



**TRURO COUNCIL ON AGING  
SEPTEMBER 2014  
NEWSLETTER**

**7 Standish Way, N. Truro  
508-487-2462      [www.truro-ma.gov/coa](http://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.

Estate Planning for Family Members with Adults or Children with Developmental Disabilities

You are invited to an Informational Workshop presented by Jim Bostford, Vice-President And Beth Thompson, Wealth Management Officer from Cape Cod Five Cents Savings Bank **On Tuesday, September 16 at 1:30 pm**

Jim and Beth will discuss the following topics:

Estate planning matter for your family Wills, Durable Powers of Attorney, Revocable and Irrevocable trusts, Health Care Proxies.

Financial Planning Considerations for your family.

How does a Trust Department in a banking institution bring value to Special Needs situations?

No family members available or competent?

Setting your estate after you pass.



**WE WANT YOU.....**

The Truro Council on Aging will be presenting a program honoring our veterans in November. Volunteer Rainie Brownell will be compiling photographs and narratives of participants' military service to be displayed as part of this program. If you work or live in Truro or if you have a family member who served in the armed forces, we want to interview you for this program. The photos and narratives will be displayed at the COA in conjunction with a Veterans' Day program which will feature guest speakers, patriotic songs and light refreshments. Please call Margie at the COA at ext 20 to schedule an appointment to meet with Rainie by the end of **September**.

## BEREAVEMENT SUPPORT GROUP IS TAKING A BREAK UNTIL SEPTEMBER

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, September 10th 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.

**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. The September session is scheduled for the 19th from 10:00-1:00 pm**

Please call us to make an appointment.

## 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.

## **BETTER BUSINESS BUREAU: AVOIDING SCAMS AND FRAUD**



**TUESDAY, SEPTEMBER 9TH AT 1:30 PM**

**Please call to register**

Better Business Bureau Community Outreach Specialist Amy Schram will be joining us for a presentation on avoiding scams and fraud. With new Social Security, Medicare, and IRS scams on the rise, this presentation will teach the audience how to identify scams or fraud, how to protect themselves from identity theft, and how to report fraudulent behavior. A must see for any technology weary seniors!

## **WI-FI AT THE COMMUNITY CENTER**

**PLEASE FEEL FREE TO COME TO THE COA AND ENJOY OUR AIR CONDITIONING AND**

**CHECK YOUR EMAIL AT THE SAME TIME!!**

**The COA is open from 8:00-4:00 pm**

**The Community Center is open from 8:00-5:30 pm**

**Health Tips from the Town Nurse, Dee Yeater RN****Get Vaccinated!!!**

Everyone 6 months and older should get an annual flu vaccine. It takes about two weeks after vaccination for your body to develop an immune response. Get vaccinated now so you will be protected all season long.

Shorter days and cooler evenings. It's fall-and often the time that we start seeing more people sick with flu. By getting a flu vaccine for yourself and your entire family every year, you can help prevent flu –related illness, missed work and school.

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu related complications. The flu can also cause certain health conditions, like diabetes, asthma and heart and lung disease, to become worse. So don't procrastinate and get your flu vaccine.

Why should you get the vaccine every year? For two reasons. The first reason is that because flu viruses are constantly changing, the flu vaccine is often updated from one season to the next to protect against the influenza viruses that research indicates will be most common during the upcoming season.

The second reason is that a person's immune protection from vaccination declines over time so a yearly vaccination is needed for optimal protection.

Watch for the dates for the flu clinic at the Council on Aging. I am looking forward to seeing you there.

**Medical Equipment Loan Closet**

Because of space limitations and other guidelines, we are not accepting medical equipment donations at the COA. To borrow an item from our inventory please call ahead to ensure we have what you need. Thank you.

**REMINDER- MEDICAL RELEASE FORMS**

If you participate in exercise programs at the Truro Council on Aging, you should complete a medical release form upon starting the program and once a year after that. This form provides an opportunity for your physician to verify that it is safe for you to participate in an exercise program (always recommended for people over the age of 40). You do not need to make an extra appointment to see your physician to have the form signed. If you see your doctor for regular check-ups, just fill out the form and return to the COA office; it can be faxed to the doctor. If you need a form, please speak to your exercise instructor, or MaryEllen Duarte in the office.

