



**TRURO COUNCIL ON AGING
JUNE, 2015
NEWSLETTER**

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

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

DON'T MISS THIS! "I REMEMBER"

TRURO COUNCIL ON AGING SUNDAY, JUNE 28, 2-4 P.M.

with readers from the Truro COA Memoirs Group

Rosalind Pace, mentor

including more excerpts from "Truro As We Remember It" :

an ongoing oral history project

Free and open to the public Refreshments

This event is sponsored in part by Truro Treasures.



**SENIOR MUNICIPAL SERVICE
PROGRAM**

**BEGINNING JULY 1, 2015
ENDING JUNE 30, 2016**

The Town of Truro is offering an abatement to its senior residents for services provided to the town. It is an opportunity for a Truro senior resident to share a skill they have with our community and also receive a real estate tax reduction on their Truro property.

Participants must meet the following requirements:

- Applicant must be 60 years of age or older
- Applicant must own property in Truro that serves as their principal residence
- Applicant must have been a full-time resident of Truro as of July 1st of the previous year
- Applicant must be the current occupant of property for which abatement is requested.

Applications are available for the Senior Municipal Service Program for the FY 2016 at the Truro Council on Aging, 7 Standish Way, North Truro, or on the web truro-ma.gov/coa or call **508-487-2462** for more information.

Sustainable CAPE

invites you to

Meet the Farmer!

on

June 16, 2015, 1:30 pm

at

Truro Council on Aging

7 Standish Way

North Truro, MA

Meet a Local Farmer

Taste freshly prepared local produce

Learn a new recipe

Go home with some local ingredients!

Sustainable CAPE will also be handing out
information

about upcoming Summer Farmers' Markets
and explain how a \$10.00 SNAP Card debit
will yield \$20.00 to spend at either the Truro
or Orleans summer farmers' markets



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, June 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.

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

NO PAIN, NO GAIN? WHAT SHOULD EXERCISE FEEL LIKE?

Many of us may remember this old adage from gym class years ago. Some people are reluctant to exercise due to fear of pain and discomfort, but is that the way it really should be?

When we exercise to gain strength, flexibility, or endurance, we are pushing our bodies beyond their current limitations, in other words, “*pushing the envelope*”. If we do only activities that we find easy, we will not make gains in fitness. How do you know how far to go? Therein lies the art of exercise training; knowing when and how far to push it, and also knowing when to back off.

This month, I will discuss the example of strength training; the following months will address flexibility and endurance training. Strength training is the use of weights, elastic bands, or body weight to encourage improved force generation in the muscles. In general, most strength regimens will involve doing 1 or more sets of exercise, each consisting of 8 to 15 repetitions. For example, doing toe raises 10 times and repeating this twice (2 sets of 10 reps). The idea is to use enough weight combined with enough repetitions to create muscle fatigue. This should feel like tightness, warmth (“burn”) or just being aware of the *working muscles*. This should be felt near the middle of the muscle (called the muscle belly), not in the joints. It should not hurt, but there should be a sensation that it is getting more difficult to complete the repetitions. In other words, the last one should be an effort, but not a burden.

Reaching this point of muscle fatigue will overload the muscle, which should be followed by resting the muscle the next day (not weight training; you can still do other physical activities). In time, the body will respond to this repeated cycle of work and rest by making the muscle stronger and more efficient.

Using too much weight, too many repetitions or not getting enough rest may result in pain or injury. In other words, if it is painful, something is wrong and should be adjusted, so *no pain, yes gain!*

By Kathy Stetson, Certified Exercise Physiologist, Physical Therapist



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.



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 June at the Council on Aging and bring a friend! For more information please call Carol Bishop, 508-487-0014.

6 Ways to keep your memory in shape (Mayo Clinic Health Letter)

Forgot a lunch date with a friend? Can't find your glasses, wallet or purse? Forgetting is frustrating, but you don't have to resign yourself to it as part of old age. Many areas of the brain remain untouched by aging such as language, meaning, creativity and wisdom. So capitalize on your memory skills.

