



**TRURO COUNCIL ON AGING
OCTOBER 2014
NEWSLETTER**

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

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

CHRONIC DISEASE SELF—MANAGEMENT WORKSHOP

Information and Registration! October 14th 1:30 pm-2:30 pm



**Refreshments will be served. Come and learn about this exciting FREE 6 week workshop
(starts October 22nd)**

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
- Control your pain
- Start an exercise program
- Handle stress and relax
- Increase your energy level

FIVE WISHES

Five Wishes lets your family and doctors know:

Who you want to make health care decisions for you when you can't make them.

The kind of medical treatment you want or don't want.

How comfortable you want to be.

How you want people to treat you.

What you want your loved ones to know.

Presented by Beacon Hospice

Where: Truro COA

When: **Tuesday, Oct. 21st**

1:30 pm



**BEACON
HOSPICE®**
an Amedisys company

Cape & Islands Self Reliance Presentation

Join us at 1:30 pm on Tuesday, October 7 for a presentation from Cape & Islands Self Reliance on their money-saving fuel co-op and other ways to help reduce your home heating and cooling costs.

Do you heat with oil? Self-Reliance Co-op Members saved an average of 37 cents per gallon off the state average retail price last heating season for an average annual savings of \$168.37. Self-Reliance has been helping members save money for over 30 years and offers discounted membership rates for seniors. The co-op works with trusted, local full-service oil companies. There are no income guidelines – anyone can join!

Self-Reliance will also give an overview of other ways you can save money on your home heating and cooling bills. Insulation and air sealing improvements can help keep you warm in the winter and cool in the summer.



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, October 8 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. Please call before Thursday.

COOKING CLASS WITH HEATHER BAILEY

Thursday, October 9 at 10:00 am

“AUTUMN SOUPS AND STEWS”

Session runs approximately 1.5 hours followed by a shared lunch.

\$5.00 - You must sign up for this class by October 6th.

508-487-2462 ext. 10



DAVID WENNERBERG'S BASIC COMPUTER CLASS IS BACK!!!!

Do you have a Windows PC you would like to better understand?

Do you need help sending email and getting on the internet?

Please attend an informational presentation on

Thursday, October 9th at 4:00 pm

**Sign up for this presentation is required.



Selectmen Paul Wizotsky and Jan Worthington

Will be holding office hours at the Truro Community Center

On Tuesday, October 7th from 1:30 pm to 2:30 pm

Please come and share your concerns, ask questions or just say “hello”!

WI-FI AT THE COMMUNITY CENTER

PLEASE FEEL FREE TO COME TO THE COA AND

CHECK YOUR EMAIL AT THE SAME TIME!!

The COA is open from 8:00-am to 4:00 pm

The Community Center is open from 8:00am to 5:30 pm

HOW ATTITUDE AFFECTS PHYSICAL PERFORMANCE

In this column, I often address the physical aspects of exercise and physical activity. However, it is important to consider the tremendous impact that the mind can have on the way the body works. Our attitudes and beliefs can influence our physical abilities. This has long been known in the world of sports psychology. For years, athletes have used a technique called positive visualization to help improve performance. Briefly, the athlete pictures him or herself completing the skill successfully. The nervous system can not tell the difference between this type of mental rehearsal and physical practice; the same pathways from the brain down to the muscles are activated either way. In other words, the mental practice lays down the “tracks” that are needed for the athlete to perform the task.

Virtually all of the research studies show that mental training combined with physical practice improves physical performance. In addition to improving specific motor skills, positive visualization can also enhance motivation, mental toughness and confidence, all of which can help you to master a new or challenging task.

I put these techniques to the test this summer as I trained for a marathon. For several months, every time I went for a run, I imagined myself running comfortably and finishing strong. I pictured the scene over and over, running across the finish line with the clock reading “4:59:00” When race day arrived; I found that I had a strong belief in my ability to finish in my goal time. I ran smoothly (happily, even) and crossed the line with the clock reading “4:57:05”.

So, the next time you are faced with a challenging physical task, whether it be sports related or an everyday activity, take a few moments to imagine yourself doing it well, it just may give you the edge you need to do it!

By Kathy Stetson, Physical Therapist, Certified Health Fitness Specialist

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.

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.

