



TRURO LOG
TRURO COUNCIL
ON AGING
APRIL 2013



7 Standish Way, N. Truro

508-487-2462, FAX 508-487-0854

www.truro-ma.gov/coa

TRURO COA HEALTH FAIR

Please stop by our Health Fair on Tuesday, May 14th 8:00-11:30 am either before or after you vote!!! Come and get your cholesterol, glucose, bone density and blood pressure screenings! We will also be offering Nutrition information, Aromatherapy information, and general health and safety awareness. We are starting an hour earlier this year to allow time for conversations with the onsite Nurses.

This program is a collaborative event with the V.N.A. of Cape Cod, Truro Board of Health and the Truro COA. Registration for cholesterol, glucose and bone density screening is suggested, 508-487-2462 ext.10.

WHAT'S NEW at OUTER CAPE HEALTH Truro COA on Thursday, April 11 at 6:30 pm

Sally Deane CEO and Barbara Prazak MD Medical Director of Outer Cape Health Services will speak about 'What's New at Outer Cape Health' including a description of the expansion of our Provincetown health center, new primary care providers and specialists, and new programs including expanded dental services, expanded radiology services including a screening digital mammography and bone density services, our pilot home visit program and expanded pharmacy services as well as a discussion of what's on the horizon for our Wellfleet and Harwich health centers.

WINTER CRUNCH?

The Truro COA Outreach Coordinator - Katherine Stillman can help with applying for Fuel Assistance, SNAP (Food Stamps), Finances from various sources, applying to the Lion's Club for glasses or hearing aides, getting USDA food or food from the Lower Cape Outreach Council pantry, other meal resources, applying to Elder Services for Meals on Wheels, home care, or Money Management, SHINE (Medicare and other health insurance resources), Town Nurse visits, and Mental Health needs. Call 508-487-2462 ext. 13.

PROGRAMS AND SERVICES

WHY DO WE CELEBRATE PATRIOT'S DAY??

Each year in mid-April, thousands of people flock to historic Lexington and Concord and Minute Man National Historical Park to celebrate **Patriot's Day**. Patriot's Day is a special Massachusetts State holiday commemorating the opening battle of the American Revolutionary War, April 19, 1775.

This year we will observe Patriot's Day on April 15th. Town offices and most departments will be closed.

WHAT YOU SHOULD KNOW ABOUT OSTEOPOROSIS

What is it? Osteoporosis is a condition in which bones become porous, rendering them brittle and more likely to break (corresponds to a t-score of less than -2.5 on a bone density test)

What is osteopenia? This is a decrease in bone density, which is less severe than osteoporosis (corresponds to a t-score of -1 to -2.5 on a bone density test)

How do you know if you have it? Both osteoporosis and osteopenia are diagnosed by a bone mineral density test, which is called a DEXA scan. If you have not had one, check with your healthcare provider about whether you need one.

What do you do if you have decreased bone density?

You should ask your health care provider about:

- Calcium and Vitamin D supplementation
- "Bone boosting" medications, are they right for you? If you are already taking medication, ask about how long you should continue with them
- Starting a program of strengthening exercises. If you are new to exercise, you may want to ask about a consultation with a physical therapist or trainer who has experience working with people who have osteoporosis. *Regular strength training can slow the rate of bone loss, and in some cases even increase bone density!*

You should also learn about how to protect your spine with good posture and lifting technique.

By Kathy Stetson, a physical therapist and exercise specialist

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 from 1P.M. to 2:30P.M. April 10** 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.



VISITING NURSE ASSOCIATION OF CAPE COD
Cape Cod Healthcare

HEALTH & WELLNESS

Dr. Frank Campo, Podiatrist

Please call the main office of the COA to make an appointment for all foot care problems, as well as routine care. Most of his services are covered by Medicare and other insurance (please bring your cards). Prior approval is needed for HMO's. Call at least a month in advance. Dr. Campo will be at the COA on Friday, April 19.

