



**TRURO COUNCIL ON AGING
MAY 2016
NEWSLETTER**

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

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 Fair!!

Hosted by the Truro Council on Aging in conjunction with the VNA of Cape Cod

**Truro Council on Aging: 7 Standish Way, North Truro, MA Tuesday,
May 10 2016 9:00-11:30 pm**



**VISITING NURSE ASSOCIATION
OF CAPE COD**
Member Cape Cod Healthcare



Screenings:

Bone Density

Blood Pressure

Cholesterol

Body Mass Index

Education:

Reiki

Nutrition

Health Living Cape Cod

For more information please call (508) 487-2462

MASS BAR ASSOCIATION

2016 Elder Law Education Program

Thursday, May 19th 1:30-2:30 pm

"Taking Control of Your Future: A Legal Checkup"

Presented with the generous assistance and cooperation of the Massachusetts Chapter of the National Academy of Elder Law Attorneys

Will allow you the opportunity to customize a presentation based on the materials included in our revised and expanded resource guide.

Please R.S.V.P, 508-487-2462

LIVE YOUR LIFE WELL PROGRAM

SATURDAY, MAY 14

10:00-12:30 PM

LIGHT LUNCH WILL BE SERVED

Living well is about taking responsibility for your past decisions and making smart health choices for today and the future. It is never too late to begin.

The COA will be sponsoring a talk on May 14 to discuss this topic.

Living well should consist of a balance between mind, body and spirit.

For the Body:

- Good nutrition, Eating well
- Beneficial exercise, Staying active
- Adequate rest

For the Mind:

- Exercise for your mind
- Connect with others
- Help others; volunteer
- Pursue creative interest

For the Spirit:

- Reduce stress
- Explore spirituality

BEREAVEMENT SUPPORT GROUP WILL NOW BE OFFERING TWO SESSIONS

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 May 11 & 25, from 1:00-2:30 pm** 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 3:00 pm to 4:30 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

Music may help with recovery after surgery – April 2016 Mayo Clinic Health Letter. Volume 34 #4

Researchers report that music may be a convenient, safe, and inexpensive way to help recover after an operation.

Quite a few studies have sought to evaluate the soothing power of music in the surgical arena. To get a broader look at the evidence, investigators from the United Kingdom reviewed more than 70 randomized controlled trials – these are generally the most rigorous type of studies – in which music was played before, during or after a surgical procedure.

The overall results show that music played at any time---but particularly before a procedure---can lessen the pain and anxiety people often feel after the procedure. It can also reduce the need for pain relievers and improve a person's satisfaction level. Music was effective even for people who were asleep (under general anesthesia) during surgery. One thing music didn't do was make a difference in the length of the hospital stay.

The collection of studies reviewed was fairly heterogeneous, meaning that the parameters used for individual studies varied quite a bit from one to the next. In other words, it's hard to be sure if the benefits of music apply equally to every procedural scenario. Overall, the authors concluded that there was enough research to recommend that music be an option for anyone undergoing surgery.

The next time you need to have a medical procedure done, consider asking your doctor or surgeon whether you can bring headphones and your favorite music. It just might help make the experience all the more bearable.

Note: I had to have a test recently and they offered headphones and a choice of music. It helped me, maybe it will help you.
Dee Yeater RN BA. Public Health Nurse



ADULT COLORING CLASS

WEDNESDAY MORNINGS

10:00 AM

Please join us and have some fun!!



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.

Medications

Older adults in general take more medications than younger adults, and, as we age, our bodies respond differently. An older person may need smaller doses and may feel the effects or side-effects more strongly. Taking care of ourselves means knowing about our medicines and informing our medical providers and pharmacist of all the medicines we take. Medication errors result in thousands of deaths and injuries a year. To reduce the risks, it is important that doctors, pharmacists, and patients work together. Some questions to ask your health care provider or pharmacist about prescribed or over-the-counter (OTC) meds are:

- Can I safely take this with my other prescribed and/or OTC meds?
- Can I safely drink alcohol while on these meds?
- How long will I be on this?
- What side-effects should I be concerned about?

