



**TRURO COUNCIL ON AGING
FEBRUARY 2015
NEWSLETTER**

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

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

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.

CAPE COD HOARDING TASK FORCE

The Cape Cod Hoarding Task Force, in partnership with the Harwich and the Truro Council On Aging's, will hold a "Buried in Treasures" workshop and dialogue on Thursday, February 26, 2015, from 9:30-11:30 at the " Truro Council On Aging.

Guest speaker, Lee Shuer, Director of Mutual Support Services at ServiceNet and a former compulsive collector (hoarder), will lead this interactive event that is open to all interested community members. The workshop addresses topics including excessive stockpiling, collecting, saving, and hoarding and how to begin to lead a less cluttered life. If you or someone you love is struggling with excessive collecting, please join us to learn about resources available as well as the *Buried in Treasures, Self-help Workshop* that will soon be available in your area.

For more information go to www.hoardingcapecod.org, email info@hoardingcapecod.org or call

508-375-6620

CHRONIC DISEASE SELF—MANAGEMENT WORKSHOPS

February 23-March 30 1:30 pm-2:30 pm

Refreshments will be served. Come and learn about this exciting FREE 6 week workshop

Chronic Disease Self-Management is for anyone living with an on-going medical condition like: Arthritis, Asthma, Cancer, Chronic Back Pain, Chronic Fatigue Syndrome, COPD, Diabetes, Fibromyalgia, Heart Disease, High Blood Pressure, Parkinson's Disease, Stroke...*and more*

Chronic disease, pain, and discomfort may limit activities you enjoy. Join the *Chronic Disease Self-Management* workshop and start to live again!

Learn to:

Eat well

Handle stress and relax

Control your pain

Increase your energy level

Start an exercise program

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, February 11 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.

NEXT COOKING CLASS WITH HEATHER BAILEY

Thursday, **February 26** at 10:00 am

“How to Eat to Improve Memory”

Session runs approximately 1.5 hours followed by a shared lunch.

\$5.00 - You must sign up for this class by January 30

508-487-2462 ext. 10

**“LOVE SONG “ SING-A-LONG**

WITH MARGIE CHILDS AND ACCOMPANIED BY STEVE SOLLOG

ON HIS KEY BOARD

FEBRUARY 10TH AT 1:15 PM

PLEASE COME TO OUR LUNCHEON BEFORE THE SING-A-LONG!!

**BE MY VALENTINE CARD CLASS**

Beth Wood, independent demonstrator for Stampin' Up, will be offering a rubber stamping and card making class in the COA Activities Room on **Monday, February 9th from 1:30PM-3:30PM**. Each participant will be making 4 Valentines and will receive a “Stacked with Love Designer Series Paper Stack”. Please bring a pair of good paper cutting scissors. Class is limited to 8 participants. Materials cost for this class is \$10.00. **Registration deadline is February 4th. Please call Margie at 508-487-2462 x 20.**

MAKING SENSE OF YOUR PAIN-PART II

Last month we talked about looking for patterns in your pain symptoms. I mentioned that you should try to describe the quality of the pain. Why is this important? What do different types of pain mean?

This information can provide clues about the source of the problem. For instance, soreness during or after activity can often be a muscle or tendon issue (sprains, tendonitis, etc). Aching and stiffness may indicate arthritis. Burning pain, as well as numbness or tingling might suggest a nerve problem. Pain that starts near the spine and radiates out to the arms or the legs can signal a pinched nerve. Numbness or coldness can be related to circulation problems. An area that is very tender to the touch usually indicates that there is some type of inflammation (in medical jargon, any condition that ends in *-itis* means inflammation, for example: bursitis, tendonitis) or a fracture. Pain or pressure in the chest or left arm always demands immediate attention, as it can be a sign of heart trouble.

These patterns don't necessarily hold true for 100% of patients, but often they do provide clues as to what is happening. Your medical provider will consider your symptoms, the rest of the situation, your medical history, the clinical exam, and the results of your medical tests to arrive at a diagnosis of the problem. As the saying goes, "Treatment follows diagnosis", in other words you need to know what you are dealing with before you know how to treat it.

This column is for educational purposes only. Discuss pain symptoms with your medical provider and do not attempt to diagnose yourself based on this type of general information.

Kathy Stetson, Certified Health Specialist Physical Therapist

Please contact Elton Cutler, Outreach and Resource Coordinator, if you are having difficulty taking your trash or recyclables to the Transfer Station. We may be able to help!

