



**TRURO COUNCIL ON AGING
AUGUST 2015
NEWSLETTER**

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

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

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.

Dispelling the Myths of Cholesterol

With Dr. Rhys Preston

Tuesday, August 11th 1:30-3:00 pm

Is cholesterol EVIL? Is it the cause of heart disease? Obesity? What are the functions of cholesterol and why is it essential to stamina, recovering from the flu and injuries, cognition and anti-aging? This workshop will provide you with tools to decrease the so called "bad" cholesterol and increase the so called "good" cholesterol. Learning about where cholesterol is located in the body and how it is absolutely essential to life will eliminate fear regarding decisions on taking medication to lower cholesterol and provide you with empowering choices for your well-being and vitality.

Please call us and let us know if you will be attending this program, 508-487-2462

**COMMUNITY DEVELOPMENT
PARTNERSHIP IS SEEKING
TRURO**

**PROPERTY OWNERS IN NEED OF
HOME REPAIRS**

The Housing Rehabilitation Program is designed to improve the homes of qualified property owners and landlords. With 0% interest and deferred payment loans up to \$35,000, the program is available to address code violations, make critical repairs, replace failed septic systems, remove hazardous materials and complete weatherization upgrades. Critical repairs include, but are not limited to –roof & siding; windows& doors; electrical & plumbing; lead paint & asbestos abatement; insulation & heating replacement; and weatherization upgrades. Participants also receive expert assistance on planning the work, choosing a quality contractor, and oversight of the work.

If you would like to learn more about the program, please attend the informational session on Tuesday, August 18, 2015 at 1:30 at the Truro COA. Please call in advance if you will be attending.

**Do you need help figuring out your
IPAD, IPOD, OR YOUR IPHONE?**

**Maybe Nicola Henderson can help!
Please call the COA to set up an appointment for FREE one on one instruction during the month of August.**

**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 **Thursday, August 27, from 10:00 to 11:30 am** 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.

NEW DAY!!!!**NEW TIME!****MEALS ON WHEELS IS IN NEED OF VOLUNTEER DRIVERS!**

You can make a difference volunteering just one hour a week. Volunteers are needed to deliver meals to homebound seniors in Truro. Meals can be picked up between 9:30 and 10:00 am at the Wellfleet Council on Aging. Total time commitment is 1-1.5 hours per week. Drivers are needed Monday-Friday. We are looking for individuals to “adopt a route” one day per week. Mileage reimbursement is available. Substitute drivers are welcome. Please contact Lisa Bergeron at 508-349-2800 ext. 207

Did you know that the Truro Community Center has a food pantry?

Please feel free to drop off the following items during the hours of 8:00 am-4:00 pm:

Canned Fruit (pineapple, peaches, pears, fruit salad)

Canned Protein (Tuna, beef stew, chili, Chef Boyardee/Spaghettios)

Cold Cereal

Jelly

Ketchup

Pancake Mix

Cooking Oil

Cereal

Peanut Butter

Mayonnaise

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 10:00 am- 1:30 pm or 1:30 pm-4:00 pm. No experience necessary, we'll train! For more information call Beth O'Rourke at 508-237-5146.

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.

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.

MEDICARE OPEN ENROLLMENT
OCTOBER 15 – DECEMBER 7, 2015

Don't wait until it is too late!

The Open Enrollment Period (Oct 15 – Dec 7, 2015) for Medicare Advantage plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it and it is **very important** to re-evaluate your Medicare options for **2016** during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals. Your current plan is required to notify you by September 30th of any changes for the coming year. This letter is called the Annual Notice of Change (ANOC) - please make sure you review it. If you decide to stay with your current plan there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period it will take effect January 1, 2016 (Please note - this enrollment period may not affect you if you have retiree coverage).

If you would like SHINE to assist you during this year's open enrollment please call the Regional SHINE office at 508-375-6762 and ask for a pre-enrollment form. Complete this form and mail back to address noted by October 1st. Once open enrollment begins, October 15th, SHINE will run your medication list against the new 2016 plan information then call or mail you the results. By doing this we will be able to assist more clients during the open enrollment.

