



**TRURO COUNCIL ON AGING
DECEMBER 2015
NEWSLETTER**

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



We will be trimming the tree in the COA room on Tuesday, December 1 at 1:30 PM following lunch at the COA Café. Please join us to kick off a festive holiday season!

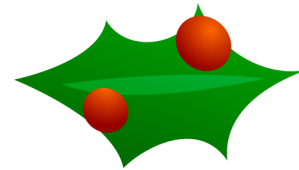


Join us for a trip to see the holiday lights in Provincetown on

**Tuesday, December 22nd from
4:30-6:00PM.**

We will take a tour through the streets and enjoy the many beautiful displays and lights. Please call Margie to reserve your seat.

Please RSVP by Dec. 21.



**FRIENDS OF THE TRURO COA
LUNCHEON**

**SUNDAY, DECEMBER 6, AT 12:00 PM
MONTANO'S RESTAURANT**

Cash Bar-Hot Appetizers

Luncheon: Garden Salad, Home Baked Bread Loaves

Your Choices of Entrée are:

- **Chicken Parmesan w/Pasta,**
- **Eggplant Parmesan w/pasta,**
- **Crabmeat Stuffed Sole w/Baked Potato,**
- **Prime Rib w/Baked Potato**

Dessert and Coffee

Cost: \$23.00 per person

**Please call Joan Moriarty 508-487-1508
to make your reservation**

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, December 9, from 1:00-2:30 pm** and once a month thereafter 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.

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 2:00 pm to 3:30 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



The **Great American Smokeout**, was on Thursday, November 19, is a great time to remind clients, friends, and family about quitting smoking. Developed by the American Cancer Society, GASO is a perfect opportunity to think about quitting and its many benefits--physically, mentally, and financially. Remember, help is always available for any smoker interested in quitting, whether it be on November 19 or at any other time.

You can help smokers by sharing this information with them:

Considering medications to increase your chances of quitting? **MassHealth and many other insurance companies cover quit smoking medicines with little or no copay.**

Interested in talking to a quit coach for free? **Call 1-800-QUIT-NOW or 1-800-784-8669. [The Helpline](#) has expanded their hours to 7 am to 1 am everyday (except holidays) and experienced coaches are ready to help.**

Want to try nicotine patches to further your chances of being successful and quitting smoking for good? **Call 1-800-QUIT-NOW and receive 1 month of FREE nicotine patches (with medical eligibility).**

Thanks for supporting smokers on November 19 and any time. Quitting can take many attempts, but with the help of 1-800-QUIT-NOW and the support of others during the Great American Smokeout, every smoker can become tobacco free and begin a journey as a non-smoker.

For more information about 1-800-QUIT-NOW, please click [here](#) and visit <http://www.makesmokinghistory.org>. Contact the Southeast Tobacco-Free Community Partnership at kawilbur@sevenhills.org to learn more about the impact tobacco has on your community.

DECEMBER IS A GREAT TIME TO.....**JOIN THE TUESDAY MEN'S WORKOUT!**

This weekly class, which meets from 10:45-11:45 on Tuesdays in the Truro room, is designed specifically for men. This unique program addresses strength, flexibility, balance, agility and power. All levels are welcome (from beginners to experienced exercisers), as the routine can be modified where needed to be more or less challenging.

In addition to exercise, you will also learn some basics about posture and body mechanics. There is always an opportunity to ask questions about exercises, injuries, or other concerns you may have.

