



## TRURO COUNCIL ON AGING

APRIL 2015

### NEWSLETTER

7 Standish Way, N. Truro

508-487-2462

[www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)

HOURS: 8:00 am - 4:00 pm MONDAY - FRIDAY

### DIANE ROSE IS TRURO'S SENIOR CITIZEN OF THE YEAR

Diane Rose has dedicated her time to the Truro community ever since she arrived here in 1964 as a "fifty years wash-ashore" (her own description), the bride of Malcolm Rose, a Truro native. But she was hardly a stranger in Truro. She had been spending summers here since 1942. Her family owned and operated Topside Cottages in North Truro, and it still "hangs on to the old way," Diane says. "You open the front door and sweep the sand out the back."

"We kids helped out with the cottages. We'd get up in the morning, put on our bathing suits, help with the laundry- we had big tin tubs and a washboard, and two of us would wring out the sheets. We'd hang the laundry on the line, deliver milk, eggs, cheese, and butter to the cottages, and then go down to the beach. We'd spend 80% of the day in the water."

Diane met Malcolm Rose when she was a teenager, as both families attended the Christian Union Church in North Truro. Diane says she was attracted to Malcolm because of his sweet gentle soul. "That's what attracted me to him – his gentleness." They married in 1964. Their first daughter, Susan, was born in 1966, then Kim, who is a dental hygienist in Dr. Kinahan's office in North Truro, and then Mark, who is a plumber and lives in his grandmother's house, "our compound" Diane says, on Atwood Road.

Diane's mother was the fisherwoman in the family. She'd take people out in her boat –it was a Penn Craft- deep sides so kids wouldn't fall out. "She used to baby sit my son and they'd spend all day out on the water. She was water-skiing into her 80s, and the only reason she agreed to have a hip replacement was so she could keep on climbing in and out of her boat. She was a do-er. She knew how to DO things. I remember when the car had a gas leak she had us chew up big wads of gum. She took the gum, plugged up the leak, and we were on our way."

Like mother, like daughter. Diane- who was a city girl from New Jersey, –quickly proved to her skeptical family (but what will you DO in the winter?) that there was plenty to do. In Newark, Diane had taught at Bruce Street School for the Deaf, having earned her certification from Columbia Teachers' College. When she came to Truro, there was a rubella epidemic in the 60s and all of a sudden there were more deaf children on the Cape. So she started a pre-school for the deaf in a little trailer at the Marconi site in South Wellfleet. The children were from 18 months to 3 years, and Diane is still in touch with some of them. She remembers one little girl who was not able to lip read, so Diane learned American Sign Language and the two of them leaned to sign together. Diane started a program of reverse inclusion, where, instead of mainstreaming the children into regular schools, she had hearing students come to the trailer. There, the deaf students were the experts, which was a tremendous help to them when they transitioned into the regular school system. As Diane was raising her family, she continued to teach, and tutor, eventually teaching 4<sup>TH</sup> grade at Truro Central School, where she was delighted to reconnect with friends and neighbors. She retired in 2001, but 'retire' is the wrong word to use. It simply made more time for Diane to DO more things.

She is President of the Friends of Truro Council on Aging, Chairperson of the Christian Union Church Board of Deacons, and board member of the Dexter Keezer Fund. She is a member of CERT (Community Emergency Response Team), which aids first responders in emergencies. You can see them during Truro Treasures weekend in their bright jackets, helping with crowd control and traffic. She visits people who are housebound. She is the Do-er behind the Truro Food Pantry, which started in 2002 in the Christian Union Church, where Diane continues to be an active member. A couple of shelves of food helped maybe six families a month. Now, the Pantry occupies two well-stocked rooms at the community center. In February, 2015, Diane recorded 62 orders, which provided food for 94 adults, 12 seniors, and 36 children. The pantry averages 296 bags of groceries each month, and uses 200 hours of volunteer labor. Diane orders the food online and picks up 1000 to 1500 lbs. of food every two weeks from the Greater Boston Food Bank, MEFAP (Massachusetts Emergency Food Assistance Program), co-ops, and donations. Diane tirelessly provides the organizing work to make it all happen.

And in the summer, there is still the Topside Cottage Colony. Diane and Malcolm are dedicated to keeping it rustic, the way it was. "People often say there is a good spirit about the place," Diane says. We could say the same thing about Diane herself.

Written by Rosalind Pace

**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 be held on **Wednesday, April 8 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.

