



TRURO COUNCIL ON AGING
MARCH 2014
NEWSLETTER
7 Standish Way, N. Truro



TRURO POLICE & FIRE/RESCUE INVITES

TRURO SENIORS TO THE

21st ANNUAL SENIOR DINNER ON

SUNDAY, MARCH 9 at 1:00 pm

At the Truro Public Safety Facility

344 Route 6

Please call the Truro Police Station 508-487-8730 if you would like to attend the Annual Senior Dinner as they have a limit of 80 people. As usual, they have GREAT raffle prizes to give away after the dinner. This has always been a very popular event, so make plans early to attend and visit with all your friends while you eat great food!



DISASTER PREPAREDNESS FOR SENIORS

March 4th at 1:30 pm –COA Activities Room

An AmeriCorps member from the American Red Cross will present information about preparing for disasters that might happen on Cape Cod. Attendees will have an opportunity to learn updated information about emergency transportation, emergency preparedness kits, sheltering at home, preparing their pets, and how the regional partner shelters on Cape Cod work.

**IT'S THAT TIME OF YEAR AGAIN!!!
TIME TO FILE YOUR INCOME TAXES**

Two trained AARP **volunteers** will be at the Truro COA to prepare your taxes for **FREE**. Please call Mary Ellen for an appointment 508-487-2462 ext. 10. When you schedule your appointment a Taxpayer Checklist will either be mailed to you by request or is available at the COA for you to pick up prior to your appointment.

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, March 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.

DO YOU NEED HELP WITH YOUR DENTAL CARE?

Janice Johnson is our **SMILE** Counselor at the Truro COA. Janice is a Truro resident and worked in the Provincetown school system for many years. She is a community volunteer who brings a sincere desire to promote wellness and provide dental education. Appointments are available in both Truro and Provincetown (see below). Talking with a SMILE Counselor will help you set in place a plan of action toward better dental care. Information includes local resources for treatment and affordable care options including insurance and assistance programs. Please pick the day and location that works best for you and call the respective senior center to book your appointment:

Truro SMILE Appointments: March 11th, May 13th Call 508-487-2462 Hours 9 to noon, for transportation please call by the Friday morning before.

Provincetown SMILE Appointments: April 8th, June 10th Call 508-487-7080

SCAMS AND FRAUD-WHAT TO DO AND WHAT NOT TO DO

Rule #1– Do not volunteer personal information to an unsolicited telephone request. Banks, government offices do not request that information over the phone.

Rule #2-Check out whether a request for money to be wired or mailed is real. Ask for a phone number to call back the person making the request. Never send money without investigating first.

Rule #3-Call the police 508-487-8730 or the Massachusetts Attorney Generals Office 617-727-2200., or the Better Business Bureau, if it is business related 508-652-4800 or www.bbb.org. The Better Business bureau also has the top scams in 2013.

Sgt. Carrie DeAngelo reported that in December 2013 there was a "Publisher Clearing House" scam informing people they had won but would you had to send them a check . Publisher Clearing House either sends a certified check or visits your house to let you know you have one.



THE WHITE –LINE BLOCK PRINT WORKSHOP

CONTINUES BY POPULAR DEMAND!!!

PLEASE JOIN CATHY SKOWRON AND PAT CANAVARI

EVERY FRIDAY AFTERNOON IN MARCH FROM 1:30-3:30 pm

TO PAINT AT THE "OPEN STUDIO" AT THE COA!!!

Sponsored by the Truro Group and the Truro COA

Health Tips from the Town Nurse, Dee Yeater RN

Acupuncture: A 2000 Year Track Record

Every month I search for a topic that you will find interesting and useful. This month I found an article in the UCLA Division of Geriatrics Newsletter. I hope you enjoy what I found.

There is a growing body of medical evidence that suggests that acupuncture- the use of carefully placed needles to promote healing and improve functioning- does help many people. It has been used for more than 2,000 years by the Chinese, and been growing in popularity in the United States. A national health survey found that eight million adults have used acupuncture to help heal their aches and pains.

