



**TRURO COUNCIL ON AGING
NOVEMBER 2014
NEWSLETTER**

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

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

FREE MEMORY SCREENINGS at the COA on NOVEMBER 10, 1:00-3:30

The Alzheimer's Family Support Center of Cape Cod will be conducting FREE memory screenings for individuals with memory concerns or other cognitive complaints. These screenings are not diagnostic for Alzheimer's or other dementia-related illnesses, but may indicate if further testing by a medical professional is in order. Exams take approximately 30 minutes to complete.

Space is limited so please call for an appointment at 508-737-7934
or 508-737-9452.



FRIENDS OF THE TRURO COA LUNCHEON

SUNDAY, DECEMBER 7, AT 12:00 PM

MONTANO'S RESTAURANT

Cash Bar-Hot Appetizers

Luncheon: Garden Salad, Home Baked Bread Loaves

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

Dessert and Coffee

Cost: \$23.00 per person

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

Peter Donnelly is Returning to the COA!!

On Tuesday, November 18th at 1:30 pm,

Peter will be singing a pinch of folk, a dash of pop, an occasional sprinkling of rock and a whole lot of heart!!

**Sign up for lunch by Monday, November 17th at 12:00 pm and
stay after the luncheon to listen or sing along with Peter!**



PROGRAMS AND SERVICES

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BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will be held on **Wednesday, November 12 from 1 pm to 2:30 pm** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.

ASK OUR TOWN NURSE

If you would like to speak to Dee Yeater, our town nurse, about your medications, special concerns, or just get your blood pressure taken, make an appointment with her on any Thursday by calling the COA at 508-487-2462 ext. 10. Appointments can be made from 1:30 pm to 2:30pm.

COOKING CLASS WITH HEATHER BAILEY

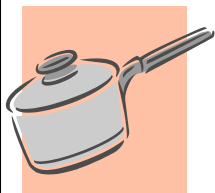
Thursday, November 13th at 10:00 am

“Keeping the Holidays Healthy”

Session runs approximately 1.5 hours followed by a shared lunch.

\$5.00 - You must sign up for this class by October 6th.

508-487-2462 ext. 10



DAVID WENNERBERG'S BASIC COMPUTER CLASS IS BACK!!!!

Do you have a Windows PC you would like to better understand?

Do you need help sending email and getting on the internet?

November 6, 13, & 20 at 4:30 pm

****Sign up for this class is required.**

(Mr. Wennerberg will not be instructing you on an APPLE product)



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

By Kathy Stetson, Physical Therapist, Certified Health Fitness Specialist

Is it possible to affect memory with physical activity?

“Senior Moments” – we’ve all had them. In exercise class yesterday, one of our members joked, “I think my remembering button is broken.” This naturally led to several questions from the group. Is a decrease in short term memory an inevitable consequence of aging? Is there anything that can be done to slow or reverse these changes? Does exercise affect mental status and memory?

My intuition told me that exercise can improve mental function, but I wanted to see what the scientific research said. Here are a few highlights from the recent literature:

A study published in the journal Sleep (2000 Feb 1;23(1) 87-95) found that “short term exposure to structured social intervention and light physical activity can significantly improve memory performance and enhance slow -wave sleep in older adults”

The results of a recent experiment, quoted on the National Institute of Health website (nih.gov/research matters/Feb 2011), showed “that brisk walking can increase the size of a brain region involved in memory formation” In this study, the participants walked 3 times a week for 40 minutes for a year. After 1 year, MRI testing showed a 2% increase in the volume of the hippocampus, as well as improvement on spatial memory tests.

And last, but not least, this is from the Centers for Disease Control website (cdc.gov look up “physical activity for everyone). “Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. It can also reduce your risk of depression and help you sleep better.”

So, there you have it, yet another reason to check out the fun exercise classes offered by Truro COA and Truro Recreation.

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.

JOIN AN INTERGENERATIONAL BOOK CLUB WITH NAUSET MIDDLE SCHOOLERS AN UNFORGETTABLE OPPORTUNITY!

The Nauset 8th grade English Language Arts (ELA) classes are looking for elders, seniors and retirees, as well as people with some spare time, who want to join our intergenerational book groups. This is an opportunity to independently read literature that our students are also reading and engage in lively intellectually stimulating dialogue about the books and how they relate to life. Adults and students alike will prepare notes for discussion and be ready to share their ideas and insights in small group discussions. Adult participation can vary according to time availability. A one-time opportunity to read a short story with the youth book group is available in later October, as well as an additional extended opportunity for a book reading in February. If you enjoy reading and would like a chance to spend quality time with our wonderful teens, please contact Ann McConchie at mcconchiea@nausetschools.org

SEASONAL FLU CLINICS SCHEDULED

WEDNESDAY, NOVEMBER 5

2:00 pm to 4:00 pm

AT THE TRURO COMMUNITY CENTER

The clinic is open for all Town residents and employees and for those residents who are uninsured and under-insured.