PROVINCETOWN WALKS THE WALK**SATURDAY, OCTOBER 25TH****PROVINCETOWN TOWN HALL AT 12:00 PM****ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD FUNDRAISER**

The fundraiser is a fun way to raise awareness about Alzheimer's disease and other related dementias while raising funds to provide free services to the 10,000 families facing Alzheimer's disease on Cape Cod.

Call 508-7373-9452 or email: alzeimerscapecod@gmail.com

SEASONAL FLU CLINICS SCHEDULED

WEDNESDAY, OCTOBER 8

1:00 pm to 3:00 pm

AT THE TRURO COMMUNITY CENTER

The clinic is open for all Town residents and employees and for those residents who are uninsured and under-insured.

PLEASE BRING A PHOTO ID AND INSURANCE CARDS

For further information, about the Flu Clinics contact the Truro Health Department at 508-349-7004 x32 or email at healthagent@truro-ma.gov.

Healthy Eating for Successful Living

Healthy Eating is a free six-week program for adults age 60+ or their caregivers who want to learn how nutrition and lifestyle changes can promote better health. This is an educational, hands-on program focusing on strategies to help maintain or improve participants' wellness and independence, and to help prevent chronic disease development or progression.

Date: September 30 thru November 4th

Time: Tuesdays, 9:00 am - 11:30 am

Location: Truro Council on Aging 7 Standish Way N. Truro

To Register: Call Eddie Murphy 508-394-4630 x401

Elder Services of Cape Cod and the Islands

Respite funds are available for caregivers.

Participants will attend class once a week for six weeks.

Week 1: September 30th

MyPlate, Guidelines, Label Reading, & Flexibility Exercise

Week 2: October 7th

Grains, Vegetables, Fruits, Water, & Endurance Exercise

Week 3: October 14th

Meat, Eggs, Legumes, Milk, & Balance Exercise

Week 4: October 21st

Fats, Oils, Sweets, & Strength Exercise

Week 5: October 28th

Applying Our Skills - Grocery Shopping

Week 6: November 4th

Putting It All Together – Meal Preparation



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 October 15 at 1:00 pm to 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, 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, October 21 at 11:00 am, Truro COA

LET'S PLAY SCRABBLE!!

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

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

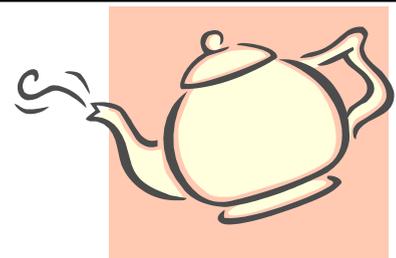
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room





MEDICARE OPEN ENROLLMENT PROGRAM

Medicare Beneficiaries DON'T DELAY.....
Once again it is time to review your Medicare health and prescription coverage.

Medicare's Annual Open Enrollment runs from October 15th - December 7th

As in previous years, there may be a number of changes so it is important that you check your prescriptions against the available plans.

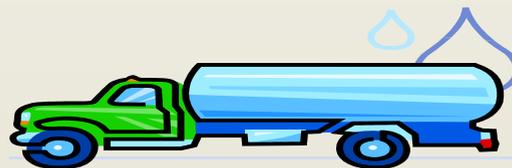
This year we ask that you pick-up a pre-enrollment form before you have your appointment with a SHINE Counselor or come early to your appointment to fill it out. You must have a list of your drugs and dosages written down BEFORE your appointment.

During the Annual Open Enrollment 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). During this time you can enroll, dis-enroll, or switch your Medicare Part D Prescription Drug Plan or Medicare Advantage Plan (HMO, PPO).

Sheila Curtis, Regional SHINE Manager, will be here on Thursday, October 9th at 10:30 a.m. to discuss the plans available for 2015 and their changes.

PRE-REGISTRATION REQUIRED AS SEATING IS LIMITED Call (508) 487-2462 to register.



Fuel Assistance

In September North Shore Community Action Program (NSCAP), began mailing out recertification applications for those who were previously enrolled in the program during last year's fuel season. New applicants interested in applying for the upcoming Fuel season may contact **NSCAP at 978-531-0767 x136** to make an appointment in mid-October.

Alternatively, Truro elders who would like assistance with the application or recertification process, call Elton Cutler at (508) 487-2462 ext. 13 to make an appointment.

WEATHERIZATION PROGRAM

Many of Cape Cod's elders are living on a fixed income and many more are at or below the poverty level. Housing Assistance Corporation (HAC), through the Energy and Repair Department, runs a Weatherization Program that can effectively reduce the monthly energy costs these seniors face.