**Aromatherapy Presentation****TRURO COUNCIL ON AGING****TUESDAY, APRIL 14TH      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

**DAVID WENNERBERG'S BASIC COMPUTER CLASS IS BACK!!!!**

**Do you have a Windows PC you would like to better understand?**

**Please attend our first class on Monday, April 6 at 4:30 pm**

**With your lap top**

**\*\*Sign up for this six week class is required.**

**\* Please note this is not an Apple Computer Class\***

**ANNUAL TOWN MEETING****TUESDAY, APRIL 28 @ 6:00 PM****TRURO CENTRAL SCHOOL**

**\* Please note change of time and location**

**Transportation will be available for our senior citizens by the Council on Aging. Reservations must be made in advance by calling 508-487-2462, ext. 20**

**ALZHEIMER'S FAMILY SUPPORT CENTER NEWS**  
**SUPPORT GROUPS AT SEASHORE POINT IN PROVINCETOWN**

**Caregiver's 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.**

Please contact Elton Cutler, Outreach and Resource Coordinator, if you are having difficulty taking your trash or recyclables to the Transfer Station. We may be able to help!

**Medical Equipment Loan Closet**

Because of space limitations and other guidelines, we are not accepting donated medical equipment at the COA. To borrow an item from our inventory please call ahead to ensure we have what you need. Thank you.



**SHINE NEWS...  
DID YOU KNOW?**

**In 2013, Medicare** paid for health services for approximately 51 million individuals at a cost of about **\$604 billion**. The Centers for Medicare & Medicaid Services (CMS) estimated that improper payments—some of which may be fraudulent—were almost **\$50 billion**.

Fraud, waste, and abuse contribute to the rising cost of health care. **Taxpayer dollars lost to fraud, waste, and abuse affect all of us.**

**You can help stop fraud and abuse** by reviewing your Medicare statement (Medicare Summary Notice – MSN) or Part D Explanation of Benefits (EOB) to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should **first** discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the **Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.**

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to schedule a SHINE appointment.

**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 in May at the Council on Aging and bring a friend! For more information please call Carol Bishop, #508-487-0014. April sessions are cancelled.

**Dr. Preston Presentation Tuesday, April 21 1:30 pm-3:00 pm****Heart Disease**

Heart disease has been the leading cause of death in the U.S.(as well as Europe, Russia, and China)for many decades. One American dies of heart disease approximately every 30 seconds, and one from a heart attack every minute. Because of their relative longevity, more women than men die from heart disease. There are food combinations that act as the 'silent killer' to the heart and food combinations that will prevent heart disease.

**\*NEW\* MEN'S EXERCISE CLASS**

Beginning May 19th, Truro COA will offer an exercise class for men. This class will consist of a gentle progression of strength and flexibility. Exercise and education will be geared toward the specific needs of men, particularly those with neurological issues. This will be a 6 week pilot session; classes will be held on Tuesdays from 10:45 to 11:45. The class will be led by Kathy Stetson, who is a physical therapist and certified exercise physiologist. If you have questions about this upcoming program, please call Kathy at 508-397-5324 or e-mail her at [kathystetson@verizon.net](mailto:kathystetson@verizon.net).

**SIGHT LOSS SUPPORT GROUP RETURNS**

**Peer –led group will begin on Wednesday, April 15 at 10:00-12:00 pm . Transportation may be available if needed. Please contact us to register.**



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

**April 10 “Dust” by Patricia Cornwall**

**May 8 “Season of Darkness” by Maureen Jennings**

**June 12 “Cocaine Blues” by Kerry Greenwood**

**July 10 “Wish You Were Here” Rita Mae Brown**

**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, April 15 at 11:00 am, COA**

**LET'S PLAY SCRABBLE!!**

Come and play **SCRABBLE** with your friends on **Tuesday afternoons at 1:30 pm.**

**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**

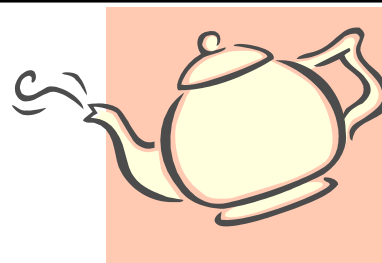
**Free coffee and treats**

**TEA IS SERVED!!**

**COME AND JOIN US ON THURSDAYS**

**AT**

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





### Get the Food You Need to Stay Healthy

The FoodSource Hotline has created a dedicated “Senior Line” for seniors interested in SNAP/Food Stamps or who have general questions about resources. Seniors can call the statewide, toll-free hotline, and press 2 to be immediately connected with one of their counselors, avoiding any extended wait times. Counselors can screen callers for SNAP eligibility and start the application over the phone. A counselor will also follow-up with them throughout the process to answer any questions or concerns that might arise. Counselors are also available to answer questions from current recipients and help to ensure they are receiving the maximum benefit. To further provide assistance, during the months of February, March, and April the FoodSource Hotline has ensured extra staff during Mondays and Wednesdays from 2:00 pm to 7:00 pm to respond to Senior Line callers.