Holiday Health – Tips to stay healthy during the holidays. www.care.com

- **Make Healthy Choices-** From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to over indulge in food. Try to plan with other events in mind. For example, if a big dinner is planned for New Year's Eve, consider serving a lighter lunch of salad or soup.
- **Stay hydrated –** Drinking water is one way you can stay healthy during the holidays. Not drinking enough water could cause an unnecessary trip to the doctor or hospital. Keep water accessible at home and keep bottled water in a purse or bag when visiting or running errands.
- **Follow your dietary restrictions –** It is so easy to overeat especially when healthy options are not available. The holidays can be stressful so keep healthy options like fruit or fresh-cut vegetables available.
- **Drink in moderation –** consider offering fun, alcohol free drinks so everyone can celebrate the holidays. Drinking alcohol with certain medications can have adverse side effects. Think before you drink. Is this safe?
- **Keep Active –** Remember you can drive to an indoor shopping mall or other open easy access buildings to walk such as the council on aging. Keep up with already scheduled exercise or gentle yoga classes. It is fun to keep up your socializing.
- **Rest after traveling-**Whether you travel by car, bus, plane or train build in rest time after traveling.
- **Take Breaks –** the holidays can be a busy time especially if you have family visiting. Build your nap or quiet time into your day.
- **Shake Up Traditions –** Between cleaning the house and cooking for a crowd, hosting a big meal can be stressful. Recruit younger family members to clean up or help prepare meals. Pass a tradition on to other family members.
- **Stay involved –** Phone, write and reach out during the holidays. Or offer to make a favorite dish for a holiday party.
- **Decrease gifts-** For many senior citizens, especially those on fixed incomes the holidays can be a financial challenge. To reduce stress from paying for gifts, consider grab bags or a gift that several people contribute to one gift or do something nice for someone else. Offer to help with shopping or write greeting cards for someone that may need that little extra help.
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Have Happy Healthy Holiday.

Dee Yeater, RN

PLEASE NOTE:
OUR WEEKLY WEIGHT LOSS SUPPORT GROUP
HAS BEEN CANCELLED
UNTIL FURTHER NOTICE.

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

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.

SHINE News...

Medicare Part D and Pharmacies

For many Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan’s network, your medications will not be covered, and you will pay full retail price.

For 2016, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2016. You should check to make sure the pharmacy you currently use will still be the best come January 1st.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies could end up costing you less than mail order.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON’T WAIT!

CALL 1-800-MEDICARE (1-800-633-4227) now...



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

December 11h "Track Of The Cat by Nevada Barr

January 8th "Absolute Certainty" by Rose Connors

February 12th "A Beautiful Place" by Phillip Craig

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, December 16 at 11:00 am, COA

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

Are you interested in playing MAHJONGG?

Please join us in the Conference Room at the COA every

THURSDAY from 1:00 pm to 4:00 pm

**PLEASE JOIN US FOR COFFEE AND CONVERSATION
AT THE COA**

WEDNESDAYS 10:00 am

Free coffee and treats



Thank you Truro Treasures!

**Truro Treasures generously funded our
Memoirs Program with Mentor Roz Pace this year!**

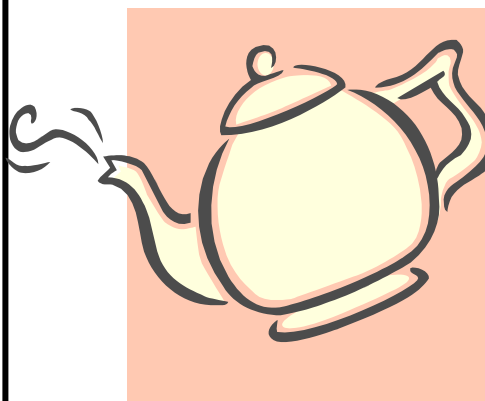
**Please join us on Mondays at 10:30 am to
Listen, read or share your work with other members
of our talented community.**

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



The MassOptions Network

What is MassOptions?

Elder Affairs is pleased to announce the launch of MassOptions on November 2, 2015. MassOptions is a website and Call Center aimed at improving access to Community Long Term Services and Supports (LTSS) for individuals throughout the Commonwealth. Are you an elder looking for help, such as in-home care ... an individual with a disability seeking help to live independently...or a family member or caregiver trying to locate services for a loved one?

What Does MassOptions Do?

We empower you to make informed choices by making access to community services and supports easier. Trained specialists from MassOptions give you fast, personalized attention. All you need to do is tell them about yourself or what you need to live independently. You can even stay on the line while they connect you with an appropriate community resource or organization.

MassOptions can help! A new free resource that links you to services that help you or a loved one live independently. **Call Toll Free: 1-844-422-6277 (1-844-422-MASS) or www.massoptions.org**

Medicare's Open Enrollment period is October 15th - December 7th

October 15th to December 7th is when all people with Medicare can change their Medicare health plan and prescription drug coverage (Part D) for 2016. Information on 2016 Medicare plans are now available. People with Medicare can call 1-800-MEDICARE or visit **www.medicare.gov** for plan information. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything. Your health needs change from year to year, and your health plan may change benefits and costs each year too.