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.



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, February 17th at 6:30 pm at the Council on Aging and bring a friend!

**SHINE NEWS...****Can I change my Medicare Plan after Open Enrollment?**

Even though Medicare's Annual Open Enrollment ended on 12/7/2014 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan –Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year.

For those with a Medicare Advantage Plan (HMO or PPO): Between January 1st and February 14th, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You cannot switch to another Medicare Advantage Plan during this time. You will be able to join a Medicare Prescription Drug Plan (Part D) to add drug coverage. You may also add a Medicare Supplement (Medigap Plan) at this time.

For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment.

Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

Would you like to be a SHINE Counselor? If becoming a SHINE volunteer interests you, please call Sheila Curtis, Regional SHINE Manager for Cape and the Islands, at 508-375-6762. The training will begin in April and consists of 12 full days- 2 days per week. You will learn all about Medicare, MassHealth and other public assistance programs. You will be required to pass a certification exam at the end of the training, attend monthly meetings and volunteer at least 4 hours per week.

How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. We are happy to talk with you at any time of the year. We can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. We may also be able to save you money through public assistance programs. Please call the senior center to make an appointment with a SHINE counselor.



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

Feb. 13th-"Goldfinch" by Donna Tarit

Mar. 13-"The Thin Man" by Dashiell Hammett

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



LET'S PLAY SCRABBLE!!

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

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

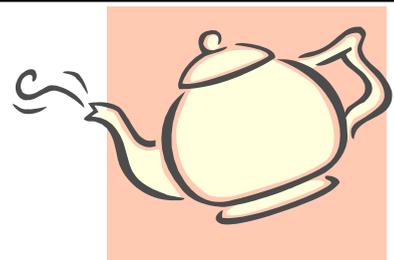
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room





DO YOU NEED HELP WITH YOUR DENTAL CARE?

Approximately 79% of Elders on Cape Cod do not have adequate dental coverage. The Ellen Jones Community Dental Center offers access to comprehensive dental care. Providers and staff are committed to delivering quality dental services to all Cape Cod communities. They accept Mass Health, most commercial insurance plans, Health Safety Net, (Free Care) and Self Pay.

The Ellen Jones Dental Center offers its clients access to the following services:

***Comprehensive Oral Examination**

Oral cancer screening
Head and neck exam

***Oral Surgery**

Wisdom teeth extraction
Periodontal surgery

***Restorative and Prosthetic Dentistry**

Fillings, Crowns, Partial Crowns, Dentures, Partial Dentures

***Preventative Dentistry**

Periodontal disease management
Teeth cleaning and treatment
Sealants
Fluoride Supplementation
Nutritional and dietary input

***Pediatric and Orthodontic Dentistry**

Address: 351 Pleasant Lake Avenue Harwich, MA 02645

To make an appointment, Please call (508) 778-5400 **Fax:** (508)-778-5401

GOSNOLD - in Provincetown offers outpatient therapy for individuals, groups, couples, and families. They offer support to 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, Relationship problems
- * Grief and loss, Major mental illnesses, Trauma, Eating problems

For more information or a confidential appointment call (508) 487-2449

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**OUTREACH & RESOURCE SERVICES**

The Outreach Coordinator can help with applying for the following:

- \*Fuel Assistance
- \*SNAP (Food Stamps)
- \* SHINE (Medicare/Mass Health)
- \*USDA Food
- \*Counseling
- \*Food Pantry (LCOC)
- \*Elder Services for Meals on Wheels
- \*Homecare
- \*Health Clinics
- \*Legal Assistance
- \*Financial Management
- \*Respite Care
- \*Town Nurse Visits
- \*Medical Equipment
- \*Alzheimer's Family Support
- \*Reassurance

For more information or to schedule an appointment call (508) 487-2462 ext. 13



# COA CAFE

**TUESDAY 12:30 PM**

**\$7.50**

**February 3rd**

Classic Meatloaf with a Roasted Potato Medley  
Sautéed Mixed Winter Vegetables  
Soup: Tortellini Soup

**February 10th**

Roast Pork Loin with Mango Chutney  
Mashed Sweet Potato and Butternut Squash  
Mixed Greens  
Soup: Tuscan White Bean, Tomato & Kale Stew

