



# Truro Times

7 Standish Way, N. Truro (508) 487-2462  
[www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)

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### Deputy Director's Message

May is Mental Health Awareness Month. I would like to take the opportunity to talk with you about wellness and mental health as we head into the warmer months you may feel a shift in your body and mind. This can be a great time to start a new healthy routine and practice self-care. You may be inspired to attend a program, take an exercise class, or visit with a friend and take a walk on the beach.

The World Health Organization defines health as a "state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity". Mental Health is essential to overall health and well-being. With

open minds, knowledge, and the right tools, now is a perfect time to look at our overall health and wellness and continue to practice healthy aging.

Here at the Truro COA, we have many programs and opportunities to help you maximize your health. We can help support your goals of living a healthy active lifestyle and keep you connected to like-minded Truro-friends, new and old. Tell us what you would like us to include in our new programs and activities to help you be your best self.

*Michelle Peterson*

### We Need You!

We are seeking volunteers for Community Lunch-  
eon to assist with greeting folks, serving and clean  
up. Lastly, we are also looking to start up a *Friendly*

Visitor program again. If interested, please call Truro Council on Aging to inquire at 508-487-2462.

### Important News!

MassHealth will begin sending annual renewal forms to complete in order to retain benefits. This will start in April 2023 and run through March 2024. These forms will arrive in blue envelopes. It will be important to complete and return the forms to preserve your eligibility. MassHealth will be updating income and asset limits to reflect increases in the Federal Poverty Level due to cost-of living increases. However, the increased limits are not yet finalized. If you have questions, need help with your MassHealth coverage, or if you have lost coverage, please contact MassHealth Customer Service at (800) 841-2900.



*Council on Aging members enjoy listening to the sounds of Ken Field, Rod McCauley and Austin Smith.*



*Council on Aging members enjoy listening to the sounds of Bill Harding at the Community Lunch*

## COA ADVISORY BOARD NEWSLETTER CORNER

Your advisory board has two new members. Kevin Grunwald and Barbara Bond were approved by the Select Board in April, and so we now have a full board of seven members. Kevin's experience includes working for the Harwich COA and advocating for housing in his role as chair of the Truro Housing Authority. You may know Barbara from her work managing the Truro food pantry.

We now have our own official Truro email address. We invite you to connect with us by sending an email to [coaboard@truro-ma.gov](mailto:coaboard@truro-ma.gov). We continue to work with Michelle as she adds new programs, services and events. Things are really looking up at the Truro COA, as we "spring into action" with the warmer weather.

Warmest regards,

*Kat Black, clerk*

## Meet your Advisory Board!

The Truro Council on Aging Advisory Board consists of seven Truro residents. Three of us joined the Board a year or so prior to the pandemic (Sue Girard-Irwin, Dan Schreiner and Kat Black), two joined during the pandemic (Apyrl Shenk and Carol Bishop) and two joined in April of this year (Kevin Grunwald and Barbara Bond). Over the next many months, we plan to profile our members so the community will get to know us. We start this month with our chair, Dan Schreiner.

Dan grew up in Ohio as the youngest of seven children, born to an Irish mom and a German/English/Irish dad. He is one of 73 grandchildren on his mother's side and has 16 nieces and nephews and 22 grand nieces and nephews. Dan has an undergraduate degree in Business Administration, International Marketing, and his masters from the Johns Hopkins school of Public Health. He purchased his house in Truro 10 years ago before moving here full time about five years ago. Dan lived in Washington DC for 16 years where he served as an Expert Appointment under the Clinton Administration with the HIV/AIDS Bureau. Dan established the Office of the Medicare Beneficiary Ombudsman and was a member of the Senior Executive Service under the Bush and the

Obama Administrations.

Dan has two driving interests: helping older adults stay in their homes and Cohousing, intentional communities of private homes clustered around a common house. In 2021 he purchased the rights to three territories with ComForCare, a homecare agency, and opened for business in the fall of that year providing non-medical homecare services to Barnstable, Plymouth, and Bristol counties.