Other steps to take to protect yourself:

Take meds only as prescribed and verbally clarify the prescription name and instructions before leaving the dr's office and the pharmacy;

Bring meds, including over-the-counter meds, to medical appointments and have a list of current meds on your refrigerator;

Ask the purpose of any new meds and if there are safer alternatives;

If you are in a hospital or rehab, check or have a loved one check the list of meds they are giving you—do not assume it is correct.

Some meds, especially those for sleep, anxiety, and pain, are at times misused and inappropriately prescribed, and can be addictive. They can lead to many problems including falls, lethargy, confusion, memory loss, poor concentration, sleep disturbance, depression, nervousness, irritability, and unexplained pain. Too much of these meds, or stopping them too suddenly, can sometimes worsen the problems they are meant to treat. If you have some of these symptoms, or if you find yourself taking more than prescribed, asking friends or family for theirs, or being anxious at the thought of not taking it, talk to a trusted health or behavioral health professional. Because stopping some meds too quickly can be dangerous, consult with a doctor before stopping any medication.

You and your health are important! Be an informed consumer and an active participant in your health care.

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

**MEN'S WORKOUT**

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



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

May 13th “Death At La Fenice” by Donna Leon

June 10th “Final Judgement”-Richard North Patterson

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, May 18 at 11:00 am, COA

Tai Chi & Chi Kung Classes at the COA

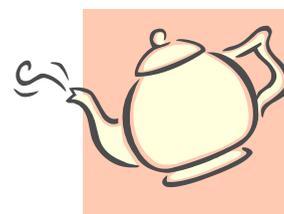
This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental, physical balance and general well being, with an emphasis on “mindfulness”- remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. 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



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
GAIL R. FIELDS
JOEL SEARCY



You may soon be a senior who is eligible for Medicare and supplemental health insurance. You should sign up for Medicare three months before reaching age 65, even if you plan to delay receiving retirement benefits because you are working. Otherwise, your Medicare medical insurance, as well as prescription drug coverage, could be delayed, and you could be charged much higher premiums and penalties for not signing up at age 65. The Truro Council on Aging provides free health insurance information, assistance and counseling to Medicare beneficiaries of all ages and their caregivers by our Serving the Health Insurance Needs of Elders or SHINE program.

Our SHINE counselors help seniors and disabled adults understand their rights and benefits under Medicare and other health insurance.

Provide information and assistance on Medicare Part D and other prescription drug programs.

Compare Medigaps to Medicare Advantage plans and their costs and benefits.

Assist with billing problems and appeals.

Prevent seniors from buying unnecessary or duplicate coverage.

Help prepare enrollment forms and applications for assistance.

There are 2 main ways to get your Medicare coverage— Original Medicare or a Medicare Advantage Plan (like an HMO or PPO). Many people get additional coverage, like Medicare prescription drug coverage or Medicare Supplement Insurance (Medigap).

To get started with Medicare today and learn more about your Medicare coverage choices, call Elton at (508) 487-2462 X13 to schedule an appointment.

CAN I CHANGE MY MEDICARE PLAN AFTER OPEN ENROLLMENT?

Even though Medicare’s Annual Open Enrollment ended on 12/7/2015 (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 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. 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, call Elton at (508) 487-2462 X13 to schedule an appointment.

If you would like to learn more about other services we provide please call or log on to www.truro-ma.gov/coa

- | | | | |
|----------------|-----------------|----------------------|-------------------|
| MassHealth | Fuel Assistance | SNAP (Food Stamps) | Medical Equipment |
| Transportation | Counseling | Legal Assistance | Respite Care |
| Health Clinics | Reassurance | Financial Management | Fitness |

Do you need a ride to Boston?

Please consider the following options.

TRANSPORTATION OPTIONS FROM TRURO TO BOSTON MEDICAL FACILITIES**CAPE COD REGIONAL TRANSIT AUTHORITY**

Boston Hospital Transportation (BHT) 800-352-7155 for reservations. Medical appointments must be between 10:00AM & 2:00PM. Bus leaves Dunkin' Donuts in Wellfleet at 7:00AM and leaves Boston for return at 3:00PM.

DEPARTMENT OF HEALTH AND HUMAN SERVICES

MassHealth provides transportation services to and from a MassHealth provider for a MassHealth-reimbursable service. Forms for this service are generated by your health care provider.