1. **Keep a calendar.** Every day you're bombarded with information coming from all directions- names, numbers, passwords, to-do lists. Trying to track too many tedious details can actually make you more prone to memory lapses. Keeping a calendar will free up brain space for more important tasks.
2. **Organize the clutter.** Keeping your environment clutter-free and relatively organized can help minimize distractions and improve memory. Putting correspondence in order can help you stay on top of the endless stream of mail and paper that enters the home. Create folders or places for information that: requires a response or action, you need to consult occasionally, such as bank statements or insurance policies, or you read at your leisure, such as magazines and catalogues. Throw mail out immediately that has no importance.
3. **Focus your attention.** Attention is an important part of memory processing. It takes concentration to input information into your brain so that it can be stored and retrieved properly. Slow down and focus on the task at hand. Use your senses- sight, hearing, taste, touch and smell. Always try to minimize distractions.
4. **Cross-train your brain.** Challenge yourself and target a range of skills- working jigsaw puzzles to sharpen spatial relationship skills and playing a fast-paced card game, such as speed or slapjack can increase mental processing. There are also many brain training programs on line. They are timed so your brain is continually mentally challenged.
5. **Try new things.** Studies show that older adults learn new skills as well as do younger adults. Stay curious, take a class or a lecture, watch a new TV program, try new foods or technology. This creates new brain cell connections and you will have an adventure.
6. **Exercise.** Studies show that people who are physically active are less likely to experience a decline in mental function and have a lowered risk of Alzheimer's disease.

When A Loved One Has A Problem

What a challenge it is when someone we care about has a problem that we are powerless over, such as a drinking or drug problem. We may blame, be angry, worried, give up, yell, guilt-trip, ignore, judge, or try to control them. So often, it seems that no matter what we do, the problem persists and our feelings and judgments grow. Just as AA states that the alcoholic must recognize they are powerless over alcohol, those involved with the substance abuser must recognize they are powerless over that person's behavior. We did not cause someone's addiction (though we may believe we did) and we cannot stop it (though we think we can and should); that is up to the person with the problem. At the same time, there are things we can do which may help.

When talking with someone:

- Keep in mind that reasons for denying a problem include shame and fear.
- Talk to them in a private setting, when they seem clear-thinking and not under the influence; express concern; e.g.: "I'm worried your drinking/drug use is going to hurt your health, work, relationships, etc."
- Stick to facts and observations. ("The last 3 times I've seen you, I smelled alcohol on your breath and your speech was slurred." Other symptoms you may notice depend on the type of drug, but may include: dilated or constricted pupils; nodding off and seeming slowed down; having increased energy and excitement; changes in mood, sleep, and appetite; being less interested in work, family, friends; diarrhea, runny nose, or vomiting).
- Do not preach, scold, argue, or use guilt, and do not accept blame.
- Do not take on their responsibilities, unless it is to keep yourself or someone else safe (e.g. don't make excuses for their behavior to others; don't let them drive when under the influence.).
- Have options ready if they're receptive (e.g.: offer to attend an AA or NA meeting with them, have lists of meetings, detoxes, or therapists). Don't be surprised by denial or by lack of follow-through, and don't take it personally.
- Be clear and honest about your limits ("I'm not going to visit or go out with you if you're under the influence"), but only express limits you will follow through on.

It is very important that you focus on taking care of yourself. Al-Anon and therapy help many people who are struggling to cope with a loved one's addiction. Consider going to an Al-Anon meeting (508-394-4555) or talking with a therapist.

Call Georgia Neill at 508-487-2449 for a confidential appointment or referral.