How does it work? According to Chinese medicine, energy called qi ("chi") flows through the body across 12 major pathways called meridians. The meridians correspond to specific organs and body functions. If the flow of qi is blocked, you get sick. Inserting fine needles at specific points ("acupoints") along these meridians helps restore the flow of qi. Most doctors believe the needle stick causes the central nervous system to release morphine-like pain killers called endorphins. Another theory is that acupuncture creates a powerful placebo effect. In other words, acupuncture may work in part because a person believes it does. Chinese medicine places greater emphasis than Western medicine on the close relationship of mind, body, and spirit.

The World Health Organization recommends acupuncture for many respiratory diseases, eye and mouth problems, orthopedic troubles, neurological disorders, and gastrointestinal ailments. In a National Institutes of Health Consensus Statement on Acupuncture, the therapy has also shown considerable promise in relieving nausea and vomiting associated with chemotherapy.

What can you do? Discuss the possible benefits with your doctor and check if your insurance company will cover acupuncture. Your practitioner should be certified. About 40 states have training standards for acupuncture certification. Not all areas require an acupuncturist follow these rules. The FDA requires that sterile, nontoxic, needles be used--- and used only once. This is another wellness option.

GOSNOLD in Provincetown offers outpatient therapy for individuals, groups, couples, and families; we see adults, teens, and children. Some of the problems we work with are:

- Anxiety, depression, difficulty coping with stress or changes
- Substance abuse and other addictions
- Grief and loss
- Trauma
- Relationship problems
- Major Mental Illnesses
- Eating problems

For more information or a confidential appointment call 508-487-2449 or 1-800-444-1554 x5159



Mass. Audiology will be available by appointment only on the 2nd Wednesday of the month - March 12 at 10:30 am. This is a free service. There is no obligation to buy a hearing aid. The audiologist will be here if someone is scheduled.

Note: Free Hearing Aids are available from the Provincetown Lion's Club if you meet the income guidelines. To learn more contact the Outreach Coordinator at the COA,

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 to 2:30.

Please call before Thursday.

Dear Friends,

As you know I have been out pretty much all of November and December because of the accident I had in Amsterdam. In January, on the 10th, I started working 1/2 time in the mornings and am still doing that and plan to through February. As I feel stronger, I hope to revert to full time but I don't want to do it too soon and set me back. I am doing 4 more weeks of rehab finishing on the 6th of March. It has been a long hard road as I partially tore both biceps and possibly the left rotator cuff and it could take much longer to completely heal.

Entirely separate from that, I decided last fall to retire, as full time began to feel tiring. My retirement date is the last working day of May which is Friday, May 30. After 14 years of growing in my job and becoming friends with the people of Truro, this is a huge and slightly scary step. I have loved my job and very much enjoyed writing the Log, helping people and learning from them.

I do not intend to disappear from Truro. I'll probably attend some classes and the Tuesday cafe'. Thank you for all my interesting and heartwarming years here.

Love, Katherine Stillman, Outreach Coordinator

Are you having Difficulty with the loss of a loved one or a pet??

Nancy Higgins, LICSW and the Visiting Nurses Association Hospice Bereavement Coordinator will be offering FREE and confidential grief support sessions at the COA. Please take advantage of this valuable service if you are in need of help dealing with loss.

Nancy will be conducting one hour appointments on

March 11 from 10:00-1:00pm.

Please call us to make an appointment.



NEW PROGRAM!!

Let's Learn About the Health Benefits of 'Reducing Stress'

with Dee Yeater, RN from the Visiting Nurses Association On

Thursday, March 13th at 1:30 pm

COA Activities Room

DAY BREAK

A supportive day program for memory challenged seniors on the Outer Cape.

Day Break offers socialization, activities & lunch in a friendly, comfortable atmosphere to provide elders the opportunity to maintain independence and it allows caregivers respite. It is on Tuesday & Thursday 9:30 am to 3 pm. It is at the Christian Union Church on Shore Rd., N. Truro. Call Stacey at Day Break 508-280-8863 for more information.