Just prior to opening his ComForCare franchise, Dan spent time as a substitute for teacher's assistants at the Truro Central School. He is interested in adopting older kids and supports Camp Lightbulb, a summer camp for LGBTQ+ kids in Provincetown. Campers stay at the Truro youth hostel. For fun, Dan likes to bike, swim, row and do yoga. He also loves to cook and would just as soon cook for twelve as for 2. Dan runs a tight ship at Board meetings, keeps us on track and productive.



# Transportation

## Truro Council on Aging Transportation Services

UPDATE April 2023

The Truro Council on Aging is pleased to assist with transportation needs to Truro residents who are at least 60 years of age or older or any adult living in Truro who is disabled.

### TRURO COMMUNITY CENTER RIDES:

Rides can be requested to the Truro Community Center for all classes, programs, Community Luncheons and Food Pantry day.

### MEDICAL RIDES:

Provided **Monday thru Fridays** to destinations within Barnstable county only. Appointments should be scheduled between 9:00 am and 3:00 pm so that the ride occurs within the business day, taking into account travel time. We are currently not providing rides for any surgical procedures or procedures involving any type of anesthesia.

### MAIL AND FOOD DELIVERIES:

as needed, on **Wednesdays**.

*To request a ride, please call 508-487-2462 AT LEAST 2 business days in advance. Slots will fill up very quickly*



### TRANSPORTATION NEWS FROM CAPE & ISLANDS VETERANS OUTREACH CENTER

The Cape & Islands Veterans Outreach Center will be offering Transportation to Veterans by appointment with 48- hour notice given. The Veteran will be required to produce a copy of their DD214 form. To secure a ride, the Veteran or their advocate makes a call to Angela Welch Transportation and Outreach Coordinator at 508-778-1590 ext 9.

## Boston Hospital Transportation

CCRTA provides medical transportation services to Boston Hospitals. Pick-ups are in Wellfleet (by Dunkin Donuts), Eastham and Orleans. Call 1(800) 352-7155 to make a reservation in advance.



## Hyannis Shopping Tours

Monthly trips on Mondays to shopping centers in Hyannis. Destinations include TJ Max, Target, Michael's, Trader Joe's and many others!

To sign up for one of our weekly shopping tours please call 508-487-2462 to check for dates and availability.

## Special Events



**May 18, 2023**

**Toast and Jam - Tim Dickey and Julie Charland**

**Listen to some original tunes, and a mix of everything from bluegrass to Beatles, with even a jazz standard or two along the way.**

**May 25, 2023**

**Austin Smith**

Truro Recreation Department, Deputy Director, Austin Smith, will rock the Council of Aging Luncheon on May 25. Enjoy Truro's own Rockstar Recreation Deputy Director get down and play some jazz!



### FAMILY CAREGIVER SUPPORT



#### PROGRAM -

**Tuesday, May 16<sup>th</sup> 10:00 –11:30am**

Elder Services caregiver specialists will come out to Truro Community Center.

Meet the Caregiver Specialists and other Caregivers in your community and learn about support services and self-care strategies that could be helpful. You are not alone, and we are here to help and support you!

### WHITE LINE AND MORE EXHIBITION

*SAILING INTO SUMMER*

May 1 through May 26, 2023

TRURO COMMUNITY CENTER

Artist Reception Sunday May 7, 2-4pm



Pat Canavari



Steve Sollog



Lisa Fox



Catherine Hess

## NEEDLE WORK

Wednesdays 10:30 - 12:30

Knitting, Crochet, Needle Point, Quilting, Fiber Art. Bring a new or unfinished project, share ideas and appreciate the crafts of others. Help yourself to a cup of coffee, tea or hot chocolate. Bring a snack if you wish.

## OUTER CAPE WHITE LINE PRINTMAKERS & MORE

Fridays 1:30 - 3:30

This group's main goal is to foster a continuing interest in white line printing. They don't have scheduled instructional classes but are more than happy to get any beginners started. We welcome artists of all experience levels to our group to continue their work on white line with us. Anyone working in watercolor, pen and ink, wood block printing, linoleum block printing, colored pencils, watercolor pencils, and pencil drawing are also welcome. Bring the materials you will need to work on what inspires you.

## UKULELE WITH MARY ABT

Thursdays 10:00 - 11:00

Join Mary Abt at the Truro COA for an hour full of ukulele JOY! Mary has been teaching basic ukulele for years. No fancy stuff, just good old fashioned fun stuff. If you have a ukulele GREAT, if you do not have one, we have some you can use!

