



**TRURO COUNCIL ON AGING
MARCH 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.

Health & Safety Seminar



Come join us on Tuesday, March 24th at 1:30 pm - 2:30 pm

Officer Steven Raneo - will present K-9 Unit, Reassurance list, Alzheimer's / Endangered Persons Registration Program.

Mark Turley - from Cape Cod Life-Line will present falls and fall prevention and review Life-Line safety products.

Captain Shannon Corea - will present Smoke Detectors, File of Life and A Ride Home program.

CHRONIC DISEASE SELF—MANAGEMENT WORKSHOPS

**MONDAYS BEGINNING March 2nd through March 30th 1:30 pm-3:30 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, March 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.

COOKING CLASS WITH HEATHER BAILEY**“Cooking For One”****Thursday, March 12th at 10:00 am****Session runs approximately 1.5 hours followed by a shared lunch.****\$5.00 - You must sign up for this class by March 5****508-487-2462 ext. 10****Death Café****Wednesday, March 25 at 1 pm****PROVINCETOWN COUNCIL ON AGING**

Join us in an effort to demystify death with an informal sharing of thoughts, questions or concerns about any aspect of grieving, dying and death. It's not a support group or a counseling session, not even a workshop! Facilitated by Brooks Reinhold, Beacon Hospice, we will come together in a relaxed comfortable atmosphere, enjoying refreshments and thought-provoking, life-affirming conversation

RSVP: 508-487-7080**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.

SHINE NEWS...**Does Medicare cover fitness programs?**

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) Plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program and fitness classes available at senior centers may also be eligible for reimbursement.

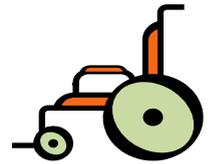
Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

Trained SHINE (Serving the Health Insurance Needs of Everyone on Medicare) volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to make an appointment with the SHINE counselor.

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.

**HEALTH TIPS – Living with bladder problems**

Embarrassment or fear of an accident is common if you have urinary leakage. However, various therapies, medications and bladder training can help you gain better control over your bladder. Your doctor or urologist can help put together a plan specific to your needs. You can also boost your confidence in getting out and about by:

- Scouting your destination—once you arrive at your destination, locate the restroom
- Locating a convenient spot- Select a location to stand or sit that allows you to easily get away to go to the restroom. Select seating by the aisle at church or at a movie theater. If dining out, avoid getting seated in a booth or a corner.
- Avoiding or limiting bladder irritants- caffeine, citrus juices, carbonated beverages, alcoholic beverages, and tobacco products are known bladder irritants that may be best avoided before your outing.
- Wearing the right clothing- Attire that does not require a belt may be more practical
- Having a supply of pads- pads specifically designed for urinary leakage are often very discreet and can easily fit into a purse or small backpack.
- Having a change of clothes – if an accident does happen, this allows you to avoid going home
- Having a purse, bag or sweater tied around your waste- should an accident or leak occur, this allows you to cover up on your way to the rest room.

Taken from the January Mayo Health letter.



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.

Dr. Preston Presentation Tuesday, March 31st, 1:30-3:00 pm**“Disease starts in the Gut”**

Acid-stopping medications (of the “purple pill” variety) work by interfering with the proton pump and stopping the production of hydrochloric acid in stomach cells. Diseases associated with low gastric acidity include: asthma, celiac, eczema, and many others. Dr. Preston will provide you with practical applications and solutions that will prevent disease and create everlasting health.

Anxiety and Worry

The dictionary defines anxiety as distress or uneasiness of mind, or a state of apprehension. We all get anxious or nervous at times—it is our way of telling ourselves that we may not be safe or that something isn't good for us. Ideally, we can acknowledge the feeling and either let it go or take appropriate action and then let it go. Often, though, anxiety lingers past its usefulness. The following are “grounding” exercises which can help us to release the anxiety; before you begin, rate your anxiety on a scale of 1-10.