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

**SHINE news...****Open Enrollment is just around the corner so don't delay**

Medicare's Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. If you have a Medicare Prescription Drug or a Medicare Advantage (HMO, PPO) Plan you will receive a notice from your plan in September. Make sure you read this notice- it will explain the changes in your plan for 2015.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for 2015. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

**DO NOT WAIT UNTIL IT'S TOO LATE-** Call the senior center and make an appointment with a SHINE counselor for this year's open enrollment.

**FALL PREVENTION WORKSHOP AT THE  
PROVINCETOWN COA  
TUESDAY, September 23 at 10:00**

September 23 is national Fall Prevention Day so plan to attend this informative, interactive program. Many people think that falls are a normal part of aging, but they are not. Exercising, managing your medications having your vision checked and making your living environment safer are some of the steps you can take to prevent a fall. Katrina Cannatelli, Rehabilitation Practice Manager for the VNA of Cape Cod will address the causes of falls and offer strategies to prevent them. A self-assessment tool will be provided to help you identify your own fall risk factors. **FREE.** Reservations required by September 18th, 508-487-7080.

**SIGHT LOSS SERVICES, INC. CAPE COD AND ISLANDS**

**INVITES YOU TO A NEW SUPPORT GROUP AT THE TRURO COA**

**Peer-led group will begin on September 17 at 1:00-3:00 pm monthly with speakers and programs to encourage the exchange of coping skills and problem-solving strategies, fostering the confidence to maintain an independent and productive life-style. Transportation is available if needed. Please contact us to register for this important step toward learning more about sight loss.**





MYSTERY BOOK CLUB

Friday, September 12th, 12:30 pm The Daughter of Time by Josephine Fey

Friday, October 10th, 12:30 pm The Big Sleep-Raymond Chandler

Friday, Nov. 14th , 12:30 pm The Mysterious Affair At Style-Agatha Christie

Friday, December 12th, 12:30 pm The Lost Gardens-An English Garden Mystery-Anthony Eglin

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!!

**Tuesday, September 16 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**



PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE  
COA

WEDNESDAYS 10:00 am

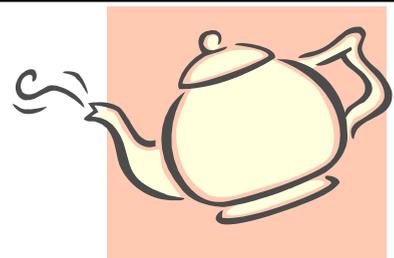
Free coffee and treats

**TEA IS SERVED!!**

**COME AND JOIN US ON THURSDAYS IN SEPTEMBER**

**AT**

**1:30 pm in the Activities Room**



**WE HAVE A NEW OUTREACH & RESOURCE COORDINATOR**

Please join us in welcoming Elton Cutler, as the newest member of the Council on Aging. Mr. Cutler officially joined us as our new Outreach Coordinator on August 4th. He began his work in the mental health field after graduating with a Bachelors degree in Psychology from the University of Maine in 1995. Mr. Cutler has over 19 years of management and administrative experience dedicated to residential community-based rehabilitation programs working with children and adults with Developmental Disabilities, Traumatic Brain Injury, Prader-Willi Syndrome and elders with Alzheimer's disease.

Please call Elton Cuter for an appointment if you would like for more information on the following services that we offer 508-487-2462, ext. 13

- Social Services
- SHINE PROGRAM (Serving Health Insurance Needs of Elders). Call for an appointment to discuss your Medicare/Medicaid needs.
- Fuel Assistance –we help residents of all ages renew or apply for Fuel Assistance. If you were approved last year you should be receiving the green forms to reapply and mail in for 2014-15, (November 1-April 30). Call to schedule an appointment in October.
- SMILE Program-Dental help for seniors. A trained counselor will meet with you to discuss proper care of your mouth, gums and teeth, help you find more affordable care and give free dental products.
- Food Assistance-Lower Cape Outreach Pantry is housed in the community center. Please call for more information.
- New Support Group for people with sight loss. A peer fled support group is beginning in September for the visually handicapped. Please read this issue for more information.
- Exercise programs
- Nursing Home or Assisted Living information
- Bereavement Counseling
- Financial Help
- Medical Alert Information

**WE NEED VOLUNTEERS**

Do you have some time to be a volunteer with the Truro COA? We could use some assistance serving our weekly lunch on Tuesdays, accompanying seniors to medical appointments, and folding the monthly newsletter. If you have a particular talent or could offer a craft class or demonstration, please let us know. Our volunteers and staff make our COA a wonderful place to be! Give us a call at 508-487-2462 and let Mary Ellen know that you are interested.

