.

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 in part by a grant from Truro Treasures.

Please feel free to join us!

CORE CONDITIONING

Intermediate level workout for the back, abdominals and hips are performed in a variety of sitting, standing and on the floor exercises. Instructor, Kathy Stetson, Certified Physical Therapist. \$5./per class. Class meets Thursdays, 11:00 am in the multi-purpose room at the community center.

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



WHAT IS A MOON?

Medicare Outpatient Observation Notice

For people with Medicare, MOON has a new meaning: “Medicare Outpatient Observation Notice”. This newly required notice must be given to some patients who have been admitted to a hospital for “observation”. Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived. For further assistance about this or any Medicare issue, contact certified SHINE counselor Elton Cutler at 508-487-2462 ext. 313

The President’s Budget Would Dramatically Cut Funding for Medicare Counseling (SHINE) Programs

This week, the President sent a more detailed supplement to his 2017 budget to Congressional appropriator that proposes dramatic cuts to the State Health Insurance Assistance Programs (known as SHINE in Massachusetts and SHIPs in most other states) that provide one-on-one, in-person counseling to help people with Medicare understand their rights and navigate their coverage options. The President’s proposal would almost completely eliminate federal funding for this essential program.

SHINE (Serving the Health Insurance Needs of Everyone) provides unbiased, free, and personalized local assistance to older adults, people with disabilities, and families facing complicated Medicare decisions. In 2015, SHINE helped about 7 million people with Medicare sift through more than 20 prescription drug plans, 19 different choices of Medicare Advantage plans, and various Medigap supplemental insurance policies, all of which come with different premiums, provider networks, rules around coverage, and out-of-pocket costs. Additionally, SHINE helps beneficiaries resolve fraud and abuse issues, billing problems, appeals, and enrollment in low-income health assistance programs.

The President’s budget, released earlier this month, included a \$12.6 Billion cut to the Department of Health and Human Services, but it did not include specifics about how to achieve those and other savings. The recently released supplement fills in some of those gaps and eliminates funding for SHINE grants for local assistance, and recommends that older adults and people with disabilities instead “leverage alternative sources for Medicare beneficiaries to obtain access to reliable information to better understand and manage benefits (e.g., 1-800-Medicare).”

Unfortunately, contractor-administered services like 1-800-MEDICARE cannot replace the essential, localized one-on-one assistance provided at most Councils on Aging or Senior Centers in Massachusetts, local certified SHINE counselors are extremely efficient and volunteer driven, and SHINE grants are vital to ensure comprehensive counseling is available to people with Medicare and their families. Medicare Rights continues to oppose shortsighted cuts to SHINE, like those included in the President’s budget supplement.

INFORMATION

Medicare's Free Preventive Services

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have original Medicare or a Medicare Advantage plan, like an HMO or PPO.

Some of the free services include:

Colorectal cancer screening (including colonoscopies)

Mammograms

Pap tests and pelvic exams

Bone mass measurements

Cardiovascular screening

Flu and pneumonia shots

Alcohol misuse screening and counseling

Depression screening

Obesity screening and counseling

There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then an Annual Wellness Visit in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans (HMOs, PPOs). For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor. For further assistance about this or any Medicare issue, contact certified SHINE counselor Elton Cutler at 508-487-2462 ext. 313



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.

Learn more about other services we provide

Call (508) 487-2462 or log on to www.truro-ma.gov/coa

MassHealth
Transportation
Health Clinics

Fuel Assistance
Counseling
Reassurance

SNAP (Food Stamps)
Legal Assistance
Financial Management

Medical Equipment
Respite Care
Fitness



MASS BAR ASSOCIATION 2017 Elder Law Education Program

Thursday, June 15th 1:30-2:30 pm

PROVINCETOWN COUNCIL ON AGING

"Taking Control of Your Future: A Legal Checkup"

Presented with the generous assistance and cooperation of the Massachusetts Chapter of the National Academy of Elder Law Attorneys
Will allow you the opportunity to customize a presentation based on the materials included in our revised and expanded resource guide.

Please R.S.V.P, 508-487-2462 BY June 13th

WHAT'S COOKING AT THE COA CAFÉ?

OUR MENU FOR JUNE

Heather Bailey, Cook

June 6th

Ginger Sesame Chicken with a Lime Curry Sauce

Thai Noodle Salad

Key Lime Pie

June 13th

BBQ Pulled Chicken with Honey Cornbread

Black Bean and Corn Salad

Cookie Caramel Sundae

June 20th

Cod Piccatta with Rice Pilaf

Classic Caesar Salad

Cherry Clafoutis


June 27th

Lemony Hummus with Crostini

Classic Cobb Salad with Chicken, Bacon, and Avocado with a Homemade Blue Cheese Dressing

Strawberry Shortcake

- **Please call and make your reservations on Mondays by 12:00 pm.**
508-487-2462, ext. 310
- **Meals include: coffee, tea, juice and dessert \$7.50**
- **“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
Outer Cape White Line Printmakers Art Show Opening Sunday June 11 2:00-4:00 pm			1 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4	2 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
5 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	6 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	7 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00	8 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4	9 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Open Studio 1:30-3:30
12 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	13 Board Meeting 10:00 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	14 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)	15 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00 Legal Checkup 1:30 Provincetown COA	16 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
19 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	20 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	21 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Story Swap 11:00	22 CORE 11-12:00 Honoring Aging 12:00 pm MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	23 Dr. Campo –Podiatrist (By Appointment Only) 8:30 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
26 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	27 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	28 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30	29 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	30 Chi Kung 8:30 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30

Art Gallery Opening June 11th 2:00-4:00 pm

Summer Exhibition

Outer Cape White-line Printmakers

Truro Council on Aging



The Outer Cape White-line Printmakers started out as a series of workshop that evolved from a demonstration of white-line block printing at a Truro Group exhibition. The series of workshops were so popular participants decided to meet on Friday afternoons at the Truro COA as an open studio. We are still going strong after 3 years.

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.

We publish birthdays of residents 60 and older every month in our newsletter. This is information that we obtain from the annual street listing and is considered public information. If you choose not to have your birthday listed, please call Margie at extension 320 and we will not include you in the birthday calendar.



**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
ARE 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.

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.