There are programs that can assist with Medicare Part D costs. One is "extra help" or LIS (Low Income Subsidy). This program may help with the cost of your Part D premium, deductible, co-pays and gap coverage. There are income and asset guidelines. The other program that helps with prescription costs in the gap or "donut hole" is the State's Prescription Advantage Program. This program only looks at income. Please call the Regional SHINE office or make an appointment with a SHINE counselor at your local Senior Center to find out more about these assistance programs.

Remember- don't wait until it is too late. If you don't make a change during the Open Enrollment Period (Oct 15 - Dec 7, 2015) you may have to stay with your existing plan for another whole year.

Dogs prove effective at sniffing out cancer

Mayo clinic doctors find the possibilities appealing, but say obstacles remain. It would take time to find and train the right dogs and they would have to perform better than existing tests.

Dogs—thanks to their extremely sensitive sense of smell—are used by law enforcement to detect hidden narcotics and explosives. Now studies suggest that dogs might be trained to sniff out various forms of cancer.

The notion first occurred with anecdotal reports of dogs detecting skin cancer in their owners. Persistent, intent sniffing by the dogs led their owners to seek medical attention for skin lesions, which were identified as cancerous. Cancer cells may produce certain “odor signature” that are present in breath, sweat, urine, blood and tissue. This, combined with a dog’s ability to detect subtle smells, has led to studies of canine cancer detection.

Dogs were trained to identify characteristic smells in urine samples of people with bladder cancer and the scent of lung and breast cancers from exhaled breath samples. Dogs were able to distinguish samples of cancerous ovarian tissue from normal ovarian tissue. Dogs could also identify people with colorectal cancer through breath and stool samples. In most studies, dogs were able to correctly identify cancer almost every time.

“Man’s Best Friend” has taken on a whole new meaning.

Written by Dee Yeater, RN

Tai Chi & Chi Kung Classes at the COA

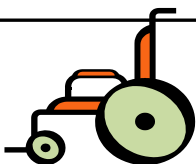
This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental, physical balance and general well being, with an emphasis on “mindfulness”—remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. 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



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 are interested or have more questions, please call instructor Kathy Stetson at 508-397-5324, or e-mail at kathystetson@verizon.net.



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.



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

August 14th Deja Dead” Kathy Reichs

September 11th “The Bone Collector”

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, August 19 at 11:00 am, COA

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



LET'S PLAY SCRABBLE and BRIDGE

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

BRIDGE will meet at **1:30 pm on Wednesday afternoons.**

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

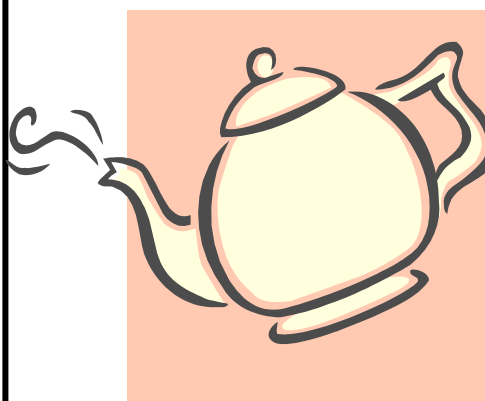
WEDNESDAYS 10:00 am
Free coffee and treats



TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS
AT

1:30 pm in the Activities Room



In Memoriam

Nancy Spillane

Paul Horowitz

Charles Wisbauer

Paul McGrath

Dolores M. Whitelaw

Florence Johnson

ACCESS TO HEALTH INSURANCE IS STILL AVAILABLE:

You can apply and enroll in MassHealth at any time during the year. If you are newly eligible for ConnectorCare Plans (subsidized public health insurance), you can apply and enroll at any time during the year. You may qualify for a Special Enrollment Period if you have Qualifying Life Events, such as a marriage, having a baby, losing a job, new Massachusetts resident, etc.

DENTAL COVERAGE:

As of May 15, 2015 MassHealth is now paying for Dental Coverage for all Adult Members.

