



TRURO COUNCIL ON AGING

January 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.

WOULD YOU LIKE TO LEARN ABOUT OUTER CAPE HOMESHARE?

Come to the COA on

Thursday, January 13th at 1:30 pm

Home sharing has many benefits! It provides extra income to the home provider by charging rent for an extra available bedroom. It provides a less costly alternative for those who either can't find housing or can't afford to live alone. Some home shares include a reduction in the home seeker's rent in exchange for gardening, housework, or other services.

CHRONIC DISEASE SELF—MANAGEMENT WORKSHOP

Information and Registration! January 20 1:30 pm-2:30 pm

Refreshments will be served. Come and learn about this exciting FREE 6 week workshop

Chronic Disease Self-Management is for anyone living with an on-going medical condition like: Arthritis, Asthma, Cancer, Chronic Back Pain, Chronic Fatigue Syndrome, COPD, Diabetes, Fibromyalgia, Heart Disease, High Blood Pressure, Parkinson's Disease, Stroke...and more

Chronic disease, pain, and discomfort may limit activities you enjoy. Join the *Chronic Disease Self-Management* workshop and start to live again!

Learn to:

- Eat well
- Control your pain
- Start an exercise program
- Handle stress and relax
- Increase your energy level

Dr. Preston Presentation

Tuesday, January 27th, 1:30-3:00 pm

"Disease starts in the Gut"

Acid-stopping medications (of the "purple pill" variety) work by interfering with the proton pump and stopping the production of hydrochloric acid in stomach cells. Diseases associated with low gastric acidity include: asthma, celiac, eczema, and many others. Dr. Preston will provide you with practical applications and solutions that will prevent disease and create everlasting health.

PROGRAMS AND SERVICES

page 2

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, January 14 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.

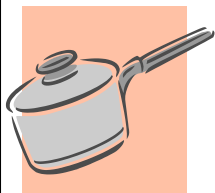
NEXT COOKING CLASS WITH HEATHER BAILEY

Thursday, February 12 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 January 30

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

MAKING SENSE OF PAIN SYMPTOMS

Pain- unfortunately, it happens to all of us sooner or later. Severe pains due to injury or accident, or chest pain or pressure demand immediate emergency attention. On the other hand, there are the sore elbows, stiff hips, aching backs or tingling fingers. Usually, we wait a while for them to go away. Sometimes they don't, and you find yourself heading off to the doctor's office to find out what the problem is. These aches and pains can appear to come on out of the blue or to come and go without rhyme or reason. However, sometimes there are some clues to be found in the history and behavior of the symptoms.

How do you find this information? A good place to start is always at the beginning. In other words, when did the problem start? Was it sudden or did it come on gradually? Was there any trauma or change in activity before it started? Describe the pain or symptom- is it sharp, dull, aching, throbbing, pins and needles? These are some common descriptions, but do your best to describe it in your own words. Is it accompanied by other unusual sensations, such as numbness, weakness, or instability? How severe is the pain? In medical settings, it is common to ask the patient to give it a rating on a scale of 0 to 10. Have you tried ice, heat, rest, or over the counter medications? If so, were they helpful? Are there spots in the area that are especially tender to the touch?

Next you should look for factors that may ease or aggravate your symptoms. A good way to identify these is to keep a journal for a couple of days. Do you notice a pattern over the course of the day? For example, is it worse in the morning, improving as the day wears on, or does it increase toward the end of the day? Do your symptoms interfere with your ability to sleep at night? Finally, make a list of any positions or activities that make you feel better or worse.

This sounds like a lot, but if you condense it to 4 or 5 sentences, it can shed a lot of light on your situation. The information you find may help you to make yourself more comfortable. It will also be helpful to your primary care doctor in making an accurate and timely diagnosis, so that you can get rid of that annoying ache or pain.

By Kathy Stetson, Certified Health Specialist Physical Therapist

Please let 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.

**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.

Medications

Older adults in general take more medications than younger adults, and, as we age, our bodies respond differently. An older person may need smaller doses and may feel the effects or side-effects more strongly. Taking care of ourselves means knowing about our medicines and informing our medical providers and pharmacist of all the medicines we take. Medication errors result in thousands of deaths and injuries a year. To reduce the risks, it is important that doctors, pharmacists, and patients work together. Some questions to ask your health care provider or pharmacist about prescribed or over-the-counter (OTC) meds are:

-Can I safely take this with my other prescribed and/or OTC meds?

-Can I safely drink alcohol while on these meds?

-How long will I be on this?

-What side-effects should I be concerned about?