MYSTERY BOOK CLUB

Friday, March 14, 12:30 pm

STILL LIFE by Louis PennyFriday, April 11, 12:30 pmBOOTLEGGERS DAUGHTER by Margaret Maron

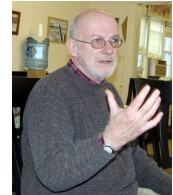
Please feel free to join our Mystery Book Club in the Activities Room of the COA. The books are available at the Truro Public Library. For more information please call Joan Rogers, #508-487-

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!!

March 18th at 11:00 am, Truro COA

Dan Lynch



Are you interested in playing MAHJONGG?

Please join us in the Conference Room at the COA every

THURSDAY from 1:00-4:00 pm

Cape Rep Theatre
Bluestone Group
 presents

OUR TIME
 A New Musical Revue

Conceived & Directed by ROBERT R. TROIE
 Musical Direction & Arrangements by ROBERT WILDER

Featuring
 CAITLIN MILLS & JARED HAGAN
 with
 ROBERT WILDER at the piano

RESCHEDULED

Truro Council on Aging
 Monday March 24, 2014 at 2:00pm
 508-487-2462

Older Adults and Mental Health

Social Service providers and experts recently informed the legislature that there is a “silent crisis” among elderly with mental health needs. Research shows that 30% of elders in Massachusetts experience mental health issues, but only 1-3% receive treatment. Kathy Kuhn, of Boston University’s School of Social Work, and Dale Mitchell of Ethos, an aging services agency in Boston, note that a lack of mental health care can lead to other health problems, which can lead to more costly medical services, including nursing homes. Untreated mental health problems can also lead to alcohol and substance abuse, and to housing, financial, and social problems. This is in addition to personal distress and misery. Mental health care is the “biggest unmet” need for older adults.

While there is a shortage of psychiatrists and psychiatric nurses on the Cape, often primary care doctors will prescribe some psychiatric medications. In addition, there are mental health and substance abuse therapists available for all ages, and therapy by itself is often effective at alleviating symptoms. There is still a stigma attached to having mental health needs; that stigma may be felt more among older adults, and can result in not seeking treatment that could alleviate suffering.

The following are some of the symptoms which, when experienced for 2 or more weeks, most every day, could indicate a mental health problem and could probably be alleviated by therapy and/or medication:

- feeling depressed most of the day;
- decreased interest or pleasure in formerly pleasurable activities;
- a decrease or increase in appetite;
- insomnia, excessive sleeping, or difficulty falling or staying asleep;
- fatigue or loss of energy;
- feeling worthless or excessively guilty;
- difficulty thinking, concentrating, or making decisions;
- recurrent thoughts of death or suicide;
- excessive anxiety or worry or feeling restless or on edge;
- excessive irritability;
- isolating or avoiding others;
- muscle tension;
- episodes of racing or pounding heart, sweating, trembling, difficulty breathing, nausea, dizziness, chills or hot flushes;
- obsessive, recurrent, distressful thinking of past or current situations.

If you are experiencing some of these, and they are interfering with the quality of your life, please consider meeting with a therapist for a private and confidential session. To find a therapist, consult with your COA outreach worker or your primary care provider, or call me at Gosnold for a referral. For most people, health insurance will cover most if not all of the costs.

Georgia Neill, LICSW

508-487-2449 X5802

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.

Classes are cancelled on Weds., March 5th and 12th

Aromatherapy Presentation**TRURO COUNCIL ON AGING****TUESDAY, MARCH 11TH 1:30-3:00 PM**

PRESENTERS: Judi Pregot, ME.d, MSW, LCSW AND Nancy Higgins, MSW, LICSW

Aromatherapy promotes a deep sense of relaxation, a relief from anxiety and tension related to illness, as well as an overall sense of well-being in individuals. Our presenters will provide participants with the following information:

- an overview of Aromatherapy;
- an explanation of how to incorporate Aromatherapy into one's daily life;
- how Aromatherapy can help patients/family members/caregivers; and,
- suggestions for ways that people can integrate the use of Aromatherapy into their own wellness practice.