KATHY STETSON, PHYSICAL THERAPIST

TRURO COA, WEDNESDAY, APRIL 24 at 10:30-12:00

MOBILITY AID SAFETY SCREENING

Do you use an assistive device, such as a walker, cane or wheelchair? Do you have concerns about whether it is functioning safely? If so, come to the COA for a safety review. Physical therapist Kathy Stetson will assist you with checking for common problems. She can provide small adjustments and repairs, or help you select a new device from our medical loan closet. She can also help with resources for more involved repairs or equipment issues. *Wednesday, April 24th, 10:30-12:00. Call 487-2462 to register. This is a free program.*

APRIL IS WOMEN'S EYE HEALTH AND EYE SAFETY MONTH

From sunburn to skin cancer; almost everyone is aware of the damage that ultra-violet (UV) radiation can cause to their skin - but very few understand the dangers of UV exposure to their eyesight. 20 % of Americans mistakenly think the UV damage is reversible. Cataracts and macular degeneration have been linked to prolonged exposure to UV radiation.

What can you do to prevent damage?

- ♦ Get a regular eye exam - it can detect and prevent serious eye vision problems and eye diseases.
- ♦ Wear UV blocking eyewear; such as sunglasses or photochromic lenses
- ♦ Many Americans take at least one prescription or over the counter medication. While these medications help symptoms, they may also contribute to adverse, ocular side effects- ranging from blurred vision to light sensitivity and increased vulnerability to UV damage. Many of these side effects can be alleviated through prescription of the proper eye wear that blocks UV and reduces glare.

With summer just around the corner now is the time to learn more about your eye health and protection.

By Dee Yeater, Town Nurse

LET'S GET MOVING

Let's Go Swimming at the Beach Point Health and Swim Club!!

Tai Chi and Chi Kung

Wednesdays mornings from 8:30-9:30 at the Truro Community Center \$5 pp/per class

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. He currently teaches in Wellfleet, Orleans, and Harwich.

TRURO HIKING/WALKING GROUP

Come and enjoy a guided walk with Bob Lowe, Club Coordinator. The distance and location vary each week, depending on the desires of the participants. This is a great opportunity to get some exercise, socialize with your neighbors, and enjoy the beautiful and remote settings that Truro offers.

Tuesdays at 10 am

For more information got to: www.truro-ma.gov/recreation

Any questions concerning the hikes, please call Truro Recreation Department at 508-487-1632.

What is the PACE Class?

The title PACE stands for "people with arthritis can exercise" but you don't have to have arthritis to join! This class includes gentle strengthening, stretching, balance work, as well as breathing exercises. This gentle fitness program is ideal for people with general weakness and beginning exercisers, as well as people with arthritis. Participants are encouraged to work at their own pace and may choose to do part or all of the class sitting.

Learn how to exercise comfortably and have your questions answered by instructor Kathy Stetson, who is also an experienced physical therapist and exercise leader. PACE is a free class! Class meets on Thursdays from 12:30-1:30 in the COA living room. If you have questions, please feel free to call Kathy @ 508-349-1014.

LET US ENTERTAIN YOU

MYSTERY BOOK CLUB

Friday, April 12, 12:30-1:30 pm

Fire and Ice by Dana Stabenow

Friday, May 10, 12:30 pm

The Alienist by Caleb Carr

Friday, June 14, 12:30 pm

Sanibel Flats by Randy Wayne White

HEALTH & WELLNESS

Fall Prevention and Safety Class

Facilitated by Katrina Cannetelli, PT, and Rehab. Practice Manager for the VNA

The FREE Fall Prevention Program addresses the many causes of falls and offers strategies to manage those factors that increase risk of falls. The session is presented by an experienced physical therapist and is very interactive. It provides attendees opportunities to share their own experiences and inquire about particular concerns. We leave plenty of time for questions and answers. **Tuesday, April 23 at 1:30 pm in the Activities Room. Please call to register.**

