



TRURO COUNCIL ON AGING
FEBRUARY 2014
NEWSLETTER
7 Standish Way, N. Truro
508-487-2462

WHITE-LINE BLOCK PRINT WORKSHOP

Join Pat Canavari and Cathy Skowron at the

Truro Council on Aging for a series of

FREE WORKSHOPS

Wednesdays & Fridays February 12th, 14th 19th and 21st

11:00 am to 1:00 pm

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 Cathy Skowron at the Truro COA for a series of free workshops to learn about and experiment with white-line block printing.

The process is not difficult and is really fun. You will need a white pine block (s), Exacto knife, watercolors in tubes, paint brushes, a spoon, and your ideas! Some materials will be available for use including finished blocks for printing.

Sponsored by The Truro Group and Truro COA. Please call Cathy Skowron at 508-487-0980 or Pat Canavari at 508-349-2708 if you have any questions about the class.

IT'S THAT TIME OF YEAR AGAIN!!!

TIME TO FILE YOUR INCOME TAXES

Two trained AARP **volunteers** will be at the Truro COA to prepare your taxes for FREE starting **Tuesday, February 11th**. Please call Mary Ellen for an appointment 508-487-2462 ext. 10. When you schedule your appointment a Taxpayer Checklist will either be mailed to you by request or is available at the COA for you to pick up prior to your appointment.

BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will meet on **Wednesday, February 12 from 1 pm to 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.

DO YOU NEED HELP WITH YOUR DENTAL CARE?

Janice Johnson is our **SMILE** Counselor at the Truro COA. Janice is a Truro resident and worked in the Provincetown school system for many years. She is a community volunteer who brings a sincere desire to promote wellness and provide dental education. Appointments are available in both Truro and Provincetown (see below). Talking with a SMILE Counselor will help you set in place a plan of action toward better dental care. Information includes local resources for treatment and affordable care options including insurance and assistance programs. Please pick the day and location that works best for you and call the respective senior center to book your appointment:

Truro SMILE Appointments: March 11th, May 13th Call 508-487-2462 Hours 9 to noon, for transportation please call by the Friday morning before.

Provincetown SMILE Appointments: Feb 11th, April 8th, June 10th Call 508-487-7080



Mass. Audiology will be available by appointment only on the 2nd Wednesday of the month - February 12 at 11 am. This is a free service. There is no obligation to buy a hearing aid. The audiologist will be here if someone is scheduled.

Note: Free Hearing Aids are available from the Provincetown Lion's Club if you meet the income guidelines. To learn more contact the Outreach Coordinator at the COA, #508-487-2462, ext. 13.

Health Tips from the Town Nurse, Dee Yeater RN**Many Drugs Not Well-Suited for Senior's**

As people age, they are likely to require more and more medications for a variety of ailments. But if those medications are prescribed by a number of doctors, patients can run into trouble. Some drugs don't interact well with others. Dr. Suzanne Salamon, Associate Chief for Clinical Programs in the Division of Gerontology at Beth Israel Deaconess Medical Center states, "Older people tend to go to a lot of specialists". "Each one may add another pill. Once they are taking a lot of pills, even if they are taking small doses, they can interact. On top of that, there are a lot of medications that are potentially dangerous for older people". In fact, an estimated 177,500 Emergency Department visits for adverse drug events by patients aged 65 and older occurred annual US alone.

The medications of most concern are tranquilizers, pain medications, muscle relaxants, cold medicines, and drugs for bladders control.

TIPS:

Keep a list of your medications with you when you go to the doctor.

When going to a new Doctor advise them of your current medications.

Report reactions to your doctor immediately.

Discuss new medications with the pharmacist.

Dr. Salamon also states, "begin a new drug at a low dose. The kidneys and liver shrink as we age.

The same dose that is good for a 30 year old is too much for an 86 year old".