**Call Today 1-800-645-8333 - Seniors should press 2 for the dedicated Senior Line**



### Funding for Eye Exams, Eyeglasses & Hearing Devices

The Lions Club is a nonprofit organization with a mission to help others in numerous ways. They can help with funding for eye exams, eyeglasses as well as hearing devices. Have you ever wondered what is done with the used eyeglasses that are donated to their cause? Most of the recycled glasses are distributed to people in need in developing countries where they will have the greatest impact. Besides helping those globally, they help those in need here on Cape Cod as well. If you are in need of assistance, call Elton Cutler to schedule an appointment.



### VA Dental Insurance Program

VA is implementing a comprehensive national VA Dental Insurance Program (VADIP) to give enrolled Veterans and beneficiaries the opportunity to purchase dental insurance through **Delta Dental** and **MetLife** at a reduced cost. Participation is voluntary. Purchasing a dental plan does not affect Veterans eligibility for VA dental services and treatment. Covered services include diagnostic, preventative, surgical, emergency and endodontic/restorative treatment. **Delta Dental** and **MetLife** are offering multiple plans. Each participant pays the fixed monthly premiums for coverage and any copayments required, depending on the type of plan selected.

#### **PROVIDER TOLL-FREE NUMBER & WEBSITE:**

<b>Delta Dental</b>	<b>1-855-370-3303</b>	<b><a href="http://www.deltadentalvadip.org">www.deltadentalvadip.org</a></b>
<b>MetLife</b>	<b>1-888-310-1681</b>	<b><a href="http://www.metlife.com">www.metlife.com</a></b>



**IT'S TIME TO THINK ABOUT FILING YOUR 2014 INCOME TAXES!**



AARP Foundation Tax-Aide program is the largest volunteer run tax assistance and preparation service. You must have a scheduled appointment, please call 508-487-2462, ext. 10. You will be mailed an In-Take Form and a Checklist of items prior to your appointment that you must bring with you to your appointment.



**F.O.G. (FRUSTRATED OPTIMISTIC GARDENERS)**

**April 29 at 6:30 pm**

**Topic Discussion**

**“Lasagna Gardening: Building Soil with Found Material”**

**Learn how to build a lasagna garden on top of your existing poor soil ready to be planted in this season! Gardeners from Pure Joy Farm will walk you through the steps of how to build a complete soil in just hours with material you can find for free! By using this method, Pure Joy Farm has built feet of soil filled with worms and deep biodiversity on land that was only a sandy forested patch 7 years ago.**

**Please come with questions and problems for our speaker**

**WEIGHT LOSS SUPPORT GROUP**

We have restructured our Weight Loss group to include keeping a food log, sharing recipes, suggestions on ways to eat healthier to lose weight, inviting a Nutritionist to a meeting and much, much more!!!

**Please join us on WEDNESDAY MORNINGS AT 10:00 AM !**

**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.

Wednesday mornings 8:30 am—9:30 am \$5.00 per class

**Volunteers Wanted for the Highland House Museum**

We are looking for volunteers to greet visitors at Truro's Highland House Museum. Come join a fun bunch of people working to share the rich history of Truro with visitors and locals alike. Museum shifts are 10am to 1:30 or 1:30-4:00. No experience necessary, we'll train! For more information call Beth O'Rourke at 508-237-5146.