**February 17th**

Baked Stuffed Chicken Breast  
Mashed Potatoes w/Gravy  
Peas & Carrots  
Soup: Old Fashioned Chicken Rice

**February 24th**

Seafood Scampi and Broccoli over Pasta  
Classic Caesar Salad and Garlic Bread  
Soup: Corn Chowder



**Alternative:** Soup du Jour , Salad and Desert

| Mon                                                                                                                      | Tue                                                                                                  | Wed                                                                                                                                                                                                   | Thu                                                                                                                                                                                 | Fri                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
|                                                                                                                          |                                                                                                      |                                                                                                                                                                                                       |                                                                                                                                                                                     |                                                                                                           |
| <b>2</b><br><b>Strength Training 9:00-10:00</b><br><br>Memoirs Writing Group 10:30                                       | <b>3</b><br><b>COA CAFÉ 12:30</b>                                                                    | <b>4</b><br><b>Tai Chi 8:30</b><br>Strength Training w/Kathy Stetson<br>Coffee Hour 10:00<br>Weight Loss 10:00                                                                                        | <b>5</b><br><b>CORE 11-12:00</b><br>PACE 12:30-1:30<br>Mahjongg 1:00-4<br>Tea Time 1:30<br>Ask A Nurse 1:30                                                                         | <b>6</b><br><b>Strength Training 9:00-10:00</b><br><br><b>White Line 1:30</b>                             |
| <b>9</b><br><b>Strength Training 9:00-10:00</b><br><br>Memoirs Writing Group 10:30<br><br>Valentine Card Class 1:30-3:30 | <b>10</b><br><b>COA CAFE 12:30</b><br><br><b>Love Songs Margie Childs 1:15-1:30</b>                  | <b>11</b><br><b>Tai Chi 8:30</b><br>Strength Training 9:00-10:00 w/ Kathy Stetson<br>Coffee Hour 10:00<br>Weight Loss 10:00<br>Bereavement Support Group 1:-2:30<br>Legal Assistance (by appointment) | <b>12</b><br><b>CORE 11-12:00</b><br>PACE 12:30-1:30<br>Mahjongg 1:00-4<br>Tea Time 1:30<br>Ask A Nurse 1:30                                                                        | <b>13</b><br><b>Strength Training 9:00-10:00</b><br>Mystery Book Club 12:30<br><br><b>White Line 1:30</b> |
| <b>16</b><br><b>HOLIDAY</b><br><br><b>COA CLOSED</b>                                                                     | <b>17</b><br><b>COA CAFÉ 12:30</b><br><b>AARP TAX PREPARATION</b><br><b>Women's Reflections 6:30</b> | <b>18</b><br><b>Tai Chi 8:30</b><br>Strength Training 9:00-10:00 –<br>Weight Loss 10:00<br>Coffee Hour 10:00<br>Story Swap 11:00                                                                      | <b>19</b><br><b>CANCELLED</b><br><b>CORE 11-12:00</b><br><b>CANCELLED</b><br><b>PACE 12:30-1:30</b><br>Mahjongg 1:00-4<br>Tea Time 1:30                                             | <b>20</b><br><b>Strength Training 9:00-10:00</b><br>White Line 1:30<br>Dr. Campo (By Appointment)         |
| <b>23</b><br><b>Strength Training 9:00-10:00</b><br>Memoirs Writing 10:30<br>Chronic Disease 1:30-3:30                   | <b>24</b><br><b>COA Café 12:30</b>                                                                   | <b>25</b><br><b>Tai Chi 8:30</b><br>Strength Training 9:00 w/Kathy Stetson<br>Weight Loss 10:00<br>Coffee Hour 10:00<br><b>FRUSTRATED OPTIMISTIC GARDENERS 6:30</b>                                   | <b>26</b><br><b>Hoarding Task Force 9:30-11:30</b><br><b>Cooking Class 10:00</b><br><b>CORE 11-12:00</b><br>PACE 12:30-1:30<br>Mahjongg 1:00-4<br>Tea Time 1:30<br>Ask A Nurse 1:30 | <b>27</b><br><b>Strength Training 9:00-10:00</b><br>White Line 1:30                                       |

### **Encasustic Art by Jennifer A. Creech**

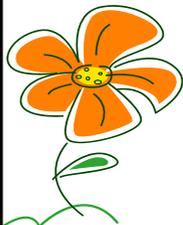
#### **The Ancient Art of Encasustic Wax**

Self taught artist, Jennifer Creech is originally from Louisiana, but has lived on Cape cod for the last 15 years. She has worked in many different mediums over the decades, starting with charcoals and pencils, on to acrylics, then wood carving, metal smithing, stained glass, clay, oil painting, watercolor, Polymer clay sculpture (figurative), resin and finally, the medium of her dreams....ENCAUSTIC WAX.

