



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
JULY 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



**MARGIE CHILDS IS RETIRING AND HER LAST DAY AT THE
COUNCIL ON AGING IS MONDAY, JULY 10!**

PLEASE STOP BY THE COA AND WISH HER WELL!

LIGHT REFRESHMENTS WILL BE SERVED!!

EDUCATION & INFORMATION

What is core strength and why does it matter?

The core muscles are the ones found around the trunk (from the neck down to the lower back) and the pelvis. When you train the muscles of the back, the abdomen and the hips to work together, you will notice increased balance and stability with sports and daily activities. Improved core strength also leads to better posture as well as reduced risk of injury and lower back pain. You don't need a gym membership or special equipment to do core exercises; you can start with simple exercises on the floor or even on a bed. As you progress, you may want to add tools such as elastic bands, gym balls or the Bosu (pictured below) for more challenge and variety.

If you're interested in learning how to do core strength training in a class, check out our program here at the Truro COA. The class meets every Thursday from 11 am to noon in the Truro Room. If you have questions about the class, feel free to contact me at 508-397-5324 or e-mail at kathystetson@verizon.net.



By Kathy Stetson, Certified Exercise Physiologist, Physical Therapist

**NEW PHONE SYSTEM AT
TRURO POLICE DEPARTMENT
CALL 508-487-8730
WHEN YOU GET THE AUTO-ATTENDANT
YOU CAN REACH
DISPATCH BY DIALING "O"
IF YOU HAVE ANY EMERGENCY DIAL 911**

FOR YOUR INFORMATION

TRURO CONCERTS ON THE GREEN

TRURO CENTER AT SNOW'S PARK

2017 Schedule

ALL CONCERTS AT 6:30 PM

(except August 17th and August 24th)

In the event of rain the concert will be canceled.

No rain dates are planned.

The Rip-It-Ups

Thursday, July 6, 6:30 pm

Chandler Travis Philharmonette

Thursday, July 13, 6:30 pm

Crabgrass

Thursday, July 20, 6:30pm

Magic of Steel

Thursday, July 27, 6:30 pm

New Beach Band

Thursday, August 3, 6:30 pm

Ted DeColo and Andy Solberg

Thursday, August 10, 6:30 pm

Tim Dickey – Toast and Jam

Thursday, August 17, 6:00 pm

Zoe Lewis

Thursday, August 24, 6:00 pm

You are invited to a garden tour and lunch at

5 Pond Village Heights Road

Friday, July 21 at 1:00 pm

Lunch will be served

Hosted by Margo Martin

Please make your reservations by Monday, July 18th by calling Margo at 508-487-1208

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

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 –NEW DAY AND TIME

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 **Thursday, July 13th at 10:00 pm to 11:30 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



On Tuesday July 4, the COA will be closed as we celebrate Independence Day! A great day to go to the beach, take a dip in the ocean, to barbecue, or to have a clam-bake with your friends, children, and grandchildren. Then in the evening, sit back and watch fireworks while the country celebrates its birthday.



You may soon be a senior who is eligible for Medicare and supplemental health insurance. You should sign up for Medicare three months before reaching age 65, even if you plan to delay receiving retirement benefits because you are working. Otherwise, your Medicare medical insurance, as well as prescription drug coverage, could be delayed, and you could be charged much higher premiums and penalties for not signing up at age 65.

The Truro Council on Aging provides free health insurance information, assistance and counseling to Medicare beneficiaries of all ages and their caregivers by our **Serving the Health Insurance Needs of Elders** or **SHINE** program.

- Our SHINE counselors help seniors and disabled adults understand their rights and benefits under Medicare and other health insurance.
- Provide information and assistance on Medicare Part D and other prescription drug programs.
- Compare Medigaps to Medicare Advantage plans and their costs and benefits.
- Assist with billing problems and appeals.
- Prevent seniors from buying unnecessary or duplicate coverage.
- Help prepare enrollment forms and applications for assistance.

There are 2 main ways to get your Medicare coverage— Original Medicare or a Medicare Advantage Plan (like an HMO or PPO). Many people get additional coverage, like Medicare prescription drug coverage or Medicare Supplement Insurance (Medigap).