**STATE PRIMARY**

**SEPTEMBER 9TH AT 7:00 AM—8:00 PM**

**TRURO COMMUNITY CENTER**

**LET'S PLAY SCRABBLE!!**

Come to our air conditioned COA and play **SCRABBLE** with your friends on **Tuesday afternoons at 1:30.**



**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. Wednesday mornings 8:30 am—9:30 am \$5.00 per class

Bridge Returns!!

Please join us on WEDNESDAYS, 1:30-3:30 PM

Everyone welcome!!

***IN MEMORIAM***  
***STUART TABAKIN***  
***NAOMI PERRY***

**TRURO COUNCIL ON AGING  
CAFÉ**

**7 STANDISH WAY – TRURO  
RESERVATIONS REQUIRED BY  
12PM MONDAY**

**508-487-2462**

**\$7.50 includes Beverage & Dessert**



**Tues, Sept 2nd, 12:30**

**Lasagna w/Meat Sauce**

**Italian Tossed Salad**

**Garlic Bread**

**Tues, Sept 9th, 12:30**

**Lemony Baked Cod Piccata**

**Orzo, Tomato and Spinach Salad**

**Tues, Sept 16<sup>th</sup>**

**Shepherd's Pie with a Potato Cauliflower Crust**

**Green Salad with a Balsamic Vinaigrette**

**Tues, Sept 23rd, 12:30**

**Classic Baked Macaroni and Cheese**

**Spinach Salad with a Warm Mushroom Vinaigrette**

**Tues, Sept 29, 12:30**

**Last of Season BBQ**

# SEPTEMBER



# 2014

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>HOLIDAY</b>  <b>COA CLOSED</b>  <b>LABOR DAY</b>	<b>2</b> <b>COA CAFÉ 12:30</b> <b>SCRABBLE 1:30</b>	<b>3</b> <b>Tai Chi 8:30</b> Strength Training 9:00 Coffee Hour 10:00 Weight Loss 10:00 Bridge 1:30	<b>4</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1-4:00 Tea Time 1:30 Ask A Nurse 1:30	<b>5</b> <b>Strength Train- ing 9:00-10:00</b>
<b>8</b> <b>Strength Train- ing 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>9</b> <b>COA CAFÉ 12:30</b> <b>Scrabble 1:30</b>  <b>Avoiding Scams &amp; Fraud Present- ed by the Better Business Bureau 1:30</b>	<b>10</b> <b>Tai Chi 8:30</b> Strength Training Coffee Hour 10:00 Legal Assistance (By Appointment Only) Bereavement Support Group 1-2:30 Bridge 1:30	<b>11</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1:00-4 Tea Time 1:30  Ask A Nurse 1:30	<b>12</b> <b>Strength Train- ing 9:00-10:00</b> Mystery Book Club 12:30
<b>15</b> <b>Strength Train- ing 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>16</b> <b>COA CAFÉ 12:30</b> <b>Story Swap 1100</b> <b>Scrabble 1:30</b>  <b>Estate Planning for Adult Chil- dren with Disa- bilities 1:30</b>	<b>17</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Bridge 1:30 Sight Loss 1-3:00	<b>18</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	<b>19</b> <b>Strength Train- ing 9:00-10:00</b> <b>Dr. Campo</b> <b>Podiatrist by Ap- pointment</b>  
<b>22</b> <b>Strength Train- ing 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>23</b> <b>COA CAFÉ 12:30</b> <b>Scrabble 1:30</b>  <b>Fall Prevention Class 2:00 P'town COA</b>	<b>24</b> <b>Tai Chi 8:30</b> Strength Training 9:00- 10:00 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30 <b>FOG 6:30-7:30</b>	<b>25</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	<b>26</b> <b>Strength Train- ing 9:00-10:00</b>
<b>29</b> <b>Strength Train- ing 9:00-10:00</b>  Memoirs Writing 10:30	<b>30</b> <b>COA Café 12:30</b> <b>Healthy Eating 9-11:30</b> <b>Scrabble 1:30</b> <b>Card making 1:30</b>		<b>COA ART OPENING IN OUR GALLERY SEPTEMBER 7th 2:00-4:00</b>	

