



**TRURO COUNCIL ON AGING
AUGUST 2016
NEWSLETTER**

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

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.



LINE DANCING AT THE COA

FRIDAY, AUGUST 5TH AT 11:-00 AM

Have fun learning basic line dances to a variety of popular music.

Joan Colombo, former director/choreographer of the Joan of Art Dance Center, will be visiting family in North Truro throughout the summer. She is currently teaching line dancing at various senior centers in New Jersey and is looking forward to sharing her love of dance with us.



Kidde United Technologies has donated 24 Worry-Free Smoke alarms to the Truro Fire Department. The detectors will be available to Truro citizens in need of new or a replacement of non-working battery operated detectors. The Fire Department will install the devices for you if you need help.

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 smoke detector to be installed, 508-487-2462, ext. 13.

10 Summer Health Tips – Associated Home Care 2016

Dee Yeater RN – Public Health and Life Style may raise the threat of a heat related illness according to the National Institute for Aging. Here are 10 tips as we head into the heat of August.

Drink plenty of liquids – Drink eight or more glasses of water or juices a day to stay hydrated. Some medications can dehydrate you.

Avoid caffeinated or alcoholic beverages – they can dehydrate you.

Dress appropriately – wear loose fitting clothes in natural fabrics like cotton.

Wear a sunscreen of an SPF of 30 or higher.

Stay indoors during extreme heat.

Air conditioning – if you don't have an air conditioner go someplace that does.

Avoid extreme outdoor heat. Always look for shade. Don't wait for transportation or participate in activities directly in the sun.

In extreme heat and no air conditioning take a cool shower or bath to lower your body temperature.

Keep your home cool. Temperatures inside the home should not exceed 85 degrees Fahrenheit for extended periods of time.

10 Know the signs of heat stroke. (flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) take immediate action if you feel these symptoms coming on.

Enjoy your summer and check on friends and relatives on hot days.

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

Hospitals often admit patients under observation status. Patients under "observation" are considered outpatients even though they may stay in a hospital bed for many days. For those with Original Medicare, outpatient stays at a hospital could result in increased costs. 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 toward that three-day minimum.

In addition, a Medicare Supplement (Medigap) **will not** cover any of the costs of the skilled nursing care if Medicare has not paid first. So patients with Original Medicare who have been under observation status, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home, because they are unable to cover the costs.

Medicare Advantage plans (HMOs, PPOs) **will** cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial.

The Medicare Advocacy Project (MAP) would like to hear from you if you were in the hospital under "observation" and you now have a large bill from a skilled nursing facility. The Medicare Advocacy Project for the Cape and Islands is through South Coastal Counties Legal Services in Hyannis and their phone number is 508-775-7020. This is a free service for those on Medicare and MAP can help with all types of Medicare appeals.

SHINE (**S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Please call the Senior Center to schedule a SHINE appointment.

BEREAVEMENT SUPPORT GROUP**PLEASE NOTE: 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, August 25 from 10:00-11:30 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 800-631-3900 x7715 or 508-957-7715.

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.**

**Transportation for Medical Appointments**

Helping Our Women (HOW) provides rides for medical appointments on-Cape at no cost to women with chronic or life-threatening health conditions.

Rides to Boston for medical appointments are available weekdays with the Cape Cod Regional Transit Authority (CCRTA) Boston Hospital Bus **at no cost to clients**. Arrangements are made by HOW directly with the CCRTA. We will arrange taxi transportation if needed to the van and home again after the van ride. The van departs from Wellfleet Dunkin' Donuts at 7 a.m. or Eastham Superette at 7:15 a.m. daily and leaves Boston no later than 3 p.m. (appointments must be scheduled from 10 a.m. to 2 p.m.).

To arrange a ride and become a HOW client, please call the HOW office at 508-487-4357. We usually need at least one week's notice to arrange a ride. Please be prepared with the location and time of your appointment when you call.

**New Support Group Forming**

A monthly group for mutual support to explore topics of coping with a chronic illness and/or cancer in a small group "drop in" format facilitated by local therapist Deborah Shell, LICSW. **Mondays from 1:00-1:30 pm at St. Mary of the Harbor in Provincetown.** This group is free and open to the public. More information call 508-487-4357.

**ADULT COLORING CLASS****WEDNESDAY MORNINGS****10:00 AM****Please join us and have some fun!!**

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.

