



TRURO LOG  
TRURO COUNCIL ON AGING  
MAY 2013  
7 Standish Way, N. Truro  
508-487-2462, FAX 508-487-0854  
[www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)



## TRURO COA HEALTH FAIR

Please stop by our Health Fair on Tuesday, May 14th 8:00-11:30 am either before or after you vote!!! Come and get your cholesterol, glucose, bone density and blood pressure screenings! We will also be offering Nutrition information, Aromatherapy information, and general health and safety awareness. We are starting an hour earlier this year to allow time for conversations with the onsite Nurses.

This program is a collaborative event with the V.N.A. of Cape Cod, Truro Board of Health and the Truro COA. Registration for cholesterol, glucose and bone density screening is suggested, 508-487-2462 ext.10.

## THANK YOU TO ALL WHO PARTICIPATED IN THE MARVELOUS ANNUAL FREE SENIOR DINNER AT THE SAFETY FACILITY!!



## Attend the Massachusetts Bar Association's 2013 Elder Law Program FREE Tuesday, May 7<sup>th</sup> at 1:30 pm

This year's topic is "Taking Control of Your Future: A Legal Checkup". Among the topics discussed at events throughout the commonwealth are Aid and Attendance Veterans' Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Medicare/Medicaid changes and alternatives to nursing home care.

Volunteer attorneys have participated in the Elder Law Education program since 1987. Past topics have touched on the Homestead Act, estate planning and long-term health insurance. The program is presented with the generous assistance and cooperation of the Massachusetts Chapter of the NAILA.

Please call #508-487-2462 ext.10 to register.

## **PROGRAMS AND SERVICES**

### **???FIVE WISHES???**

**Five Wishes** is the first “Living Will” that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It is easy to use.

**The Truro COA Outreach Coordinator - Katherine Stillman can give you the Five Wishes document and/or a Mass Health Care Proxy. Call 508-487-2462 ext. 13.**

### **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 meet on **Wednesday from 1P.M. to 2:30P.M. May 8** 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.



### **DON'T YOU JUST LOVE A BARGAIN?**

Please join us on Friday, May 17th for a trip to the Orleans Christmas Tree Shop and then Lunch at the Hidden Cove Restaurant at the Cape Cod Tech School in Harwich. The culinary students offer a range of lunch specials that include soup and sandwich, salad or entree' at low prices. We will be leaving the COA at 9:30 AM for shopping. Lunch is from 11:30-12:30. Call Margie at (508)487-2462, Ext 20 to reserve your spot.

### **SINGING WITH VIM, VIP & VIGOR**

Mary Abt, music teacher at the Truro Central School has offered a singing class through the Truro Community Education program. Please join us for a recital and sing-a-long with the five members of Mary's class on Wednesday, May 22<sup>nd</sup> at 6:30 PM at the Truro COA. Refreshments will be

### **COMING IN MAY, “The Birthday Club”**

**If you are celebrating your birthday anytime in May**, please join us for lunch at the COA Cafe' on **Tuesday, May 21<sup>st</sup>** at 12:30 PM. Cost is \$7.50. We'll draw 2 names and if you are lucky you may get your lunch for free!! Proof of birthdate may be required. Call (508)487-2462, Ext 10 by **Monday, May 20<sup>th</sup> by noon.**

## **HEALTH & WELLNESS**

**Dr. Frank Campo, Podiatrist**

**Please call the main office of the COA to make an appointment for all foot care problems, as well as routine care. Most of his services are covered by Medicare and other insurance (please bring your cards). Prior approval is needed for HMO's. Call at least a month in advance. Dr. Campo will be at the COA on Friday, May 17.**

### **"Walk for your Health"**

**Sponsored by the Visiting Nurses Association  
and  
the Truro Board of Health**

**This is an instructor lead safe walking program. We will walk around the Council on Aging with an instructor guide. You do not need to be a current walker. If you have been thinking about walking more but are a little hesitant, this is the perfect time to start! There will be a health screening before and after the program. The first health screening will include Blood Pressure/Cholesterol and Glucose/Height and Weight. It will be on Tuesday, May 14<sup>th</sup> at the Truro Health Fair. A physician's note that states that you are able to eventually walk one mile is required. (Don't worry, we will all start out slowly and you can walk as much as you can in the beginning, but you will surprise yourself by the end).**

## **WELLFLEET ALZHEIMER'S ASSOCIATION**

### **SERVING THE LOWER CAPE**

The purpose of the association is to create fundraising revenue to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies.