To get started with Medicare today or to learn more about your Medicare coverage choices, call Elton at (508) 487-2462 X313 to schedule an appointment.



CAN I CHANGE MY MEDICARE PLAN AFTER OPEN ENROLLMENT?

Even though Medicare's Annual Open Enrollment ended on 12/7/2015 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan – Part C) you may still have some options. For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment. Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage. How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. We are happy to talk with you at any time of the year. We can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. We may also be able to save you money through public assistance programs, call Elton at (508) 487-2462 X13 to schedule an appointment.

If you would like to learn more about other services we provide please call or log on to www.truro-ma.gov/coa

MassHealth	Fuel Assistance	SNAP (Food Stamps)	Medical Equipment
Transportation	Counseling	Legal Assistance	Respite Care
Health Clinics	Reassurance	Financial Management	Fitness

INFORMATION

Let Us Help You Stay Safely in Your Home

Join the Community Development Partnership on Wednesday, July 12 at 1:00 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.



Mondays At the Council on Aging

10:00 am

Denise Seager will work with

Individuals using a safe, non-intrusive, gentle healing technique

Denise completed the Second Degree Course in the Usui System of Reiki Healing in the Oku Den and has been certified for 3 years.

Any questions, please call Denise at 508-413-9446

To schedule an appointment call 508-487-2462

WHAT'S COOKING AT THE COA CAFÉ?

OUR MENU FOR JULY

Heather Bailey, Cook

Truro COA Cafe Menu

Tuesdays at 12;30

July 11th

Summer BBQ

Burgers, Hot Dogs and all the Fixins'

Frozen Summer Treats

July 18th

Summer Salad Trio:

Curried Chicken, Moroccan Farro and Cucumber Yogurt Salad

Berry Shortcakes

July 25th


Tuscan Turkey Patties with a

Tomato, Basil and Mozzarella Salad

Peach

- **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!**



Monday	Tuesday	Wednesday	Thursday	Friday
3 Strength Training 9:00-10:00 Reiki 10:00 Memoirs Writing Group 10:30	4 HOLIDAY FOURTH OF JULY COA CLOSED	5 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00	6 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4	7 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Open Studio 1:30-3:30
10 Strength Training 9:00-10:00 Reiki 10:00 Memoirs Writing Group 10:30 Margie's Retirement Celebration	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 9:00-10:00 Coffee Hour 10:00 Free Legal Assistance (By Appointment Only) Community Partnership Program 1:00	13 Bereavement 10-11:30 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	14 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
17 Strength Training 9:00-10:00 Reiki 10:00 Memoirs Writing Group 10:30	18 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	19 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Story Swap 11:00	20 CORE 11-12:00 Honoring Aging 12:00 pm MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	21 Dr. Campo –Podiatrist (By Appointment Only) 8:30 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30 Garden Party hosted by Margo Martin at her home
24 Strength Training 9:00-10:00 Reiki 10:00 Memoirs Writing Group 10:30	25 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	26 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 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 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
31 Strength Training 9:00-10:00 Reiki 10:00 Memoirs Writing Group 10:30				ART OPENING SUNDAY, JULY 2 3:00-6:00

Art Gallery Opening Sunday, July 2 3:00-6:00 pm

Artist John Choly



John Choly is an artist of spirit. Originally from the New York area, He has made Provincetown his home permanently since 2000. He is known for his paintings of hearts and moons, creating abstract landscapes, water-colors, prints and one-of-a-kind greeting Cards. He sold his first painting in 1985 to a collector in Hartford, Conn. In 1998 his Moon Series exhibit consisted of 365 paintings of the moon at what was then Provincetown's Cortland-Jessup Gallery. His work has been in numerous exhibitions and in many private collections for over 30 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 funded in part by MA Executive Office of Elder Affairs and the Federal Administration for Community Living. 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

Jim Brown, President; Bill Worthington, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary. Board Members: Lucie Grozier, Brian Trainor and Ed Yaconetti, Diane Rose.

COUNCIL ON AGING BOARD MEMBERS

Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Joan Moriarty Secretary, Board Members: Joan Holt, Claudia Tuckey, Hannah Shrand, Marla Perkel, Susan Grace, Lucy Brown.

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.