



**TRURO COUNCIL ON AGING**  
**NOVEMBER 2016**  
**NEWSLETTER**  
**7 Standish Way, N. Truro**  
**508-487-2462      [www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)**

### **"Demystifying Dementia: A Dementia-Friendly Educational Seminar."**

Those impacted by dementia-related diseases like Alzheimer's find that the stigma attached to dementia frustrates their best efforts to live their lives to their fullest potential. This seminar is designed to improve attendees' understanding of dementia-related diseases so that we as a community become more dementia-friendly. Presented by Patricia Collins, Certified Dementia Practitioner, Director of Community Outreach, Alzheimer's Family Support Center of Cape Cod.

**Date: Tuesday November 15 at 1:30 p.m.** Please call the Truro Council on Aging at 508-487-2462 to pre-register". This program is supported by Elder Services of Cape Cod & the Islands.



### **LINE DANCING AT THE COA**

**THURSDAYS, BEGINNING NOVEMBER 3RD at 10:-30 AM**

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

**Julie Rich, is a certified dance instructor is currently teaching Zumba, Zumba Gold, Seated Zumba at various senior centers and community centers on Cape Cod and is looking forward to sharing her love of dance with us.**

**Please wear comfortable shoes/sneakers and don't forget your water bottle!**

**Please pre-register by calling the COA**

### **November is National Memory Screening Month**

Free, 30 minute, confidential Memory Screens will be administered by the Alzheimer's Family Support Center of Cape Cod at the Truro Council on Aging on **Tuesday November 29 from 10:00 a.m. to 12:00 pm.** Memory Screens can help to identify possible causes of memory loss and you will receive information on actions that can be taken if there is reason for concern. Please call the Truro Council on Aging at 508-487-2462 to pre-register. This program is supported by Harbor Point at Centerville.

**HEALTH TIPS – DRIVING AT NIGHT - Mayo Clinic Health Letter 8/16**

As days grow shorter and nights grow longer, it pays to be attentive when getting behind the wheel, especially after dark. Age- related changes to your vision and eye diseases such as cataracts can make it more difficult to see clearly at night. You may have trouble reading road signs, adapting to glare from headlights, or correctly judging distances and speed of other vehicles.

There are general measures you can take to help you drive safely at night, as well as specific precautions when you get behind the wheel. In general:

Stay current with eye exams.

Wear glasses that are antireflective and don't obstruct your peripheral vision.

Check with your doctor about side effects of any medications you may be taking that might affect your driving abilities.

Keep your windshield and headlights clean. As your mechanic to make sure your headlights are aimed correctly.

Don't drive if you feel impaired or sleepy.

Take a driving course. Even experienced drivers can benefit from a refresher now and then.

Take Precautions such as:

Slow down so that you have time to react and stop if needed.

Minimize distractions, such as fiddling with the radio, eating, or drinking.

Stay alert to the road and other drivers.

Pull over if you need to check directions, make a call, send a text, or just need a break or a nap, especially on long trips.

Daylight Savings Time ends November 6<sup>th</sup>. Mark your calendars and be prepared.

**EXERCISE AT TRURO COA-AND FEEL BETTER THAN EVER!****STRENGTH TRAINING FREE**

**MEETS MON-WED-FRI 9-10 AM**

**INDEPENDENT GROUP WITH TWICE A MONTH VISITS FROM INSTRUCTOR**

**INCLUDES WARM-UP, SEATED AND STANDING STRENGTH WORK WITH WEIGHTS AND ELASTIC BANDS, STRETCHING**

**CORE CONDITIONING \$5.00 per class**

**MEETS THURSDAYS 11-12**

**BLEND OF STANDING, SITTING AND FLOORWORK**

**INCLUDES BALANCE, POSTURE, CORE STRENGTH AND YOGA-INSPIRED STRETCHING WITH MUSIC**

**PACE (PEOPLE WITH ARTHRITIS CAN EXERCISE) FREE**

**MEETS THURSDAYS 12:30-1:30**

**GENTLE RANGE OF MOTION AND STRETCHING, COUPLED WITH ARTHRITIS EDUCATION. PRIMARILY CHAIR EXERCISE WITH A BRIEF, OPTIONAL STANDING SEGMENT**

**MEN'S WORKOUT FREE**

**MEETS TUESDAYS 10:45-11:45**

**STRENGTH, FLEXIBILITY, AGILITY AND SKILL SPECIFIC TRAINING GEARED TO THE UNIQUE NEEDS OF MEN**

**OR MORE INFORMATION, CONTACT ME, KATHY STETSON, AT 508-397-5324 OR E-MAIL AT [kathy-stetson@verizon.net](mailto:kathy-stetson@verizon.net)**

**I am a licensed physical therapist as well as a certified exercise physiologist.**

**My teaching approach emphasizes safe, effective and fun fitness for older adults. I have practiced in health care and community health and fitness for 20 years.**

**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, November 9, 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



The Truro COA has smoke detectors 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****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.