## MEMOIRS WRITING GROUP

Mondays—Zoom 10:00 — 12:30

The Truro Memoirs Group meets Mondays 10 AM to 12:30 PM, currently on Zoom.

Participants share their stories and receive helpful, encouraging feedback from each other and from Rosalind Pace who has been mentoring Truro

Memoirs for decades. It's

free and open to anyone.

You can watch Cape Cod's Truro Memoirs Story on YouTube, produced by memoirist and videographer Bill Charette.

## NEW AND SPECIAL PROGRAMS

### TECH SUPPORT CLASSES

Tuesdays, 1:00-2:30pm

By Appointment-15-minute time slots

Need help with your device? Bring your smart phone, table, or laptop and power cord to appt.

To schedule appt please call 508-487-2462.

### BEREAVEMENT SUPPORT GROUP

Tuesdays, June 13th, June 27th, July 11 & 25th and August 8 and 22

Bereavement support group: provide a positive, nurturing, confidential setting to learn ways to manage and cope with loss. Groups are facilitated by experienced bereavement professionals and are FREE of charge. All our groups are open to anyone who has experienced the death of a loved one. It is the process of grieving that helps us heal." Registration is required prior to attending. Please contact Jeanne Burke, Bereavement Coordinator to confirm the group has openings and pre-register in advance. Jeanne can be reached at 508-740-2370 or [jmburke@capecodhealthcare.org](mailto:jmburke@capecodhealthcare.org)

### FREE HEALTH SCREENINGS

Blood Pressure and Glucose checks with Pop Up Food Nutrition. Sponsored by Buy Fresh Buy Local.

Thursdays, 10:30am-12:30pm through June 22nd in the recreational lounge.

Please stop by!

### LEGAL ASSISTANCE-

South Coastal Counties Legal Services

Elder Attorney, Andrew Bardetti

Monday, June 5th 3:15-4:00pm

Offers free, confidential appointments to low or moderate seniors. Appointments required. Please call SCCL directly to sign up at 774-487-3251.

*(Continued on page 7)*

## Exercise Programs

### **STRENGTH TRAINING Mondays - Zoom 9:00 - 10:00**

#### **Wednesdays & Fridays (hybrid) 9:00 - 10:00**

This is an independent group, run by the class participants. There is 1 monthly visit by the instructor to offer additional instruction or modification as needed. Includes a warm-up, sitting and standing strength work with weights and elastic bands, stretching, and balance exercises.

### **MEN'S WORKOUT WITH KATHY STETSON** **Wednesdays 10:30 - 11:30**

This class offers a variety of techniques and variations to accommodate different levels of fitness, from gentle to more strenuous. Includes strength, flexibility, agility and skill specific training geared to the unique needs of men.

### **CHAIR YOGA WITH CHRISTINE FRISCO** **Wednesdays 2:00 - 3:00**

This is a one hour very gentle yoga class using a stable padded chair for sitting, as well as a prop for standing exercises. No experience is neces-

sary, but if you are unsure about your physical condition, please do consult with your doctor before attending the class. Please wear comfortable loose clothing. Do feel free to call or email instructor Christine Frisco with your questions about the class! Phone: (508)221-8427 / Email: christinegfrisco@aol.com.

### **CORE & MORE WITH KATHY STETSON** **Thursdays 10:30 - 11:30**

This class offers a blend of sitting, standing and optional floor work with music. Includes balance, posture, core strength, and yoga-inspired stretching.

### **MOVE AND STRETCH WITH KATHY STETSON** **Thursdays 12:00 - 1:00**

This class is great for those looking for a gentle work-out. Includes gentle range of motion and stretching in sitting, brief periods of standing strength and balance, as well as exercise education. The small group setting allows for individualized instruction.

## **NEW AND SPECIAL PROGRAMS**

*(Continued from page 6)*

### **COFFEE WITH A COP**

Friday May 12th, 10:30 am

Join representatives from the Truro Police and Fire Departments for a cup of coffee and breakfast treats! Bring questions, concerns, and successful strategies about how you stay safe in your home. If

you have any specific topics, you would like covered please call the Senior Center in advance.