PLEASE BRING A PHOTO ID AND INSURANCE CARDS

For further information, about the Flu Clinics contact the Truro Health Department at 508-349-7004 x32 or email at healthagent@truro-ma.gov.

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

SIGHT LOSS SERVICES, INC. CAPE COD AND ISLANDS

INVITES YOU TO A NEW SUPPORT GROUP AT THE TRURO COA

Peer-led group will begin on NOVEMBER 19 at 1:00 pm to 3:30 pm monthly with speakers and programs to encourage the exchange of coping skills and problem-solving strategies, fostering the confidence to maintain an independent and productive life-style. Transportation is available if needed. Please contact us to register for this important step toward learning more about sight loss.



MYSTERY BOOK CLUB

Friday, Nov. 14th, 12:30 pm The Mysterious Affair At Style-Agatha Christie

Friday, December 12th, 12:30 pm The Lost Gardens-An English Garden

Mystery-Anthony Eglin

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, November 19th at 11:00 am, Truro COA**



LET'S PLAY SCRABBLE!!

Come and play **SCRABBLE** with your friends on **Tuesday afternoons at 1:30.**

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

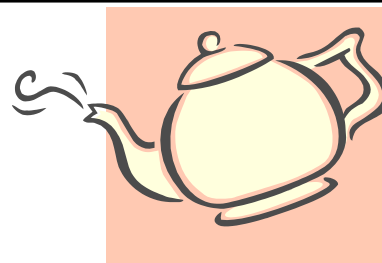
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room





Prescription Advantage

Has a new web-site!

www.prescriptionadvantagemma.org

The new web-site includes:

Benefit and eligibility information.

The most recent application forms and rate sheets.

A secure, user-friendly
on-line application.

Any questions?

Please contact:

Prescription Advantage Customer Service

1-800-AGE-INFO

(1-800-243-4636)

Press 2

TTY: 1-877-610-0241



Outreach Office Hours

MONDAY – FRIDAY

8:00 AM – 12:00 PM

1:00 PM – 4:00 PM

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

S.H.I.N.E.

Serving Health Information Needs of Elders

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

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

That's why it's important to evaluate your Medicare choices regularly. It's worth it to take the time to review and compare, but you don't have to do it alone...

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

SHINE Counselors: Elton Cutler & Claudia Tuckey

DO YOU NEED HELP PAYING YOUR PROPERTY TAX BILL?

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

Please be sure to pick one up soon!!

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

WEIGHT LOSS SUPPORT GROUP

We have restructured our Weight Loss group to include keeping a food log, sharing recipes, suggestions on ways to eat healthier to lose weight, inviting a Nutritionist to a meeting and much, much more!!! Please join us on **WEDNESDAY MORNINGS AT 10:00 AM !**



HAVE YOU JUST RETURNED HOME AFTER SURGERY?

DO YOU NEED HELP WITH POURING YOUR MEDICATIONS?

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

Tai Chi & Chi Kung Classes at the COA

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental and physical balance and general well being, with an emphasis on “mindfulness”-remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, tai chi, chi kung, and meditation for seven years on Cape Cod.

Wednesday mornings 8:30 am—9:30 am \$5.00 per class

Bridge !

Please join us on WEDNESDAYS, 1:30 pm to 3:30 pm

Everyone welcome!!

IN MEMORIAM

ALICE CAULFIELD

GARRY NEAL

KATHLEEN "Kitty" STEVENS

TRURO COUNCIL ON AGING

CAFÉ

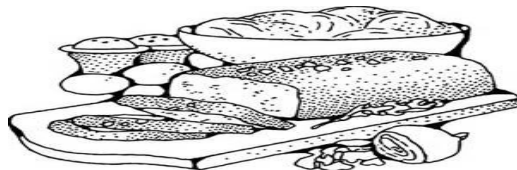
7 STANDISH WAY – TRURO

RESERVATIONS REQUIRED BY

12PM – MONDAY

508-487-2462

\$7.50 includes Bread, Beverage & Dessert



Tuesday, Nov 4th

Cod Piccata with Parmesan Orzo Pilaf

Arugula and Roasted Beet Salad

Or/Alternative

Soup du Jour, Salad

Tuesday, Nov 18th

Baked Ham with a Spinach Pie

Mixed Green Salad

Or/Alternative

Soup du Jour, Salad

Soup to Go

\$4.00 Pt.

Week of Nov. 4th

Minestrone

Week of Nov. 18th

Kale, Tomato & White Bean Stew

COOKING CLASS WITH HEATHER BAILEY

Thursday, November 13th at 10:00 am

“KEEPING THE HOLIDAYS HEALTHY”

Session runs approximately 1.5 hours followed by a shared lunch.