***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.

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****June 12 “Cocaine Blues” by Kerry Greenwood****July 10 “Wish You Were Here” Rita Mae Brown****August 14 “The Gril on the Train Paula Hawkins****September 11 “Deja Dead” Kathy Reichs**

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, June 17 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

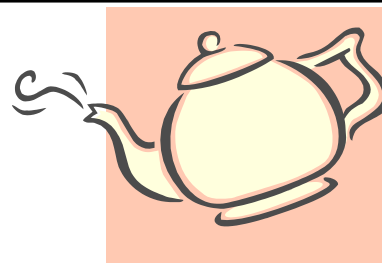


PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE COA

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



ELTON CUTLER, OUTREACH & RESOURCE COORDINATOR**Staying Healthy with Medicare**

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or call to schedule your SHINE appointment with Elton (508) 487-2462 ext.13

Post Rehabilitation Fitness**A Self-pay Program Toward Long-term Fitness**

The Post Rehabilitation Fitness Program is a self-pay program designed to guide an individual who has completed a formal therapy. Whether your goal is to manage pain caused by a chronic condition or to return to a particular activity, Cape Cod Healthcare can help you. You will be working with Danny O'Keefe, Certified Athletic Trainer, who will guide you through a personalized program designed to suit your current fitness level and meet your specific needs.

- One 45 minute session \$45
- Six 45 minute session \$225

Appointments Available Monday – Thursday from 9:00AM – 12:30PM

Call (508) 771-9600 for more information or to schedule an appointment.

Meet The Farmer Event

Sustainable CAPE invites you to Meet the Farmer!

On Monday June 16th at 1:30 p.m. · Meet a Local Farmer · Taste freshly prepared local produce · Learn a new recipe · Go home with some local ingredients! Sustainable CAPE will also be handing out information about upcoming Summer Farmers Markets and explain how a \$10.00 SNAP Card debit will yield \$20.00 to spend at either the Truro or Orleans summer farmer's markets.

RESERVATIONS REQUIRED Please call the Truro COA at **508 487-2462** to register for this



Estate Planning with an Elder Law Attorney

Wednesday, June 10 at 1:00 pm at the Provincetown COA

The Annual Elder Law Education Program will be co-hosted by the Truro and Provincetown COA's. Attorney Arthur Crooks will focus on estate planning topics: advance directives (health care proxy, wills, power of attorney), MassHealth and Medicare, and alternatives to nursing facilities. Please join us!!



FRIENDS OF THE TRURO COUNCIL ON AGING LUNCHEON

AT MONTANO'S RESTAURANT

Sunday, JUNE 7th, 2015, \$25.00/Per Person

(Includes Tax and Tip)

APPETIZER'S: CLAMS CASINO, CHICKEN WINGS, CAESAR SALAD

ENTRÉE: PRIME RIB, FLOUNDER STUFFED W/ CRABMEAT

FRESH PASTA BOLOGNESE, EGGPLANT PARMESAN

DESSERT, COFFEE, TEA

Reservations are required. Please call Joan Moriarty by June 4th 508-487-1508

Entertainment by: Peter Donnelly and The New Beach Band

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 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.

MEMORIAL SERVICE FOR

CATHERINE SHUTE

SATURDAY, JUNE 13 AT 10:00 AM

OUR LADY OF LOURDES, WELLFLEET

IN MEMORIUM

ANN L. DUART

BERNARD NUNES

COA CAFE

TUESDAY 12:30 PM \$7.50

June 2nd

Ginger Sesame Chicken with a Lime Curry Sauce
Thai Noodle Salad
Key Lime Pie

June 9th

Cod Piccata with an Orzo, Spinach and Tomato Salad
Moroccan Quinoa Salad
Chocolate Mousse with Fresh Berries

June 16th

BBQ Pulled Chicken with Honey Cornbread
Black Bean and Corn Salad
Brownie Sundae

June 23rd

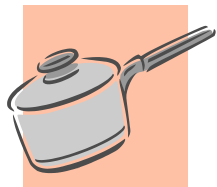
Lemony Hummus with Crostini
Tuna and White Bean, Curried chicken and Mixed Green Salad
Strawberry Shortcake