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

And

The Alzheimer's Family Support Center of Cape Cod

Presents

THE PERSONAL PROJECT

THURSDAY, SEPTEMBER 1, 6:30 GREG O'BRIEN Author, *On Pluto*

FRIDAY, SEPTEMBER 2, 6:30 MELINDA BUCKLEY Actress/Author/Activist *Mother (and me)*

FRIDAY, SEPTEMBER 2, 6:30 OPENING: THE ART OF MEMORY *silent auction*

SATURDAY, DAY, SEPTEMBER 3, 12 pm JAMES LECESNE Actor/Author/Activist

SEPTEMBER 3, 2 pm THE ART OF MEMORY CLOSING

All events take place at the Fine Arts Work Center, 24 Pearl Street, Provincetown.

All proceeds benefit the Alzheimer's Family Support Center of Cape Cod, providing free services to families and individuals living with Alzheimer's and other dementia-related diseases.

**MEN'S WORKOUT**

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



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

August 12th "The Boy In The Suitcase" by Lene Kaaberbec

September 9th "Little Black Lies" by Sharon Bolton

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, August 17th at 11:00 am, COA

****The Third Wednesday of the Month at 11:00 am, Truro COA**



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 mornings 8:30 am—9:30 am \$5.00 per class



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

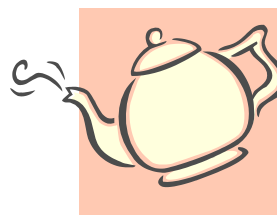
TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room

IN MEMORIAM





How Do We Address Homelessness?

Our programs and services fall into two main categories:

- Professional Case Management

- Facilitating Community-Based Responses

Professional Case Management

HPC provides professional case management services that give extensive counseling and guidance to those at risk of becoming homeless. This aspect of the client services includes: advocacy/access to housing programs and funding; budgeting; and negotiation for rent and mortgage back-payments. In addition, the case managers are well aware that lack of financial resources is a major concern for many of their clients.

Community-Based Responses

HPC responded to the specific needs of the homeless in Provincetown by helping to create the Provincetown Coalition for the Homeless. The Soup Kitchen in Provincetown was established and now feeds an average of 50 people a day between the months of November and May.

A Message from SHINE: What are Medigap Plans?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. **Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.** A Medigap policy will generally pay only when Medicare approves payment. You are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist. For assistance with choosing a Medigap plan or any Medicare issue. Contact Elton Cutler the SHINE (Serving the Health Insurance Needs of Everyone) counselor for an appointment at (508) 487-2462.



Concerts on the Green

Truro Center at Snow's Park

2016 Schedule

All concerts at 6:30pm (except Aug. 18th and 25th) in the event of rain the concert will be canceled.

No rain dates are planned

Peter Donnelly New Beach Band Thurs., Aug. 4, 6:30

Magic of Steel Thurs., Aug. 11, 6:30

Crabgrass Thurs., Aug. 18, 6:00

Ted DeColo & Andy Solberg Thurs., Aug. 25, 6:00

Celebrating 22 Years of Free Concerts

Printing Courtesy of Seamen's Bank



CHAIR MASSAGE FOR SENIORS

Beginning , Mondays on August 22 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 around 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.

Massage alleviates symptoms of many age related diseases and improves a person's quality of life. The effectiveness of massage rests in the fact that it is non-invasive, enjoyable, and impacts the whole body. It relieves stress, muscle and joint pain, and does no damage. Participants report that receiving massage has provided better sleep, less restlessness and anxiety, and breaks feelings of isolation and depression that can accompany aging. These are much better outcomes than all the warnings that appear on a prescription bottle! Don't stay home. This will be fun. You will leave with a smile on your face.

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

COA CAFE

NEWS

Taylaur Pasquale has been hired as our new cook for the summer!

NEW DAY!!!

WEDNESDAYS 12:30 PM

\$7.50

August 3rd

Roasted Pork Loin with Stuffing
Green Beans

August 10th

Classic Lasagna
Tossed Green Salad

August 17th

Summer Cookout
With Guest Grill Masters
Police Chief Takakjian & Fire Chief Collins

