



**TRURO COUNCIL ON AGING
JULY 2014
NEWSLETTER**

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

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

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.



CARDMAKING AND RUBBER STAMPING CLASS

TAUGHT BY BETH WOOD

TUESDAY, AUGUST 26TH AT 1:30 PM

Beth Wood has been making cards, rubber stamping and paper crafts for over twenty years. She is an independent demonstrator for the Riverton, Utah based company Stampin Up. Beth regularly holds stamping classes and workshops in her home studio as well as offering classes through both Truro and Provincetown Adult Education programs.

Rubber stamping and cardmaking is easy and it's tons of fun! Beth's students are always surprised at just how simple it is to create beautiful cards in one class. We will be making four greeting cards which can be customized for any occasion.

There is a \$5.00 fee for materials for this class. Class size is limited to 6 participants and bring your own scissors. Please call to register.



WE WANT YOU.....

The Truro Council on Aging will be presenting a program honoring our veterans in November. Volunteer Rainie Brownell will be compiling photographs and narratives of participants' military service to be displayed as part of this program. If you work or live in Truro or if you have a family member who served in the armed forces, we want to interview you for this program. The photos and narratives will be displayed at the COA in conjunction with a Veterans' Day program which will feature guest speakers, patriotic songs and light refreshments. Please call Margie at the COA at ext 20 to schedule an appointment to meet with Rainie by the end of September.

BEREAVEMENT SUPPORT GROUP IS TAKING A BREAK UNTIL SEPTEMBER

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, September 10th 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.

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. The August session is scheduled for the 19th from 10:00-1:00 pm**

Please call us to make an appointment.

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.

DO YOU NEED HELP WITH YOUR IPAD OR CELLPHONE??

WE CAN HELP!

Beginning on Wednesday, August 6th, 13th or 20th Nicola Henderson will Accept appointments to help you with your devices. Appointments begin at 11:00 am. Any questions please call us.

OUR GARDEN IS IN BLOOM AT THE COA!

**IF YOU ARE AN ARTIST AND WANT TO PAINT IN OUR
GARDEN**

**PLEASE SET UP YOUR EASEL AND PAINT
AWAY!!!**



WI-FI AT THE COMMUNITY CENTER

PLEASE FEEL FREE TO COME TO THE COA AND ENJOY OUR AIR CONDITIONING AND

CHECK YOUR EMAIL AT THE SAME TIME!!

Health Tips from the Town Nurse, Dee Yeater RN**7 WAYS MUSIC BENEFITS Your Heart, Brain and Health****Who doesn't love Music?**

It improves visual and verbal skills. A study of 8-11 year olds found that those involved in extracurricular music classes were developing higher IQ's and their visual ability was greater than those who were not receiving training.

Keeps an Aging Brain Healthy. Listening to music is like exercising the brain one can expect better memory and mental sharpness as they age. Even people with some form of brain damage can regain partial or full access to memories (depending on the severity) by listening to music.

Music makes you happier. Listening to music that hits you in a special way causes your brain to release dopamine which is known as the feel good chemical. It causes us to feel emotions such as happiness, excitement joy and trigger wonderful memories. Just think of how you feel when you hear a familiar love song, symphony composition or patriotic march. "Happy Birthday" always puts a smile on our face, especially a child's.

Heartbeat, Pulse Rate & Blood Pressure. An observation made at Massachusetts General Hospital, found that heart patients confined to a bed that listened to music for 30 minutes had lower blood pressure, slower heart rate, and less distress than those who did not listen to music.

Improves Sleep Quality. Since stress and anxiety can cause insomnia soothing music can improve sleep patterns and create a more restful sleep.

Boosts your immune system and Reduces Pain. Research has shown that music is capable of reducing the stress hormone cortisol, which is responsible for weakening the immune system, increasing the risk of heart disease, interfering with learning and memory, lowering bone density, blood pressure etc.

Reduces Depression and Anxiety. Researchers from Drexel University found that cancer patients who either listened to music or worked with a music therapist experienced a reduction in anxiety, had better blood pressure levels and improved moods. Music can have positive effects on the psyche, mood, pain and quality of life as well.