GOSNOLD in Provincetown offers outpatient therapy for individuals, groups, couples, and families; we see adults, teens, and children. Some of the problems we work with are:

- Anxiety, depression, difficulty coping with stress or changes
- Substance abuse and other addictions
- Grief and loss
- Trauma
- Relationship problems
- Major Mental Illnesses
- Eating problems

For more information or a confidential appointment call 508-487-2449 or 1-800-444-1554 x5159

Blood Pressure Clinic

Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on February 3, 9-10 am. For more information please call 508-487-2462 x10. Please stop by and visit with us!!!

ASK OUR TOWN NURSE

If you would like to speak to Dee Yeater, our town nurse, about your medications, special concerns, or just get your blood pressure taken, make an appointment with her on any Thursday by calling the COA at 508-487-2462 ext. 10. Appointments can be made from 1:30 to 2:30.

Please call before Thursday.

SHINE NEWS...

Can I still change my Medicare Plan?

The 2013 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month. Call the COA with any questions or to set up an appointment.

Are you having Difficulty with the loss of a loved one or a pet??

Nancy Higgins, LICSW and the Visiting Nurses Association Hospice Bereavement Coordinator will be offering FREE and confidential grief support sessions at the COA. Please take advantage of this valuable service if you are in need of help dealing with loss.

Nancy will be conducting one hour appointments on February 11 from 10:00-1:00 pm.

Please call us to make an appointment.

NEW PROGRAM!!

Let's Learn About the Health Benefits of Connecting and Helping Others with Dee Yeater, RN from the Visiting Nurses Association

On

Thursday, February 13th at 1:30 pm

DAY BREAK

A supportive day program for memory challenged seniors on the Outer Cape.

Day Break offers socialization, activities & lunch in a friendly, comfortable atmosphere to provide elders the opportunity to maintain independence and it allows caregivers respite. It is on Tuesday & Thursday 9:30 am to 3 pm. It is at the Christian Union Church on Shore Rd., N. Truro. Call Stacey at Day Break 508-280-8863 for more information.

MYSTERY BOOK CLUB

Friday, February 14, 12:30 pm

THE ANGEL OF DARKNESS by Caleb Carr

Friday, March 14, 12:30 pm

STILL LIFE by Louis Penny

Friday, April 11, 12:30 pm

BOOTLEGGER'S DAUGHTER by Margaret Maron

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!!

February 18th at 11:00 am, Truro COA

Dan Lynch



Are you interested in playing MAHJONGG?

Please join us in the Conference Room at the COA every

THURSDAY from 1:00-4:00 pm

**We have Wi-Fi at the Community Center!!!
Please feel free to come in out of the weather and check
your email all at the same time at the Truro Community
Center!**



1	Helen Perry	Barbara Kislak	Sophie Nurczynski
Leonard Goldstein	10	Joel Tendler	21
2	Maureen Burgess	Robert Walsh	Estelle Masson
Rosanne Mary Agnitti	James Whitelaw	16	Richard Quintin
Marne Hodgins	11	Thomas Dawley	23
3	Marion Joseph	John Garra, Sr.	Anita Currier
Robert Babineau	Ronney Weiss	Edwin Higgins, Jr.	Nan Porter
Marjorie Childs	12	David Keller	Nancy Silva
Jen Rose	Gail Morrison	17	24
4	Franja Sanders	Mark Bittman	Carla Cristofels
Joseph Cook		David Lund	Judith Glassman
Joanne Criscitelli	Carl Sawyer	Charles Rogers	Richard Nagle
John Laforte	Margaret Scoppa	James Zimmerman	25
5	Michael Speros	18	Margaret Cassano
Paula Charette	Arthur Staff	Terence Keane	Carolyn Miller
6	13	Louis Lopes, Jr.	Marilyn Miller
Deborah Hnis	Carolyn Weismann	Virginia Souza	27
Christine Lavenets	14	Nancy Spillane	Brackett Clark
7	Peter Adams	Laura Wood	Marjorie Roderick
Anne Kandel	Jane Andrews	19	28
Mary Morley	Virginia Cole	Muriel Crisara	Joseph Duch
8	Kenneth Dutra	Ellen Junger	Kevin Kimball
Joseph Manta	Joseph Francis, Jr.	Madeline Miller	Dianne Schermerhorn
Bernard Nunes	Joan Marshall	Ksenija Powers	29
Paula Phillips	15	Alex Zawaduk	Graham Ashton
9	James Brizzi	20	Martha Nagy
Lois Lessard	Anna Duart	Ruth Ann Donaldson	