They can provide a FREE energy assessment to households receiving Fuel Assistance, reduced gas or electric rates from the Utility Companies. These FREE assessments could result in some of the following replacements of inefficient items: Refrigerators, Heating Systems, Air Conditioning Units, Insulation, Air-Sealing and Weather-Stripping Ventilation systems PLUS Free Energy Efficient Light Bulbs.

For more information please contact:

**Suzanne Smith, Intake and Outreach Specialist at HAC.
508-771-5400 ext. 123**

VETERANS DAY PROGRAM

Margie Childs will be calling our local Veterans to set up interviews beginning the week of October 6. If you have not yet contacted Margie, she can be reached at 508-487-2462 ext. 20. We have a short questionnaire that needs to be filled out. Any pictures that are brought in will be scanned and returned to you at the conclusion of the interview. If you have not yet called for this program. please do so. Information on the Veterans Day program to be held here at the COA on Tuesday, November 11 at 11:00 am will appear in the November newsletter.

HOLIDAY HEADSTART

Beth Wood has been making cards, rubber stamping and paper crafting for over 20 years. She is an independent demonstrator for the Riverton, Utah based company, Stampin' Up. Beth regularly holds stamping classes and workshops in her home studio as well as offering classes at Provincetown and Truro Adult Education programs. She has conducted two workshops here at the COA. Beth will be conducting a card making series at the COA in 4 **Monday sessions: October 20 and 27 and November 3 and 17. Classes run from 6:00 pm to 8:00 pm. Cost for materials is \$50.00.** Please register no later than October 8. Checks can be made payable to Beth Wood. Please bring a pair of good paper cutting scissors .



HALLOWEEN WREATH CLASS

Join us on **Wednesday, October 15, from 6:00 to 8:00 pm** to make a Halloween spider web wreath. Cost is \$25.00. Registration and payment for this class is October 1. Please make checks payable to Beth Wood and drop off to Margie Childs no later than October 1 so that the wreath kits may be ordered. Please bring small round nose jewelry making plyers or tweezers.

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 pm to 3:30 pm ★
★
★ **Everyone welcome!!** ★
★