***IN MEMORIAM***

**ELSIE K. BRAINARD**

**MARION O. JOSEPH**

**STANLEY KASANOVICH**

# COA CAFE

**TUESDAY 12:30 PM \$7.50**

**April 7th**

Baked Ham with Spinach Pie

Green Salad with Balsamic Vinaigrette

Soup: Mushroom Barley

**April 14th**

Chicken Parmesan with Pasta

Classic Caesar Salad

Soup: Tortellini

**April 21st**

BBQ Pulled Pork with Black Beans and Corn

Honey Cornbread

Soup: Mexican Chicken

**April 28th**

Lemony Baked Cod with Orzo Pilaf

Asparagus with Oven Roasted Tomatoes

Soup: Butternut Squash

**Alternative:** Soup du jour, Salad and Dessert

Reservations Required by Monday 12 Noon

508-487-2462



**COOKING CLASS WITH HEATHER BAILEY**

**COOKING FOR ONE: CELEBRATE THE FLAVORS OF SPRING**

**Thursday, April 9 at 10:00 am**

**Session runs approximately 1.5 hours followed by a shared lunch.**

**\$5.00 - You must sign up for this class by April 6 508-487-2462 ext. 10**



# APRIL

# 2015

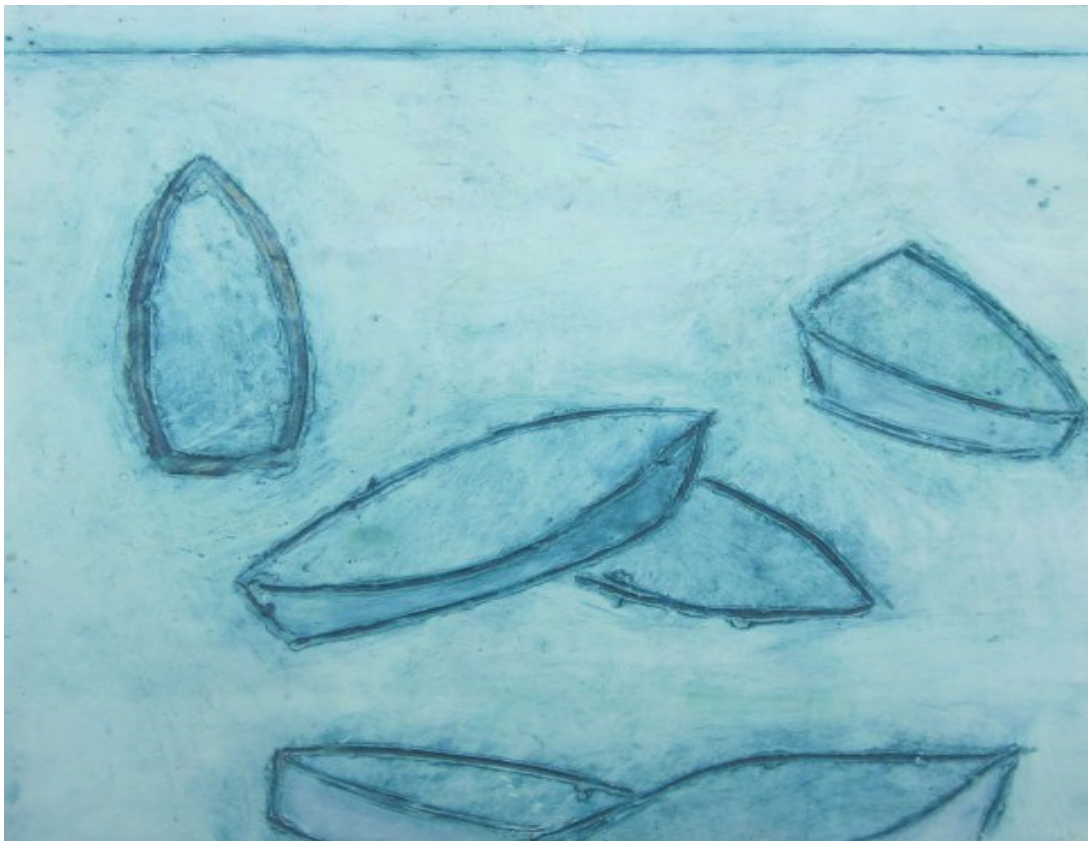
Mon	Tue	Wed	Thu	Fri
		<b>1</b> <b>Tai Chi 8:30</b> Strength Training 9:00 Weight Loss 10:00 Coffee Hour 10:00	<b>2</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	<b>3</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b> White Line 1:30
<b>6</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b>  Memoirs Writing Group 10:30  Computer Class 4:30-5:30	<b>7</b> <b>COA CAFÉ 12:30</b>	<b>8</b> <b>Tai Chi 8:30</b> Strength Training Coffee Hour 10:00 Weight Loss 10:00 Bereavement Support Group 1:-2:30 Legal Assistance (by appointment)	<b>9</b> <b>Cooking Class</b> <b>10:00</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	<b>10</b> <b>Strength Train-</b> <b>ing</b> 9:00-10:00 Mystery Book Club 12:30  <b>White Line 1:30</b>
<b>13</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b>  Memoirs Writing Group 10:30  Computer Class 4:30-5:30	<b>14</b> <b>AARP TAX</b> <b>PREPARATION</b> <b>COA CAFE 12:30</b> <b>Aromatherapy</b> <b>1:30-3:00</b>	<b>15</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Sight Loss 10-12:00 Story Swap 11:00	<b>16</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	<b>17</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b>  <b>White Line 1:30</b>  Dr. Campo (By Appointment)
<b>20</b> <b>PATRIOT'S DAY</b>  <b>COA CLOSED</b>	<b>21</b> <b>COA CAFÉ 12:30</b> <b>Dr. Preston</b> <b>"Heart Disease"</b> <b>1:30-3:00</b>	<b>22</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 Weight Loss 10:00 Coffee Hour 10:00	<b>23</b> <b>CORE &amp; PACE</b> <b>CANCELLED</b> Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	<b>24</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b>  <b>White Line 1:30</b>
<b>27</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b> Memoirs Writing 10:30 Chronic Disease 1:30-3:30 Computer Class 4:30-5:30	<b>28</b> <b>COA Café 12:30</b>  <b>Annual Town</b> <b>Meeting 6:00-TCS</b>	<b>29</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 Weight Loss 10:00 Coffee Hour 10:00 <b>FRUSTRATED</b> <b>OPTIMISTIC</b> <b>GARDENERS 6:30</b>	<b>30</b> <b>CORE 11-12:00</b> <b>PACE 12:30-</b> <b>1:30</b> Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	<b>Truro Group</b> <b>Art Opening</b> <b>Cid Bolduc</b> <b>APRIL 12</b> <b>2:00-4:00</b>