LOCAL DENTAL PLANS AVAILABLE

In today's tough times it can be hard to maintain a healthy, beautiful smile that you want and deserve. Many seniors do not have dental insurance or it is not financially possible.

Affordable monthly payment plans for all patients without insurance. You can apply and enroll at any time during the year. **Call Elton (508) 487-2462** and ask for details on dental coverage choices.

AFFORDABLE HOUSING:

PROVINCETOWN – Ownership units available, 1 & 2 bedroom median income units.

You may request an application by contacting Michelle Jarusiewicz at (508) 487-7087

YARMOUTH – The Plymouth Redevelopment Authority is currently conducting a lottery for Affordable Rental Units in Yarmouth. Lottery Applications are now available for the Ready Renter List affordable rental units.

You may request an application by contacting Plymouth Redevelopment Authority at (508) 747-1620 or redvelopment@townhall.plymouth.ma.us

All applications must be received by the Plymouth Redevelopment Authority, 11 Lincoln St., Plymouth, MA 02360 **NO LATER THAN 4:30 pm ON AUGUST 24, 2015.**

VETERANS CRISIS LINE:

The Veterans Crisis Line (1-800-273-8255, Press 1) is available 24/7/365 to provide confidential counseling and referrals for Veterans and their families. This is an integrated national outreach effort to increase awareness and use of the Veterans Crisis Line, support and promote broader VA suicide prevention efforts, and promote help-seeking behaviors among Veterans at risk of suicide and other mental health problems.

Samaritans on Cape Cod & the Islands:

Over 800,000 people worldwide end their lives annually leaving family and close friends who deeply feel the devastation of each loss. Samaritans on Cape Cod & the Islands has survivor support groups in Falmouth and Hyannis to provide unconditional emotional support, help survivors gain courage and comfort from one another, and deal with a unique grief that is often not understood by others. For more information contact the Samaritans office at (508) 548-7999

To understand and access Health, Medicare and Dental benefits, Call Elton (508) 487-2462

2015 Events at the Truro Meeting House



August 4, Tuesday, 5 PM: **Jeff Foster – *Journey Down Cape by Train***. Jeff Foster, past president of the Cape Cod National Railway Historical Society, has spoken frequently about the romance of the rails to New England's favorite resort before the automobile became king of the road. Jeff will focus his talk on train service to the Outer Cape using historic images and reproductions of this popular subject by the area's notable painters.

August 13, Thursday, 5 PM: **Swing Band “Sentimental Journey”** is back by popular demand.

August 28, Friday, 7 PM: **Steve Sollog and the New Beach Band** will debut at the Meeting House.

September 3, Thursday, 6:30 PM, **Terry Keane, *Combat Trauma from the Trojan Wars to Iraq***
The talk will provide the historical context for recent advances in our understanding and treatment of combat related psychological injuries. Dr. Terence Keane, a long-term Truro resident, is Director of the National Center for Posttraumatic Stress Disorder at VA Boston and Boston University. For nearly four decades he's focused his academic scholarship and scientific research on the impact of war on the American men and women who fight on behalf of us all.

September 16, Wednesday, 6:30 PM: **Castle Hill – Mark Doty Reading**. Back for a second Castle Hill sponsored Meeting House event, Mark Doty, winner of the National Book Award for Poetry, will be reading from his work which often has local appeal and universal relevance.

Reassurance Program

The Truro Police Department Reassurance Program is designed for seniors in the Town of Truro who live alone or live with an ailing spouse or relative. There are currently 18 people on our list. Seniors in the program call the Truro Police Department each morning before 10:00 a.m. to say hello and let the department know that they are alright. If a call is not received then the dispatcher will telephone the residence. If contact is still not made, a police officer is dispatched to the residence. Anyone wishing to join our program is invited to call the police department at 508-487-8730 to sign up.

WHITE LINE BLOCK PRINT OPEN STUDIO WILL BEGIN ON FRIDAY, SEPTEMBER 4 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!