We work through the outreach staff of Elder Services and the Councils on Aging of the Lower Cape to identify patients and caregivers in need and pay for the services they require. These services may include, but are not limited to, the following:

- Day care services
- Respite services
- Companion services
- Installation of safety equipment
- GPS devices
- Costs incurred by participation in research

- Transportation expenses

Application should be made through the Outreach Coordinator at the Truro Council on Aging. Please call Katherine Stillman at 508-487-2462 ext. 13.

## **LET'S GET MOVING**

### **Health Tips from the Town Nurse**

**Dee Yeater RN**

#### **SPRING HAS SPRUNG**

**We tend to slow down during the winter, so spring, when nature is waking up again, is the perfect time to get moving again.**

**Start that simple walk – a little at a time. Wear shoes with rubber soles to prevent falling down on slippery ground**

**Look into programs offered at the Council on Aging and get involved**

**Every little bit counts. Take the stairs when you can safely. Park a little further away from the store, library or church.**

**Remember to use sunscreen and drink fluids after activities**

**Remember to eat balanced meals – whole grains, fruits and vegetables**

#### **Benny the Dog – Pets tips for spring**

**Be mindful of the chemicals and cleaners indoors and outdoors – Put the salt away!**

**Check your doors and windows for holes or weak spots in the screens.**

**Get the preventatives started again to keep fleas, ticks and other parasites away.**

**Keep all lawn fertilizers away from your pets. Some are highly toxic.**

**Take a walk with your pet and we both will get much needed exercise, fresh air and sunshine!**



**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 and 10:00 am. The total commitment is about 2 hours per week.**

**Drivers are needed Monday through Friday. We are seeking individuals, teams of 2 or more and businesses and groups to adopt a route 1 day per week. Mileage reimbursement is available. Substitute drivers are welcome.**

**Please call Debra Giza at 508--349-2800.**

## LET US ENTERTAIN YOU

### *MYSTERY BOOK CLUB*

Friday, May 10, 12:30 pm

**The Alienist by Caleb Carr**

Friday, June 14, 12:30 pm

**Sanibel Flats by Randy Wayne White**

Friday, July 12, 12:30 pm

**Still Midnight by Denise Mina**

## HEALTH & WELLNESS

### What is arthritis?

It may seem as though nearly everyone has it. It seems that it can cause everything from sore knees to aching backs. But what is it, exactly? Arthritis is not one disease, but a general name for joint inflammation. Arthritis actually includes more than 100 different conditions such as osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia.

The most common of these diseases is **osteoarthritis** (OA), which is also called degenerative joint disease. In this condition, the cartilage that acts as a cushion between the bones in a joint becomes worn and thin, causing the bones to rub together. The bones develop sharp growths called spurs. Small pieces of bone and cartilage can break off and float within the joint space. The end result is pain and stiffness in the affected joint.

Osteoarthritis or OA most commonly occurs in the hands, followed by the knees and hips. It may also affect ankles, feet, shoulders, elbows, neck or back. It is diagnosed by a doctor, based on the clinical exam, patient history and x-rays.

Early treatment of OA often includes anti-inflammatory medications, use of assistive devices (braces, canes, walkers), and exercise therapy. When the pain becomes severe and ability to perform daily activities is limited, joint replacement surgery may be an option.

Exercise therapy for OA is geared toward maintaining or improving muscle strength, flexibility and aerobic fitness. Modifications can be made to decrease stress on the affected joints through the use of non-weight bearing exercise, water exercise or limiting range of motion at the affected joints.

If you would like to learn more about OA or any of the arthritic diseases, speak with your health care provider. The Arthritis Foundation of Massachusetts is another excellent resource; you can contact them at [www.arthritis.org/massachusetts](http://www.arthritis.org/massachusetts) or 1-800-766-9449.