## CID BOLDUC

While Cid Bolduc has focused on encaustic painting for the past three decades, she has dabbled with an array of mediums including egg tempera, welding, ceramic, photography and printmaking.

In addition to her studio experience, she has taught all ages in a variety of workshops. Bolduc is the recipient of a long list of grants, has been included in many juried exhibitions throughout the country. Her work is included in the collection of the Provincetown Art Association and Museum.

Ms. Bolduc's art gallery opening will be held on Sunday, April 12th from 2:00-4:00 pm at the COA.



### WHITE-LINE BLOCK PRINT OPEN STUDIO

**Fridays in APRIL 1:30-3:30 pm**

**Please join Joan Rogers and Pat Canavari and bring a new project or  
work on a work in progress!**

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.

**NEW VAN SCHEDULE****EFFECTIVE FEBRUARY 1, 2015****BLUE FORD FLEX**

**MONDAY:** BOSTON (VAN LEAVES 7AM, RETURNS 5PM)  
APPOINTMENTS MUST BE BETWEEN 10AM AND 2PM

**TUESDAY:** HYANNIS (VAN LEAVES 9AM, RETURNS 4PM)  
APPOINTMENTS MUST BE BETWEEN 10AM AND 3PM

**WEDNESDAY:** BOSTON (VAN LEAVES 7AM, RETURNS 5PM)  
APPOINTMENTS MUST BE BETWEEN 10AM AND 2PM

**THURSDAY:** HYANNIS AND/OR SANDWICH (VAN LEAVES 8AM, RETURNS AT 4PM)  
APPOINTMENTS MUST BE BETWEEN 9:30AM AND 2:30PM

**FRIDAY:** HYANNIS AND/OR SANDWICH (VAN LEAVES 8AM, RETURNS 4PM)  
APPOINTMENTS MUST BE BETWEEN 9:30AM AND 2:30 PM

**WHITE FORD ECO VAN**

**MONDAY:** LOCAL ERRANDS, OUTER CAPE HEALTH PROVINCETOWN AND WELL FLEET, PROVINCETOWN SHOPPING (VAN LEAVES 9AM, RETURNS 3PM)

**TUESDAY:** COA PROGRAMS NOON-3PM

**WEDNESDAY:** ORLEANS/BREWSTER (VAN LEAVES 9AM, RETURNS 3PM)  
APPOINTMENTS MUST BE BETWEEN 10AM AND 2PM

**THURSDAY:** PACE AND LOCAL ERRANDS NOON-2PM

**FRIDAY:** LOCAL TRANSPORTS AND ERRANDS 9AM-3PM

**All rides are subject to the availability of a vehicle and driver. When the Truro Central School is closed due to inclement weather, all COA van rides are cancelled. Please remember to give a minimum of 48 hours' notice when making a ride reservation.**

**If we do not have a ride available, there are ride programs offered by the Cape Cod RTA, Helping our Women, American Cancer Society and South Shore Community Action Council. Call Margie at 508-487-2462 x 20 for details.**

TRURO COUNCIL ON AG-  
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P. O. BOX 500

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; 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, Bernard Robbins, Claudia Tuckey, Cathy Staff, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; Elton Cutler, Outreach and Resource Coordinator; MaryEllen Duart, Office Assistant; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney,

David Peterman, Chuck Zimmer, & 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.*