Judi has seven years experience as a Medical Social Worker and also serves as a Bereavement Coordinator for the VNA Hospice Program. Judi is a Reiki Master and a Level One Medicinal Aromatherapist.

Nancy has over 25 years of medical social work experience and currently serves as a Hospice

Bereavement Coordinator for the Visiting Nurse Association of Cape Cod. Nancy is a Level One Medicinal Aromatherapist and is also a Level II Reiki practitioner. * During the workshop, participants will have an opportunity to experience some of the essential oils and essences typically recommended to reduce stress and anxiety.

Hospice 101 Presentation**TRURO COUNCIL ON AGING****TUESDAY, MARCH 18TH, 2014 1:30 PM —3:00 PM**

PRESENTER: Jamie Nunes, RN VNA Hospice Community and Staff Educator

Confronting end of life issues changes one's priorities dramatically. Quality of life becomes a focus and a challenge. Hospice services provide compassionate care and support to patients and families facing a terminal illness. The hospice team works to provide comfort for physical, psychosocial, emotional, and spiritual needs. This presentation will explain the hospice benefit, discuss the process for utilizing the benefit, and explore some of the misconceptions that exist around hospice care.

Jamie brings 32 years of nursing experience to the VNA. The last 20 years have been spent in the homecare arena, 14 of them with VNA of Cape Cod. Jamie joined the hospice team at the VNA 6 years ago and has had the opportunity to serve in several roles on the team, among them nurse case manager, triage nurse, and most recently educator for the hospice and palliative care programs. She brings a passion for providing dignity and comfort the end of life journey.

The workshop will include an opportunity for questions and answers and light refreshments.

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

IN MEMORIAM

**HOWARD BURCH
GUY STRAUSS
REX PETERSON, TRURO TOWN
ADMINISTRATOR**

Truro COA Tuesday Luncheon Menu

Tuesdays, 12:30-1:30 pm

Truro Community Center, 7 Standish Way

March 4th

Ginger Sesame Chicken
Thai Noodle Salad and Asian Slaw
Key Lime Pie

***Soup: Butternut Squash**

March 11th

BBQ Pulled Pork with Honey Corn Bread
Black Bean and Corn Salad and Spring Slaw
Brownie Sundae

***Soup: Corn Chowder**

March 18th

Pita Bread and Hummus
Spiced Turkey Patties with a Moroccan Quinoa Salad
Chocolate and Caramel Bread Pudding ***Soup: Portuguese Kale**

March 25th

Sautéed Shrimp and Chicken Scampi
Mixed Green Salad with a Balsamic Vinaigrette
Sorbet and Cookies

***Soup: Tuscan Turkey**

**Reservations Required by 12 pm Monday
508-487-2462 ext. 10**

\$7.50 (includes beverage and dessert)

***Healthy Low Sodium Homemade Soup is sold separately at the COA \$4.00 per
pint**

March



2014

Mon	Tue	Wed	Thu	Fri
3 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	4 COA CAFÉ 12:30 Disaster Preparedness 1:30	5 Tai Chi (CANCELLED) Strength Training Kathy Stetson Weight Loss 10:00	6 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1:00-4 Ask A Nurse 1:30	7 Strength Train 9:00-10:00 White Line Open Studio 1:30-3:30
10 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	11 COA CAFÉ 12:30 Board Meeting 10:00 AARP TAX PREP. Bereavement Counseling 10:00 Aromatherapy 1:30-3:30 SMILE 9:00	12 Tai Chi (CANCELLED) Strength Training Mass Audiology Legal Assistance (By Appointment) Bereavement 1:00	13 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Wellness Talk w/ Dee Yeater 1:30	14 Strength Training 9:00-10:00 Mystery Book Club 12:30 Shopping Trip 9:00 White Line Open Studio 1:30-3:30
17 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	18 COA CAFÉ 12:30 Story Swap 11:00 Hospice 1:30	19 Tai Chi 8:30 Strength Training 9:00-10:00 Kathy Stetson Weight Loss 10:00	20 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30	21 Strength Training 9:00-10:00 Dr. Campo White Line Open Studio 1:30-3:30 
24 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 OUR TIME 2:00	25 COA CAFÉ 12:30 AARP TAX PREP.	26 Tai Chi 8:30 Strength Training 9:00-10:00 Weight Loss 10	27 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30	28 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
31 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	COA ART GALLERY Opening for Joan Rogers Sunday, March 2 2:00-4:00	 		COA ART GALLERY Opening for Christie Andresen Sunday, April 6 2:00-4:00

