



**TRURO COUNCIL ON AGING  
NOVEMBER 2015  
NEWSLETTER**

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

**SPECIAL TOWN MEETING**

**TRURO CENTRAL SCHOOL on THURSDAY, NOVEMBER 5**

**6:00 PM**

**Please feel free to contact the COA if you need transportation.**



**PUBLIC NOTICE**

**SEASONAL FLU CLINIC SCHEDULED**

**TUESDAY, NOVEMBER 10, 2015**

**3:00 PM TO 5:00 PM**

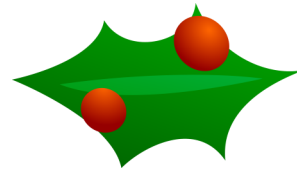
**AT THE TRURO COMMUNITY CENTER**

**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 MORE INFORMATION ABOUT THE FLU CLINIC CONTACT THE TRURO HEALTH DEPARTMENT AT 508-349-7004 X32 OR [ppajaron@truro-ma.gov](mailto:ppajaron@truro-ma.gov).**

***Get Vaccinated - Fight the Flu!***



**FRIENDS OF THE TRURO COA  
LUNCHEON**

**SUNDAY, DECEMBER 6, 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 30**

**BEREAVEMENT SUPPORT GROUP**

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a spouse or partner . The group will be held on **Wednesday, November 18, from 1:00-2:30 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.

**ALZHEIMER'S FAMILY SUPPORT CENTER NEWS****SUPPORT GROUPS AT SEASHORE POINT IN PROVINCETOWN**

**Caregivers 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**

**community development partnership**

*Creating opportunities for people to live, work, and thrive on the Lower Cape*

**Taking Care of the Home You Love*****Post-Purchase Homeownership Workshop***

Learn to take care of the home you love! Join us for this 3-hour workshop to learn important tips from local experts about how to manage your most important asset. The class is open to ALL homeowners.

This workshop focuses on the physical aspects of keeping on top of maintenance, energy- effective measures, financing home improvements, refinancing options, money management and foreclosure prevention. Another component of the class involves learning how to avoid predatory lenders and other financial scams. Overall, you'll become equipped with tools that will support your long-term success and self-sufficiency as a homeowner.

Here's the line-up of speakers and the topics they will be presenting:

Managing Your Budget – Robinson Financial Solutions

Are You Covered? The lowdown on insurance – Rogers & Gray Insurance

Keeping Your Home Safe and in Tip Top Shape – Cape Associates

Energy Saving Measures – Cape Light Compact

Pros and Cons of Refinancing – Cape Cod Five Cents Savings Bank

**When:** Saturday, November 7, 2015 from 9am – 12pm

**Where:** Community Development Partnership, 3 Main Street Mercantile, Unit 8, Eastham, MA, 02642.

**Cost:** \$15 per person.

Contact: Andrea Aldana, Business & Homeownership Programs Manager

Email: [andrea@capecdp.org](mailto:andrea@capecdp.org)

Phone: (508) 240-7873 x10

**\*REMINDER\*****MEDICAL RELEASE FORMS**

For everyone who participates in exercise classes at the COA, a medical release form needs to be completed annually. ***You do not need to wait until you have an appointment with your doctor.*** Simply fill out your information along with your primary care provider's name and contact information and return the form to your instructor or Mary Ellen in the COA office. Also included on this form is an emergency contact- should you become ill or injured while at a class this is the person that you would want to be notified (spouse, family, friend, etc).

The American College of Sports Medicine recommends that all adults over the age of 40 obtain medical clearance to participate in exercise programs. The medical release form provides this clearance.

If you are unsure whether you have completed a form this year, you need to check with Mary Ellen in the office. Thank you for your assistance!

By Kathy Stetson, Physical Therapist, Certified Exercise Physiologist

**TENDON TROUBLE – Mayo Clinic special Report August 2014****TRIGGER FINGER**

Like bundles of cable cord, a network of tendons runs from your forearm muscles into your hand, moving to and fro in slick tendon sheaths.

Trigger finger or trigger thumb occurs when the sheath, or pulley, through which your tendon moves becomes inflamed and constricts your tendon, making it hard for it to slide back and forth. Friction can cause your tendon to develop nodes, further impeding the pulley. Because of the increased resistance, you may feel pain, popping or a catching sensation. Sometimes your finger becomes locked and is hard to straighten.

Treatment for trigger finger focuses on reducing swelling in the tendon sheath to allow the tendon to glide freely once again. Immobilizing the affected finger with tape or a splint, combined with taking anti-inflammatory medication, may resolve the problem. For persistent symptoms a cortisone injection may be considered. If symptoms don't improve, your doctor may recommend repeating the injection or trying surgery. Surgically opening the sheath allows the tendon to glide more easily. Two types of outpatient surgery, percutaneous or open surgical release, are equally effective for treating trigger finger, with only a 3 percent recurrence rate.

