



# Truro Times

7 Standish Way, N. Truro (508) 487-2462

July/ August  
2024

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## Deputy Director's Note:

Welcome to the July/August edition of the Summer Newsletter! We hope you are enjoying the sunshine and staying cool.

Summer is a great time to catch up with family and friends! It also can be a busy time attending summer concerts, going to barbecues and taking walks on the beach. It's important to find ways to recharge, stay active, and get the most out of the summer season!

Here at the Truro Council on Aging, we too have been busy, developing a wide array of programs that embrace cultural diversity and inclusion. Some recent examples of this programming include our Caribbean/American luncheon and PRIDE BBQ. Our community is varied and rich, and this diversity of experience and background makes Truro the very special place that it is. Should you have any ideas for new programs, feel free to call or email the COA office.

We are excited that more people are taking advantage of our exercise programs. Due to larger class sizes, safety reasons and to ensure Truro residents are given priority, **starting July 15th, we will be asking folks to register for exercise classes.** Drop-ins will no longer be available. For more information on available classes and how to Register, please see the Exercise Programs section. We will be having an **informational session on the New Registration process on Friday, July 5th at 10:30am.**

**See page 3 for more details.**

We are excited to see you all again! Stop by and visit us at the Truro Council on Aging!

**Michelle Peterson, MA LSW**

**Deputy Director**

**THE SENIOR CENTER WILL BE CLOSED JULY 4th!**



Looking for a way to give back or be more involved in your community?

Do you have office skills?

We are seeking VOLUNTEER & PROGRAM ASSISTANTS

Contact Barbara Bond [bbondtruro@comcast.net](mailto:bbondtruro@comcast.net) or at 617-515-4342



We recently hosted a multi-generational cook-out with special guests from TCS grade 5.

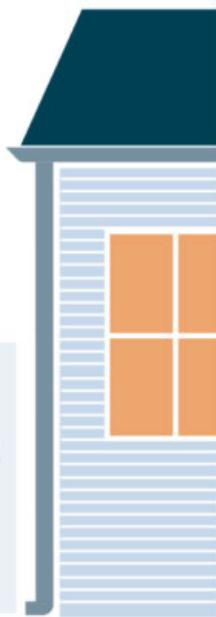
A great time was had by all ages!

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# Upcoming Events

## Coffee with the Town Manager

Interesting in learning more about what's happening in the town of Truro? Join Darrin Tangeman, Town Manager, for this informal session at the Community Center July 11 at 8:30 am.

## Free Music at Community Lunch

Come to the Community Lunch and stay for the music. On July 11, the COA welcomes the song stylings of Natalie Bonfini. Then Ken Field Duo will serenade our diners on August 15. Don't miss lunch and these talented musicians.



**You're Invited!**

## Get to know the Folks in Blue.

Come to the Truro COA for  
Coffee With a Cop.  
Jul 19 at 9 am.



## New Exercise Class Registration Policy

Registration for exercise classes begins Monday, July 15th through July 22nd at 9 am.

Non-resident Registration will begin Monday, July 23rd through July 30th at 9AM.

To register for classes, please call 508-487-2462 extension 323. We will return calls in the order they are received. If you receive a voicemail, please leave ONE message that you want to register, and we respond within 24 hrs. Please do not leave multiple messages.

Truro residents get priority in registration.

**TO REGISTER FOR CLASSES PLEASE CALL  
508-487-2462 ext. 323.**



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# Music, Art & More

## NEEDLE WORK

### **Wednesdays 10:30am- 12:30pm**

Knitting, Crochet, Needle Point, Quilting, Fiber Art. Bring a new or unfinished project, share ideas and appreciate the crafts of others. Help yourself to a cup of coffee, tea or hot chocolate. Bring a snack if you wish.

## UKULELE WITH MARY ABT

### **Thursdays 10:00 am- 11:00am**

Join Mary Abt at the Truro COA for an hour full of ukulele JOY! Mary has been teaching basic ukulele for years. No fancy stuff, just good old fashioned fun stuff. If you have a ukulele GREAT, if you do not have one, we have some you can use!