**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.

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](mailto:janiso2642@gmail.com)

**Self-Compassion**

"Kindness is more important than wisdom, and the recognition of that is the beginning of wisdom." -- Theodore Rubin

"All you need is love." --The Beatles

Feeling loved, valued, and cared about helps all of us through hard times. It may not prevent disasters or illness, save lives, or give us enough money to live comfortably, but it helps us weather the storms. And while it certainly feels good to receive love and caring from someone else, it is important that we are also our own best friends. We may not always be able to call on a friend, but we can always call on ourselves.

If you're having a hard time—maybe feeling depressed, anxious, sad, angry, lonely, overwhelmed—the following exercise can ease the pain. It can be helpful to practice it even when you're feeling good, so you get used to it and you reinforce positive feelings.

Sit quietly and place your hand on your heart. Breathe gently, softly, and deeply into your heart center. Imagine breathing in a sense of peace, safety, or ease. Then imagine one moment in which you felt safe, loved, valued, appreciated by another being. You don't have to think about that whole relationship, just one moment. This could be with a friend, significant other, parent, child, teacher, spiritual figure, therapist, or even a pet. As you remember that moment, allow yourself to feel the feeling you had. Allow yourself to feel it fully, now, in your body and soul; let it wash over you. Stay in that experience for 20 to 30 seconds. If your mind drifts, which is very normal, bring your attention back to that special feeling.

Next, simply notice how you feel. If it helped you to feel better, acknowledge this and file it away for using at other times also.

Research is showing that warm touch can activate chemicals in our brain which can calm us and increase a sense of trust and safety. Recalling a moment of safety and wellbeing with someone else further activates the feel-good chemicals and brings down the stress chemicals.

If we practice this regularly, we may even find that upsetting things are less upsetting.

If you notice that you are struggling with feeling depressed or anxious, feel free to call me at 508-487-2449 x 5802, or call a COA outreach worker, for a confidential referral or appointment.

Georgia Neill, LICSW  
Gosnold



**MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm**

**November 4th "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**



**Chi Kung Classes at the COA**

**Wednesday mornings 8:30 am—9:30 am \$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.

**30 Second MYSTERIES!**

**Try to solve this mystery! Answer on page 10**

**The Case:** As Vera watches, a well-dressed man speaks to her fluently and rapidly about a pressing social issue. Eventually, Vera tires of his conversation. With a slight movement of her hand, she dismisses him and he vanishes into thin air.

**The Mystery:** Who is the man and what did Vera do to dismiss him?

**TEA IS SERVED!!**

**COME AND JOIN US ON THURSDAYS**

**AT**

**1:30 pm in the Activities Room**



**INCLEMENT WEATHER POLICY**

**If the Truro Central School is closed, the Truro COA activities and programs (including transportation) are CANCELLED.**

**However, the COA building will remain open, and the COA staff will report unless town offices are closed.**



1. United American Part D Plans are going away at the end of this year. Thousands of customers are enrolled and have signed up for these plans because of the \$0 / low copays for tiers One and tiers Two medications.
2. All members in the United American plans will be transferred automatically to SilverScript Choice as of January 1, 2017.
3. Silver Script Choice will have a premium of \$32.30 and will have higher co-pays.
4. There is a new plan with AARP Medicare Rx Walgreens where the premium is \$22.40 and tier One copay \$0 and tier Two copay \$3.00 But customers will have to change their pharmacy from CVS to Walgreens.
5. SHINE offers free help in many areas of health insurance, including Medicare Part A, Part B, and Part D; Medigap insurance, Medicare HMOs, retiree insurance plans, prescription drug programs, Medicaid, Medicare assistance programs (QMB, SLMB and QI), and other programs for people with limited resources.

Call **(508) 487-2462** to schedule your appointment with a SHINE Counselor today!

### FUEL ASSISTANCE ALERT

**SCHEDULE YOUR APPOINTMENT NOW!**

**PLEASE CALL ELTON CUTLER 508-487-2462, EXT. 13**



### TRURO TAXATION AID ASSISTANCE FUND FISCAL YEAR 2017

1. This fund was established to provide taxation assistance for the elderly and disabled residents of Truro from volunteer contribution of its citizens on their real estate tax forms. The fund was authorized by vote of Annual Town Meeting, April 13, 1999, Article 13 (acceptance of Massachusetts General Law Chapter 60, Section 3D). The eligibility criteria for assistance from this fund, is as follows:
2. Applicant must own and occupy the real estate in Truro as his or her primary and sole residence. An applicant must be the titled owner of the property or hold a life estate in the property. If title is held by a trust, the applicant must be both a trustee and at least a 50% beneficiary of the trust in order to qualify. Applicant must also have resided in the Town and held title to the taxed property a full calendar year prior to submission deadline – Must be submitted by Friday, December 30, 2016.
3. Applicant must be elderly or disabled. “Elderly” is defined as a person who is at least 65 years of age on or before July 1, 2016 for which aid is being requested. “Disabled” is defined as a person who is not able to work due to illness or accident and is currently receiving benefits from one or more of the following programs based on a determination of disability: Social Security Administration, SSI or Medicaid, Veterans Administration, Workers Compensation, or any other such program or agency providing public/financial assistance due to the disability.
4. Total yearly household income, including Social Security, must be less than \$35,000 if single, or less than \$45,000 if married.