\$5.00


You must sign up for this class by November 7th

#508-487-2462, ext. 10



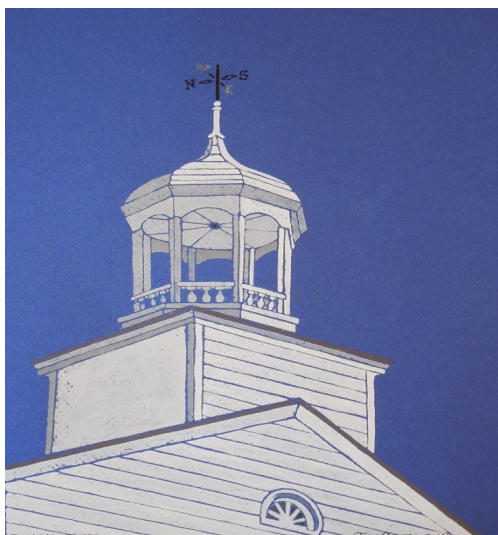
NOVEMBER

2014

Mon	Tue	Wed	Thu	Fri
COA ART GALLERY OPENING SUNDAY, NOV. 2 2:00-4:00 PM				
3 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Memory Screenings 1:00-3:30 DIABETES WORKSHOP 1:30	4 COA CAFÉ 12:30 Scrabble 1:30	5 Tai Chi 8:30 Strength Training w/Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00 Legal Assistance (By Appointment Only) Flu Clinic 2:00-4:00	6 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30 Computer 4:30	7 Strength Training 9:00-10:00 White Line 1:30
10 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 DIABETES WORKSHOP 1:30	11 VETERANS DAY PROGRAM 11:00	12 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Bereavement Support Group 1:-2:30	13 Cooking Class 10:00 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30 Computer 4:30	14 Strength Training 9:00-10:00 Mystery Book Club 12:30 White Line 1:30
17 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 DIABETES WORKSHOP 1:30	18 Board meeting 10:00 COA CAFÉ 12:30 Scrabble 1:30 PETER DONNELLY 1:30	19 Tai Chi 8:30 Strength Training 9:00-10:00 –w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00 Story Swap 11:00 Sight Loss 1:00-3:30 F.O.G. 6:30-7:30	20 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30 Computer 4:30	21 Strength Training 9:00-10:00 Dr. Campo Podiatrist by Appointment White Line 1:30 
24 Strength Training 9:00-10:00 Memoirs Writing 10:30	25 COA Café 12:30 CANCELLED Thanksgiving Dinner at T.C.S. Scrabble 1:30	26 Tai Chi 8:30 Strength Training 9:00 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30	27 Thanksgiving Holiday Break	28 Thanksgiving Holiday Break

JOAN ROGERS ARTIST STATEMENT

I have always loved photography and have numerous albums full of photos from my lifetime. After retiring I endeavored to be a watercolor artist but was frustrated with the results. When I discovered woodcut printing it was an epiphany. I could combine my photos with watercolors in a way that worked for me. It's exciting to find an old photo of mine and transform it into a woodcut print or to drive around the Cape to find new images to photograph and then transform them.

**NEW PROGRAM OF THE F.O.G. (FRUSTRATED OPTIMISTIC GARDENERS)****FEATURED SPEAKER**

Wednesday, November 19 at 6:30 pm

Truro Council on Aging

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. Topics covered: planning a garden that blooms all season, what to plant in shady and full sun areas, etc.

Please register for this program by calling, 508-487-2462

WHITE-LINE BLOCK PRINT OPEN STUDIO

Beginning on Friday, November 7-November 21

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 had a substantial increase in client ride requests. Although we realize that there can be last minute, urgent medical appointments scheduled by clients, we usually cannot accommodate a ride request with less than a 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. Our drivers, Nancy Braun, Jim Downey, Dennis Guiney, Dave Peterman, Rich Tuden and Chuck Zimmer are all qualified to transport clients safely to their destinations. They have all been CPR and AED certified and have been fully trained on both the Ford Flex Station Wagon and the Ford E350 wheelchair lift van. All of our drivers receive extensive training provided by the Cape Cod Regional Transit Authority.



WE NEED THE FOLLOWING INFORMATION
WHEN REQUESTING A RIDE FROM THE COA:

MEDICAL FACILITY NAME

MEDICAL FACILITY ADDRESS

MEDICAL FACILITY PHONE NUMBER

ESTIMATED DURATION OF APPOINTMENT

YOU MUST HAVE A COMPANION ACCOMPANY YOU IF HAVING A PROCEDURE

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

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 Ingram, Brian Trainor, Bill Worthington.

Council on Aging Officers: Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingram, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; Elton Cutler, Outreach and Resource Coordinator; MaryEllen Duarte, Office Manager; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to our newsletter helpers for their invaluable help with the bulk mailing..