## MEMOIRS WRITING GROUP

### **Mondays- 10:00am - 12:30pm (via Zoom)**

The Truro Memoirs Group meets Mondays 10 AM to 12:30 PM, currently on Zoom. **To register for group email rpace39@gmail.com**

Participants share their stories and receive helpful, encouraging feedback from each other and from Rosalind Pace who has been mentoring Truro Memoirs for decades. It's free and open to anyone.

## OUTER CAPE WHITE LINE PRINTMAKERS & MORE

### **Fridays 10:30AM –12:30PM**

Our group's main goal is to foster a continuing interest in white line printing but we are not limiting ourselves to that form of art. Members may also choose to work with watercolors, pen and ink, wood block prints, linoleum block print, colored pencils and pencil drawing. Bring the materials that you will need to work on what inspires you.

## SHINE VOLUNTEER COUNSELOR

### **Tuesday July 7 & August 13**

### **8:15am-12:15pm**

Shine counselor will be available to answer Medicare questions you may have. Please call to register 508-487-2462.

## TECH SUPPORT CLASSES

### **Tuesdays, 1:00pm-2:30pm**

By Appointment 30 minute time slots  
Need help with your device? Bring your smart phone, table, or laptop and power cord to appt. To schedule appt please call 508-487-2462.

## FREE HEALTH SCREENINGS/ FOODS TO ENCOURAGE

### **2nd Wednesday each Month 10:00am-11:30am**

Barnstable County Nurses and Cape Cod Cooperative extension will offer free blood pressure and glucose checks and nutrition demonstrations. Sponsored by Lower Cape Outreach Council. Please stop by!

## LEGAL ASSISTANCE SCCLS

### **Tuesday August 6th 1:00pm-3:00pm**

Meet with Pro bono Elder Law attorney Ms. Rasheda Dickerson here at the COA. Please call her directly at (774) 487-3251 to arrange an appointment.

## ASK A DIETICIAN

### **August 15th at 1:00pm and every 3rd Thursday**

Courtesy of Cape Cod VNA, we will have a monthly dietitian visit the COA and answer all your questions about healthy foods for your body. No appointment is necessary.

## VETERAN'S OFFICER

### **August 7 1-3 pm**

Shawney Carroll, Veteran Services Officer, is available for counseling. Call for an appointment, (508)-487-2462.

## GAME DAY

We have a variety of games to choose from and there are no sign ups.. just drop in! During times we designate a single game, we hope you find other players who are eager to join in. During "Open Game" you can meet other players who may be interested trying out different games.

### **Schedule Beginning Mondays**

### **11:00am-12:00pm**



# Exercise Programs

## STRENGTH TRAINING

**Mondays -Wednesdays & Fridays (hybrid)**

**9:00 -10:00**

This is an independent group, run by the class participants. There is 1 monthly visit by the instructor to offer additional instruction or modification as needed. Includes a warm-up, sitting and standing strength work with weights and elastic bands, stretching, and balance exercises.



## MEN'S WORKOUT WITH KATHY STETSON **Wednesdays 10:30 - 11:30**

This class offers a variety of techniques and variations to accommodate different levels of fitness, from gentle to more strenuous. Includes strength, flexibility, agility and skill specific training geared to the unique needs of men.

## CHAIR YOGA WITH CHRISTINE FRISCO

**Wednesdays 2:00 - 3:00pm**

This is a one hour very gentle yoga class using a stable padded chair for sitting, as well as a prop for standing exercises. No experience is necessary, but if you are unsure about your physical condition, please do consult with your doctor before attending the class. Please wear comfortable loose clothing. Feel free to call or email (508)221-8427 [christinegfrisco@aol.com](mailto:christinegfrisco@aol.com).

## CORE & MORE WITH KATHY STETSON

**Thursdays 10:30 - 11:30**

This class offers a blend of sitting, standing and optional floor work with music. Includes balance, posture, core strength, and yoga-inspired stretching.

## MOVE AND STRETCH WITH KATHY STETSON

**Thursdays 12:00 - 1:00pm**

This class is great for those looking for a gentle work-out. Includes gentle range of motion and stretching in sitting, brief periods of standing, strength and balance, as well as exercise education.

Other exercise classes are offered through Truro Recreation . For more info contact them at **50-487-1632** or visit them at [trurorec.com](http://trurorec.com) .