Dee Yeater RN

**ELDER LAW NOTES**

Arthur B. Crooks, Jr.

A common concern expressed by “elders” and their children quite frequently is posed as follows: “How can we ‘save’ the Cape Cod house for the family?” If our typical family members all lived in, for instance, Wellesley, including the elders, instead of, for instance, Wellfleet, Massachusetts, our approach would be different. Under those circumstances, the summer home on Cape Cod would also be the secondary home of our elders. For those of us already living on Cape Cod, the so-called “heirloom” home is the primary residence of the elder. This calls for a different approach because of tax issues and MassHealth concerns. If the family truly wishes to go forward with an “heirloom” approach to preserve the Cape Cod homes, the major areas of concern are as follows:

- 1.) How will the home be transitioned to the children? Trust will etc.
- 2.) Once the home is transitioned, how will expenses be paid? Taxes, insurance ordinary maintenance and extraordinary maintenance.
- 3.) Who gets to use the house when? This calls for the execution of a family agreement which can be quite complicated and covers a number of areas, all of which deserve detailed consideration.

More to come in future Elder Law Notes.

**OSTEOPOROSIS UPDATE NOVEMBER 20<sup>TH</sup>**

What is new in osteoporosis prevention, treatment and exercise prescription? Come to the COA on Friday, November 20<sup>th</sup> at 10:15 am and find out. I will present recent advances in treatment approaches to osteoporosis, particularly posture, exercise and ergonomics. There will be exercise demonstrations and plenty of time for questions. The presentation will be 1 hour long, in the COA Activities Room, immediately following the Strength Training class. Kathy Stetson, Physical Therapist, Certified Exercise Physiologist

**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, 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**

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

**Relax!**

Climate change, natural disasters, threats of terrorist attacks, money problems, health problems, family problems, losses, the holidays. There is a lot we can be worried about but worry doesn't solve problems. With all the stressors in life, we need to remember to relax. Below are breathing techniques that can help. The more you practice them, the better they work.

**Diaphragmatic Breathing:**

Sit comfortably and place one hand on your belly button. The idea of this exercise is to breathe deeply enough so your belly, not your chest, expands. Breathe in slowly and deeply through your nose; you should feel your hand move as your belly expands. Count slowly to 2 or 3 as you breathe in. Then breathe out, through your nose or mouth, while counting slowly to 4 or 5. You should feel your belly contract. Make sure the amount you count keeps your breathing comfortable—remember this is to relax, not win contests for how long you can breathe in or out! Repeat this for about a minute. Once you're familiar with the feel of this, you don't need to have your hand on your belly.

A variation of this is to again breathe in slowly and deeply through your nose while counting, then hold your breath for one count more, then exhale for one more count. For example: breathe in for 3, hold for 4, and exhale for 5.

Inhaling slowly and through your nose will lessen the chances of hyperventilating. If that is a problem, try slowing it down or breathing a little less deeply.

Try doing this several times a day, even when relaxed, in addition to when you're feeling stressed. Or you can do this for about 10 minutes twice a day. Your body and mind will begin to relax more easily the more you practice this. And you can do this anywhere at any time. Because no one size fits all, breathing exercises don't work for everyone. Pay attention to what does help you relax, or find a book or tape that has different relaxation exercises.

If you're feeling chronically anxious, stressed, or irritable and don't know how to change, feel free to call the COA for a confidential appointment with a therapist or call me directly at 508-487-2449 X5802

**Georgia Neill**



**MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm**

**November 13th "The Man With A Load of Mischief" by Martha Grimes**

**December 11h "Track Of The Cat by Nevada Barr**

**January 8th "Absolute Certainty" by Rose Connors**

**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 18 at 11:00 am, COA**

**\*\*The Third Wednesday of the Month at 11:00 am, Truro COA**

**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**

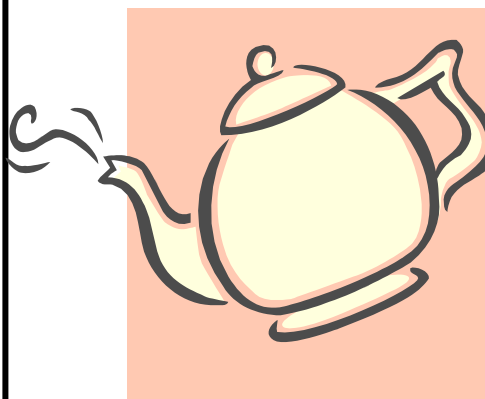


**TEA IS SERVED!!**

**COME AND JOIN US ON THURSDAYS**

**AT**

**1:30 pm in the Activities Room**



**In Memoriam**

**Marilyn Monks**

**Helen Schlechter**

**Cliff Sharrock**

**Learn more about other services we provide**

Call (508) 487-2462 or log on to [www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)