Other steps to take to protect yourself:

- Take meds only as prescribed and verbally clarify the prescription name and instructions before leaving the Dr.'s office and the pharmacy;
- Bring meds, including over-the-counter meds, to medical appointments and have a list of current meds on your refrigerator;
- Ask the purpose of any new meds and if there are safer alternatives;
- If you are in a hospital or rehab, check or have a loved one check the list of meds they are giving you—do not assume it is correct.

Some meds, especially those for sleep, anxiety, and pain, are at times misused and inappropriately prescribed, and can be addictive. They can lead to many problems including falls, lethargy, confusion, memory loss, poor concentration, sleep disturbance, depression, nervousness, irritability, and unexplained pain. Too much of these meds, or stopping them too suddenly, can sometimes worsen the problems they are meant to treat. If you have some of these symptoms, or if you find yourself taking more than prescribed, asking friends or family for theirs, or being anxious at the thought of not taking it, talk to a trusted health or behavioral health professional. Because stopping some meds too quickly can be dangerous, consult with a doctor before stopping any medication.

You and your health are important! Be an informed consumer and an active participant in your health care.

Call Georgia at 508-487-2449 X5802 or talk with a COA outreach worker for a confidential appointment.

Shingles Vaccine and Boosters

This question is often asked but the answer from the Center for Disease Control and Prevention is “No”. A booster shot is not currently recommended.

The vaccine cuts the risk of developing shingles by about half. Even more important, it reduces the odds of lingering nerve pain (“post herpetic neuralgia or PHN”) by 59 percent.

The vaccine’s effectiveness begins to wane after five years, but it still lowers the risk of shingles by 21 percent and PHN risk by 35 percent after seven to 10 years.

The vaccine is approved for people older than age 50, but the risk for PHN rises with age, so the Center for Disease Control and Prevention advises waiting until age 60 to be vaccinated.



Thank You to the following for the thoughtful holiday gifts:

- Home Instead
- Friends of the Truro Public Library
- Dexter Keezer Community Fund

MYSTERY BOOK CLUB MEETS ON FRIDAYS AT 12:30 PM

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, January 14 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

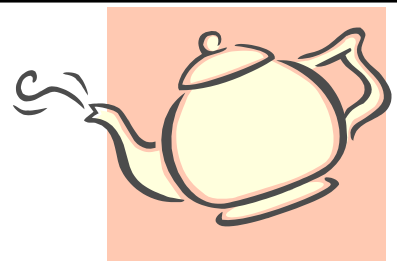
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



**FUEL ASSISTANCE PROGRAM BENEFIT INCREASE \$\$\$**

The Department of Housing and Community Development (DHCD) has just increased the benefits a household can get under LIHEAP (the fuel assistance program), which opens its doors November 1st. The full table of benefits, which vary by heating source and household income, can be found at <http://www.mass.gov/hed/docs/dhcd/cd/liheap/fy15liheap-incomeeligibilityandinitialbenefitlevels.pdf>

The maximum benefit for those who heat with oil or propane/kerosene is \$1,025, if income is less than 100% of the poverty level. The maximum benefit for those who heat with electricity or gas is \$700. Check the table for complete details. Truro elders who would like assistance with the application or recertification process can contact Elton Cutler at (508) 487-2462 ext. 13 to make an appointment.

**BARNSTABLE COUNTY BEHAVIORAL HEALTH WEB PORTAL**

Have you heard about the new [Barnstable County Behavioral Health web portal](http://barnstable.ma.networkofcare.org/mh/)? <http://barnstable.ma.networkofcare.org/mh/> It's a fantastic tool for our community providing critical information, communication, and advocacy tools with a single point of entry. One of the key features of the new portal is a comprehensive [Service Directory](#) with over 100 services. This Service Directory enables you to easily locate the local programs and services.

HEALTH COVERAGE APPLICATION ASSISTANCE**Open enrollment - November 15, 2014 - February 15, 2015**

Members who are currently enrolled with Commonwealth Care, MSP, Temporary coverage, or a QHP will need to re-apply to avoid a loss of coverage.

Community Action Committee of Cape Cod & the Islands is available to inform and assist individuals on how they may qualify for affordable health coverage and help with enrollment in new programs or re-enrollment in existing programs.

To set up an appointment or for more information contact CACCI at (508) 771-1727 or walk in at 372 North Street, Hyannis.

SAMARITANS SENIOR OUTREACH PROGRAM**Befriending seniors in need. Strengthening a community that cares.**

It's not always easy to tell someone when you're experiencing difficulties in life. Perhaps this is even more so for the seniors in our community – a proud, independent generation who are accustomed to making do on their own.

The Samaritans know that sometimes all we need is a little extra support and a friend to listen, someone to talk with. Or seniors can take part in our Senior Outreach Program where they will be matched with a volunteer who will call them once a week to connect, located on Cape Cod and the Islands.