By: Kathy Stetson, Physical Therapist and Exercise Specialist

# MAY BIRTHDAYS

1 Polly Grant	Carolann D'Amico	Paul Snyder	ick	ward
Janet Mooney	Joy Downey	18	23	Gail Wynne
2 Keith Althaus	10 Susan Roderick	Kenni Burney	Joyce Futch	28 Betsey Brown
Jacqueline David	Diana Worthing-	Mifa VanArsdale	Thomas Pires	Dennis Klass
Diane Messinger	ton	19 Nancy Fenichel	24 Patricia Costa	Charles Morton
4 William Medders	11 Carleton Dukess	Susan Todd	Frances Keane	Blair Resika
Joan Moriarty	Barbara Watts	20 Alan Dinsfriend	Victoria Worthing-	Peter Romanelli
5 Eileen Cabral	13 J. Edward Goshen	Claudia Goldstein	ton	Charles Steinman
Miriam Freidin	14 Stella Painter	Lucie Grozier	25 Anne Hartman	29 Christina Costa
Judith Klein	Lynn Polstein	Anthony Joseph	Rachael Levy	Anne Irwin
Linda Nevaroff	Anne Sanford	Richard Troiano	26 Katherine Baker	Patricia Sawyer
6 Grace Freundlich	15 Harry Rockwell	21 Jane Bunker	Patricia Bartlett	30 Martha Ingram
7 Ron Donnamaro	16 Michael Czyoski	Bonnie McGhee	Patricia Cooper	31 Nancy Fenno
Judith Quintin	17 Sheila Hopkins	Maurice Murphy	Robert Donaldson	Serge Kappler
Barbara Stranger	Loretta Alves	Anne Peters	Robert Masson	Sallie Tighe
8 James Harris	18 Roberta Annese	Fokke Watson	Thomas Wojtalak	
9 Sally Brotman	19 Ronald Cabral	Wendy Willard	27 Nancy Hautanen	
	20 Yolanda deCelis	22 Lora Bumps	George Morris Jr	
		Ray Cordeiro	Nancy Souza	
		Jeanne Foulke	Patricia Tetreault	
		Christine Roder-	Cynthia Wood-	

## TRURO ANNUAL TOWN MEETING & ANNUAL TOWN ELECTION

Annual Town Meeting **Thursday, May 2nd** .

The Meeting on May 2nd will be held at 7:00 pm located at the Truro Community Center on 7 Standish Way.

**Annual Town Election is May 14th from 7:00 am to 8:00 pm also at the  
Truro Community Center.**

## OPTIONS COUNSELING

Our Options Counselors provide short-term decision-support to assist consumers of any income (elders age 60 or over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make an informed choice about long term services, supports, and setting. The Options Counselor looks to identify the goal of the consumer: to transition out of the nursing home back into the community with services or seeking nursing home placement. The Options Counselor then provides unbiased information about long term services and supports, the resources available to pay for the services, and assists in facilitating referrals and resources as needed.

To make a referral or get connected with a counselor, please contact the Elder Services Information & Referral Department at 508-394-4630 or [info@esci.org](mailto:info@esci.org).



## WHAT'S COOKING AT THE COA

# **Step Into Summer With Healthy Cooking!**

**Wednesday, May 1st at 10:00 am in the Truro Community Center Kitchen.**

**Class by Heather T. Bailey, C.N.C.**

### **May 1**

"Learning the Truths of Controlling Your Hypertension" by cooking healthy foods

Under a grant provided by the MA Department of Health, the Cape Consortium for Older Adults At Risk is able to offer mini-grants to local entities to conduct workshops designed to build mental wellness and prevent depression in older adults.

### **Friends of the COA**

### **Annual Spring Luncheon**



The Whitman House  
Restaurant

#### *Appetizers*

*(meatballs - Vegetables -  
Dip, chicken wings)*

*Garden Salad*

*Home baked bread loaves*

*Entrees Include choice of:*

***Chicken Whitman (Asparagus & Cheese)***

***Baked Boston Cod or Bay Scallop Casserole***

***Bar-B-Q Pork Chop***

*Mashed potato*

*Vegetable*

*Warm Apple Cake/Whipped Cream*

*Coffee or Tea*

*Gratuity all inclusive \$23.00*

**Sunday, June 2, 2013**

**12 noon**

*Please RSVP to Joan Moriarty 508-487-1508.*

*by Sunday, May 27th*

## **Blood Pressure Clinic**

### **RETURNS!**

**Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on May 6<sup>th</sup> from 8:30-9:30 am. For more information please call 508-487-2462 x10. Please stop by and visit with us!!!**