SAFETY TIPS FOR CELL PHONES

This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet, etc., was stolen. 20 minutes later when she called her hubby, from a pay phone telling him what had happened, her hubby says 'I received your text asking about our Pin-number and I replied a little while ago.' When they rushed down to the bank, the bank staff told them the money was already withdrawn. The thief had actually used the stolen cell phone to text 'hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

APRIL BIRTHDAYS

| | | | | |
|--|---|--|--|--|
| 1 John Adams Paul Endich Kathleen Farley William T. Phillips | 8 Betty Bingham Marvin Eiger Marla Perkel | 14 Malcolm Harris Larry Mullaney | 20 Evelyn Adler Dennis Clark | 26 Kathleen Hunt Mary Ellen Kelley Judith Salzman |
| 2 Ella Elman William Moran Anne Smith | 9 Roberta Endich Edward Perry David Travis | 15 Richard Austin Tom Ricadela | 21 Barbara Collins John Minicucci Freda Snow | 27 Keith Thurlow Ruby Druss Sylvia Remmy |
| 3 Diane LaFrance | 10 Marguerite Flores Carol Sheridan | 16 Keith Holt Paul Koch Patti Poe | 22 George Colley III Patricia Macara | 28 Barbara Cadorette Eleanor Collins Muriel Flint |
| 4 Diana Colley Susan Strand | 11 Raymond Joseph Walter Londergan | 17 Linda Rogers Mark Birnbaum Angelo Garofalo | 23 Frank Duda Joan Rogers Girard Smith | 29 Charles Wisbauer John Kolb Dorothy Mowery |
| 5 Richard Courtney Raymond Marsh | 12 Brenda Boleyn Bruce Boleyn George Hitchcock | 18 Mary Robbins Marilyn Adams FernandoDeSousa | 24 Kenneth Kelly David Spang | 30 Kathy Murray Carol Nickerson Robert Polstein |
| 6 Margaret Tinkham | 13 Dwight Russell James Burrell David Grandel | 19 Norman Edinberg Annemarie Minicucci | 25 Peter Burnetter Helene Ducharme Garrett Ormsby | 31 Robert Rinkewich Stephen Kandel Ave Rosenthal |
| 7 Richard Gidman Janet London Stephen Royka Christine Wold | 14 Kevin Magane | 20 John White | 26 Ron Weiss | 27 Carlotta Zilliax |

IN MEMORIAM

KENNETH JOHNSON

FRANCIS H. "ROCKY" REGO

EDWARD M. ROZA



TRURO ANNUAL TOWN MEETING & ANNUAL TOWN ELECTION

Annual Town Meeting Warrant **opened January 30th** and will be closing **March 1, 2013.**

The deadline for money articles for Annual Town Meeting is **February 12, 2013.**

Annual Town Meeting is scheduled for **Tuesday, April 30th.** At that time, a motion will be made to adjourn the meeting until **Thursday, May 2nd** due to a conflict with the State Primary Election.

The Meeting on May 2nd will be held at 7:00 pm located at the Truro Community Center on 7 Standish Way.

**Annual Town Election is May 14th from 7:00 am to 8:00 pm also at the
Truro Community Center.**

WHAT'S COOKING AT THE COA

Step Into Summer With Healthy Cooking!

Classes begin Wednesday, April 3, 10, 24 and May 1st at 10:00 am in the Truro Community Center Kitchen.

Classes by Heather T. Bailey, C.N.C.

April 3

Cooking Healthy Foods to help "Control Your Blood Sugars"

April 10

Cooking foods to "Enhance Your Memory"

April 24

Trip to Trader Joe's to help "Navigate the Food Aisle"

May 1

"Learning the Truths of Controlling Your Hypertension" by cooking healthy foods

Under a grant provided by the MA Department of Health, the Cape Consortium for Older Adults At Risk is able to offer mini-grants to local entities to conduct workshops designed to build mental wellness and prevent depression in older adults.