Artists Kate Grozier and Wendy Willard

Kate Grozier is a Truro native. The print in the show title “Dad and Hoss” depicts the house on Castle Road where she was born. Kate studied with Kathryn Smith, belongs to the Truro Group and has shown her work with Wendy Willard in the past.

Wendy Willard has taken classes with Barbara Stoughton, Bill Evaul, and Kathryn Smith. She has shown her work at PAAM, the Truro COA, the Wellfleet COA, the Berta Walker Gallery, and other local venues. Last September she had a one person Flash Show at the Taqwa Glassworks Gallery upstairs at Whalers Wharf in Provincetown. Plus, her work was included in a retrospective Whiteline Wood Block Print exhibit at the Cahoon Museum of American Art in Cotuit, MA last fall.

**NEW PROGRAM OF THE F.O.G. (FRUSTRATED OPTIMISTIC GARDENERS)**

The Backyard Garden: *“It’s a Jungle out there...”*



FIRST MEETING OF F.O.G.

**FRUSTRATED OPTOMISTIC GARDENERS**

**Date: Wednesday, SEPT 24 Time: 6:30 pm Place: TRURO COA**

Overview of vegetable & small fruit insect pests

The Pest Management Tool Box

Ticks and Gardening: Protective Measures...

**Presented by: Larry Dapsis**

**Entomologist – Cape Cod Cooperative Extension**

**Please RSVP, 508-487-2462**

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.

**WELCOME NEW DRIVER**

**RICH TUDEN!**

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**THANK YOU TO OUR DEDICATED  
DRIVERS FOR GETTING US WHERE  
WE NEEDED TO GO IN THE CRAZY  
SUMMER TRAFFIC!**

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**PLEASE REMEMBER THAT WE  
NEED AT LEAST 24 HOURS  
NOTICE BEFORE SCHEDULING  
RIDES.**

**Voluntary Contribution Schedule for  
Van Service**

<b><u>From Truro To:</u></b>	<b><u>Cost:</u></b>
<b>Inside Truro</b>	<b>2.00</b>
<b>Provincetown/Wellfleet</b>	<b>3.00</b>
<b>Eastham</b>	<b>4.00</b>
<b>Orleans</b>	<b>5.00</b>
<b>Chatham/Brewster</b>	<b>6.00</b>
<b>Harwich/Dennis</b>	<b>7.00</b>
<b>Yarmouth</b>	<b>8.00</b>
<b>Hyannis/Barnstable</b>	<b>10.00</b>
<b>Mashpee/Sandwich</b>	<b>12.00</b>
<b>Falmouth/Bourne</b>	<b>14.00</b>
<b>Sagamore Bridge</b>	<b>16.00</b>
<b>Plymouth</b>	<b>20.00</b>
<b>Weymouth</b>	<b>22.00</b>
<b>Boston/Providence</b>	<b>25.00</b>
<b>Burlington/Lahey Clinic</b>	<b>28.00</b>

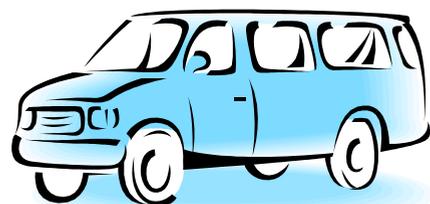
**LOCAL SHOPPING TRIPS/ERRANDS  
BUS**

**MONDAYS AT 11:30 AM**

**CALL TO RESERVE YOUR SEAT**

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**TRANSPORTATION IS ALSO AVAILA-  
BLE FOR CONCERTS ON THE GREEN  
AS WELL AS EVENING PROGRAMS AT  
THE TRURO PUBLIC LIBRARY.**



**TRURO COUNCIL ON AGING**

**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; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary;

Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, 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 Ingram, 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 Duart, Office Manager; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

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