



**TRURO COUNCIL ON AGING
DECEMBER 2014
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.

FRIENDS OF THE TRURO COA LUNCHEON

SUNDAY, DECEMBER 7, AT 12:00 PM

MONTANO'S RESTAURANT

Cash Bar-Hot Appetizers

Luncheon: Garden Salad, Home Baked Bread Loaves

Your Choices of Entrée are: Chicken Parmesan w/Pasta, Eggplant Parmesan w/pasta, Crabmeat Stuffed Sole w/Baked Potato, Prime Rib w/Baked Potato

Dessert and Coffee

Cost: \$23.00 per person

Please call Joan Moriarty 508-487-1508 to make your reservation and menu choice by FRIDAY, NOVEMBER 28TH

HO HO HOPE that you can join us for Holiday Fun!!

**Tuesday, December 2nd, 1:30 pm,
Help us decorate our Christmas Tree
Refreshments will be served**



PROGRAMS AND SERVICES

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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, December 10 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.

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 pm to 2:30pm.

COOKING CLASS WITH HEATHER BAILEY

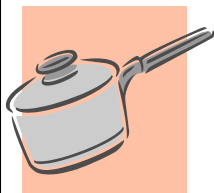
Thursday, December 11 at 10:00 am

“Foods That Boost Your Immune System”

Session runs approximately 1.5 hours followed by a shared lunch.

\$5.00 - You must sign up for this class by December 5th.

508-487-2462 ext. 10



WHO WANTS TO PLAY PICKLEBALL???

Join us for the fastest growing sport in America!

Mondays: 6-7:30 pm

Saturdays: 11:30-1:00 pm

Truro Community Center

A program offered by the Truro Recreation Department, 508-487-1632

Wellfleet Meals-On Wheels Needs Volunteers

Volunteers are needed to deliver meals to homebound seniors in the Wellfleet/Truro area. Meals can be picked up at the nutrition site (Wellfleet COA) between 9:45-10:00 am. Monday-Friday. Total commitment hours is about 2 hours a week. Please call Pam McDonald at the Wellfleet COA, 508-349-2800

WI-FI AT THE COMMUNITY CENTER

PLEASE FEEL FREE TO COME TO THE COA AND

CHECK YOUR EMAIL AT THE SAME TIME!!

The COA is open from 8:00-am to 4:00 pm

The Community Center is open from 8:00am to 5:30 pm

With Medicare Plans, does it matter which pharmacy you use?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs! All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered. In 2015, 80% of the Medicare drug plans have preferred pharmacies. By using a preferred pharmacy, you will save money! Many plans have changed their preferred pharmacies for next year. You should check that the pharmacy you currently use is still a preferred pharmacy. Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. This can be a cheaper and easier way to fill your prescriptions.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7th!

*If you have any questions please contact Elton Cutler, Outreach and Resource Coordinator

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.

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.

Dr. Rhys Preston Presents

Dispelling the Myths of Cholesterol

Tuesday, December 9th at 1:30 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 join us for this informative discussion.

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
Program Manager, Gosnold in Provincetown

SIGHT LOSS SERVICES, INC. CAPE COD AND ISLANDS

INVITES YOU TO A NEW SUPPORT GROUP AT THE TRURO COA

Peer-led group will continue in MARCH at 1:00 pm to 3:30 pm monthly with speakers and programs to encourage the exchange of coping skills and problem-solving strategies, fostering the confidence to maintain an independent and productive life-style. Transportation is available if needed. Please contact us to register for this important step toward learning more about sight loss.

MYSTERY BOOK CLUB MEETS ON FRIDAYS AT 12:30 PM

Dec. 12th, - "The Lost Gardens-An English Garden Mystery"-Anthony Eglin

Jan. 9th-"The Sound and the Fury "by Spencer Quinn

Feb. 13th-"Goldfinch" by Donna Tarit

Mar. 13-"The Thin Man" by Dashiell Hammett



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, December 17th at 11:00 am, Truro 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

THURSDAYS from 1:00 pm to 4:00 pm



**PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE
COA**

WEDNESDAYS 10:00 am

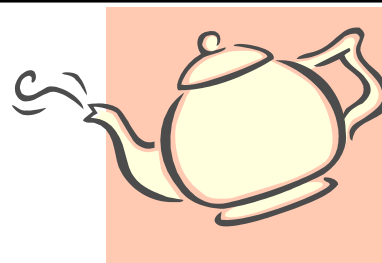
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



**FUEL ASSISTANCE**

Trained Volunteers will assist you in filling out the forms and submitting them to South Shore Community-Action Council. Call to schedule an appointment.