ARTIST JOAN ROGERS

WHITE LINE DRAWING

Joan Rogers came to the Cape in 1972 after graduating from Central Michigan University. She married Charlie Rogers and together they raised two boys. She opened and taught in a private preschool for twelve years, then managed Conwell Lumber, the family business until retiring in 2009. Finally having free time to pursue her life long love of the arts she discovered an affinity for White Line Painting. Her subject matter is inspired by the numerous photos taken throughout her lifetime.

**Please join us on Sunday,
March 2nd from 2:00-4:00
to view Joan's beautiful work!!**



COA GALLERY OPENING - SUNDAY, APRIL 6, 2014 2:00-4:00 PM

Artists Statement- Christie Andresen

Taqwa Glassworks

I have enjoyed the art of working with a variety of media since I was very young. These skills have allowed me to approach a unique style of glass crafting that weaves together these mediums, and I have enjoyed the process of experimentation, ultimately finding a balance of each media in the different sets of panels I make.

By using skills learned from years of jewelry making, leather working, metal crafting, technical design and traditional stained glass application, I have been able to hone my skills, creating stained glass panels with hand sculpted brass and copper wire, enameled repose copper, fused elements, hand painted and kiln fired glass, and relief motifs.

The open work, or lacunae, in my panels, along with intricately filled areas, allows me to create designs in the negative space, creating a balance of sculptural negative/static positive.

Movement is created within and on the glass. Kiln worked and fused glass, along with painted and fired enamels allow me to experiment with more intricate and abstract concepts, while harnessing the beauty of transient light.

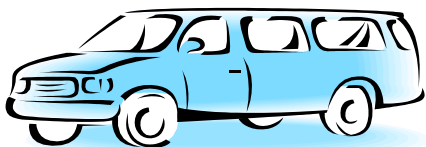
The sculptural aspect of layered glass creates surface texture and along with ambient light plays an important part in the finished pieces, as does the journey of reflected sunlight during the day keeping the panel in a constant state of flux.



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.

*******REMINDER*******

**VAN TRIPS MAY BE CANCELLED IN EVENT OF
INCLEMENT WEATHER. VANS GENERALLY DO NOT RUN
WHEN THE TRURO CENTRAL SCHOOL IS CLOSED DUE TO
WEATHER.**



**ORLEANS SHOPPING TRIP
FRIDAY, MARCH 14, 9AM.
ALL STORES PLUS LUNCH AT
HEARTH & KETTLE.
CALL
508-487-2462 EXT 20
TO RESERVE YOUR SEAT.**

CCRTA WILL BE ADDING DART BUS SERVICE
STARTING JANUARY 21, 2014 BETWEEN
PROVINCETOWN AND ORLEANS FROM THE
HOURS OF 9AM TO 6PM, MONDAY THRU
FRIDAY. LOG ON TO THEIR WEBSITE FOR
INFORMATION AND FARES AT
WWW.CAPECODRTA.ORG
OR CALL 800-352-7155 TO BOOK YOUR TRIP.



**PLEASE CALL AS SOON AS YOU
GET YOUR APPOINTMENT
DATE AND TIME AS THE TRIP
REQUESTS HAVE INCREASED. .**

**DON'T FORGET TO CALL AT
LEAST 24 HOURS BEFORE
NEEDING TRANSPORTATION**

508-487-2462

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

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

Diane Rose, President; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingrum, Brian Trainor, Bill Worthington.

Council on Aging Officers: Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingrum, Joan Moriarty, 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 Duarte, Office Manager; Katherine Stillman, Outreach Coordinator; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, 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**

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 Bobbie Sue Kane, & Nancy Travers for their invaluable help with the bulk mailing..