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 and 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. **Classes are on Wednesdays, 8:30 am at the Truro Community Center.**

**Photographer Amanda Reed
presents
The Art of Bird Photography**

Truro resident Amanda Reed will share her passion for photographing birds during a short presentation. Nature photography requires patience and endurance, which in turn is rewarded with beautiful images and a satisfying connection with the natural world. Amanda will display a series of bird photographs and explain how she was able to capture each image and describe the qualities in the image that she believes are essential to creating beautiful bird photographs. Please join us on Tuesday, February 18 at 1:30 pm in the Activities Room of the COA.

**Artist Donna Mahan, Fine Glass and Sculptor
Presents**

Donna Mahan invites you to come and experience how she creates magical art through found objects and glass. Donna's philosophy is just because something is broken you don't have to throw it away, she can give it a new life. She will walk you through the steps that result in her beautiful art work. Please join us on Tuesday, February 25 at 1:30 pm in the Activities Room of the COA.

DO YOU NEED HELP PAYING YOUR UPCOMING PROPERTY TAX BILL??

If you are over the age of 65 and/or disabled, and financially constrained, you may be eligible to receive assistance via the town's Elderly and Disabled Taxation Aid Fund. Information about this fund, and application forms, are available at the Library, COA, and Town hall. The deadline for submitting an application is February 28th, so be sure to pick one up soon! If you need help completing the application please contact Margie Childs for assistance.

On Mondays and Thursdays we have FREE Baked Goods at the Truro COA! Feel free to stop between the hours of 8:00-4:00 pm to pick some up!!!

IN MEMORIAM

**JOHN CHENEY WORTHINGTON, JR.
GARRETT J. ORMSBY
BARRY WARTENBERG
ALFRED MELENBACKER**

Truro COA Luncheon Menu

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Tuesdays, 12:30-1:30 pm

Truro Community Center, 7 Standish Way

RESERVATIONS REQUIRED BY 12 pm MONDAY

508-487-2462 ext. 10

\$7.50 includes Beverage and Dessert

February 4th

Asian Beef Stir Fry with Vegetable Lo Mein

Seasonal Fruit Crisp

*Soup: Thai White Bean Chicken Chili

February 11th

****Mr. Steve Sollog will Entertain us on the piano with a Sing-a-Long****

1:15 pm—2:15 pm

Stuffed Roast Pork Loin

Sauteed Greens and Roasted Potato Medley

Dark Chocolate Mousse with a Raspberry Sauce

*Soup: Mexican Chicken Soup

February 18th

Baked Cod with a Citrus Herb Butter and an Orzo

Tomato and Spinach Salad and Garlic Bread

Cookie Sundae with Caramel

*Soup: Minestrone Soup

February 25th

Lazy Spinach Lasagna

Classic Caesar Salad with Garlic Crisps

Pumpkin Bread Pudding

*Soup: Tortellini

SOUP

Healthy Low Sodium Homemade

Soup is for sale on Tuesdays following the lunches.