**SNAP: Putting healthy food within reach**

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income & expenses. You may be eligible for SNAP Call to schedule an appointment.

**VETERAN'S SERVICES**

By appointment only. Call Harry G. Rae, Services Officer at 508-430-7510

OUTREACH OFFICE HOURS**MONDAY – FRIDAY**

8:00 AM – 12:00 PM & 1:00 PM – 4:00 PM

To provide individualized assistance and maintain quality customer service, schedule an appointment with the Outreach Coordinator in advance..

S.H.I.N.E.

Serving Health Information Needs of Elders

**Medicare Open Enrollment is
October 15th - December 7th**

Open Enrollment is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage. Your health needs change from year to year, and your health plan may change benefits and costs each year too. That's why it's important to evaluate your Medicare choices regularly.

It's worth it to take the time to review and compare, but you don't have to do it alone...

Help with health insurance questions by appointment on Tuesday & Thursday mornings.

SHINE Counselors:

Elton Cutler & Claudia Tuckey.

SCAMS

The Truro Police have noticed an increase in the number of SCAM related reports where the elderly have been contacted via mail or telephone and the party on the other line represents themselves as an agent with the IRS, prize patrol or NSTAR. The victim is told they owe taxes, fines, won a prize, or owe a bill and asks for the victim to purchase a GREEN DOT gift card for payment. A basic rule is that no business should call and ask you to purchase a gift card. If it sounds too good to be true it probably is and you should contact the Truro Police Department with details if you have been victim to one of these scams.

DO YOU NEED HELP PAYING YOUR PROPERTY TAX BILL?

If you are over the age of 65 and/or disabled, and financially constrained, you may be eligible to receive assistance via the town's Elderly and Disabled Taxation Aid Fund. Information about these funds and application forms are available at the Library, Council on Aging, and Town Hall. The deadline for submitting an application is December 30th.

Please be sure to pick one up soon!!

***If you need help completing the application please contact Denise in the Assessor's office ,508-349-7004 @ ext. 17**

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 !**



HAVE YOU JUST RETURNED HOME AFTER SURGERY?

DO YOU NEED HELP WITH POURING YOUR MEDICATIONS?

Please call Elton for more information, 508-487-2462, ext. 13

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

Please remember to call the COA if you question

Whether or not we are open due to inclement weather.

IN MEMORIAM

CYNTHIA C. WOODWARD

TRURO COUNCIL ON AGING CAFÉ

7 STANDISH WAY – TRURO

12:30PM

\$7.50 includes Bread, Beverage & Dessert

Take Out Available

Tues, Dec 2nd

Teriyaki Salmon with Lime Curry Sauce

Rice Pilaf & Mixed Green Salad w/Ginger Dressing

Or/Alternative

Soup du Jour, Salad

Soup: Corn Chowder

Tuesday, Dec 9th

Sausage Lazy Lasagna

Spinach Salad w/Cranberries & Apples

Or/Alternative

Soup du Jour, Salad

Soup: Curried Squash Bisque

Tuesday, Dec 16th

Shrimp & Chicken Penne Alfredo

Classic Caesar Salad & Garlic Bread

Or/Alternative

Soup du Jour, Salad

Soup: Minestrone

Tuesday, Dec 23rd

Classic Meatloaf w/Mashed Sweet Potatoes

& Garlicky Green Beans

Or/Alternative

Soup du Jour, Salad

Soup: Tuscan Turkey

Tuesday, Dec 30th

Stuffed Roast Pork Loin w/Spiced Butternut Squash

Sauteed Winter Greens

Or/Alternative

Soup du Jour, Salad

Soup: Mexican Chicken Stew

RESERVATIONS REQUIRED BY

12PM – MONDAY

COOKING CLASS WITH HEATHER BAILEY

Thursday, December 11th at 10:00 am

‘FOODS THAT BOOST YOUR IMMUNE SYSTEM’