<b>MassHealth</b>	<b>Fuel Assistance</b>	<b>SNAP (Food Stamps)</b>	<b>Medical Equipment</b>
<b>Transportation</b>	<b>Counseling</b>	<b>Legal Assistance</b>	<b>Respite Care</b>
<b>Health Clinics</b>	<b>Reassurance</b>	<b>Financial Management</b>	<b>Fitness</b>

**Fuel Assistance**

Fuel assistance is available and can help assist you in filling out the forms and submitting them to South Shore

Community Action Council. Call to schedule an appointment.

**Medicare's Open Enrollment period is October 15th - December 7th**

October 15<sup>th</sup> to December 7<sup>th</sup> is when all people with Medicare can change their Medicare health plan and prescription drug coverage (Part D) for 2016. Information on 2016 Medicare plans are now available. People with Medicare can call 1-800-MEDICARE or visit [www.medicare.gov](http://www.medicare.gov) for plan information. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything. 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, Call to schedule an appointment with SHINE Counselors: Elton Cutler & Claudia Tuckey.

**USDA FOOD DISTRIBUTION**

This bi-monthly food distribution is helpful to supplement your food supply. To see if you qualify for this benefit call to schedule an appointment.

**Extra Help With Medicare Prescription Drug Plan Costs**

What help can I receive?

Medicare beneficiaries can qualify for Extra Help with their Medicare prescription drug plan costs. The Extra Help is estimated to be worth about \$4,000 per year. To qualify for the Extra Help, a person must be receiving Medicare, have limited resources and income, To see if you qualify for this benefit call to schedule an appointment.

**Types of Advance Directives**

A health care proxy (durable power of attorney) is a document that names someone you trust to make health decisions if you can't. A living will tells which treatment you want if your life is threatened, including:

**\*Dialysis and breathing machines   \*Resuscitation if you stop breathing or if your heart stops   \*Tube feeding   \*Organ or tissue donation after you die.   **How to get advance directives?****

Get an advance directive from your health care provider, attorney, or local Council on Aging.

**PROPERTY TAXES TOO HIGH?**

**HELP IS AVAILABLE FOR  
ELDERLY AND DISABLED TRU-  
RO PROPERTY OWNERS . YOU  
COULD BE ELIGIBLE FOR HELP  
WITH PAYING FISCAL YEAR  
2016 PROPERTY TAXES  
THROUGH THE**

**TRURO TAXATION AID FUND**

Applications available at the Truro  
Town Hall, Truro Public Library and the  
Council on Aging

For further information, contact Truro  
Town Hall , the Council on Aging or  
online at:

**Truro-ma.gov**

**(click on:**

**“Boards and Committees”**

**APPLICATIONS DUE BY**  
**DECEMBER 31, 2015**

**WHITE LINE BLOCK PRINT OPEN  
STUDIO**

**Fridays 1:30-3:30**

White-Line Block prints were developed in Provincetown by B.J.O. Nordfeldt in 1916 and became known as the Provincetown Print. The whole image is drawn on and printed from one woodblock rather than a series of blocks for each color change. The popular method was practiced by many other artists through the years and continues to be popular today.

**Join Pat Canavari and Joan Rogers at  
the Truro COA and bring a new project  
or work on a print in progress!**

**MEN'S WORKOUT CONTINUES**

The Men's Workout program will continue to meet weekly, on Tuesdays from 10:45 to 11:45. This free class is a blend of strength, flexibility, agility and balance geared specifically to the needs of men. If you have any questions, please call instructor Kathy Stetson at 508-397-5324

# COA CAFE

**TUESDAY 12:30 PM \$7.50**

**November 3rd**

Cod Piccata with Rice Pilaf  
Arugula and Roasted Beet Salad

Soup: Minestrone Soup

**November 10th**

Roasted Pork Loin with Mashed Sweet Potatoes  
Spinach Salad with Cranberries and Apple