IN MEMORIAM
CHARLETTE A. GUINEY
SUSAN E. HOWARD
JOSEPH MARTIN
TERRY W. SNIDER

TRURO COUNCIL ON AGING CAFÉ

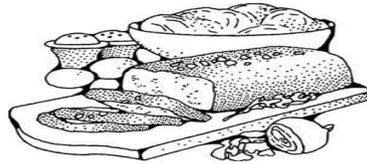
7 STANDISH WAY – TRURO

RESERVATIONS REQUIRED BY

12PM – MONDAY

508-487-2462

\$7.50 includes Bread, Beverage & Dessert



Tuesday, October 7th

Chicken Pot Pie with Vegetables and Cranberry Sauce

Spinach Salad with a Warm Mushroom Vinaigrette

Or/Alternative

Soup du Jour, Salad

Tuesday, October 14th

Greek Shrimp and Scallop Scampi over Pasta

Classic Caesar Salad

Garlic Bread

Or/Alternative

Soup du Jour, Salad

Tuesday, October 21st

Roasted Pork Loin with Rice Pilaf

Mixed Green Salad with a Balsamic Vinaigrette

Or/Alternative

Soup du Jour, Salad

Tuesday, October 28th

Classic Meatloaf

Herb Roasted Potato Medley and Garlicky Green Beans

Or/Alternative

Soup du Jour, Salad

All Ages are welcome

"DON'T FORGET TAKE OUT AVAILABLE

Soup To Go- \$4.00 pint

Week of : Oct.7 White Bean & Escarole Oct. 21 Butternut Squash Bisque

Oct. 14 Corn Chowder Oct. 28 Tuscan Turkey

OCTOBER



2014

Mon	Tue	Wed	Thu	Fri
COA ART GALLERY OPENING Sunday, October 6 2:00-4:00	*Halloween Wreath Class Oct. 15th 6:00-8:00 pm Registration Required by 10/1	1 Tai Chi 8:30 Strength Training 9:00 Coffee Hour 10:00 Weight Loss 10:00 Bridge 1:30	2 CORE 11-12:00 CANCELLED PACE 12:30-1:30 CANCELLED Mahjongg 1-4:00 Tea Time 1:30 Ask A Nurse 1:30	3 Strength Training 9:00-10:00
6 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	7 COA CAFÉ 12:30 Healthy Eating 9-11:30 Scrabble 1:30 Self-Reliance 1:30 Board Selectmen 1:30-2:30	8 Tai Chi 8:30 Strength Training Coffee Hour 10:00 Legal Assistance (By Appointment Only) Bereavement Support Group 1-2:30 Bridge 1:30 Flu Clinic 1-3:00	9 Cooking Class 10:00 MEDICARE 10:30 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30 Computer 4:00	10 Strength Training 9:00-10:00 Mystery Book Club 12:30
13 HOLIDAY COLUMBUS DAY COA CLOSED	14 Healthy Eating 9-11:30 COA CAFÉ 12:30 Scrabble 1:30 My Life, My Health Info. Session 1:30	15 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Bridge 1:30 Sight Loss Support Group 1-3:00 Wreath Class 6-8:00 pm	16 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	17 Strength Training 9:00-10:00
20 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 Card Making 6-8:00	21 Healthy Eating 9-11:30 Story Swap 11:00 COA CAFÉ 12:30 Scrabble 1:30 FIVE WISHES 1:30	22 Tai Chi 8:30 Strength Training 9:00-10:00 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30 My Life, My Health 1-3:30	23 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	24 Strength Training 9:00-10:00 Dr. Campo Podiatrist by Appointment 
27 Strength Training 9:00-10:00 Memoirs Writing 10:30 Card Making 6-8:00	28 COA Café 12:30 Healthy Eating 9-11:30 Scrabble 1:30	29 Tai Chi 8:30 Strength Training 9:00 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30 My Life, My Health 1-3:30 FOG 6:30-7:30	30 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	31 Strength Training 9:00-10:00

COA GALLERY OCTOBER

Come and experience art in the form of greeting cards and scrapbook pages. Presented by "CARD SHARKS", a local group of women led by *Stampin up* Demonstrator Beth Wood. Gallery opening on Monday evening, October 6^t from 6:00 pm to 8:00 pm.

IN THE SHOWCASE:

RACE POINT ROSE CHAIN MAILLE JEWELRY

BY STEPHANIE CHILDS HAKALA

Chain maille is an ancient technique of linking rings to form woven sheets of metal to be used as armor. Following that tradition, stunning pieces of jewelry have been crafted by Stephanie by linking delicate rings of stainless steel and bronze .

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

FEATURED SPEAKER

Candy Crawford, owner of Handy Candy Company Landscaping

Wednesday, October 29 at 6:30 pm

Truro Council on Aging

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. Topics covered: planning a garden that blooms all season, what to plant in shady and full sun areas, etc.

Please register for this program by calling, 508-487-2462

TRURO GROUP ART SHOW

SUNDAY, OCTOBER 5 2:00 pm to 4:00 pm

TRURO PUBLIC LIBRARY

The Truro Group fall art show runs from October 4th throughout the month of October at the Truro Public Library. Members of the Truro Group include artists who live in Truro full or part-time. They exhibit their works twice annually, once in the spring and again in the fall. The opening reception will be held on Sunday, October 5th from 2:00 pm to 4:00 pm.

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.

WE NEED THE FOLLOWING INFORMATION WHEN REQUESTING A VAN RIDE FROM THE COA:

MEDICAL FACILITY NAME

MEDICAL FACILITY ADDRESS

MEDICAL FACILITY PHONE NUMBER

ESTTIMATED DURATION OF APPOINTMENT

DON'T FORGET

WE MUST HAVE 24 HOURS

NOTICE FOR TRANSPORTATION

Voluntary Contribution Schedule for Van Service

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

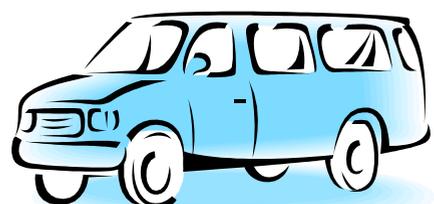
LOCAL SHOPPING TRIPS/ERRANDS BUS

CONTINUES BY POPULAR DEMAND

MONDAYS

CALL TO RESERVE YOUR SEAT

CALL MARGIE AT 508-487-2462



TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

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.

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, Mary Morley, Bernard Robbins, Kitty Stevens, 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 Manager; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman and Chuck Zimmer, 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..