Session runs approximately 1.5 hours followed by a shared lunch. \$5.00



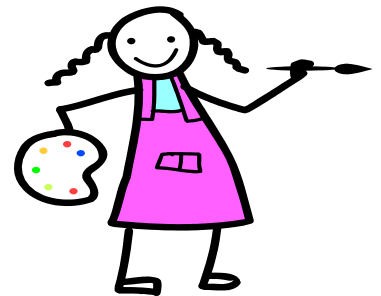
DECEMBER

2014

Mon	Tue	Wed	Thu	Fri
1 Strength Training 9:00-10:00 Memoirs Writing 10:30	2 COA CAFÉ 12:30 TREE DECORATING 1:30	3 Tai Chi 8:30 Strength Training Coffee Hour 10:00 Weight Loss 10:00	4 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	5 Strength Training 9:00-10:00 White Line 1:30
8 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	9 COA CAFÉ 12:30 SING-A-LONG WITH MARGIE 1:15 Cholesterol w/ Dr. Preston 1:30	10 Tai Chi 8:30 Strength Training w/Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00 Legal Assistance (By Appointment Only)	11 COOKING CLASS 10:00 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	12 Hyannis Shopping Trip 8:30 Strength Training 9:00-10:00 Mystery Book Club 12:30 White Line 1:30
15 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	16 COA CAFE 12:30	17 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Bereavement Support Group 1:-2:30 Story Swap 11:00	18 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	19 Dr. Campo Podiatrist by Appointment Strength Training 9:00-10:00 White Line 1:30
22 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	23 COA CAFÉ 12:30	24 Tai Chi 8:30 Strength Training 9:00-10:00 –w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00 COA CLOSED AT 11:30	25 HOLIDAY	26 Strength Training 9:00-10:00
29 Strength Training 9:00-10:00 Memoirs Writing 10:30	30 COA Café 12:30	31 Tai Chi 8:30 Strength Training 9:00 w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00 COA CLOSESD AT 11:30		Truro Central School Artists COA ART GALLERY Through the month of December



TRURO CENTRAL SCHOOL
STUDENTS ART WORK
DISPLAYED ALL MONTH LONG
PLEASE COME IN AND TAKE A LOOK!!!



F.O.G. (FRUSTRATED OPTIMISTIC GARDENERS)

Will not be meeting in December

We will resume class on January 28th at 6:30 pm

Featuring Patrick Lamerson who holds a Masters in Science in Botany

And will be speaking about Native Plants and Invasive Species

WHITE-LINE BLOCK PRINT OPEN STUDIO

Beginning on Friday, December 5th-19th

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 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.

Our transportation program has had a substantial increase in client ride requests. Although we realize that there can be last minute, urgent medical appointments scheduled by clients, we usually cannot accommodate a ride request with less than 24 hours' notice. **WE DO NOT RESERVE A PARTICULAR DRIVER WHEN YOU CALL WITH A TRANSPORT REQUEST.** Because ridership requests have increased, you may be sharing the ride with others which could result in some wait times or early departures in order to accommodate all of our clients' appointments.

HYANNIS SHOPPING TRIP Friday, December 12

Bus leaves the COA at
8:30 AM

Return at 1:30 PM

This trip is available to
TRURO RESIDENTS

only

Call to reserve your seat



Please join us as we
decorate the Christmas
Tree in the COA Activi-
ties Room on

Tuesday, December 2nd
at 1:30 PM. If you need
a ride, please call

Margie at 508-487-
2462 ext 20.

WE NEED THE FOLLOWING INFORMATION

WHEN REQUESTING A RIDE FROM THE COA:

MEDICAL FACILITY NAME

MEDICAL FACILITY ADDRESS

MEDICAL FACILITY PHONE NUMBER

ESTIMATED DURATION OF APPOINTMENT

YOU MUST HAVE A COMPANION ACCOMPANY YOU IF HAVING A PROCEDURE

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; Elton Cutler, Outreach and Resource Coordinator; MaryEllen Duarte, 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..