August 24th

Chicken and Broccoli Alfredo
Salad

August 31st

Grilled Hawaiian BBQ Chicken
Grilled Asparagus and Potato Wedges

AUGUST

2016

Mon	Tue	Wed	Thu	Fri
1 Strength Training 9:00-10:00 Memoirs Writing Group Truro Public Library 10:30	2 Men's Exercise Class 10:45- Women's Reflections 6:30	3 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30	4 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	5 Strength Training 9:00-10:00 LINE DANCING 11:00
8 Strength Training 9:00-10:00 Memoirs Writing Group Truro Public Library 10:30	9 COA Board Meeting 10:00 Men's Exercise Class 10:45- Women's Reflections 6:30	10 Tai Chi 8:30 Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30 Free Legal Assistance (By Appointment)	11 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	12 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30
15 Strength Training 9:00-10:00 Memoirs Writing Group Truro Public Library 10:30	16 Men's Exercise Class 10:45 High Tea 2:00 Women's Reflections 6:30	17 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30 Story Swap 11:00	18 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	19 Strength Training 9:00-10:00
22 Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group Truro Public Library	23 Men's Exercise Class 10:45 Women's Reflections 6:30	24 Tai Chi 8:30 Strength Training 9:00-10 w/Kathy Stetson Coffee Hour 10:00 COA CAFÉ 12:30 Adult Coloring Class 10:00	25 NEW DAY & TIME Bereavement 10:00-11:30 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	26 Strength Training 9:00-10:00
29 Strength Training 9:00-10:00 *Chair Massage a10:15-11:15 Memoirs Writing Group Truro Public Library 10:30	30 Men's Exercise Class 10:45 Women's Reflections 6:30	31 Tai Chi 8:30 Strength Training 9:00-10:00 COA CAFÉ 12:30 Coffee Hour 10:00 Adult Coloring Class 10:00		

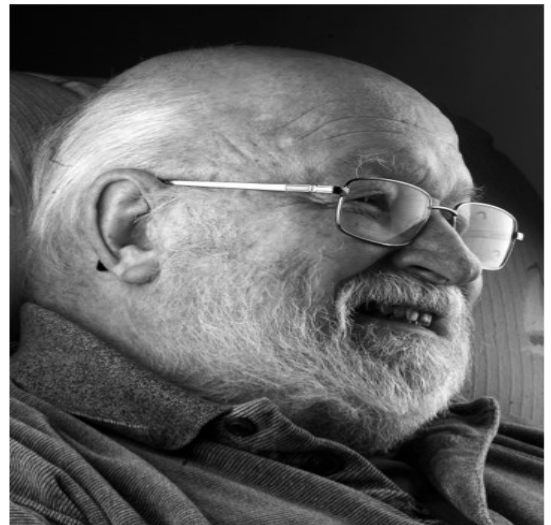


“Living Legacy” is an exhibit of large format black and white portraits of Truro elders shot by photographer and artist Mason Morfit and accompanied by personal stories and memories of Truro from live interviews conducted by Ellen Anthony.

This project which is in its second year, is funded by a grant from Truro Treasures, and continues the important work and project begun by artist Joyce Johnson.

The work will be displayed as an exhibition at the Truro Council on Aging from August 1 to August 31, 2016 and smaller copies of the photos will then be added to the Truro Historical Society collection after the exhibit is over and will be available for viewing throughout the summer.

Photography, developing and mounting by Mason Morfit
Interviewing and editing by Ellen Anthony



The Truro Council on Aging van transportation services are for Truro residents age 59 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.



VOLUNTARY CONTRIBUTION SCHEDULE

Truro	3.00
Provincetown/Wellfleet	4.00
Orleans	6.00
Chatham/Brewster	7.00
Harwich/Dennis	8.00

We no longer provide rides to Boston. However, there are other options available. The Cape Cod Regional Transit Authority provides transportation to ALL Boston medical facilities Monday through Friday. Call Margie at the COA for details.

Please have the following information when requesting a ride:

Medical facility name, address and phone number

Appointment time and duration of appointment

If you are having a procedure, you need to have a friend or relative accompany you

Please give us a minimum of 48 hours' notice when scheduling an appointment

The Jordan Hospital in Plymouth is now Beth Israel Deaconess Medical Center! We will provide transportation to this medical facility. If you are currently scheduled for Boston, ask your provider if you can be seen in Plymouth instead. Call the COA for more information or to schedule transportation.

We will be providing transportation to the Truro Meeting House, 3 First Parish Lane (near Town Hall) for a concert on Wednesday, August 3 at 5PM to hear the Sentimental Journey Swing Band. Please call 508-487-2462 and reserve your seat on the bus!

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

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 Officers: Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Joan Moriarty Secretary, Board Members: John Thornley, Stephen Royka, Joan Holt, Claudia Tuckey, Hannah Shrand, Marla Perkel, Susan Grace. **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 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.