1. Remind yourself what day it is, where you are, what season and month it is. Next, imagine your anxiety is bundled up or put into a container. Imagine something between you and the bundle that creates a safe distance; it may be armor, an ocean, a forest, etc. Next, look around the room and name the colors you see and then all the objects. Notice floors, walls, rugs, specific furniture, pictures, windows, lights, etc. Do this deliberately and with focus. Take your time. Pick one object and describe it in detail to yourself. Notice something with print on it; read the letters of the words backwards, noticing the look of each letter. Now notice if your stress level has changed. Continue with the exercise by either counting backwards from 20 or, starting with 100, subtract by 5 until you get to 0. Then name some facts: cities, sports teams, oceans, tv shows, cars, etc. Don't worry about getting things right, or how many you name. End this with again noticing any change in your anxiety.
2. Notice and feel your feet on the floor. Wiggle your toes, press your heels into the floor, feel your body against the seat, touch the seat and notice its texture and temperature. Feel an object near you and also feel its temperature and texture. Now clench your fists and notice the sensation. Release them and notice the feeling. Press your palms tightly together and notice the sensation of that and of releasing them. Shake your hands and arms. If comfortable, move your head side to side in various ways. Notice any change in your stress level.
3. Think of favorite things: color, time of day, season, activity, people, animals, movies, books, tv shows, etc. Spend a minute thinking about one of these favorite things. Now think of an upbeat song you like; sing or hum it to yourself. Notice any change in your anxiety level. Think of a favorite place—either one that exists or that you make up. What does it look like, what is in it, what do you hear and smell there? What is the temperature? Use all your senses. And again notice your anxiety level.

You are apt to find that some of these exercises work better than others; mix and match, make up your own, discard what doesn't work, and keep what does. The more you practice them, the easier it becomes to relax, and the more apt you are to remember to do them when you're uncomfortably stressed. If stress or anxiety feel too much to handle or is interfering in your life, please consider professional help.

Georgia Neill, LICSW, Gosnold, 508-487-2449



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

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

April 10 "Dust" by Patricia Cornwall

May 8 "Season of Darkness" by Maureen Jennings

June 12 "Cocaine Blues" by Kerry Greenwood

July 10 "Wish You Were Here" Rita Mae Brown

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, March 18 at 11:00 am, 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

THURSDAY from 1:00 pm to 4:00 pm



PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE COA

WEDNESDAYS 10:00 am

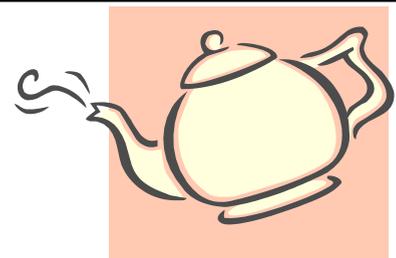
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room





PREVENTION!

The National Do Not Call Registry - gives you a choice about whether to receive telemarketing calls. You can register your home or mobile phone for free by calling 1-888-382-1222 It's super easy just listen to the phone prompts:

English press 1

Press 1 to register your number

You must be calling from the phone you want to register

Enter your 10 digit phone number

Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint.

ARE YOU A CAREGIVER IN NEED OF HELP?

If you are providing care for a loved one and find yourself overwhelmed at times by the task, please contact our Outreach Department to find out if there are any community resources available to help support you and your loved one. For more information or a confidential appointment contact the Outreach & Resource Coordinator

IMPORTANT REMINDER

The Massachusetts Registry of Motor Vehicles no longer mails reminders to drivers to renew their license or vehicle registration. Remember to check yours to be sure you don't let it expire.

FUEL ASSISTANCE

The Outreach & Resource Coordinator will assist you in filling out the forms and submitting them to South Shore Community-Action Council. Call (508) 487-2462 x 13 to schedule an appointment.

SIGHT LOSS SUPPORT GROUP RETURNS

Peer –led group will begin on Wednesday, March 25 at 1:00-3:00 pm . Transportation may be available if needed. Please contact us to register.

