



**TRURO COUNCIL ON AGING**  
**JULY 2016**  
**NEWSLETTER**  
7 Standish Way, N. Truro  
508-487-2462      [www.truro-ma.gov/coa](http://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.



## community development partnership

Let Us Help You Stay Safely in Your Home

Tuesday, July 12 at 1:30 pm

Truro Council on Aging

Join the Community Development Partnership and the Community Economic Development Assistance Corporation on Tuesday, July 12<sup>th</sup> from 1:30-2:30 PM at the Truro Council on Aging to learn about opportunities available through the Housing Rehabilitation Program and the Home Modification Loan Program. We want to help you stay in your home safely for as long as you choose. Funds may be available to eligible residents to pay for critical home repairs, by the Community Development Partnership like:

- |                           |                            |
|---------------------------|----------------------------|
| Roofing and siding        | Electrical                 |
| Heating and plumbing work | Structural repairs         |
| Lead paint abatement      | Energy efficiency upgrades |

Some examples safety modifications funded by the Community Economic Development Assistance Corporation program may include:

- Bathroom & kitchen modifications
- Ramps, stair-lifts, and/or platform lifts
- Sensory or therapy spaces
- Hard-wired alarm systems
- Fences

Get expert assistance on planning the work and work with quality licensed and insured contractors. Funding is limited and available on a first come first serve basis. Don't wait! Find out more at our website – [www.capecdp.org](http://www.capecdp.org) or contact Jean at (508) 240-7873 X14 or [jean@capecdp.org](mailto:jean@capecdp.org).



**Minimizing Mosquito Madness – Mayo Clinic Health letter June 2016.**

To mosquito- proof your summer, ban the insects from your backyard and protect yourself from their bites. In the US, many types of mosquitoes are most active at sunrise, sunset and early evening.

Eliminate their breeding ground – standing water, change water in landscape features such as birdbaths and fountains – at least weekly. Store buckets and pots upside down. Replace outdoor lights with yellow “bug” lights which may be less attractive to mosquitoes than regular lights.

Use mosquito repellents that use DEET, icaridin (also called picaridin), oil of lemon, eucalyptus or IR3535. Don't apply repellent under clothing or to rashes, cuts or sunburns, and avoid your mouth or eyes.

Wear long sleeves and pants.

If you are using sunscreen, apply it before insect repellent. Repellents can lessen the effect of sunscreen, so use a sunscreen with a higher SPF.

If you go somewhere with a lot of mosquitoes, consider wearing a head net. If you're camping, keep tents zipped and repair tears. In lodgings open to the outdoors, use netting over your bed.

Enjoy your summer!

Summer Health Tips – Dee Yeater RN – Public Health Nurse

**Asking for Help**

It seems almost universal that we struggle, more or less, with our need for independence and dependence. We survive and thrive in groups and need each other for all sorts of things but this may come into conflict with our values and a desire for independence. This conflict can intensify as we age and our need for help increases. We may think we should be able to do it ourselves or that nobody else can do it right, or that if we ask for help we will be rejected by others, or at least will annoy them. We don't want to be a burden, and we don't want to feel badly about ourselves because of our needs. The result of not asking for help is we are more isolated, put ourselves at health risks, lessen the quality of our lives, and ultimately need even more help. So how do we ask for help when it feels so difficult?

Think about the kind of person who makes it easier for others to help. They probably ask for specific help when needed, express appreciation, do what they reasonably can for themselves, and don't resist help and thereby create crises. They are realistic about their abilities and disabilities.

Here are some pointers for asking for help:

Before asking, realistically evaluate what you can safely do and with what you need help.

Ask before a situation becomes overwhelming.

Think about whom you can ask and how you will ask. Are they apt to say yes? Prepare how you'll handle it if they say no. Don't let “no” stop you from asking someone else.

Be specific and keep it simple; you don't need to over-explain yourself.

Be considerate and appreciative.

Asking for help may at first feel awkward. Consider starting with small requests of safe people. If there is no one to ask, work on building up supports (the COA is a great place to start). After you've asked, compare your fears with what really happened. And remember, asking for help makes you more independent in the long run.