## **Join Genevieve Morin and Truro Yoga**

Sundays 9:30 am @Snow's Park,  
Tuesday and Friday at 9 am @ Pamet Harbor Club  
Thursday at 8:30 am @Truro Vineyards.  
\$20 per class.

**Mondays Zumba 9:00am-10:00am Erin Silva**  
[esilva1@comcast.net](mailto:esilva1@comcast.net). \$10 drop in fee. Cash or Venmo.

## **Therapeutic & Restorative Pilates w/Dawn**

Wednesdays 9:00 am  
Fridays 9 am Pilates @ Pamet Park. Bring your own mat and/or towel  
[dawnsnow369@yahoo.com](mailto:dawnsnow369@yahoo.com). \$10-\$20 suggested

## **The Truro Public Library**

is pleased to offer a free delivery service for residents who are homebound. Residents who want to sign up for the service should call the Truro Public Library at 508 -487 -1125. A volunteer will contact each person to determine preferences, best delivery times, and any special requests — such as large -print books, audiobooks, DVDs, puzzles, or magazines. We have books and more for our community! CALL 508 -487 -1125 to sign up!



# Friends of the Truro COA



CALLING ALL FRIENDS  
OF THE COA!

It's time for our  
**Annual Meeting and Luncheon**

**August 7, 2024**  
**1 pm at the Truro COA**

RSVP to Joan Moriarty at 508-487-1508 or  
via email [joaniemoriarty@comcast.net](mailto:joaniemoriarty@comcast.net) by  
July 20

## BECOME A FRIEND

The Friends of the Truro Council on Aging is a non-profit 501(c)3 organization. The Friends seek donations through membership and fundraising events to financially assist the Truro COA.

The Board of the Friends of Truro Council on Aging is seeking new members. If you are interested, please contact Joan Moriarty at the info above to learn more.

# Transportation

The Truro Council on Aging is pleased to assist with transportation needs to Truro residents who are at least 60 years of age or older or any adult living in Truro who is disabled. Rides can be requested to the Truro Community Center for all classes, programs, Community Luncheons and the Food Pantry.

**SHOPPING/ERRAND DAY:** On 1st & 3rd Mondays we will offering trips to Orleans bus leaves at 9am and will return around Noon. Call to register.

**MEDICAL RIDES:** Provided Monday-Fridays to destinations within Barnstable county only. Appointments should be scheduled between 9:00- and 2:00 Slots fill up quickly! Reservations must be made 48 hrs. in advance.

## MAIL AND FOOD PANTRY DELIVERY

On Wednesdays must call to register.

## TRANSPORTATION NEWS FROM CAPE & ISLANDS VETERANS OUTREACH CENTER

The Cape & Islands Veterans Outreach Center will be offering Transportation to Veterans by appointment with 48- hour notice given. The Veteran will be required to produce a copy of their DD214 form. To secure a ride, the Veteran or their advocate makes a call to Angela Welch Transportation and Outreach Coordinator at 508-778-1590 ext. 9.

## RIDE HOME PROGRAM SPONSORED BY FRIENDS OF COA

Did you know if you need a ride home from the hospital? Truro has a program where any resident of Truro who is over the age of 60 can get a ride home from hospital. This program is funded by the Friends of the COA. Cards are available through Truro Fire/Rescue, Cape Cod Hospital case managers and Outer Cape Health Services



### Reminders for Riders:

- *Transportation is strictly door to door service, meaning that the driver is not allowed to go into anyone's home or provide physical assistance.*
- *Transportation will not be provided to anyone who has received any form of anesthesia.*
- *COA drivers are not permitted to attend medical appointments with client, provisions for such attendance are the responsibility of the client, family, or caregiver. We do have Volunteers available to go with you to appt. please give us a call if you need to request.*
- *Access to and from your home should be free of obstacles and cleared during bad weather.*
- *There are no unscheduled stops.*
- *Rides are often shared, waiting may be necessary*

This agency and its programs are funded (in whole or in part) by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape Cod and the Islands.



