



**TRURO COUNCIL ON AGING
SEPTEMBER 2016
NEWSLETTER**

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



CAPE COD HEALTHCARE
Nicholas G. Xiarhos Blood Donor Center

WHAT'S DONATED HERE, STAYS HERE.

BLOOD DRIVE

Monday, September 26th

12 noon-6 pm

Truro Council on Aging

7 Standish Way, North Truro

Get a gift card for Dunkin Donuts when you donate!!



Enter the drawing for a Weber gas grill courtesy of Home Depot when you donate in September!!!

A new way to give back....the Cape cod Healthcare blood mobile.
We encourage you to make an appointment to avoid waiting in line.

Please call the Truro Council on Aging at 508-487-2462

When A Loved One Has A Problem

Whether it is alcohol, opioids, cocaine, or any other drug, it can be extremely difficult to have a loved one struggling with substance abuse. While we do not cause another person's substance abuse problem, and we cannot make them stop, there are some things we can do which may help.

Pick a time to talk with someone when you are both relatively calm and the other person doesn't seem to be under the influence.

Keep in mind that reasons for denying a problem include shame and fear.

Talk to them in a private setting and express concern. E.g.: "I'm worried your drinking/drug use is going to hurt your health, work, relationships, etc."

Stick to facts and observations. ("The last 3 times I've seen you, I smelled alcohol on your breath and your speech was slurred.") Other symptoms you may notice depend on the type of drug, but may include: dilated or constricted pupils; nodding off and seeming slowed down; having increased energy and excitement; changes in mood, sleep, and appetite; being less interested in work, family, friends; diarrhea, runny nose, or vomiting.

Do not preach, scold, argue, or use guilt, and do not accept blame.

Do not take on their responsibilities, unless it is to keep yourself or someone else safe (e.g. don't make excuses for their behavior to others; don't let them drive when under the influence).

Have options ready if they're receptive (e.g.: offer to attend an AA or NA meeting with them, have lists of meetings, detoxes, or therapists). Don't be surprised by denial or by lack of follow-through, and don't take it personally. Your conversation with them is just one step in a process.

Be clear and honest about your limits (e.g.: "I'm not going to visit or go out with you if you're under the influence"), but only express limits you will follow through on.

Having this sort of conversation can often feel very challenging and it may be helpful to talk with someone beforehand. Also, it is important that you focus on taking care of yourself. Al-Anon and therapy help many people who are struggling to cope with a loved one's addiction. If you are distressed by a loved one's substance abuse problem, consider going to an Al-Anon meeting (508-394-4555) or talking with a therapist. Gosnold also has a Reaching Out group in Harwich and other sites; this is a weekly drop-in support group for the loved ones of someone with a substance abuse problem. Call 844-558-HELP (4357) for more information about that. Or call 508-487-2449 for a confidential therapy appointment or referral.

Georgia Neill, LICSW

Program Manager

Gosnold in Provincetown

Safety Guidelines for Exercise

Have you ever wondered if you should exercise or not? What do you do if you are ill, injured or experiencing medical problems? Most of us don't like to break our routine, but there are times when it makes more sense to take a day off.

Illness- Do not exercise if you have a fever, nausea, vomiting, or symptoms below your neck (i.e. cough and chest congestion). It is okay to proceed with a light workout if you have a mild cold.

Injury- If you are experiencing mild aches or pains related to muscle strain or overexertion it is okay to do a gentle workout. The same is true of mild to moderate joint pain related to existing arthritis. Do not exercise if you have acute joint pain, a head injury, or difficulty bearing weight on your foot or leg. If you participate in a group class and you have a mild injury, talk to the instructor beforehand so that he/she can make modifications for you as needed.

Medical Problems- Never exercise if you are experiencing dizziness, shortness of breath, chest pain or pressure, or sudden onset of weakness. All of these symptoms require immediate medical attention- call 911 to activate EMS. Do not exercise if you have uncontrolled high blood pressure. If you are experiencing a new medical problem, ask your doctor if there are any restrictions on your activity level (i.e. post-surgery, healing burns or wounds, sprains and strains, newly diagnosed arthritis, tick-borne illnesses).

In many cases, taking a limited amount of time off to rest will speed your recovery from injury or illness. Just don't let those couple of days or weeks turn into several months!

By Kathy Stetson, Certified Exercise Physiologist, Physical Therapist

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, September 14 and 28 1:-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.

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.**

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



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.



