• Early voting for the March 3, 2020 Presidential Primaries will be open from Monday, February 24, 2020 to Friday, February 28, 2020 from 8:00 AM to 4:00 PM at the Town Clerk's Office at Truro Town Hall.

This week's activities of note from the Town Manager's Office:

- Town Manager Palmer's third grandchild (and first grandson), Riley Michael Palmer, was born on Tuesday at 5:59 pm. We extend our congratulations and well wishes to her and her family.
- Annual Town Meeting Warrant preparations are underway. The Warrant will remain open for submission of articles until February 28, 2020 at 4:00 pm. The deadline for money articles was February 7, 2020.
- A Special Town Election was held on Tuesday. Results of the Election can be found here.
- The 2020 Rental Registration Application is now available and is applicable if you are renting your house or any portion thereof for 120 days or less. Please <u>click here</u> to access the application.

Upcoming Meetings:

- February 24, 2020-Zoning Board of Appeals @ Truro Town Hall at 5:30 pm.
- February 25, 2020-Select Board @ Truro Town Hall at 5:00 pm.
- February 26, 2020-Charter Review Committee @ Truro Town Hall at 4:00 pm.

Department News:

Fire Department

- The Department responded to 7 requests for medical assistance, resulting in 5 transports to the hospital. In all we responded to a total of 14 calls that included inspectional services, general assistance, alarm activations and calls for public service and good intent calls.
- Firefighter Miskiv has successfully completed the Career Recruit Program in Stow graduating on 14 February.
- The Department took delivery of 2 new thermal imaging cameras. These lifesaving devices allow our firefighters to operate more efficiently in low or zero visibility conditions and more effectively locate victims and to find the area of fire. The Department received a grant for \$28,000 to replace our existing cameras and to train our personnel in the use of the new devices.
- The Department would like to remind residents that electrical fires are the leading cause of home fires in the United States and one of the contributors is space heaters. Below is a link for space heater safety. <u>https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/PortableHeaterSafety.ashx?la=en</u>

Harbor Master/Shellfish Constable

- Good low tides brought a large turnout for shell-fishing over the weekend.
- Harbor Master Jackett walked the beaches collecting plastics and debris.
- Shellfish Constable Jackett gathered shell stock in the harbor and spread them down the river.
- Harbor Master Jackett worked on updating the waiting and tidal mooring lists for annual renewals.

Recreation/Beach

Recreation

- Department is working on improving radio communication for the beach operation.
- Director Clements and Assistant Director Nunes attended Active Assailant Training with the Truro Police Department.
- Department continues to contact seasonal staff from 2019 to invite them to return in 2020.
- Director Clements and Assistant Director Nunes took a group of children on field trips to the Ten Pin Arcade and Bowling and Billy Beez.
- Director Clements and Assistant Director Nunes are attending trainings to offer the following programs:

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- <u>The Walk with Ease Program</u> is an effective, evidence-based program that helps people with arthritis or other related conditions reduce pain, and increase their balance, strength and walking pace. Walk with Ease Program Leaders help arthritis pain sufferers build confidence in their ability to be physically active and show them how they can make physical activity part of their everyday lives. Leaders learn how to train others about the relationship between arthritis, exercise, and pain, and how to develop and implement a personal walking plan with realistic goals. Leaders are trained in how to share proven strategies and resources about how to maintain a long-term exercise routine. Leaders of the Walk with Ease program receive an Arthritis Foundation Certification, a Manual filled with exercise illustrations, health education information and other resources. The Walk with Ease program includes 6 weeks of 3 sessions per week. Group sizes ideally range from 10-15.
- <u>The Matter of Balance Program</u> is an effective program that reduces the fear of falling and increases activity levels among older adults. Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. The MOB program includes 8 weekly 2-hour sessions for a small group of 8-12 participants led by trained facilitators (the MOB Coaches).
- Department is working with Fire Department to schedule CPR/1st Aid/Stop the Bleed training for seasonal staff.

Ongoing Activities

- Walking Group Tuesdays at 9:00 am
- Indoor Walking: Various times at the Truro Community Center
- Zumba Fitness: Tuesdays & Thursdays, 8:30 am 9:30 am at the Truro Community Center Saturdays, 9:00 am 10:00 am at the Truro Community Center
- Community Pickleball Mondays 4:00 pm 6:00 pm, Truro Community Center, Thursdays 2:00 pm 4:00 pm at the Truro Community Center, Fridays 5:30 pm 7:30 pm, Truro Central School, and Saturdays 10:30 am 1:30 pm, Truro Community Center
- Adult Indoor Soccer Mondays, 6:30 pm 8:30 pm, Truro Community Center
- Community Volleyball Wednesdays, 6:30 pm 9:30 pm, Truro Community Center

Beach

- The Truro Beach Office is currently closed and will reopen on June 13, 2020.
- For inquiries about the beaches, please call (508)487-1632.
- Beach stickers are no longer required to access Truro beach parking lots. Beach stickers will be required on June 20, 2020.
- Truro ORV stickers can be purchased at the Licensing Desk at Truro Town Hall, 24 Town Hall Rd.
- Truro beach fire permits can be obtained by contacting the Truro Fire Department at (508) 487-7548

Council on Aging

- Director Briscoe conducted various meetings including staff meetings, individual staff meetings, and a program development meeting
- Newsletter folding/mailing
- Ongoing Activities
 - Dialogue with the Director
 - Art Gallery-February Gallery-Barbara Kearney
 - Chair Yoga
 - Ki Ching Exercise class
 - High Dune Bistro Community Luncheon
 - Core & More
 - Dr. Campo Foot Care Clinic
 - OCHS Navigator
 - Memoirs

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- Men's Exercise Class
- Move & Stretch
- Strength Training
- Transportation
- White Line Open Studio
- Book Nook
- Puzzle/Games drop in

<u>Library</u>

- Truro Central School students will be the featured artists in the Anne H. Brock Community Room for the month of March.
- Truro Library Trustees will hold their monthly meeting on Friday, February 20th at 9:30 a.m.
- The Winter Music Concert Series has two more performances: Saturday, February 22nd "Crowes Pasture" (aka Monique Byrne and Andy Rogovin) will perform and on February 29th the final performance will be "The Black Wyddah Trio" to play their blend of folk, bluegrass, and Celtic tunes.
- Truro Library Book Club will meet on Wednesday, February 26th at 6:00 p.m. to discuss *The Things They Carried* by Tim O'Brien.
- Family Fort Night After Hours is February 28th, beginning at 5:00 p.m. Families with children of all ages are invited to the library to build their own forts. Bring blankets, pillows, a flashlight, sheets and/or cardboard. The library has board games and plenty of books for inside the fort activities. Pizza and apple cider will be served.

Attachments



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