All she has learned over the years has uniquely prepared her to work with this beautiful, natural way of making art. Encaustic Wax is an ancient medium, the history of which is fascinating. One feels like an alchemist when mixing the combination of Bess wax, Tree sap (Damar Resin), and Leaf Wax (Carnuba) to create the base encaustic medium. The mixing of pigments in the form of colored wax medium, powdered pigment, oils, or inks feel like stepping into the past. Other natural substances from the ancient world, like natural inks, oils, or natural enamels like Lac Bug Secretions powdered then suspended in ethanol (shellac) are added in a variety of ways for different effects. Finally, after every layer, a heat source must be utilized to "Fuse" the wax together. The end result is a multi-layered, luminous, representative, if not entirely realistic, portrayal of the controlled chaos that is nature, and the world around us.

Jennifer's paintings of nature are recognizable on some deep, primal level, as if these landscapes might have been glimpsed while first escaping the primordial soup.

**Art Opening will be held on Sunday, February 1, from 2:00-4:00 pm**



Truro COA

**F.O.G. (FRUSTRATED OPTIMISTIC GARDENERS)**

**February 25th at 6:30 pm**

**Featuring Patrick Lamerson**



**Patrick holds a Masters in Science Botany and will be speaking about Native Plants and Invasive Species**

**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.**

### **WHITE-LINE BLOCK PRINT OPEN STUDIO**

**Fridays in February**

**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 to help defray vehicle costs to the town are appreciated. We strive to accommodate the most riders in an efficient manner.

**NEW VAN SCHEDULE  
EFFECTIVE FEBRUARY 1, 2015**

**BLUE FORD FLEX**

**MONDAY:** BOSTON (VAN LEAVES 7AM, RETURNS 5PM)  
APPOINTMENTS MUST BE BETWEEN 10AM AND 2PM

**TUESDAY:** HYANNIS (VAN LEAVES 9AM, RETURNS 4PM)  
APPOINTMENTS MUST BE BETWEEN 10AM AND 3PM

**WEDNESDAY:** BOSTON (VAN LEAVES 7AM, RETURNS 5PM)  
APPOINTMENTS MUST BE BETWEEN 10AM AND 2PM

**THURSDAY:** HYANNIS AND/OR SANDWICH (VAN LEAVES 8AM, RETURNS AT 4PM)  
APPOINTMENTS MUST BE BETWEEN 9:30AM AND 2:30PM

**FRIDAY:** HYANNIS AND/OR SANDWICH (VAN LEAVES 8AM, RETURNS 4PM)  
APPOINTMENTS MUST BE BETWEEN 9:30AM AND 2:30 PM

**WHITE FORD ECO VAN**

**MONDAY:** LOCAL ERRANDS, OUTER CAPE HEALTH PROVINCETOWN AND WELL FLEET, PROVINCETOWN SHOPPING (VAN LEAVES 9AM, RETURNS 3PM)

**TUESDAY:** COA PROGRAMS NOON-3PM

**WEDNESDAY:** ORLEANS/BREWSTER (VAN LEAVES 9AM, RETURNS 3PM)  
APPOINTMENTS MUST BE BETWEEN 10AM AND 2PM

**THURSDAY:** PACE AND LOCAL ERRANDS NOON-2PM

**FRIDAY:** LOCAL TRANSPORTS AND ERRANDS 9AM-3PM

**All rides are subject to the availability of a vehicle and driver. When the Truro Central School is closed due to inclement weather, all COA van rides are cancelled. Please remember to give a minimum of 48 hours notice when making a ride reservation.**

**If we do not have a ride available, there are ride programs offered by the Cape Cod RTA, Helping our Women, American Cancer Society and South Shore Community Action Council. Call Margie at 508-487-2462 x 20 for details.**

TRURO COUNCIL ON AG-  
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P. O. BOX 500

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

**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 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, Bernard Robbins,  
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 Du-  
art, Office Manager; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, Da-  
vid Peterman and Chuck Zimmer, Van Drivers.

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