ADULT COLORING CLASS
WEDNESDAY MORNINGS

10:00 AM



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****Beginning , 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 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

Aromatherapy Presentation**TRURO COUNCIL ON AGING****WEDNESDAY, SEPTEMBER 14****1:30-3:00 PM**

PRESENTERS: Judi Pregot, ME.d, MSW, LCSW AND Nancy Higgins, MSW, LICSW

Aromatherapy promotes a deep sense of relaxation, a relief from anxiety and tension related to illness , as well as an overall sense of well-being in individuals.

Our presenters will provide participants with the following information:

- an overview of Aromatherapy;
- an explanation of how to incorporate Aromatherapy into one's daily life;
- how Aromatherapy can help patients/family members/caregivers; and,
- suggestions for ways that people can integrate the use of Aromatherapy into their own wellness practice.

Judi has seven years experience as a Medical Social Worker and also serves as a Bereavement Coordinator for the VNA Hospice Program. Judi is a Reiki Master and a Level One Medicinal Aromatherapist.

Nancy has over 25 years of medical social work experience and currently serves as a Hospice Bereavement Coordinator for the Visiting Nurse Association of Cape Cod. Nancy is a Level One Medicinal Aromatherapist and is also a Level II Reiki practitioner. * During the workshop, participants will have an opportunity to experience some of the essential oils and essences typically recommended to reduce stress and anxiety.

**MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm****September 9th “Little Black Lies” by Sharon Bolton****October 14th “Beneath The Skin” Nicci French****November 14th “The False Inspector Dew” by Peter Lovesey**

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, 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

30 Second MYSTERIES!

Try to solve this mystery! Answer on page 10

The Case

A little girl finds fame, fortune and privilege. The girl's hairstyle and endorsement of a famous ship make national news, but she also achieves important accomplishments decades later in the field of international affairs.

The Mystery

Who is this very famous little girl and what famous ship did she endorse?

The Clue

She is known for her singing and tap dancing.



PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE COA
WEDNESDAYS 10:00 am

IN MEMORIAM

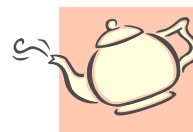
DOUGLAS WHIPPLE

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



SHINE NEWS....**Open Enrollment is just around the corner so don't delay!**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for **2017**.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan. This change takes effect January 1, 2017. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast!

Call Elton Cutler the SHINE (Serving the Health Insurance Needs of Everyone) counselor for an appointment at (508) 487-2462.

**Fuel Assistance**

The Fuel Assistance Program provides low income households with help paying home heating bills. New applications are available beginning September 15th. Outreach can help assist you in filling out the forms and submitting them to South Shore Community Action Council. Call Elton Cutler to schedule an appointment at (508) 487-2462.

Learn more about other services we provide

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

Health Insurance**Fuel Assistance****Financial Assistance****Medical Equipment****Counseling****Legal Assistance****Respite Care****Health Clinics****Community Referrals**



community development partnership

Contact the Community Development Partnership and the Community Economic Development Assistance Corporation on 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 may be available to eligible residents to pay for critical home repairs, by the Community Development Partnership 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.

Volunteer Opportunities at the Truro Public Library

The Truro Public Library is looking for people to volunteer to be part of the formation of a Next Chapter book for adults with intellectual or developmental disabilities. Our group will begin in October.

The Next Chapter Book Club, <http://nextchapterbookclub.org/> is a program that extends the fellowship and intellectual stimulation of a book club to a population that is often excluded from such activities.

If you are interested in helping out, please contact Library Director Tricia Ford by email (tford@truro-ma.gov) or by phone (508-487-1125)

TRURO REAL ESTATE EXEMPTIONS

The Town of Truro offers several Real Estate tax exemptions. All exemptions require that the property be the applicant's domicile (i.e., primary residence). Some of those exemptions are as follows:

Elderly Persons (Clause 41C): The applicant must be at least 65 years old and must meet certain ownership, residency and income and asset limit requirements. The amount of the exemption is \$1000.

Surviving Spouse, Minor Child or Elderly Person (Clause 17D): The applicant must be either (1) a surviving spouse or minor child; or (2) a person who is at least 70 years old and must meet certain ownership, residency and asset limit requirements. The amount of the exemption (which changes yearly) is currently \$239.78.

Blind Persons (Clause 37A): The applicant must (1) be the owner of the property and (2) provide a certificate from the Massachusetts Commission for the Blind. The amount of the exemption is \$500.

Veterans (Clause 22): The applicant must be a (1) veteran who has a service-connected disability of at least 10% or has been awarded a Purple Heart; or (2) the parent of a serviceman who lost his or her life during wartime. There is also a one-year Massachusetts residency requirement. The amount of the exemption ranges from \$400 to \$1500. There is also an exemption of the entire real estate tax for paraplegic veterans (or their surviving spouse) and for the surviving spouse of a serviceman who dies as a result of a combat injury or disease.