If asking for help is simply too challenging, call for a confidential appointment or a referral.

Georgia Neill

508-487-2449 x 5802

**BEREAVEMENT SUPPORT GROUP**

**PLEASE NOTE: NEW DAY AND TIME**

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 **Thursday, July 21 from 10:00-11:30 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.



Kidde United Technologies has donated 24 Worry-Free Smoke alarms to the Truro Fire Department. The detectors will be available to Truro citizens in need of new or a replacement of non-working battery operated detectors . The Fire Department will install the devices for you if you need help.

Please call Elton Cutler at the Truro COA if you have any questions or would like to set up a date and time for your smoke detector to be installed, 508-487-2462, ext. 13.

**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?**

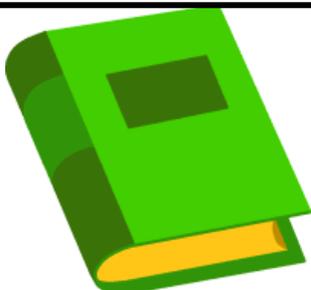
If you would like the Truro Police and Fire Departments or other emergency agency to know about your condition when you call 9-1-1 in an emergency. **Please contact Jackie Mastrianna at the Truro Police Department (508) 487-8730 for more information.**



**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.).



**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.

**LINE DANCING AT THE COA****FRIDAY, JULY 29TH AT 11:-00 AM**

Have fun learning basic line dances to a variety of popular music.

Joan Colombo, former director/choreographer of the Joan of Art Dance Center, will be visiting family in North Truro throughout the summer. She is currently teaching line dancing at various senior centers in New Jersey and is looking forward to sharing her love of dance with us.

Please wear comfortable shoes/sneakers and don't forget your water bottle!

**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

**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**

**July 8th “The Butterfly Cabinet” by Bernie McGill**

**August 12th “The Boy In The Suitcase” by Lene Kaaberbec**

**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, July 20 at 11:00 am, COA**

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

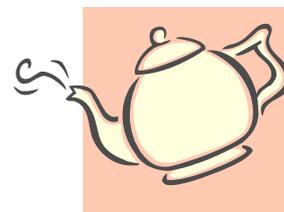
TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room

**IN MEMORIAM  
Gordon Lupien**





## Pantry 4 Paws

Pantry 4 Paws is a Pet Food Assistance program offering assistance to help individuals and families in need to feed their pets. If you are struggling to provide food to your pets then contact Elton (508) 487-2462 ext. 13 to sign up and review eligibility requirements.



## Notice to Medicare Subscribers

Medicare subscribers **may appeal decisions you disagree with**, but all steps in the appeal process have specific time frames and other requirements. ***You must pay close attention to the time limits for appeals!***

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

The **Medicare Advocacy Project (MAP)** provides **free** advice, assistance with appeals and legal representation.

