

Town of Truro

Town Manager's Weekly Report

February 28, 2020

Announcements:

- *The Presidential Primaries will be held on Tuesday, March 3, 2020 from 7 am to 8 pm at the Truro Community Center (7 Standish Way).*

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

- I attended the Cape & Islands Water Protection Fund Bylaws and Regulations Committee meeting on Thursday to continue discussion about the regulations regarding the distribution of monies from the fund.
- On February 14, 2020 the Town finally received our Post-closure certification for the former landfill from the Department of Environmental Protection. There are use restrictions in the approval.
- 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 [click here](#) to access the application.

Upcoming Meetings:

- March 2, 2020-Conservation Commission @ Truro Town Hall at 5:30 pm.
- March 3, 2020-Board of Health @ Truro Town Hall at 4:30 pm.
- March 4, 2020-Planning Board @ Truro Town Hall at 5:00 pm

Department News:

DPW

- DPW Director Cabral attended the Inter-municipal Shoreline Management plan listening session with fellow department heads from neighboring towns. The discussion was led by Mark Borrelli from the Center for Coastal Studies.
- DPW Director Cabral worked alongside Mosquito Control staff this week to survey the Corn Hill Rd portion of the Little Pamet area. Both departments worked together in previous weeks to dredge parts of the Little Pamet River watershed to increase drainage. Results of the water level dropping were measurable as far away as the Castle Rd culvert area of Little Pamet.
- The Town received final closure certification approval for the landfill with conditions from MassDEP. The certified closure conditions do not affect our current Transfer Station daily operations.
- The DPW fleet auto schedule was inventoried to ensure accuracy of assets. All updates, or projected decreases in the fleet have been submitted to Westin & Sampson as part of the DPW feasibility study.

Harbor Master/Shellfish Constable

- Good turnout for shell fishing over the weekend.
- Shellfish Constable Jackett continues to move shellfish stock around the harbor.

Recreation/Beach

Recreation

- Department is working on improving radio communication for the beach operation.
- Director Clements attended meeting of the Massachusetts Recreation and Park Association State Conference Planning Committee.
- Department continues to contact seasonal staff from 2019 to invite them to return in 2020.
- Assistant Director Nunes is organizing a Youth Self-Defense class for March 2020.
- Department is preparing to attend the Nauset Job Fair and the Youth Job Fair.
- Community Center staff will be participating in Walk Massachusetts to earn money for the COA.
- Director Clements is working with Police Chief Calise to improve training of radio use for beach staff.
- Director Clements and Assistant Director Nunes are taking trainings to offer the following programs:
 - The Walk with Ease Program 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

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February 28, 2020

- 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.
- The Matter of Balance Program 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

- Monthly meeting of COAST (Councils on Aging Serving Together)
- Meeting with Alzheimers Family Support Center Outreach to plan upcoming trainings
- Regular ongoing staff meetings
- Ongoing Activities
 - Dialogue with the Director
 - Art Gallery-February Gallery-Barbara Kearney
 - Chair Yoga
 - Ki Chung Exercise class
 - High Dunes Bistro Community Luncheon
 - Core & More
 - Dr. Campo Foot Care Clinic
 - OCHS Navigator
 - Memoirs
 - Men's Exercise Class
 - Move & Stretch
 - Strength Training

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Town Manager's Weekly Report**

February 28, 2020

- Transportation
- White Line Open Studio
- Book Nook
- Puzzle/Games drop in

Library

- Truro Central School students will be the featured artists in the Anne H. Brock Community Room for the month of March.
- "The Black Wyddah Trio" will culminate the Winter Music Series on February 29, 2020 at 1:00 pm.
- Classic French and English Movie Matinees will begin every Wednesday at 2:45 pm during March. The Line-up:
 - "I Know Where I'm Going!" on Wednesday, March 4
 - "Sundays and Cybele" on Wednesday, March 11
 - "Kes" on Wednesday, March 18
 - "La Femme Infidele" on Wednesday, March 25
- On Wednesday, March 18, the Friends of the Truro Library will host a concert by Aine Minogue, an Irish harpist, singer, composer, and arranger. Her ethereal music borders traditional Celtic themes with New Age and World music styles.