### **Free Baked Goods from the Stop and Shop in Provincetown**

**On Mondays and Thursdays we  
have FREE Baked Goods at the  
Truro COA! Feel free to stop in between the hours of 8:00-4:00 pm  
to pick some up!!!**

# **TRURO COUNCIL ON AGING CAFÉ -MAY 2013**

**7 STANDISH WAY- NORTH TRURO**

**RESERVATIONS REQUIRED BY 12 pm MONDAY**

**508-487-2462 ext. 10**

**\$7.50 includes Beverage and Dessert**



**Tuesday May 7, 12:30**

**Chicken Vegetable Stir Fry w/Rice**

**Tuesday, May 14, 12:30**

**Vegetable Lasagna Rolls w/Roasted Red Pepper Sauce & Salad**

**Tuesday, May 21, 12:30**

**Salmon Teriyaki w/Mashed Sweet Potatoes & Green Beans**

**Tuesday, May 28, 12:30**

**Chicken & Pesto Pasta Bake w/ Fresh Mozzarella & Spinach Salad**



**TAKE OUT available,  
Call COA by Noon**

**Monday**

**OPEN TO ANYONE OF  
ANY AGE**





# MAY 2013



Mon	Tue	Wed	Thu	Fri
<b>Sunday, May 5</b> <b>COA Gallery</b> <b>Opening 2-4</b> <b>Hannah &amp;</b> <b>Hyman Shrand</b>		<b>1</b> <b>Tai Chi 8:30</b> Strength Training 9 Weight Loss 10 <b>Healthy Cooking</b> <b>10</b>	<b>2</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 <b>Town Meeting</b> <b>7 pm</b>	<b>5</b> Strength Training 9-10 Laughing Yoga 10
<b>6</b> <b>Blood Pressure</b> <b>8:30 -9:30</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	<b>7</b> COA CAFÉ 12:30 <b>Elder Law Talk</b> <b>1:30</b> .	<b>8</b> <b>Tai Chi 8:30</b> Strength Training 9 w/Kathy Stetson Weight Loss 10 <b>Bereavement 1</b> Legal Assistance by appt.	<b>9</b> <b>COA Board 10</b> <b>NO CORE</b> <b>NO PACE</b> Mahjongg 1-4	<b>10</b> Strength Training w/Kathy Stetson <b>9</b> <b>Mystery Book</b> <b>Club 12:30</b>
<b>13</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	<b>14</b> <b>Town Election</b> <b>7am-8pm</b> <b>Health Fair 8-</b> <b>11:30</b> COA CAFÉ 12:30	<b>15</b> <b>Tai Chi 8:30</b> Strength Training 9	<b>16</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>17</b> Strength Training <b>Dr. Campo by</b> <b>Appointment</b> Trip to X-mas Tree Shop & Tech School Lunch 9:30
<b>20</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	<b>21</b> COA CAFÉ 12:30 <b>Birthday Lunch</b> Story Swap 11 	<b>22</b> <b>Tai Chi 8:30</b> Strength Training 9 Weight Loss 10 <b>Mary Abt</b> <b>Students</b> <b>Recital/Sing-</b> <b>a-long 6:30</b>	<b>23</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 <b>6:30</b>	<b>24</b> Strength Training w/Kathy Stetson 9-10
<b>27</b> 	<b>28</b> COA CAFÉ 12:30 	<b>29</b> <b>Tai Chi 8:30</b> Strength Training 9 Weight Loss 10	<b>30</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>31</b> Strength Training 9-10

## COA GALLERY - MAY

### WORKS by HANNAH & HYMAN SHRAND

Sunday, May 5<sup>th</sup> There will be an art show at the COA in Truro at 2 pm of work by Hyman Shrand and Hannah Shrand. Hyman Shrand was born in Capetown, South Africa and Hannah was born in Tampa, Florida. They met in Boston in 1970.