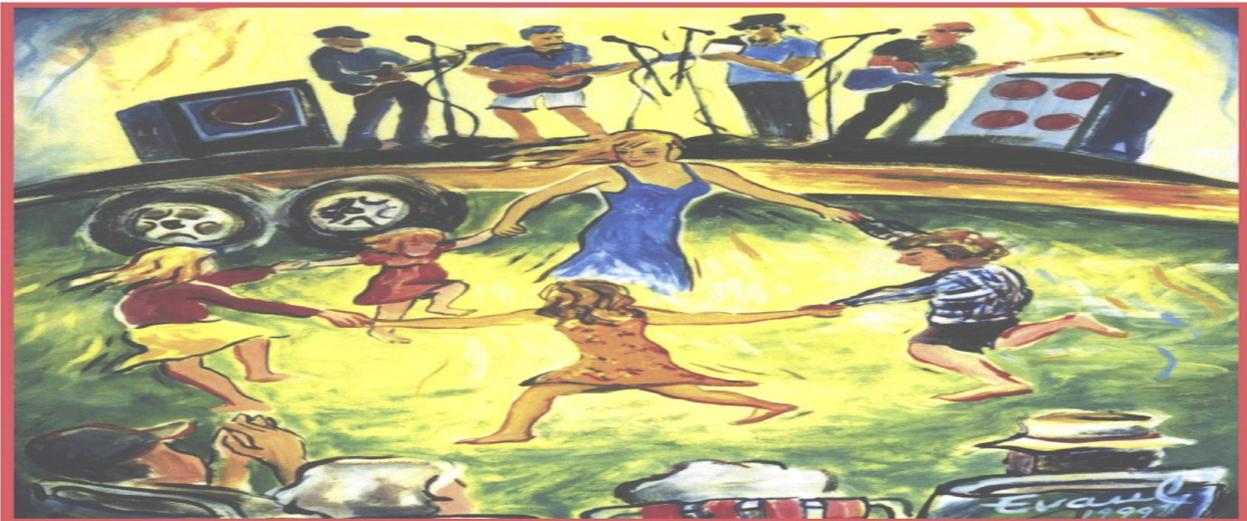
**MAP** can help anyone with Original Medicare or a Medicare Advantage Plan *regardless of income*.

To reach **MAP** call the Massachusetts Senior Legal Helpline at **1-866-778-0939**.



## Samaritans on Cape Cod & the Islands:

Samaritans on Cape Cod & the Islands provide unconditional emotional support, help survivors gain courage and comfort from one another, and deal with a unique grief that is often not understood by others. For more information contact the Samaritans office at 1-800-893-9900



Artwork by Bill Evaul

**Concerts on the Green**  
**Truro Center at Snow's Park**  
**2016 Schedule**

*All concerts at 6:30pm (except Aug. 18th and 25th) in the event of rain the concert will be canceled. No rain dates are planned*