Call **(508) 487-2462** to schedule your appointment for Taxation Aid Assistance today!



**NEWS FROM THE TRURO HISTORICAL SOCIETY**

The Truro Historical Society welcomes your suggestions for the Living Legacies project at Highland House Museum. We are interested in interviewing people who were born here or have a long history with the town of Truro. Please leave your suggestions with the Director of the Truro Council on Aging or email them to: [diretor@trurohistoricalsociety.org](mailto:diretor@trurohistoricalsociety.org)

Thank you!!

**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](mailto: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.

# COA CAFE

**Heather Bailey will be back preparing meals on**

**\*TUESDAYS 12:30 PM**

**Meal: \$7.50      Soup: \$4.00 a pint**

**Tuesday, November 1st**

Cod Piccata with an Herbed Orzo Pilaf  
Mixed Greens with a Balsamic Vinaigrette  
Carmel Cookie Sundae  
**Soup: Corn Chowder**

**Tuesday, November 8th**

Shrimp and Chicken Penne Alfredo  
Caesar Salad  
Sorbet and Cookies  
**Soup: White Bean, Tomato and Greens Stew**

**Tuesday, November 15<sup>th</sup>**

Roasted Pork Loin with Mashed Sweet Potatoes  
Spinach Salad with Cranberries and Apple  
Spice Cake with a Carmel Cream Cheese Frosting  
**Soup: Butternut Squash**

**November 22<sup>th</sup>**

**NO LUNCH**

**Tuesday, November 29<sup>th</sup>**

Ginger Sesame Chicken and Green Beans with  
Thai Noodle Salad and a Lime Curry Sauce  
Key Lime Pie  
**Soup: Coconut Curry Sweet Potato**



# NOVEMBER



# 2016

Mon	Tue	Wed	Thu	Fri
<p><b>*Dr. Frank Campo will not be seeing patients in November</b></p>	<p><b>1</b> Men's Exercise Class 10:45- COA CAFÉ 12:30 Women's Reflections 6:30</p>	<p><b>2</b> Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00</p>	<p><b>3</b> LINE DANCING 10:30 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p><b>4</b> Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Open Studio 1:30-3:30</p>
<p><b>7</b> Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15</p>	<p><b>8</b> Election Day COA Board Meeting 10:00 Men's Exercise Class 10:45- COA CAFÉ 12:30 Women's Reflections 6:30</p>	<p><b>9</b> 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 Free Legal Assistance (By Appointment Only)</p>	<p><b>10</b> LINE DANCING 10:30 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p><b>11</b> VETERANS DAY  CEREMONY 11:00</p>
<p><b>14</b> Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15</p>	<p><b>15</b> COA CAFÉ 12:30 Men's Exercise Class 10:45 Demystifying Dementia Seminar 1:30 Women's Reflections 6:30</p>	<p><b>16</b> Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Story Swap 11:00</p>	<p><b>17</b> LINE DANCING 10:30 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30  Victrola Society WWII songs 1:30</p>	<p><b>18</b> Strength Training 9:00-10:00 Shopping Trip 9:00 White Line Open Studio 1:30-3:30</p>
<p><b>21</b> Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group 10:30</p>	<p><b>22</b> COA CAFÉ CANCELLED Men's Exercise Class 10:45 Women's Reflections 6:30</p>	<p><b>23</b> Chi Kung 8:30 Strength Training 9:00-10 Coffee Hour 10:00 Adult Coloring Class 10:00</p>	<p><b>24</b>  THANKSGIVING  COA CLOSED</p>	<p><b>25</b>  COA CLOSED</p>
<p><b>28</b> Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group 10:30</p>	<p><b>29</b> Memory Screenings 10:00-12:00 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30</p>	<p><b>30</b> Chi Kung 8:30 Strength Training w/Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30</p>	<p><b>Dec 1</b> LINE DANCING 10:30 Hope Health Program "Independence at Home" 1:30</p>	

Please join us to view photographs, narratives and mementos from our local citizens who have served in the United States Armed Forces. There will be a Veterans' Day Ceremony in the gallery on November 11, 2016 at 11 o'clock in the morning. Refreshments will be served immediately following the ceremony.



### WHITE LINE BLOCK PRINT OPEN STUDIO IS BACK!!!!

Fridays 1:30-3:30 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 at the Truro COA and bring a new project or work on a print in progress!

### Mystery Answer:

The Man is a TV news reporter; Vera turned off the TV with the remote control.

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.

**LET'S GO SHOPPING!**

We are offering a trip to Hyannis for shopping on Friday, November 18th. The bus will leave the COA at 9AM. Trader Joe's, Kmart, or wherever you need to go! For more information call 508-487-2462 x 20.

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

We will be displaying pictures of any Veteran of the Armed Services with a Truro connection in the Gallery for the month of November. Please contact Margie at extension 20 if you or a family member would like to be included in our display. There will be a Veterans' Day service at the COA on November 11<sup>th</sup> at 11 o'clock in the morning. Refreshments will be served.



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.***