That's why it's important to evaluate your Medicare choices regularly.

It's worth it to take the time to review and compare, but you don't have to do it alone... Help with health insurance questions by appointment, Call to schedule an appointment with SHINE Counselors: Elton Cutler & Claudia Tuckey.



"You Owe the IRS Back Taxes Scam"

Please be on the alert and know that the IRS NEVER CALLS FOR PAST DUE amounts or threatens to arrest you!

Quoting from the Merrimack Valley SHINE program...

A client in Methuen received a call that sounded like a recording. It told her to call a number because an arrest warrant had been issued and she needed to pay a sum of money. She recognized it as a scam, took down the number and hung up. She then contacted the SHINE worker and notified her local police as well. A Gloucester resident fell for this and lost \$35,000.

Just hang up. Call the police. Don't fall for a telephone scam!

PROPERTY TAXES TOO HIGH?

**HELP IS AVAILABLE FOR
ELDERLY AND DISABLED TRU-
RO PROPERTY OWNERS . YOU
COULD BE ELIGIBLE FOR HELP
WITH PAYING FISCAL YEAR
2016 PROPERTY TAXES
THROUGH THE**

TRURO TAXATION AID FUND

Applications available at the Truro
Town Hall, Truro Public Library and the
Council on Aging

For further information, contact Truro
Town Hall , the Council on Aging or
online at:

Truro-ma.gov

click on:

“Boards and Committees”

APPLICATIONS DUE BY
DECEMBER 31, 2015

**WHITE LINE BLOCK PRINT OPEN
STUDIO**

Fridays 1:30-3:30

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 Pat Canavari and Joan Rogers at
the Truro COA and bring a new project
or work on a print in progress!**