The Shrands arrived in Truro from Waban, MA in 1987. Doctor Shrand had just returned from his busy pediatric practice as Chief of Pediatrics at Mount Auburn Hospital. Hannah, had worked in his office part-time. She also had an active antiques business specializing in antique dolls, toys and miniatures. The Shrands lived part-time in Waban before finally settling in Truro full time in 1987. Dr. Shrand had been a Sunday painter while living in Waban. After moving to Truro full time, he worked at Outer Cape Health. He had more time in retirement to paint and became very prolific. Berta Walker handled his art at her beautiful gallery in Provincetown. He also loved to fish from the shore at Herring Cove. Hyman was a fan of Sherlock Holmes and belonged to the Boston "Speckled Band Club." He introduced the children at Truro Central School to Sherlock Holmes. The children liked Dr. Shrand so much, they dedicated their year book to him in 1998.

Hyman and Hannah Shrand are both primarily self taught artists. They learned a lot from their large collection of artists books.

Sadly Hyman Shrand passed away in 1999. His humor and imagination live on in his wonderful, colorful art.



Hannah Shrand



Hyman Shrand

## COA GALLERY - JUNE

## PAINTINGS BY ALISON HYDER

Alison Hyder has been painting since 1986. She started out in oils, primarily painting miniature nudes and small landscapes, switched to acrylics, and is now comfortable using both. She prefers to use bold, unmuted colors to depict scenes from Cape Cod and her travels. Hyder has had shows in Provincetown, Truro, and Wilmington, Delaware, and has been commissioned for numerous pet portraits. Although this show features landscape studies, she plans to base future works on her experience with the creative community and nightlife of Provincetown. You can look for these scenes in future months at the Patty Deluca Gallery at 432 Commercial Street, Provincetown .

**OPENING RECEPTION - SUNDAY, JUNE 2, 2013, 2 to 4 pm.**

**Refreshments are served and all are welcome!**



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 designed as an "on demand" service for any purpose based on rider need and scheduling from Monday through Friday. Please call Margie Childs at 508-487-2462 Ext 20.

Please make sure you have the information needed by the COA when you call for a transportation reservation.

- ♦ Your name, phone & address
- ♦ Doctor's name, phone & address
- ♦ Or the address of an appointment other than medical
- ♦ Date & time of your appointment
- ♦ How long the appointment will be, if you have an idea

REMEMBER, IF HAVING A  
PROCEDURE, A COMPANION  
WILL BE REQUIRED TO  
ACCOMPANY YOU

### **Voluntary Contribution Schedule for Van Service**

<u>From Truro To:</u>	<u>Cost</u>
Inside Truro	2.00
Provincetown/Wellfleet	3.00
Eastham	4.00
Orleans	5.00
Chatham/Brewster	6.00
Harwich/Dennis	7.00
Yarmouth	8.00
Hyannis/Barnstable	10.00
Mashpee/Sandwich	12.00
Falmouth/Bourne	14.00
Sagamore Bridge	16.00
Plymouth	20.00
Weymouth	22.00
Boston/Providence	25.00
Burlington/Lahey Clinic	28.00

**TRIP TO X-MAS TREE  
SHOP & TECH SCHOOL Lunch  
AT 9:30 AM, Friday, May 17  
RESERVATIONS ARE  
REQUIRED  
PLEASE CALL TRANSPORTA-  
TION  
COORDINATOR MARGIE  
CHILDS  
508-487-2462 ext 20**

**DON'T FORGET TO CALL AT  
LEAST 24 HOURS BEFORE  
NEEDING TRANSPORTATION  
508-487-2462 ext. 20  
Best 8-11 and 12-2  
Call as early as possible  
even months before.**

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

### WHAT DO YOU REMEMBER?

Do you remember S & H Green Stamps? I remember being allowed to lick them and stick them in the book and I remember looking at the catalog dreaming about what we could get. Katherine Stillman

### **IN MEMORIAM**

**BARBARA CADORETTE**

**ELLEN D. GROSSMAN**

**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 BOARD**

Martha Ingram, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary;

Board Members: Stephen Currier, Lucie Grozier, Diane Rose, Brian Trainor.

**Council on Aging Officers:** Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingram, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator ; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY  
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

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