Soup: Curried Pumpkin

**November 18th**

Chicken and Shrimp Penne Alfredo  
Garlic Bread and Caesar Salad

Soup: Tuscan Kale, Tomato and White Bean Stew

**November 24**

**Thanksgiving Feast at Truro Central School**


Soup: \$4.00 pint





# NOVEMBER

# 2015

Mon	Tue	Wed	Thu	Fri
<b>2</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30	<b>3</b> <b>COA CAFÉ 12:30</b>  <b>Men's Exercise Class</b> <b>10:45</b>  <b>Women's</b> <b>Reflections 6:30</b>	<b>4</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00	<b>5</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 <b>Special Town</b> <b>Meeting 6:00</b>	<b>6</b> <b>Strength Training</b> 9:00-10:00  <b>White Line Class</b> <b>1:30—3:30</b>
<b>9</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30	<b>10</b> <b>COA CAFÉ 12:30</b>  <b>Men's Exercise Class</b> <b>10:45-</b>  <b>Flu clinic</b> <b>3-5:00</b>  <b>Women's</b> <b>Reflections 6:30</b>	<b>11</b>  <b>COA CLOSED</b>  <b>VETERANS DAY</b> <b>PROGRAM</b> <b>11:00</b>	<b>12</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>13</b> <b>Strength Training</b> 9:00-10:00  Mystery Book Club 12:30  <b>White Line Class</b> <b>1:30—3:30</b>
<b>16</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30	<b>17</b> <b>COA CAFE 12:30</b> <b>Men's Exercise</b> <b>Class 10:45</b> <b>Legal Assistance</b> <b>(By Appointment)</b>  <b>Women's</b> <b>Reflections 6:30</b>	<b>18</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 <b>Bereavement</b> <b>1-2:30</b> Story Swap 11:00	<b>19</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b>  Mahjongg 1:00-4 Tea Time 1:30	<b>20</b> <b>Strength Training</b> 9:00-10:00 Kathy Stetson Osteoporosis Update 10:15 Dr. Campo, Podiatrist <i>(by appointment)</i> Shopping Trip 9:00 <b>White Line Class</b> <b>1:30—3:30</b>
<b>23</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30	<b>24</b> <b>COA CAFÉ 12:30</b> <b>(Cancelled)</b> <b>Thanksgiving Feast</b> <b>TCS 12:00</b> <b>Men's Exercise Class</b> <b>10:45</b> <b>Women's</b> <b>Reflections 6:30</b>	<b>25</b> <b>Tai Chi 8:30</b>  Strength Training 9:00-10  Weight Loss 10:00 Coffee Hour 10:00	<b>26</b>  <b>COA CLOSED</b>  <b>HAPPY</b> <b>THANKSGIVING</b>	<b>27</b>  <b>COA CLOSED</b>
<b>30</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30		Daylight Saving Time Ends  Don't forget to chance your clocks on s November 1	November Art Gallery  Veteran's Pictures and Mementos	

## ***CELEBRATE OUR VETERANS***

The Veterans Day holiday falls on November 11th and currently is designated as a day to honor all who have served in the military. This date is linked to the formal end of World War I at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. The first Armistice Day in the US was celebrated on November 11, 1919 proclaimed by President Wilson.

An Act approved May 13, 1938, made the 11th of November a legal holiday, as a day to be dedicated to the cause of world peace known as “Armistice Day”. Then on June 1, 1954, November 11th became a day to honor American veterans of all wars. (Congress, amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans.”)

On June 28, 1968, The Uniform Holiday Bill (Public Law 90-363 )was signed and moved Veterans Day to the 4th Monday in October, but many states did not agree with that, and continued to celebrate the holiday on November 11. The new law had caused so much confusion, that finally President Gerald R. Ford, on September 20, 1975, signed Public Law 94-97, and returned Veterans Day to its original date, beginning in 1978.

Now, Veterans Day falls on November 11, regardless of the day of the week on which it falls.

Please join us to view photographs, narratives and memorabilia supplied by our local Veterans or their families on November 11, 2015 at 11AM. There will be a Veterans Day Ceremony followed by refreshments.



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, November 20. The bus will leave the COA at 9AM. Trader Joe's, Kmart, or wherever you need to go! 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**

\*\*\*\*\*

**PLEASE REMEMBER TO RSVP**

**WE MUST HAVE**

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

Please join us at the COA for the observance of Veteran's Day on Wednesday, November 11<sup>th</sup> at 11AM. Refreshments will follow the ceremony. Pictures and mementos of Truro veterans service to our country will be on display in the COA Gallery.

**TRURO COUNCIL ON AG-  
ING**

**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; , Bill Worthington, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Lucie Grozier, Martha Ingram, Brian Trainor.

**Council on Aging Officers:** Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Beth O'Rourke, Secretary, Alternate. Board Members: John Thornley,, Stephen Royka, Joan Holt, Martha Ingram, Joan Moriarty, Bernard Robbins, Claudia Tuckey, Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; Elton Cutler, Outreach and Resource Coordinator; Mary Ellen Duart, 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.***