Free Baked Goods from the Stop and Shop in Provincetown

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

Blood Pressure Clinic

RETURNS!

**Truro Rescue Squad will be adminis-
tering a Free Blood Pressure Clinic at
the Truro COA on April 1st from 8:30-
9:30 am. For more information please
call 508-487-2462 x10. Please stop by
and visit with us!!!**



TRURO COUNCIL ON AGING CAFÉ

7 STANDISH WAY- NORTH TRURO

RESERVATIONS REQUIRED BY 12 pm MONDAY

508-487-2462 ext. 10

\$7.50 includes Beverage and Dessert



Tuesday April 2 12:30

Baked Ziti with meat sauce and green salad

Tuesday, April 9 12:30

**Lemon Ginger Chicken Breast with Glazed Baby Carrots and
Roast Potatoes**

Tuesday, April 16 12:30

Pasta with Baby Bella Mushroom Sauce and Spinach Salad

Tuesday, April 23 12:30

**Pan Seared Pork Tenderloin with Sautéed Cabbage and
Garlic Mashed Potatoes**

Tuesday, April 30 12:30









Summer Squash, Couscous Casserole and Greek Salad

TAKE OUT available, Call COA by Noon Monday



APRIL 2013



| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
| 1 Blood Pressure 8:30 -9:30 Strength Training 9-10 Memoirs Rosalind Pace 10:30 | 2 COA CAFÉ 12:30  | 3 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Healthy Cooking 10 | 4 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 | 5 Strength Training Laughing Yoga 10 COA Gallery Opening 2-4 Sunday April 7 Connie Black |
| 8 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30 | 9 COA CAFÉ 12:30  | 10 Tai Chi 8:30 Taxes Strength Training 9 Weight Loss 10 Healthy Cooking 10 Bereavement 1-2:30 | 11 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 OCHS Presentation 6:30 | 12 Strength Training w/Kathy Stetson Mystery Book Club 12:30 |
| 15 HOLIDAY PATRIOT'S DAY  | 16 Story Swap 11 COA CAFÉ 12:30  | 17 Tai Chi 8:30 Strength Training 9 Legal Assistance by appt. | 18 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 | 19 Strength Training 9-10 Dr. Campo by Appointment |
| 22 EARTH DAY Strength Training Memoirs w/ Rosalind Pace 10:30-12:30  | 23 COA CAFÉ 12:30 Fall Prevention 1:30  | 24 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Healthy Cooking Mobility Aid Safety Screening 10:30-12:00 | 25 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 | 26 Strength Training 9-10 Trader Joe's 9 |
| 29 Strength Training Memoirs w/ Rosalind Pace 10:30-12:30 | 30 COA CAFÉ 12:30  | May 1 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Healthy Cooking |  | Sunday, May 5 COA Gallery Opening 2-4 Hannah & Hyman Shrand |

COA GALLERY - APRIL
CONNIE BLACK - COLLAGE PAINTING

OPENING RECEPTION - SUNDAY, APRIL 7, 2 to 4 pm.

Refreshments are served and all are welcome!

Longtime artist Constance Black will be showing her painting collage work, at the Truro COA during the month of April starting on April 7th. Educated in Boston at Vesper George, she came to Provincetown to study with Henry Hensche at the Cape School of Art. Marrying at the end of the summer the artist and her husband raised a family. Constance was active through the years at PAAM and continued to study with Jim Forsberg and take workshops at FAAC. She was a founding member of the visual artists coop and formed the Winter Space Gallery at PAAM. She exhibited extensively on the Cape and won a solo show at the Pen and Brush in New York. Known for her watercolors and prints, she has returned in the last few years to collage. This show will be of some of her latest work. She can be contacted @ connieart@verizon.net or visit her website @ www.fire+light.info.

COA GALLERY - MAY

WORKS by HANNAH & HYMAN SHRAND

Sunday, May 5th There will be an art show at the COA in Truro at 2 pm of work by Hyman Shrand and Hannah Shrand. Hyman Shrand was born in Capetown, South Africa and Hannah was born in Tampa, Florida. They met in Boston in 1970.