## Ways to Boost your Mental Health

**Move Every Day-** Regular physical activity is linked to better mental health. Research shows even a moderate amount of physical activity can ward off anxiety and depression, boost brain health, improve sleep and lead to an overall improved quality of life.

**Making gratitude a daily practice-** Practicing gratitude regularly is a simple and easy way to improve your mindset. Research shows people who consciously count their blessings are happier, more resilient, and more confident.

**Schedule time for fun each week-** If you have a hobby that you love — whether it is painting, quilting, or hiking — set aside some time once a week. A lot of research shows that having something to look forward to boosts your mood.

## Cultivate Strong Relationships

Humans need a sense of community and belonging, even if you are an introvert, try to schedule at least one social activity a week. Having positive relationships also reduces your risk of anxiety and depression.

**Challenge your unhelpful thoughts-**if your brain churns out a lot of negative thoughts, which can affect how you feel and impact your overall well-being. Start by paying attention to your thoughts.

Set aside time for Mindful Meditation-deep breathing can be helpful and relaxing and reduce anxiety.

**Make a therapy appointment-**Think of mental health the same way you think of your physical health.

AARP Jan. 2023 .

### COA Recipe Corner

#### Quick Turkey Chili

Serves 6

#### Ingredients:

- 1 tsp. canola oil
- 1 lb. ground turkey, 93% lean
- ¾ cup yellow onion, chopped
- ¾ cup green pepper, chopped
- 1 Tbs. chili powder
- 2 tsp. ground cumin

½ tsp. dried oregano

2 tsp. garlic powder

1 Tbs. tomato paste

1 can (15.5 oz) dark red kidney beans

1 can (28 oz) diced tomatoes

#### Instructions:

In a large pot, heat the oil over medium heat.

Add the turkey with the onion and green pepper. Cook until turkey is lightly browned.

Add chili powder, cumin, oregano and garlic powder. Cook for one minute.

Add tomato paste, kidney beans and diced tomatoes. Simmer uncovered for 15 minutes.

Serve as-is with a dollop of sour cream and/or shredded cheddar cheese.

Chili can be stored in a sealed container for up to 3 days or frozen for up to 2 months.

**Carol Bishop**

## HEALTH and NUTRITION

**HEALTHY EATING TIPS FOR SENIORS** The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows

down, so you need fewer calories than before. Read nutrition labels and use recommended serving sizes. Your body also needs more certain nutrients. That means it is more important than ever to choose foods that give you the best nutritional value. Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. Remember, healthy eating begins with you! (ncoa.org).



## Outreach

# Outreach Coordinator

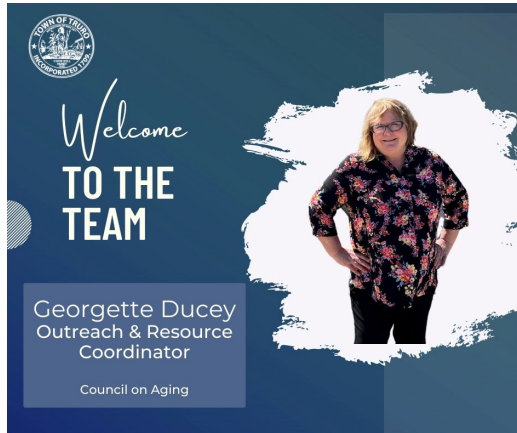
Thank you so much to everyone for the warm welcome as I embark on my new role as Outreach Coordinator for the Town of Truro COA. The Out-

reach Coordinator is to provide senior residents with information that will help them resolve issues.

The Coordinator is available to make home visits or to meet seniors and their families at the Center to answer their questions while maintaining privacy. The range of issues is broad and may include housing, medical insurance, fuel assistance, S.N.A.P., homemaker services, caregiver information, and local support groups.

Feel free to contact the Center to make an appointment with me or drop in to meet me. Georgette Ducey Outreach Coordinator –

508-487-2462 Ext. 313.



### Food and Meal Resources

#### TURO FOOD PANTRY:

Lower Cape Outreach Council hosts a food pantry at the Truro Community Center, located at 7 Standish Way in Truro, on TUESDAY and WEDNESDAYS from 10:00am-12:30am. Walk ins welcome. For more information or to make an appointment please call Barbara Bond (617) 515-4342.