COA CAFE

TUESDAY 12:30 PM \$7.50

Aug 4th

Basil, Corn and Tomato Pasta Salad topped with Citrus Grilled
Shrimp and Chicken

Caramel Ice Cream Sundae

Aug 11th

Guacamole and Chips

Chicken Tacos with Fresh Peach Salsa

Mexican Chocolate Cake

Aug 18th

Baked Cod with an Olive, Tomato and Caper Relish

Summer Fruit Cobbler

Aug 25th

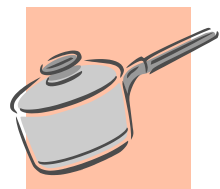
Classic BBQ

Tomato, Basil and Mozzarella Salad

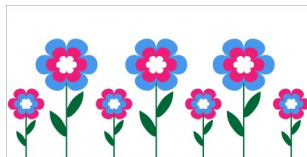
Potato Salad and All the Fixings

RESERVATIONS ARE REQUIRED BY

12:00 PM ON MONDAYS



AUGUST



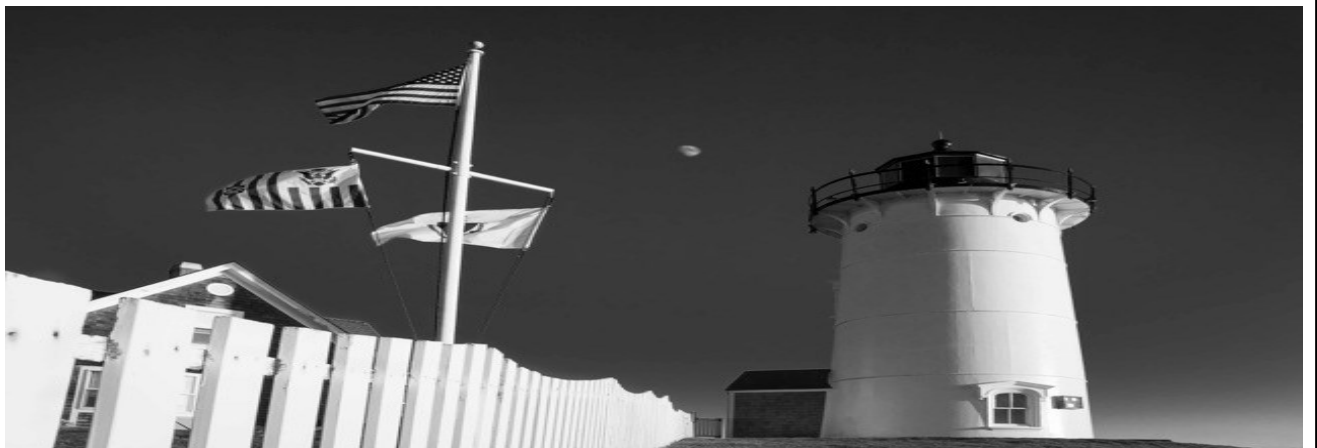
2015

Mon	Tue	Wed	Thu	Fri
3 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	4 COA Café 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	5 Tai Chi 8:30 Strength Training w/ Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Bridge 1:30	6 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	7 Strength Training 9:00-10:00
10 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	11 COA CAFÉ 12:30 Men's Exercise Class 10:45 Dispelling the Myths of Cholesterol 1:30-3:00 Women's Reflections 6:30	12 Tai Chi 8:30 Strength Training w/Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Legal Assistance (by appointment) Bridge 1:30	13 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	14 Strength Training 9:00-10:00 Mystery Book Club 12:30
17 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	18 COA CAFE 12:30 Men's Exercise Class 10:45 Home Repair Presentation 1:30 Women's Reflections 6:30	19 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Story Swap 11:00 Bridge 1:30	20 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	21 Strength Training 9:00-10:00 Dr. Campo, Podiatrist (by appointment)
24 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	25 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	26 Tai Chi 8:30 Strength Training w/ Kathy Stetson 9:00-10 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30	27 Bereavement 10-11:30 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	28 Strength Training 9:00-10:00
31 Strength Training 9:00-10:00 Memoirs Writing Group 10:30				