HELPING OUR WOMEN (HOW)

Provides transportation for women diagnosed with chronic, life threatening or disabling conditions. All services are free and confidential. (508)487-4357. Helpingourwomen.org

AMERICAN CANCER SOCIETY

Patients must be travelling to an appointment required to begin or complete cancer treatment. Patients must be ambulatory. 800-227-2345 www.cancer.org

SOUTH SHORE COMMUNITY ACTION COUNCIL

SSCAC, Inc. is an authorized vendor of the Commonwealth of MA Division of Medical Assistance (DMA). Transportation services are provided for a small fee.

Transportation Coordinator, (508)747-7575x6229 www.sscac.org

CALIBER/MEDEX PATIENT TRANSPORT

(508)744-3760 for information and fee schedule.

CAPE AIR**State Residential Fare**

\$82.00 each way. Fly out of Provincetown to Boston on Tuesday, Wednesday, Thursday, Friday.

(800)227-3247 for reservations. You must show proof of Cape Cod residency.

CAPE & ISLANDS VETERANS OUTREACH CENTER AND GRACE VETERANS PROGRAM

(508)778-1590 or (774)470-4971 for more information on transport for veterans.

Do You or Someone Who Lives With You Have A Disability?

If an emergency arises at your home and you call 9-1-1, your call is answered at the Truro Police Department's 9-1-1 system which automatically displays your name, address and telephone number on the dispatcher's screen. **At your request**, codes will be displayed on the dispatcher's screen that will identify the disability code that you or someone living with you at your address. These codes will help the dispatcher at the Truro Public Safety Facility communicate with the caller and provide useful information to the police or fire/rescue department to prepare for your emergency.

Who will know this information?

The information is confidential and will **only** appear at the dispatcher's location when a 9-1-1 call originates from **your** address.

How Do I sign up for this program?

If you would like the Truro Police and Fire Departments or other emergency agency to know about your condition when you call 9-1-1 in an emergency. **Please contact Jackie Mastrianna at the Truro Police Department (508) 487-8730 for more information.**

COA CAFE

May 3rd

BBQ Pulled Chicken with Black Beans & Corn

Spring Slaw and Honey Cornbread

Soup: Mexican Chicken

May 10th

Roasted Garlic & White Bean Hummus with Crostini

Poached Salmon w/a Cucumber-Dill Yogurt Sauce

Soup: Curried Avocado

May 17th

Roasted Pork Loin with Roasted Vegetables

Green Bean

Mixed Greens

May 24th

Chicken Parmesan with Penne Pasta

Italian Salad

May 31st

Cookout

Hamburgers, Turkey Burgers, Linquica and Hot Dogs

Potato Salad, Cole Slaw and all the fixins'

Please call and make a reservation on Mondays by 12:00 pm

508-487-2462 ext. 10

Meals include: coffee, tea, juice and dessert



Mon	Tue	Wed	Thu	Fri
<p>2 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:30</p>	<p>3 Men's Exercise Class 10:45-</p> <p>COA CAFÉ 12:30</p> <p>Women's Reflections 6:30</p>	<p>4 Tai Chi 8:30</p> <p>Strength Training 9:00-10:00</p> <p>Coffee Hour 10:00 Adult Coloring Class 10:00</p>	<p>5 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p>6 Strength Training 9:00-10:00</p> <p>White Line Class 1:30-3:30</p>
<p>9 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:30</p>	<p>10 Health Fair 9:00-11:30</p> <p>Men's Exercise Class 10:45-</p> <p>COA CAFÉ 12:30</p> <p>Women's Reflections 6:30</p>	<p>11 Tai Chi 8:30</p> <p>Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1-2:30 Free Legal Assistance (By Appointment)</p>	<p>12 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p>13 Strength Training 9:00-10:00</p> <p>Mystery Book Club 12:30-1:30</p> <p>White Line Class 1:30-3:30</p>
<p>16 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group Truro Public Library 10:30</p>	<p>17 COA CAFE 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30</p>	<p>18 Tai Chi 8:30</p> <p>Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 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 Mass Bar Legal Presentation 1:30</p>	<p>20 Strength Training 9:00-10:00 White Line Class 1:30-3:30 Dr. Campo (Appointment only)</p>
<p>23 Strength Training 9:00-10:00</p>	<p>24 COA CAFÉ 12:30</p> <p>Men's Exercise Class 10:45</p> <p>Women's Reflections 6:30</p>	<p>25 Tai Chi 8:30</p> <p>Strength Training 9:00-10 w/Kathy Stetson Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1-2:30</p>	<p>26 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p>27 Strength Training 9:00-10:00 White Line Class 1:30-3:30</p>
<p>30</p> <p>HOLIDAY MEMORIAL DAY COA CLOSED</p>	<p>31 COA CAFÉ 12:30 Men's Exercise Class 10:45</p> <p>Women's Reflections 6:30</p>		<p>Saturday, May 14</p> <p>LIVE YOUR LIFE WELL</p> <p>10:00-12:30 PM</p>	<p>Art Gallery Opening</p> <p>Trish Nuzzola</p> <p>Sunday, May 1</p> <p>2:00-4:00 pm</p>