#### MEALS ON WHEELS

Meals on wheels brings meals to people aged 60 and older who are homebound and unable to prepare their own meals. Elder services asks for a small donation to increase households nutritional level so that they can stay healthy. For more information, please call Elder Services at 508-394-4630 and ask for information and referrals or call Truro Council on Aging at 508-487-2462.

#### DELIVERED MEALS

We also can offer a limited meal delivery program for vulnerable homebound seniors. This will allow us to connect and be visible to those who may need additional support. The cost is \$7 per person. Please call the Truro Community Center at 508-487-2462.

### Grocery Assistance:

If you find yourself needing help with grocery shopping and/or food delivery due to health changes, there are some new options you should be aware of. The COA can pick up and deliver groceries from the Family Pantry at no cost. A COA staff pick up groceries from the Pantry and deliver them to your home. We will leave the bags right outside your front door. Deliveries are made on Wednesdays.

## SHINE NEWS

Serving the Health Insurance Needs of Everyone (SHINE) provides free health insurance information, counseling, and assistance to Massachusetts residents with Medicare and their caregivers. SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership



is

with elder service agencies, councils on aging, and other public and private community-based organizations. SHINE a State Health Insurance Assistance Program (SHIP) and is partially funded by the Centers for Medicare and Medicaid Services and Barnstable County. For more information, contact the Cape and Islands Regional SHINE Office at 508-375-6762 or [SHINE@barnstablecounty.org](mailto:SHINE@barnstablecounty.org).

## HOME ENGERGY ASSISTANCE

Runs from November 1st through April 30th. The program assists those who meet income guidelines with paying bills for their primary heating source. There have been huge delays in processing applications this year. To check on the status of your application please call South Shore Community Action Council automated interactive voice retrieval telephone system at toll free at 877-



383-5243, 24 hours/day.

## EVERSOURCE OFFERS PROGRAMS

Eversource provides assistance to elderly customers, those who may have a medical condition and or a Medical Hardship Status. If you are experiencing financial hardship and have a serious illness, you can have a medical protection added to your account which will prevent you from shutoff due to non payment. You can also enroll in Eversource's critical care notification program, and in the event of a storm or planned outage, you will

be notified in advance of the outage so that you can make other arrangements.

## Outreach

## TELEPHONE REASSURANCE PROGRAM

Do you live alone? Are you concerned about an elder? We have a reassurance program where you have a daily check in with someone. If we do not hear from you by ten o'clock am someone will go over to the house and check on you. For more information, please call Truro Council on Aging at 508-487-2462.

## ELDERS OF SPECIAL CONCERN

Upon returning home from the hospital or rehabilitation center be sure to contact our Outreach Department for any support or resources you may need, such as medical equipment, meals on wheels or in-home supports. Also, you can be added to our list in the case of a predicted storm. Participants of the Elders of Special Concern Program will be contacted to determine if they have adequate supplies in preparing for possible power outages, etc. If you live alone, are disabled, use oxygen, other special medical equipment or feel you could benefit from this program, please call (508) 413-9513 to sign up.

## DURABLE MEDICAL EQUIPMENT LOANS

Wheelchairs, walkers, shower seats, and other durable medical equipment may be available. For assistance please call (508) 487-2462.



## Interview with Michelle Peterson:

### “A Good Match for Truro”

*BB: I am Barbara Bond, a new member of the COA board and today I have the pleasure of interviewing Michelle Peterson, the Deputy Director of the COA to get a flavor of what she is like when she is “off duty.”*

BB: Where are you from originally? What was the town you grew up in like?

MP: I am from Norwell, Massachusetts. I liked growing up there because it was a small rural town and felt very safe growing up.

BB: What did you want to be when you grew up?

MP: I wanted to be a flight attendant as I enjoyed traveling. My father was an airplane pilot and we got to travel to a lot of places, like Switzerland and go skiing in the Swiss alps, I love the Swiss alps. As a child, we traveled to Italy & all over the United States.

BB: Where do you live now? And what is something you love about your home or family?

MP: I live in Eastham now in our family home. What I love about my home is that it is a place of serenity and a place to get away from it all.