The Shrands arrived in Truro from Waban, MA in 1987. Doctor Shrand had just returned from his busy pediatric practice as Chief of Pediatrics at Mount Auburn Hospital. Hannah, had worked in his office part-time. She also had an active antiques business specializing in antique dolls, toys and miniatures. The Shrands lived part-time in Waban before finally settling in Truro full time in 1987. Dr. Shrand had been a Sunday painter while living in Waban. After moving to Truro full time, he worked at Outer Cape Health. He had more time in retirement to paint and became very prolific. Berta Walker handled his art at her beautiful gallery in Provincetown. He also loved to fish from the shore at Herring Cove. Hyman was a fan of Sherlock Holmes and belonged to the Boston "Speckled Band Club." He introduced the children at Truro Central School to Sherlock Holmes. The children liked Dr. Shrand so much, they dedicated their year book to him in 1998.

Hyman and Hannah Shrand are both primarily self taught artists. They learned a lot from their large collection of artists books.

Sadly Hyman Shrand passed away in 1999. His humor and imagination live on in his wonderful, colorful art.



Hannah Shrand



Hyman Shrand

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 designed as an "on demand" service for any purpose based on rider need and scheduling from Monday through Friday. Please call Margie Childs at 508-487-2462 Ext 20.

Please make sure you have the information needed by the COA when you call for a transportation reservation.

- ♦ Your name, phone & address
- ♦ Doctor's name, phone & address
- ♦ Or the address of an appointment other than medical
- ♦ Date & time of your appointment
- ♦ How long the appointment will be, if you have an idea

REMEMBER, IF HAVING A
PROCEDURE, A COMPANION
WILL BE REQUIRED TO
ACCOMPANY YOU

Voluntary Contribution Schedule for Van Service

| <u>From Truro To:</u> | <u>Cost</u> |
|-------------------------|-------------|
| Inside Truro | 2.00 |
| Provincetown/Wellfleet | 3.00 |
| Eastham | 4.00 |
| Orleans | 5.00 |
| Chatham/Brewster | 6.00 |
| Harwich/Dennis | 7.00 |
| Yarmouth | 8.00 |
| Hyannis/Barnstable | 10.00 |
| Mashpee/Sandwich | 12.00 |
| Falmouth/Bourne | 14.00 |
| Sagamore Bridge | 16.00 |
| Plymouth | 20.00 |
| Weymouth | 22.00 |
| Boston/Providence | 25.00 |
| Burlington/Lahey Clinic | 28.00 |

**TRIP TO TRADER JOES
FRIDAY, APRIL 26
AT 9 AM
RESERVATIONS ARE RE-
QUIRED
PLEASE CALL TRANSPORTA-
TION
COORDINATOR MARGIE
CHILDS**

**DON'T FORGET TO CALL AT
LEAST 24 HOURS BEFORE
NEEDING TRANSPORTATION
508-487-2462 ext. 20
Best 8-11 and 12-2**

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

WHAT DO YOU REMEMBER?

"I remember walking to school which was on the corner of Pond and Shore Road in North Truro. It housed 1st and 2nd, 7th and 8th grades. The other grades were in what is now the realty office on Depot and Truro Center Roads then they moved to Truro Center School with four classrooms." Ed Perry

"I remember waving with my friend to the engineer of a train on a railroad branch near my home in Herkimer, New York and he would stop and throw us a nickel to put on the tracks. It flattened like a pancake!" Bernie Robbins

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

Martha Ingram, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary;

Board Members: Stephen Currier, Lucie Grozier, Florence Johnson, Diane Rose.

Council on Aging Officers: Rotating Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingram, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Bonnie Sollog, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator ; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, 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 Eleanor Collins, Nancy Edwards, , Joan Moriarty, Karen Mooney & Steven Sollog for their invaluable help with the bulk mailing.