Medical Equipment Loan Closet

Because of space limitations and other guidelines, we are not accepting medical equipment donations at the COA. To borrow an item from our inventory

REMINDER- MEDICAL RELEASE FORMS

If you participate in exercise programs at the Truro Council on Aging, you should complete a medical release form upon starting the program and once a year after that. This form provides an opportunity for your physician to verify that it is safe for you to participate in an exercise program (always recommended for people over the age of 40). You do not need to make an extra appointment to see your physician to have the form signed. If you see your doctor for regular check-ups, just fill out the form and return to the COA office; it can be faxed to the doctor. If you need a form, please speak to your exercise instructor, or MaryEllen Duarte in the office.

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

508-487-2449 or 1-800-444-1554 X5159.

SHINE news...**Open Enrollment is just around the corner so don't delay**

Medicare's Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. If you have a Medicare Prescription Drug or a Medicare Advantage (HMO, PPO) Plan you will receive a notice from your plan in September. Make sure you read this notice- it will explain the changes in your plan for 2015.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for 2015. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

DO NOT WAIT UNTIL IT'S TOO LATE- Call the senior center and make an appointment with a SHINE counselor for this year's open enrollment.

Gambling and Older Adults

Howard Schaeffer, of Harvard University, says that we can develop an addiction to anything that makes us feel good fairly consistently. Gambling, which includes scratch and lottery tickets, races, keno, card games, and slot machines, can be one of those things, and it can cause extreme problems and distress. It is estimated that 5% of older adults have a gambling problem, the signs of which include:

- spending increasing amounts of time and/or money on gambling and spending more than planned;
- thinking more often about it and losing interest in other activities and commitments;
- talking about the wins and not the losses;
- mood swings following wins and losses;
- feeling compelled to gamble and feeling uncomfortable when not gambling;
- unsuccessful attempts to cut down or stop;
- being secretive about your gambling;
- trying to win back what you've lost;
- not paying bills and running up debt;
- borrowing or stealing to pay off debts.

Some of us are more at risk of developing a problem than others; the risk factors include:

- depression, recent significant losses or life transitions, isolation and loneliness, using gambling to feel better, history of other addictions, early or mild dementia, and early wins.

We can take steps to protect ourselves from developing a problem:

- determine how much money you can afford, and are willing, to lose, and be prepared to lose;
- don't borrow money or use a credit card to gamble;
- if you win, know it is luck and that lucky streaks end;
- if you gamble, have it be part of a social engagement, such as a card game or bingo;
- don't fall for offers that seem too good to be true;
- know that your chances of winning are very small and don't improve by buying something;
- maintain a balanced life with other interests and activities, socialization, and commitments.

If you're concerned about your or a loved one's gambling, don't hesitate to seek help. Call me at 508-487-2449 X 5802; the main Gosnold number at 1-800-444-1554; or Gambler's Anonymous at 617-338-6028 or 1-888-424-3577.

Georgia Neill, LICSW



MYSTERY BOOK CLUB

Friday, August 8th, 12:30 pm Bee Balm Murders-Cynthia Riggs

Friday, October 10th, 12:30 pm The Big Sleep-Raymond Chandler

Friday, Nov. 14th, 12:30 pm The Mysterious Affair At Style-Agatha Christie

Friday, December 12th, 12:30 pm The Lost Gardens-An English Garden Mystery-Anthony Eglin

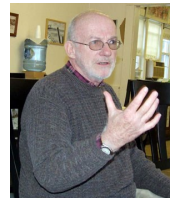
Please feel free to join our Mystery Book Club in the Activities Room of the COA. The books are available at the Truro Public Library. For more information please call Joan Rogers, #508-487-9196.

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!!