BB: When you have a free day with no errands, what is your favorite thing to do?

MP: I love to hike, bike & listen to music. I like to hike all over the outer cape.

BB: Do you have any pets?

MP: Not now, I am just too busy. But growing up we had two springer spaniels.

BB: What would your friends say is your best quality?

MP: I am a caring and compassionate, and positive

person.

BB: What is something about you that would surprise others?

MP: Even though I am energetic, I am shy sometimes too, Till I get to know people.

BB: Where would you love to travel to if money and time were not a consideration?

MP: I would love to go to Sweden and Norway one day.

BB: What makes you happy?

MP: My children. But also, nature. I like to be out in nature and this time of year to hear the birds singing.

BB: What is something you like or admire about the people you have met so far in Truro?

MP: The sense of community here. People are kind and welcoming and friendly, not just to me but to each other too. The community is very connected, people come here to the COA to be connected too.

BB: What is something I did not ask that you think is important about you?

MP: I am a real person, someone who is a strong advocate for others. I am who I am. I am honest, dependable and interested. If you have something to say, I want to hear all about it! I am open like that.

BB: From what I have seen of you I would heartily agree. Thank you for your time and sincerity.

MP: I guess being interviewed isn't so bad!

*NOTE: You can come in and meet Michelle Monday-Friday 8am-4pm at the Truro Council on Aging.*

**ATTENTION TRURO SENIORS:** *The Board of the Friends of the Truro Council on Aging is seeking new members. The position is a volunteer one. The Board normally meets once a month, but has recently been meeting on an "as needed" basis. The responsibility of the Board is to raise and allocate funds to assist the Council on Aging. The funds are distributed at the request of the Council's Deputy Director to fund programs and individual senior needs. All seniors are welcome to become members of the Friends.*



# Community Lunch

## Community Lunch

The COA Community Luncheons are held on Thursdays from 12:00-1:30pm and are located in our Pamet. Chef Stan Bratskeir will be cooking for the months of May and June. Please call (508) 487-2462 to sign up! Cost is \$7.00 per person. If you need a ride to Community Luncheon please call Truro Council on Aging by Tuesday at 4:00pm to request a ride. Lunch includes dessert du jour!

### May Menu:

May 4: **Thanksgiving In Spring:** Salad, baked ham with cranberries and roasted sweet potato. Apple pie with vanilla ice cream.

May 11: **Eat Your Veggies:** Homemade vegetable soup, salad with grilled chicken, fresh fruit.

May 18: **Annie's Meat Loaf:** Individual meat loaf on buttery mashed potatoes with green beans. Strawberry ice cream.

May 25: **Hail To Kale:** Mixed fruit cup, sausages stuffed with chicken and kale, Jello.

### June Menu:

June 1: Green salad, baked ziti, fresh fruit

June 8: Caesar salad, salmon teriyaki with broccoli and white rice, oatmeal raisin cookies.

June 15: Watermelon and feta cheese salad, homemade crab cakes with fresh coleslaw, ice cream.