\$4.00 per pint

****Please let us know if you have a food allergy**





2014



Mon	Tue	Wed	Thu	Fri
3 Blood Pressure 9:00-10:00 Strength Training 9:00-10:00 Memoirs 10:30	4 COA CAFÉ 12:30	5 Tai Chi 8:30 Strength Training w/ Kathy Stetson Weight Loss 10:00 Cooking Class 10:00	6 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1:00-4 Ask A Nurse 1:30	7 Strength Train 9:00-10:00 Van Trip to Kohl's & Trader Joes 9:00
10 Strength Train- ing 9:00-10:00 Memoirs 10:30	11 CAFÉ 12:30 Sing-a-Long 1:15 Board Meeting 10:00 Bereavement Counseling 10:00	12 Tai Chi 8:30 Strength Training Cooking Class 10:00 White Line 11:00 Mass Audiology Legal Assistance (By Appointment) Bereavement 1:00	13 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Wellness Talk w/ Dee Yeater "Helping Others" 1:30	14 Strength Train- ing 9:00-10:00 Mystery Book Club 12:30 White Line Drawing Class 11:00-1:00
17 Presidents' Day <u>COA CLOSED</u>	18 COA CAFÉ 12:30 Story Swap 11:00 Amanda Reed Photography 1:30	19 Tai Chi 8:30 Strength Training w/Kathy Stetson 9:00-10:00 White Line Draw- ing Class 11:00- 1:00	20 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30	21 Strength Train- ing 9:00-10:00 Dr. Campo White Line 11:00 
24 Strength Train- ing 9:00-10:00 Memoirs 10:30	25 COA CAFÉ 12:30 Donna Mahan Art Presenta- tion 1:30	26 Tai Chi 8:30 Strength Training 9:00-10:00 Weight Loss 10	27 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Card Making 2:00-4:00	28 Strength Train- ing 9:00-10:00
COA ART GALLERY Opening for TRURO GROUP Sunday, Feb. 9 2:00-4:00				COA ART GALLERY Opening for Joan Rogers Sunday, March 2nd 2:00-4:00

Truro Group shows at COA in February 2014

In 2006 the Truro Group was formed in "recognition of the need for Truro artists to have opportunities to show and sell their work while creating a sense of community among artists and art lovers in a shared appreciation for the arts." More than 40 artists who make Truro their home for at least part of the year and who work in a variety of visual media are members of the group.

This February "come in from the cold" and join us on **Sunday February 9, 2014 from 2-4** as we kick off our eighth exciting year. The exhibition runs through February with workshops and artists talks scheduled through-out the month. For information on the show or to join the Truro Group call Cathy Skowron 508 487-0980 or email cathyskowron@comcast.net

**COA GALLERY - MARCH 2014**

ARTIST JOAN ROGERS

WHITE LINE DRAWING

Joan Rogers came to the Cape in 1972 after graduating from Central Michigan University. She married Charlie Rogers and together they raised two boys. She opened and taught in a private preschool for twelve years, then managed Conwell Lumber, the family business until retiring in 2009. Finally having free time to pursue her life long love of the arts she discovered an affinity for White Line Painting. Her subject matter is inspired by the numerous photos taken throughout her life-time.

**Please join us on Sunday,
March 2nd from 2:00-4:00
to view Joan's beautiful
work!!**



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.

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**IF YOU NEED VAN SERVICE,
BE SURE THAT YOUR ROAD
AND WALKWAYS ARE
CLEARED AND
ACCESSIBLE FOR THE VAN
AND
DRIVER**



**DON'T FORGET TO CALL AT
LEAST 24 HOURS BEFORE
NEEDING TRANSPORTATION
508-487-2462**

**WE ARE GOING TO HYANNIS
TO SHOP AT TRADER JOE'S AND
KOHL'S ON FRIDAY, FEBRUARY 7TH.
BUS LEAVES COA AT 9AM
AND RETURNS AT 1:00 pm.
TO RESERVE YOUR SEAT.**

**CCRTA WILL BE ADDING DART BUS SERVICE
STARTING JANUARY 21, 2014 BETWEEN
PROVINCETOWN AND ORLEANS FROM THE
HOURS OF 9AM TO 6PM, MONDAY THRU
FRIDAY. LOG ON TO THEIR WEBSITE FOR
INFORMATION AND FARES AT
WWW.CAPECODRTA.ORG**

*******REMINDER*****
VAN TRIPS MAY BE CANCELLED
IN EVENT OF
INCLEMENT WEATHER. VANS
GENERALLY DO NOT RUN
WHEN THE TRURO CENTRAL
SCHOOL IS CLOSED DUE TO
WEATHER.**

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

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 BOARD

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

Council on Aging Officers: Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingrum, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator ; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

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 Bobbie Sue Kane, Joan Moriarty, Cammie and Erin & Nancy Tarvers for their invaluable help with the bulk mailing..