Age, Infirmary and Poverty (Clause 18): The applicant must be at least 65 years old and be able to document medical and financial hardship. Determination of eligibility is solely at the discretion of the Board of Assessors.

Tax Deferral (Clause 41A): Although not an exemption, this allows a property owner who is at least 65 years old and whose annual income is \$40,000 or less to defer any or all of the real estate tax until the property is sold or transferred or until the death of the owner, whichever occurs first. The applicant must meet certain ownership and residency requirements. A lien is placed on the property for the amount of the deferred tax plus 4% interest.

The Assessor's Office is available Monday through Friday from 8 a.m. to 4 p.m. to answer any questions about these exemptions or provide any assistance with the application process. Please come in to the office at the Town Hall or call them at 508-349-7004, Ext. 17.

WHAT'S COOKING AT THE COA CAFÉ

WEDNESDAYS 12:30 PM

COA CAFE

NEWS

NEW DAY!!!

WEDNESDAYS 12:30 PM

\$7.50

September 7th

Baked Chicken Thighs
Broccoli

September 14th

Salmon Cakes
Fresh Salad

September 21st

Meatloaf and Mashed Potatoes
Green Beans

September 28th

Chicken Parmesan with Spaghetti
Greens

All meals include a beverage, bread and dessert.

**Please continue to call in for your reservation by
12:00 pm on Mondays. Thank you**

SEPTEMBER

2016

Mon	Tue	Wed	Thu	Fri
			1 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	2 Strength Training 9:00-10:00
5 LABOR DAY HOLIDAY COA CLOSED	6 COA Board Meeting 10:00 Men's Exercise Class 10:45- Women's Reflections 6:30	7 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30	8 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	9 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30
12 Strength Training 9:00-10:00 Memoirs Writing Group Truro Public Library 10:30 *Chair Massage 10:15-11:15	13 Men's Exercise Class 10:45 Women's Reflections 6:30	14 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 Only) Bereavement 1:00-2:30	15 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	16 Strength Training 9:00-10:00 Dr. Campo Podiatrist (By Appointment Only)
19 Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group Truro Public Library	20 Men's Exercise Class 10:45 Women's Reflections 6:30	21 Tai Chi 8:30 Strength Training 9:00-10 Coffee Hour 10:00 Story Swap 11:00 COA CAFÉ 12:30 Adult Coloring Class 10:00	22 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	23 Strength Training 9:00-10:00
26 Strength Training 9:00-10:00 *Chair Massage a10:15-11:15 Memoirs Writing Group Truro Public Library 10:30 CCH BLOOD DRIVE 12:00-6:00	27 Men's Exercise Class 10:45 Women's Reflections 6:30	28 Tai Chi 8:30 Strength Training w/Kathy Stetson 9:00-10:00 Coffee Hour 10:00 COA CAFÉ 12:30 & Picture Contest Adult Coloring Class 10:00 Bereavement 1:00-2:30	29 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	30 Strength Training 9:00-10:00



Artist Kay Cassill

A combination of small oil paintings she calls Cape Scapes and Watercolors on Yupo (People, Places, Things) is the exhibit Artist Kay Cassill presents to the COA for the month of September 2016.

Artist and writer Kay Cassill studied in New York, Paris and Iowa over her long career. A consistent prize winner, her works are in the permanent collections of Metropolitan Museum of Art (NY), Waterloo Municipal Art Museum (IA), Springfield Museum of Art (MO), Mott Women and Children's Hospital, University of Michigan (MI) as well as corporate and private collections around the country. She is a member of PAAM and Castle Hill for the Arts, Saline Painters Guild, Michigan Watercolor Society, Northwest Watercolor Society, and Illinois Watercolor Society. She is a Signature member of the latter two organizations. Cassill winters in Michigan but has had a home and studio in Truro for many years.

Artist Statement:

"My inspiration often comes from those around me as well as mythology, history and Contemporary Art. I am strongly influenced by the works of Picasso, Rembrandt and Munch and more contemporary artists Lasansky, Lechay and Vevers. I draw inspiration, as well, from watercolorists George James, Mark Mehaffey and Donna Zagotta. I love haunting old photographs with mysterious histories. Most of all I love a mystery. I would call my work Figurative Expressionism. I am not interested in a photographic rendering. Rather, I want to make viewers think and respond emotionally, even if only subconsciously. When I paint I am letting my Mind's Eye lead me to something meaningful and new. The variety of my work attests to that.

Mystery Answer: She is Shirley Temple (Black). She endorses the "Good Ship Lollipop".

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 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.

VOLUNTARY CONTRIBUTION SCHEDULE

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

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.

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.



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 com-

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.