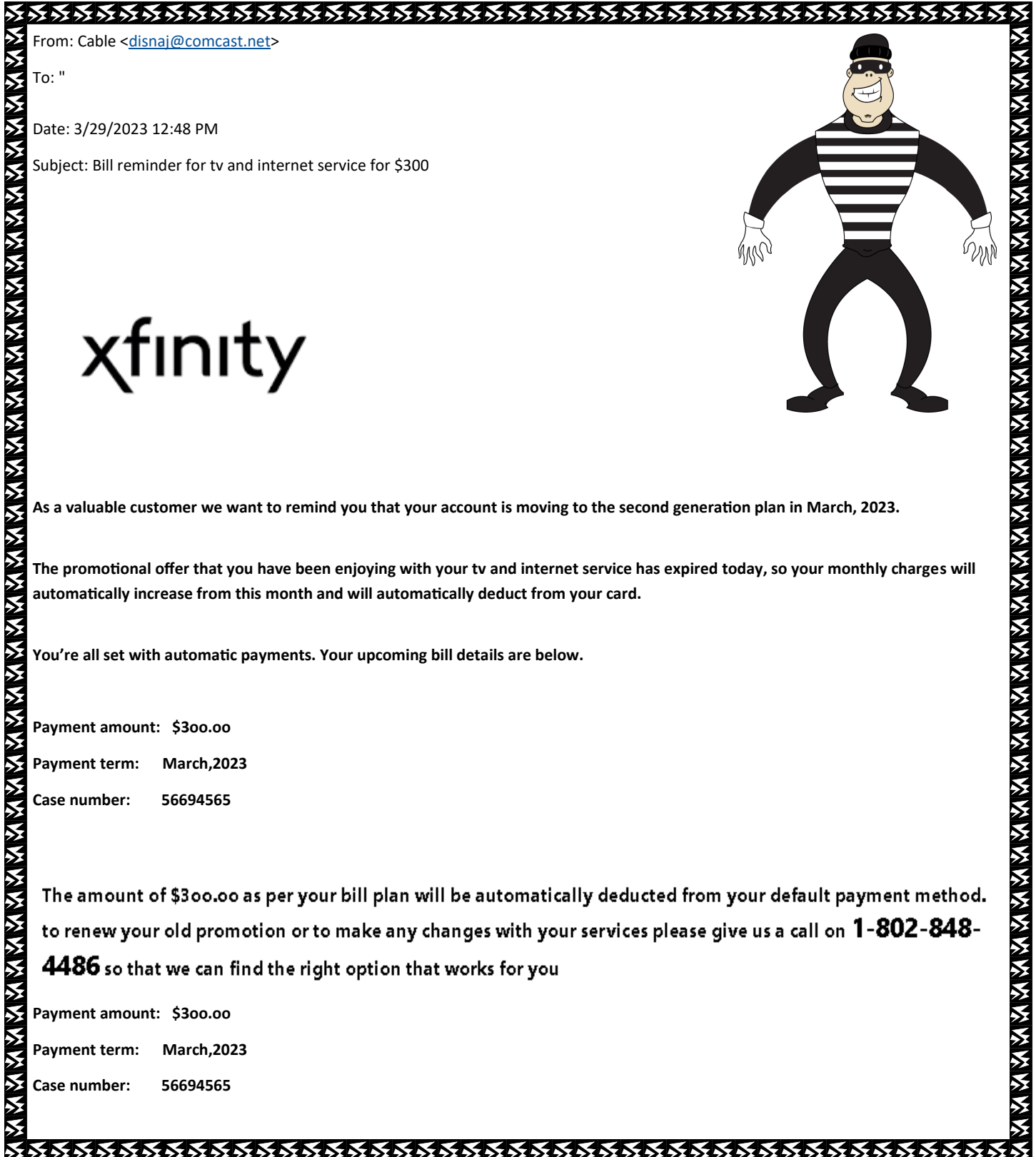
June 22: Fruit salad, vegetable frittata, gelato.

June 29: Iced tomato juice, roast chicken thigh with homemade potato salad and green beans, popsicles.



## Be Alert for Phishing Scams!

Phishing is a type of online scam that targets consumers by sending them an e-mail that appears to be from a well-known source –like an internet service provider, a bank, or a mortgage company. Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment. . A Truro resident recently sent the example below:



TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

PRSRT STD

U.S. POSTAGE

PAID

PROVINCETOWN,  
MA 02657

Permit #1

POSTAGE

### **MISSION STATEMENT**

The mission of the Truro Council on Aging is to identify the needs and interests of the community's older adults; 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.

### **COA Staff Members**

- Michelle Peterson, Deputy Director
- Outreach Coordinator, Georgette Ducey
- Michael Tarvers, Driver
- Annemarie Palheiro, Driver
- Samantha Kennen, Driver

**Editor in Chief:** Jennifer I. Pierce  
jpierce@truro-ma.gov

### **FRIENDS OF THE TRURO COUNCIL ON AGING**

Jim Brown, President; Catherine Staff, Vice President; Ed Yaconetti, Secretary; Christine Roderick, Treasurer; Lucie Grozier, Director; Patricia Wheeler, Director; Joan Moriarty, Director

### **COUNCIL ON AGING BOARD MEMBERS**

Board Members: Katherine Black, Clerk; Dan Schreiner, Chair; Susan Girard-Irwin, Vice Chair; Apryl Shenk; Carol Bishop