**The Rip-It Ups** Thurs., July 7, 6:30

**Zoë Lewis** Thurs., July 14, 6:30

**Lisa Brown The Big Jazz** Thurs., July 21, 6:30

**Tim Dickey Toast and Jam** Thurs., July 28, 6:30

**Peter Donnelly New Beach Band** Thurs., Aug. 4, 6:30

**Magic of Steel** Thurs., Aug. 11, 6:30

**Crabgrass** Thurs., Aug. 18, 6:00

**Ted DeColo & Andy Solberg** Thurs., Aug. 25, 6:00

**Celebrating 22 Years of Free Concerts**

**Printing Courtesy of Seamen's Bank**

# COA CAFE

## NEWS

**Taylaur Pasquale has been hired as our new cook for the summer!**

**NEW DAY!!!**

**WEDNESDAYS**

**12:30 PM**

**\$7.50**

**July 6th**

Meatloaf with Mashed Potatoes  
Green Beans

**July 13th**

Chicken Calzones  
Garden Salad

**July 20th**

Grilled Salmon with Buttered Noodles  
Broccoli

**July 27<sup>th</sup>**

Spaghetti Bolognese

**Please continue to call in for your reservation by 12:00 pm on Mondays. Thank you**

# JULY



# 2016

Mon	Tue	Wed	Thu	Fri
<b>Art Gallery Opening</b>  <b>Outer Cape White-Line Printmakers</b>  <b>FRIDAY, JULY 8</b>  <b>5:00-7:00 pm</b>				<b>1</b> <b>Strength Training</b> 9:00-10:00  <b>White Line will resume in the Fall.....</b>
<b>4</b>  <b>HOLIDAY</b>  <b>COA CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</b>	<b>5</b> <b>Men's Exercise Class</b> <b>10:45-</b>  <b>Women's Reflections 6:30</b>	<b>6</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00 <b>Adult Coloring Class 10:00</b> <b>COA CAFÉ 12:30</b>	<b>7</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> <b>CANCELLED</b>  Mahjongg 1:00-4 Tea Time 1:30	<b>8</b> Strength Training 9:00-10:00  Mystery Book Club 12:30-1:30  <b>Outer Cape White-Line Printmakers Opening</b> <b>5:00-7:00 pm</b>
<b>11</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group Truro Public Library 10:30	<b>12</b> <b>Men's Exercise Class 10:45-CANCELLED</b>  <b>HOME MODIFICATION PROGRAM 1:30</b>  <b>Women's Reflections 6:30</b>	<b>13</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 W/ Kathy Stetson Coffee Hour 10:00 <b>Adult Coloring Class 10:00</b> <b>COA CAFÉ 12:30</b> <b>Free Legal Assistance (By Appointment)</b>	<b>14</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1:00-4 Tea Time 1:30	<b>15</b> <b>Strength Training 9:00-10:00</b>
<b>18</b>  <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group Truro Public Library 10:30	<b>19</b> <b>Men's Exercise Class 10:45</b>  <b>Women's Reflections 6:30</b>	<b>20</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 Coffee Hour 10:00 <b>COA CAFÉ 12:30</b> <b>Adult Coloring Class 10:00</b> Story Swap 11:00	<b>21</b> <b>NEW DAY &amp; TIME Bereavement 10:00-11:30</b>  <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1:00-4 Tea Time 1:30	<b>22</b> <b>Strength Training 9:00-10:00</b>  <b>Dr. Campo (Appointment only)</b>
<b>25</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group Truro Public Library 10:30	<b>26</b> <b>Men's Exercise Class 10:45</b>  <b>Women's Reflections 6:30</b>	<b>27</b> <b>Tai Chi 8:30</b>  Strength Training 9:00-10:00w/Kathy Stetson COA CAFÉ 12:30 Coffee Hour 10:00 <b>Adult Coloring Class 10:00</b>	<b>28</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1:00-4 Tea Time 1:30	<b>29</b> <b>Strength Training 9:00-10:00</b>  <b>LINE DANCING 11:00</b>

## Outer Cape White-line Printmakers

Opening Friday July 8, 2016 5-7 pm

Please join us!



Exhibition through July 2016



The Outer Cape White-line Printmakers started out as a series of workshop that evolved from a demonstration of white-line block printing at a Truro Group exhibition. The series of workshops were so popular participants decided to meet on Friday afternoons at the Truro COA as an open studio. We are still going strong after 3 years. For more information contact Pat Canavari

at 508 349-2708 or [pcanavari@comcast.net](mailto:pcanavari@comcast.net).



The Truro Group will be holding its annual summer show throughout the month of July at the Truro Public Library, 7 Standish Way, North Truro. The group consists of 40 local artists who work in a variety of mediums: oils, watercolors, pastels, photography, printing, sculpture and glass. This year the show will be in conjunction with that of the Outer Cape White-line Printmakers show at the Council on Aging, next door to the Library. The opening reception for both shows is Friday, July 8<sup>th</sup> from 5:00 – 7:00.

Please plan to come out and support our local artists



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.



**VOLUNTARY CONTRIBUTION SCHEDULE**

Truro	3.00
Provincetown/Wellfleet	4.00
Orleans	6.00
Chatham/Brewster	7.00
Harwich/Dennis	8.00

We no longer provide rides to Boston. However, there are other options available. The Cape Cod Regional Transit Authority provides transportation to ALL Boston medical facilities Monday through Friday. Call Margie at the COA for details.

**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\*

The Jordan Hospital in Plymouth is now Beth Israel Deaconess Medical Center! We will provide transportation to this medical facility. If you are currently scheduled for Boston, ask your provider if you can be seen in Plymouth instead. Call the COA for more information or to schedule transportation.

We will be providing transportation to the Truro Meeting House, 3 First Parish Lane (near Town Hall) for a concert on Tuesday, July 5 to hear our own Steve Sollog and the New Beach Band at 5PM. We will also be offering transportation for the concert on Wednesday, August 3 at 5PM to hear the Sentimental Journey Swing Band, also at the Truro Meeting House. Please call 508-487-2462 and reserve your seat on the bus!

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 Ed Yaconetti. Jim Brown.

**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, Susan Grace. **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, Van Drivers.

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