Tuesday, August 19 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



PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE
COA

WEDNESDAYS 10:00 am

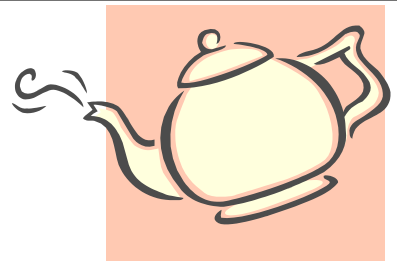
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS IN JULY

AT

1:30 pm in the Activities Room



HANDICAPPED ACCESSIBLE BEACHES

In an effort to increase beach access for individuals with disabilities, Corn Hill beach and Head of the Meadow beach are equipped with Mobi-Mats to allow access for wheelchairs and other mobility assistance devices. Beach wheel chairs are available for use at Corn Hill between the hours of 10:00 AM and 4:00 PM daily June 16th through September 2nd. See the beach attendant for information. Handicap access portable toilets are available at all beaches.

WE NEED VOLUNTEERS

Do you have some time to be a volunteer with the Truro COA? We could use some assistance serving our weekly lunch on Tuesdays, accompanying seniors to medical appointments, and folding the monthly newsletter. If you have a particular talent or could offer a craft class or demonstration, please let us know. Our volunteers and staff make our COA a wonderful place to be! Give us a call at 508-487-2462 and let Mary Ellen know that you are interested.



SEPTEMBER NEWS

BETTER BUSINESS BUREAU: AVOIDING SCAMS AND FRAUD

TUESDAY, SEPTBMER 9TH AT 1:30 PM

Please call to register

Better Business Bureau Community Outreach Specialist Amy Schram will be joining us for a presentation on avoiding scams and fraud. With new Social Security, Medicare, and IRS scams on the rise, this presentation will teach the audience how to identify scams or fraud, how to protect themselves from identity theft, and how to report fraudulent behavior. A must see for any technology weary seniors!

*Would you like to Volunteer at The Highland House Museum
Truro Historical Society ?*

Every volunteer gets a FREE family membership (\$35 value) and can help out in any number of ways: at the desk greeting visitors, at the cash register, helping with exhibits, or giving docent tours. We also have a lovely volunteer party the end of August and each volunteer will receive a gift as well. It's a wonderful social opportunity to meet other people and visitors from all over the world!

Volunteers commit for ONE weekly shift and commit to that shift throughout the season. The shifts are 10-1:00 pm or 1:00-4:00 pm until September 30.

Please stop by the museum for more information.

LET'S PLAY SCRABBLE!!

Come to our air conditioned COA and play **SCRABBLE** with your friends on **Tuesday afternoons at 1:30.**



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—\$5.00 per class

Bridge Returns!!

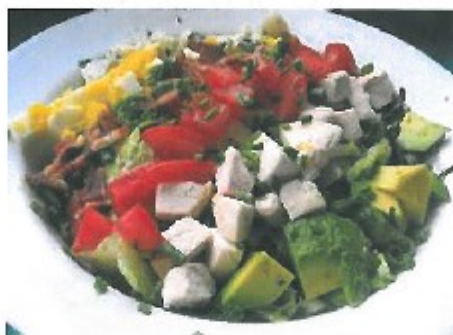
Please join us on WEDNESDAYS, 1:30-3:30 PM

Everyone welcome!!

IN MEMORIAM

Rachael Levy

**TRURO COUNCIL ON AGING
CAFÉ
7 STANDISH WAY – TRURO
RESERVATIONS REQUIRED BY
12PM MONDAY
508-487-2462
\$7.50 includes Beverage & Dessert**



**Tues, Aug 5th, 12:30
Hummus & Crostini
Poached Salmon w/a Yogurt Cucumber Sauce
Over a Bed of Mixed Greens**

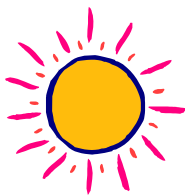
**Tues, Aug 12th, 12:30
Classic Cobb Salad w/Chicken, Bacon and Avocado w/ Homemade
Blue Cheese Dressing**

**Tues, Aug 19th, 12:30
BBQ Pulled Pork w/Honey Corn Bread
And Summer Slaw**


**Tues, Aug 26, 12:30
SUMMER SEND OFF
Classic BBQ**

**On August 5th at 1:00 pm
Nicola Henderson will play the piano
And
Margie Childs will sing some songs from the 40's!!!
Please join us !!**