June 30th

Classic Summer BBQ
Burgers, Hot Dogs, Potato Salad and all the fixings

RESERVATIONS ARE REQUIRED BY

12:00 PM ON MONDAYS



JUNE



2015

Mon	Tue	Wed	Thu	Fri
1 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	23 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	3 Tai Chi 8:30 Strength Training Coffee Hour 10:00 Weight Loss 10:00	11 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	5 Strength Training 9:00-10:00
8 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	9 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	10 Tai Chi 8:30 Strength Training w/Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00 Legal Assistance Estate Planning with Attorney Crooks 1:00 pm P'town COA Bereavement 1-2:30	11 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	12 Strength Training 9:00-10:00 Hyannis Shopping Trip 9:00 Mystery Book Club 12:30
15 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	16 COA CAFE 12:30 Men's Exercise Class 10:45 Farm to Table 1:30 pm Women's Reflections 6:30	17 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Story Swap 11:00	18 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	19 Strength Training 9:00-10:00 Dr. Campo (By Appointment)
22 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	23 COA CAFÉ 12:30 Men's Exercise Class 10:45 Elemental Mercury Disposal Lecture 1:30 pm Women's Reflections 6:30	24 Tai Chi 8:30 Strength Training 9:00-10 w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00	25 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	26 Strength Training 9:00-10:00
29 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	30 COA Café 12:30 Women's Reflections 6:30	Friends Luncheon Montano's Restaurant Sunday, June 7 12:00 pm	Memoirs Group "I Remember" Sunday, June 28 2:00-4:00 pm	Art Gallery Opening June 7 2:00-4:00 pm

FLOWER POWER 2

FLOWER POWER 2 is a photographic exhibition benefit for the Truro Council on Aging. All proceeds benefit the Truro Council on Aging with work by:

LISA HULL, JOHN d'ADDARIO, LINDA COVELLO, LYNN RODIRGUEZ, BRETT LINDELL, SCOTT EWALT, JAMES SMITH, RICK BURROWS, AMY HOWELL, JOHN LeCLAIR, LOREN HAYNES, SUZANNE LONG, WALT CESSNA, EILEEN COUNIHAN, SUSAN SHACTER, MERLIN MONROE, DANA DEMERS, TERRY ROZO, PAUL AND SUSANNE CEZANNE, MICHAEL HOLMAN, TIM McCARTHY, DAN McKUEN AND DEBBIE NADOLNEY.

CURATED BY BOBBY MILLER

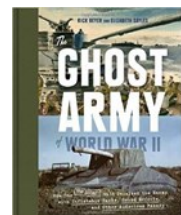
2015 Events at the Truro Meeting House

Located at 3 First Parish Lane, near Town Hall, Truro, MA 02666

Summer Calendar – Stay Tuned for Updates – <http://www.truromeetinghousefriends.org>

June 20, Saturday, 5 PM: **Atlantic Ensemble Concert** back by popular demand for their third season at the Truro Meeting House.

June 25, Thursday, 7 PM: **Rick Beyer – WWII Ghost Army**, based on his new book *The GHOST ARMY of World War II: How One Top Secret Unit Deceived the Enemy with Inflatable Tanks, Sound Effects and Other Audacious Fakery*. This book is a follow-up to his documentary *The Ghost Army* (2013). Elizabeth Sayles is the illustrator; her father was a member of the Ghost Army as one of "the deceivers...including a budding fashion designer named Bill Blass and a very young Ellsworth Kelly..."



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.

LET'S GO SHOPPING!

We are offering a trip to Hyannis for shopping on Friday, June 12th. The bus will leave the COA at 9AM. Trader Joe's, Kmart, or wherever you need to go to stock up before the summer traffic keeps us in quiet Truro! There is a \$5.00 bus fee for this trip. See Margie in transportation to pay and reserve your seat! For more information call 508-487-2462 x 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

REMEMBER

WE MUST HAVE

**AT LEAST 24 HOURS' NOTICE TO
SCHEDULE TRANSPORTATION**



We have established a lending library here at the COA. We have both paperback and hard cover books arranged on our shelves alphabetically by author. No need to worry about return dates and overdue book fines! Stop in and pick out a book or two. We are accepting books to add if you are looking to clean out your bookshelves.

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

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, Hannah Shrand. Alternate; Beth O'Rourke **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; Elton Cutler, Outreach and Resource Coordinator; MaryEllen Duarte, 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.