PHONE LINES: (508) 548-8900 or 1-800-893-9900

January Truro Walking/ Hiking Club

Stick to those New Years' resolutions and join Bob Lowe, Club Coordinator, for a peaceful walk in some of the most beautiful areas that Cape Cod has to offer.
Schedule subject to change. Check online for updates.
www.truro-ma.gov/recreation

Hikes will begin at 9:00 am
January 8—Pine Grove Cemetery Hike
Address: Cemetery Rd, Truro
Park: small parking lot at cemetery, off of Old County Rd, Truro

January 15—Truro Old Air Force Base
Address: Old Dewline Rd
Park: Parking lot located in front of old baseball field.

January 22- North Pamet Road
Address: North Pamet Rd
Park: Trail head parking lot at the end of North Pamet Rd, by Hostel.

January 29-Pamet Harbor Hike
Address: Depot Rd
Park: Harbor parking lot.

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

JOSEPH M. DUARTE

ELLEN GALVIN

CATHERINE SHUTE

COA CAFE

TUESDAY 12:30 PM

\$7.50

January 6

Four Cheese Baked Macaroni
Spinach Salad with a Warm Mushroom Vinaigrette
Soup: Mushroom Barley

January 13th

Cod Piccata with Mashed Potatoes
Caesar Salad and Garlic Bread
Soup: Portuguese Kale

January 20th

Shrimp and Chicken Stir Fry
Tai Noodle Salad
Soup: Autumn Bisque

January 27th

White Bean and Roasted Garlic Hummus with Crostini
Chicken Marsala with Herbed Polenta
Sautéed Winter Greens
Soup: Pea



NEXT COOKING CLASS WITH HEATHER BAILEY

Thursday, February 12 11th 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 January 30

#508-487-2462, ext. 10

JANUARY



2015

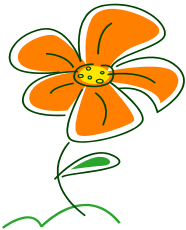
Mon	Tue	Wed	Thu	Fri
			1 HOLIDAY COA CLOSED	2 Strength Training 9:00-10:00 White Line CANCELLED
5 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	6 COA CAFÉ 12:30	7 Tai Chi 8:30 Strength Training w/Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00	8 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	9 Strength Training 9:00-10:00 Mystery Book Club 12:30 White Line 1:30
12 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	13 COA CAFE 12:30 HomeShare Presentation 1:30 pm	14 Tai Chi 8:30 Strength Training 9:00-10:00 w/ Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00 Story Swap 11:00 Bereavement Support Group 1:-2:30 Legal Assistance	15 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	16 Strength Training 9:00-10:00 Dr. Campo (by appointment)  White Line 1:30
19 HOLIDAY COA CLOSED	20 COA CAFÉ 12:30 Chronic Disease Registration 1:30-2:30	21 Tai Chi 8:30 Strength Training 9:00-10:00 –w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00	22 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	23 Strength Training 9:00-10:00 White Line 1:30
26 Strength Training 9:00-10:00 Memoirs Writing 10:30	27 COA Café 12:30 Dr. Preston Presentation “Disease Starts in the Gut” 1:30-3:00	28 Tai Chi 8:30 Strength Training 9:00 w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00 FRUSTRATED OPTIMISIC GARDENERS 6:30	29 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	30 Strength Training 9:00-10:00 White Line 1:30



TRURO CENTRAL SCHOOL STUDENTS ART WORK

DISPLAYED THROUGH JANUARY !!

PLEASE COME IN AND TAKE A LOOK!!!



Truro COA

F.O.G. (FRUSTRATED OPTIMISTIC GARDENERS)

January 28th at 6:30 pm

Featuring Patrick Lamerson



Patrick holds a Masters in Science Botany and will be speaking about Native Plants and Invasive Species

Please join us for an interactive and lively program as we discuss the trials and tribulations of gardening on Cape Cod. Please come with questions and problems for our speaker.

WHITE-LINE BLOCK PRINT OPEN STUDIO

Beginning on Friday, January 9, 16, 23, 30

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 seen 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.** When you make your ride reservation, we can only tell you whether there is a van available for that day. You will be called the night before your scheduled ride by your assigned driver. **PLEASE BE SURE TO ANSWER YOUR TELEPHONE, EVEN IF YOU DO NOT RECOGNIZE THE NUMBER ON YOUR CALLER ID.** Your driver will have important information for you during that call, including pick up time.



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

WINTER WEATHER REMINDER

Van trips may be cancelled in the event of inclement weather. Vans generally do not run when the Truro Central School is closed due to weather.



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, Bernard Robbins, 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 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..