COA CAFE

TUESDAY 12:30 PM \$7.50

March 3rd

Thai Fish Cakes

Thai Noodle Salad and Asian Slaw

Soup: Butternut Squash

March 10th

Classic Meatloaf w/Herb Roasted Potato Medley

Soup: Corn Chowder

March 17th

Corned Beef and Cabbage, Potatoes and Carrots

Soup: Mexican Chicken

March 24th

Shrimp and Chicken Alfredo

Mixed Green Salad with a Balsamic Vinaigrette

Soup: Tuscan Turkey

March 31st

Cod Piccata with Garlicky Mashed Potatoes

Classic Caesar Salad

Soup: Spring Pea



Alternative: Soup du Jour , Salad and Dessert

MARCH



2015

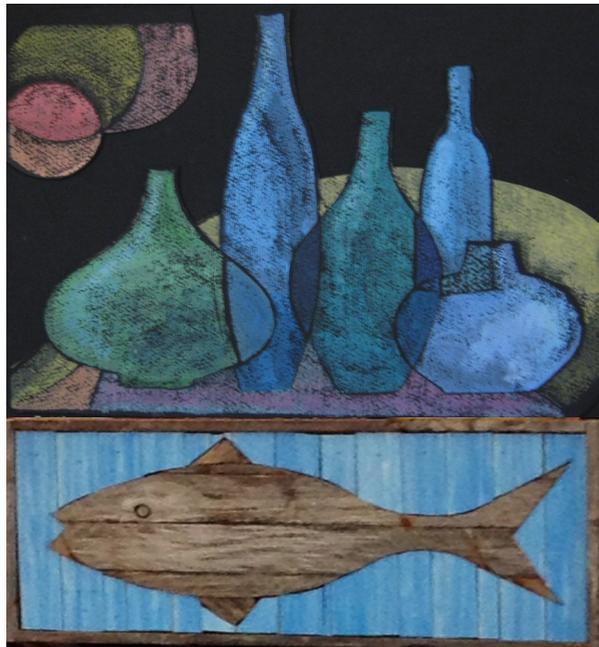
Mon	Tue	Wed	Thu	Fri
<p>2 Strength Train-ing 9:00-10:00 Memoirs Writing 10:30 Chronic Disease1: 1:30-3:30</p>	<p>3 COA Café 12:30 AARP TAX PREPARATION Women’s Reflec-tions 6:30</p>	<p>4 Tai Chi 8:30 Strength Training 9:00 Weight Loss 10:00 Coffee Hour 10:00</p>	<p>5 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30</p>	<p>6 Strength Train-ing 9:00-10:00 White Line 1:30</p>
<p>9 Strength Train-ing 9:00-10:00 Memoirs Writing Group 10:30 Chronic Disease1: 1:30-3:30</p>	<p>10 Board Meeting 10:00 COA CAFÉ 12:30 Women’s Reflec-tions 6:30</p>	<p>11 Tai Chi 8:30 Strength Training Coffee Hour 10:00 Weight Loss 10:00 Bereavement Support Group 1-2:30 Legal Assistance (by appointment)</p>	<p>12 Cooking Class 10:00-12:00 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30</p>	<p>13 Strength Train-ing 9:00-10:00 Mystery Book Club 12:30 White Line 1:30</p>
<p>16 Strength Train-ing 9:00-10:00 Memoirs Writing Group 10:30 Chronic Disease1: 1:30-3:30</p>	<p>17 COA CAFE 12:30 AARP TAX PREPARATION Women’s Reflec-tions 6:30</p>	<p>18 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Story Swap 11:00</p>	<p>19 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30</p>	<p>20 Strength Train-ing 9:00-10:00 White Line 1:30 Dr. Campo (By Appointment)</p>
<p>23 Strength Train-ing 9:00-10:00 Memoirs Writing Group 10:30 Chronic Disease1: 1:30-3:30</p>	<p>24 COA CAFÉ 12:30 Heath & safety Seminar 1:30 Women’s Reflec-tions 6:30</p>	<p>25 Tai Chi 8:30 Strength Training 9:00-10 Weight Loss 10:00 Coffee Hour 10:00 Sight Loss 1-3:00 FRUSTRATED OPTIMI-SIC GARDENERS 6:30</p>	<p>26 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30</p>	<p>27 Strength Train-ing 9:00-10:00 White Line 1:30</p>
<p>30 Strength Train-ing 9:00-10:00 Memoirs Writing 10:30 Chronic Disease 1:30-3:30</p>	<p>31 COA Café 12:30 AARP TAX PREPARATION Dr. Preston 1:30 Women’s Reflec-tions 6:30</p>			<p>Truro Group Art Opening March 8th 2:00-4:00</p>



the TRURO GROUP a community of Artists

Opening Sunday, March 8, 2015 2:00 – 4:00 PM

Truro Council on Aging



The Truro Group is a group of more than 40 artists who make Truro their home for at least part of the year. The artists work in a variety of visual media.

Please join us to celebrate the end of the winter blues!

Exhibition through March 27th.

Blow Out the Winter Blues!



WHITE-LINE BLOCK PRINT OPEN STUDIO

Fridays in March 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 Duart, Office Assistant; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman, Chuck Zimmer, & Rich Tuden, Van Drivers.

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