Laurence C. Schiffenhaus
Artist Information

My journey in photography has taken me past traditional film and into the realm of digital photography. My primary interest is landscapes in black and white, but not limited to that genre. Last September (2014) I spent 12 days in Venice, Italy attending a workshop concentrating on color photography and Lightroom 5 under the guidance of George Jardine, a professional photographer of some renown. Nevertheless, B&W is my preference and that's how I think about a scene when I consider a scene. Many of my photographs are of scenes in and around the outer Cape over the past 30 years, as well as Maine, Italy, Oregon coast, and Spain. For the past six years I have produced calendars in B&W for some 350 friends and family with the title **HERE 'N THERE.**

Most of the photographs in the show were taken with a D200 Nikon and processed in Lightroom 5 or Photoshop CS6. All the photographs were printed on an Epson 3880 with third party archival inks supplied by Jon Cone's Inkjetmall. Recently I have been using Canson Platine Rag (cotton) as the substrate which is considered a fine archival paper.



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.

THE TRURO COUNCIL ON AGING PROVIDES VAN SERVICE TO MEDICAL APPOINTMENTS AS WELL AS GROCERY SHOPPING AND OTHER NECESSARY ERRANDS FOR RESIDENTS OF TRURO. OUR DRIVERS ARE FULLY TRAINED BY THE CAPE COD REGIONAL TRANSIT AUTHORITY. TRANSPORTATION IS PROVIDED IN EITHER OUR BLUE FORD FLEX VAN OR THE WHITE FORD ECO VAN LEASED TO US BY THE CAPE COD RTA. OUR NEW VAN SCHEDULE IS AS FOLLOWS:

- MONDAY: *BOSTON (VAN LEAVES AT 7AM, RETURNS AT 5PM) APPOINTMENTS MUST BE BETWEEN 10AM AND 2PM.
 *LOCAL ERRANDS (VAN LEAVES AT 9AM, RETURNS AT 3PM) OUTER CAPE HEALTH PROVINCETOWN OR WELLFLEET.
- TUESDAY: *HYANNIS (VAN LEAVES AT 9AM, RETURNS AT 4PM) APPOINTMENTS MUST BE BETWEEN 10AM AND 3PM.
 *COA PROGRAMS NOON-3PM.
- WEDNESDAY: *BOSTON (VAN LEAVES AT 7AM, RETURNS AT 5PM) APPOINTMENTS MUST BE BETWEEN 10AM AND 2PM.
 *ORLEANS/BREWSTER (VAN LEAVES AT 9AM, RETURNS AT 3PM) APPOINTMENTS MUST BE BETWEEN 10AM AND 2PM.
- THURSDAY: *HYANNIS AND/OR SANDWICH (VAN LEAVES AT 8AM, RETURNS AT 4PM) APPOINTMENTS MUST BE BETWEEN 9:30AM AND 2:30PM.
 *PACE AT THE COA AND LOCAL ERRANDS NOON TO 2PM.
- FRIDAY: *HYANNIS AND/OR SANDWICH (VAN LEAVES AT 8AM, RETURNS AT 4PM) APPOINTMENTS MUST BE BETWEEN 9:30AM AND 2:30PM.
 *LOCAL TRANSPORTS AND ERRANDS 9AM TO 3PM.

ALL RIDES ARE SUBJECT TO THE AVAILABILITY OF A VEHICLE AND DRIVER. CLIENTS **MAY NOT** REQUEST A PARTICULAR DRIVER FOR THEIR TRIP. 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. THE CAPE COD RTA, HELPING OUR WOMEN, AMERICAN CANCER SOCIETY AND SOUTH SHORE COMMUNITY ACTION COUNCIL ALL HAVE RIDE PROGRAMS AVAILABLE IN THE EVENT THAT WE CANNOT PROVIDE A RIDE FOR A PARTICULAR APPOINTMENT. CALL MARGIE AT 508-487-2462 X 20 FOR DETAILS.

**TRURO COUNCIL ON AG-
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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; Brian Trainor, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Bill Worthington.

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, 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.