AUGUST



2014

Mon	Tue	Wed	Thu	Fri
COA ART OPEN- ING SUNDAY, AUGUST 3 2:00-4:00	COA ART OPEN- ING SUNDAY, SEPTEMBER 7			1 Strength Train- ing 9:00-10:00
4 Strength Train- ing 9:00-10:00 Memoirs Writing Group 10:30	5 COA CAFÉ 12:30 Sing-A-Long with Margie and Nicola 1:30 Scrabble 1:30	6 Tai Chi 8:30 Strength Training Coffee Hour 10:00 Mass. Audiology 10:30 Legal Assistance Bridge 1:30	7 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	8 Strength Train- ing 9:00-10:00 Mystery Book Club 12:30
11 Strength Train- ing 9:00-10:00 Memoirs Writing Group 10:30	12 COA CAFÉ 12:30 Story Swap 1100 Bereavement Counseling 10:00-1:00 Scrabble 1:30	13 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Bridge 1:30 Free Legal Assistance (Appointment only)	14 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	15 Strength Train- ing 9:00-10:00
18 Strength Train- ing 9:00-10:00 Memoirs Writing Group 10:30	19 COA CAFÉ 12:30 Scrabble 1:30	20 Tai Chi 8:30 Strength Training 9:00- 10:00 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30	21 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	22 Strength Train- ing 9:00-10:00 Dr. Campo Podiatrist by Ap- pointment 
25 Strength Train- ing 9:00-10:00 Memoirs Writing 10:30	26 COA Café 12:30 Scrabble 1:30 Card making 1:30	27 Tai Chi 8:30 Strength Training 9:00 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30	28 CORE 11:-12:00 PACE 12:30-1:30 Ask a Nurse 1:30 Tea Time 130	29 Strength Train- ing 9:00-10:00

COA GALLERY SUNDAY, August 3 , 2014 2:00-4:00 pm

ARTIST LOUISE PAQUETTE

Born near Montreal and raised in a creative ambiance, I fully embraced the Cape Cod life in 1979. Since 1987, I have honed my skills in sewing and upholstery, under the name “Still Sewing”, sustained a lengthy love affair with fiddle music, and began painting 10 years ago.

I paint mostly “en plein air”. I have taken advice and critique from many instructors, locally and during my travels. My painting of the skating figure was selected for one of PAAM’s Juried shows. I continue to enjoy all that Cape Cod and it’s people have given me, and to share, trade or sale the results of my latest passion.

My work can be seen, by appointment, at my place: “Gumption Studios” on Route 6A in North Truro. Please call 508-487-2425 or louise@stillsewing.com



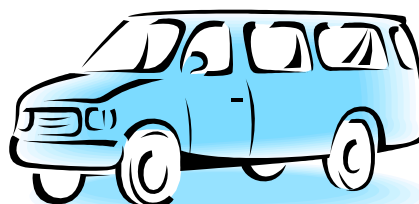
The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions are appreciated to help defray the vehicle costs to the town. The service is available based on rider need and scheduling from Monday through Friday.

SUMMER TRAFFIC*****REMINDER*******FOR THE MONTHS OF JUNE****JULY AND AUGUST****PLEASE SCHEDULE ALL
ON-CAPE APPOINTMENTS****BEFORE****1PM AND****BOSTON APPOINTMENTS****NO LATER THAN NOON.****NO BOSTON TRIPS****ON****FRIDAYS****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

**LOCAL SHOPPING TRIPS/ERRANDS
BUS****MONDAYS AT 11:30 AM****CALL TO RESERVE YOUR SEAT***********

TRANSPORTATION IS ALSO AVAILABLE FOR CONCERTS ON THE GREEN AS WELL AS EVENING PROGRAMS AT THE TRURO PUBLIC LIBRARY.



TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

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 Ingram, 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 Ingram, 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; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman and Chuck Zimmer, 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..