COA GALLERY Art Gallery Opening Sunday, May 1 at 2:00-4:00 pm

Artist Trish Nuzzola

I am inspired by the mystery and brilliance of our ordinary world. Using a palette knife, I begin with a line or color that invites engagement and exploration. I return to a painting many times, often with new energy and clarity. Through this process of layering and re-creation, the work unfolds, and anything becomes possible. The more I practice in this way, the more I understand that this same gentle patience can open us to the richness of our everyday lives.



**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!

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.

Please have the following information when requesting a ride:

Medical facility name, address and phone number

Appointment time and duration of appointment

If you are having a procedure, you need to have a friend or relative accompany you

*Please give us a minimum of 48 hours' notice when scheduling an appointment



EFFECTIVE MAY 1, 2016

BLUE FORD FLEX:

Monday	Hyannis	Appointments must be between 10AM and 2PM
Tuesday	Hyannis	Appointments must be between 10AM and 2PM
Wednesday	Hyannis	Appointments must be between 10AM and 2PM
Thursday	PLYMOUTH	Beth Israel Deaconess Medical Center and/or Sandwich
		Appointments must be between 10AM and 1PM

Friday Orleans Appointments must be between 9:30am AND 1PM

WHITE FORD ECO VAN:

Monday Local errands and Outer Cape Health Provincetown and Wellfleet
NOON TO 4 PM ONLY

Tuesday COA programs

Thursday COA programs

Friday Local errands and Outer Cape Health Provincetown and Wellfleet

IN ORDER TO ACCOMMODATE EVERYONE, THERE ARE NO EXCEPTIONS TO APPOINTMENT TIMES

PLEASE BE SURE TO INFORM YOUR PHYSICIAN'S OFFICE THAT YOU ARE RELYING ON THE COA FOR TRANSPORTATION SO YOU NEED AN APPOINTMENT TIME THAT CONFORMS TO OUR SCHEDULE

ALL RIDES ARE SUBJECT TO AVAILABILITY OF A CAR AND A DRIVER



Transportation for Medical Appointments

Helping Our Women (HOW) provides rides for medical appointments on-Cape at no cost to women with chronic or life-threatening health conditions.

Rides to Boston for medical appointments are available weekdays with the Cape Cod Regional Transit Authority (CCRTA) Boston Hospital Bus **at no cost to clients**. Arrangements are made by HOW directly with the CCRTA. We will arrange taxi transportation if needed to the van and home again after the van ride. The van departs from Wellfleet Dunkin' Donuts at 7 a.m. or Eastham Superette at 7:15 a.m. daily and leaves Boston no later than 3 p.m. (appointments must be scheduled from 10 a.m. to 2 p.m.).

To arrange a ride and become a HOW client, please call the HOW office at 508-487-4357. We usually need at least one week's notice to arrange a ride. Please be prepared with the location and time of your appointment when you call.

TRURO COUNCIL ON AG-
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P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

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, Brian Trainor and Jeanne Foulke, Ed Yaconetti.

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, Joan Moriarty, Claudia Tuckey, Hannah Shrand, Marla Perkel. **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, David Peterman, & Rich Tuden, Van Drivers.

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