**MEN'S WORKOUT CONTINUES**

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

COA CAFE

December 1st

Teriyaki Salmon with a Lime Curry Sauce

Thai Noodle Salad

Soup: Coconut Curry Sweet Potato

December 8th

Butternut Squash & Sausage Lasagna

Spinach Salad with Cranberries and Apples

Soup: Butternut Squash Bisque

December 15th

Classic Meatloaf with Mashed Sweet Potatoes

Garlicky Green Beans

Soup: Tuscan Turkey

December 22nd

Seafood Scampi over Pasta

Caesar Salad

Soup: Escarole and White Bean

December 29th

Baked Ham with a Spinach Pie

Mixed Green Salad with Balsamic

Soup: Mexican Chicken Stew

Soup: \$4.00 per pint



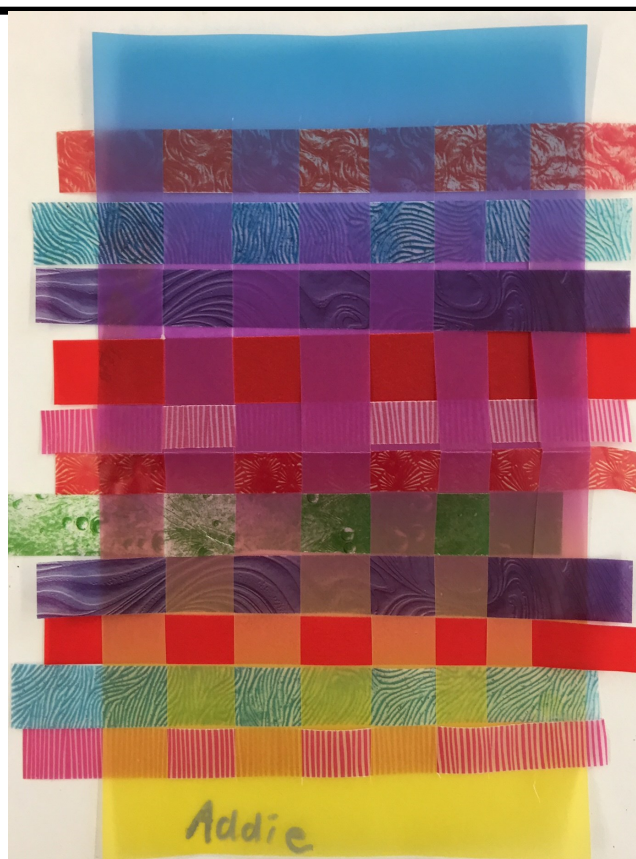
DECEMBER



2015

Mon	Tue	Wed	Thu	Fri
FRIENDS OF THE COUNCIL ON AGING LUNCHEON AT MONTANO'S RESTAURANT 12:00	1 COA CAFÉ 12:30 Tree Trimming 1:30 Men's Exercise Class 10:45 Women's Reflections 6:30	2 Tai Chi 8:30 Strength Training 9:00-10 Coffee Hour 10:00	3 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	4 Strength Training 9:00-10:00 White Line Class 1:30-3:30
7 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	8 COA CAFÉ 12:30 Men's Exercise Class 10:45- Women's Reflections 6:30	9 Tai Chi 8:30 Strength Training 9:00-10 w/ Kathy Stetson Coffee Hour 10:00 Bereavement 1-2:30 Legal Assistance (By Appointment)	10 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	11 Strength Training 9:00-10:00 Shopping Trip 9:00 Mystery Book Club 12:30 White Line Class 1:30-3:30
14 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	15 COA CAFE 12:30 Men's Exercise Class 10:45 TCS Carolers 1:30 Women's Reflections 6:30	16 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Story Swap 11:00	17 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	18 Strength Training 9:00-10:00 Dr. Campo, Podiatrist <i>(by appointment)</i> White Line Class 1:30-3:30
21 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	22 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30 HOLIDAY LIGHTS 4:30-6:00	23 Tai Chi 8:30 Strength Training 9:00-10 w/ Kathy Stetson Coffee Hour 10:00	24 COA CLOSED AT 11:30 AM	25 COA CLOSED IN OBSERVANCE OF CHRISTMAS
28 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	29 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	30 Tai Chi 8:30 Strength Training 9:00-10 Coffee Hour 10:00	31 COA CLOSED AT 11:30 AM	Art Gallery Opening Truro Central School Art Opening Tuesday, December 15 @1:30

COA GALLERY Truro Central School Art Work December 15 at 1:30 pm



PLEASE JOIN US ON TUESDAY, DECEMBER 15 AT 1:30 PM FOR THE ART GALLERY OPENING FOR THE STUDENTS FROM TRURO CENTRAL SCHOOL



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 to help defray vehicle costs to the town are appreciated. We strive to accommodate the most riders in an efficient manner.

LET'S GO SHOPPING!

Hyannis shopping trip Friday, December 11th. Bus leaves the COA at 9AM. Please call



Margie at extension 20 to reserve your seat.

INCLEMENT WEATHER POLICY

We do not offer transportation if the Truro Central School or the Truro Town Offices are closed or if the COA Director is advised that the roads are unsafe. Remember that in the event of snow, your driveway and walkway must be accessible or we cannot transport.



PLEASE NOTE

We currently do not have the use of our Ford Flex station wagon. All transportation will be provided in the wheelchair accessible bus until further notice. The schedule of transport has had to be changed for this reason. Monday, Wednesday and Friday we will transport to Hyannis if there is a driver available. We will be able to drop clients off for appointments along the way, but you will have to wait for the bus to return from Hyannis for your trip home. To better accommodate everyone and minimize wait times, appointments **MUST** be between 10AM and 1PM. There will be **NO** exceptions. We are sorry for any inconvenience this may cause. There is alternative transportation offered by the Cape Cod Regional Transit Authority, the American Cancer Society, Helping our Women and the Veterans Administration. Please call Margie at extension 20 for further details on these rides.

**TRURO COUNCIL ON AG-
ING**

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

MISSION STATEMENT

The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.

FRIENDS OF THE TRURO COUNCIL ON AGING MEMBERS

Diane Rose, President; , Bill Worthington, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Lucie Grozier, Martha Ingram, Brian Trainor and Jeanne Foulke.

Council on Aging Officers: Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Beth O'Rourke, Secretary, Alternate. Board Members: John Thornley,, Stephen Royka, Joan Holt, Martha Ingram, Joan Moriarty, Bernard Robbins, Claudia Tuckey, Hannah Shrand. **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, David Peterman, & Rich Tuden, 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.