**Cape Cod  
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## DART DIAL A RIDE

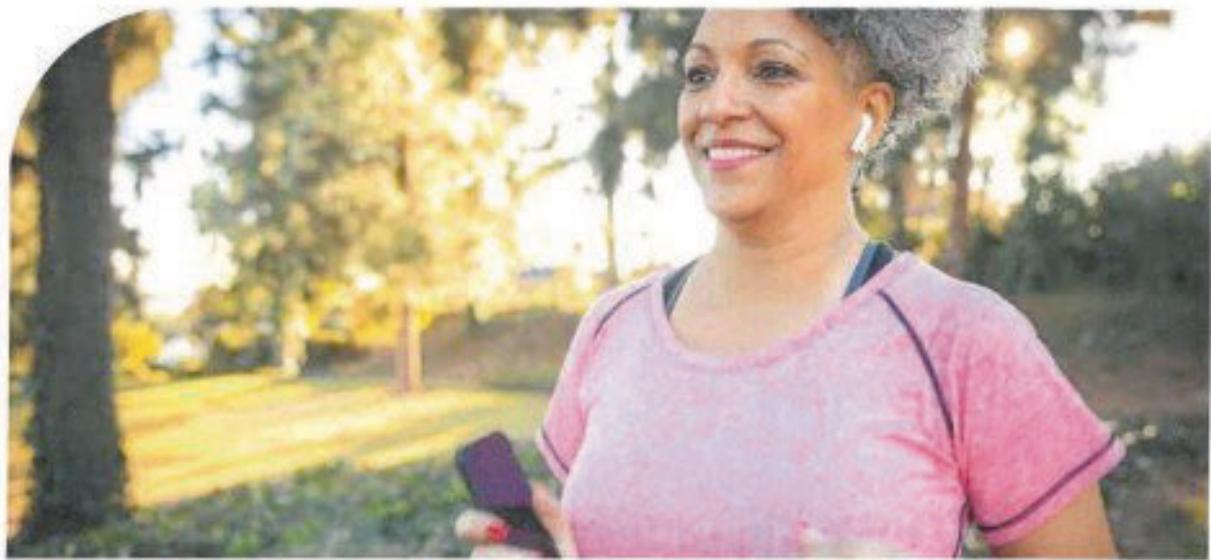
CCRTA provides door-to-door shared ride, ride by appointment transportation service. Drivers will assist you to and from the first floor outside door of your house or apartment complex, but are not permitted to enter your house or apartment. Call 1(800)-352-7155. Reservations 1 weekday before.

## BOSTON HOSPITAL TRANSPORTATION (BHT)

CCRTA provides medical transportation services to Boston Hospitals. Pick-ups are in Wellfleet fleet departs Dunkin Donuts at 7:00am and returns from Boston at 3:00pm. (by Dunkin Donuts), Eastham and Orleans. Call 1(800) 352-7155 to make a reservation in advance. Cost \$30 roundtrip.

## ADA Paratransit

**services:** Provides door-to-door shared ride transportation for passengers who meet ADA eligibility requirements and whose disability prevents them from using CCRTA's accessible fixed route buses.



### 5 Tips to Help Older Adults Stay Motivated to Exercise

Regular exercise is good for all of us. And according to the CDC, exercise can help older men and women — even those with arthritis and other medical conditions — prevent or delay the onset of health problems. Physical activity can improve your mood, energy levels, and self-confidence — and that's just the tip of the iceberg. Cardiovascular and strength exercises for older adults can also prevent bone loss, relieve pain and boost immunity and heart health. But sometimes mustering the motivation to work out can be a challenge. Here are **5 tips** to keep you moving and grooving all summer long!

1. **MAKE IT FUN.** Vary it up and try new things. Try a new workout adventure every week.
2. **MAKE IT SOCIAL.** Working out with friends is more enjoyable and keeps you accountable to stick with it.
3. **PICTURE A HEALTHIER YOU.** Visualize yourself being more vibrant and energetic and you can achieve it.
4. **SET ATTAINABLE GOALS.** Start small and expand your workouts as your fitness grows.
5. **TRACK YOUR PROGRESS.** Logging your fitness journey manually, using an app or a smart device, can help you see what you have achieved over time.

These simple tips can help encourage you to dust off those sneakers and get outside!

# Outreach Corner



I hope everyone is enjoying the blooming flowers, vegetable gardens, family, and friends visiting during these sunny months! Just a reminder that not everyone here in Truro has family or friends visiting, and it can be very isolating and lonely regardless of the beautiful weather. If your friend or neighbor needs extra help, please reach out to me or encourage them to contact me here at the Truro COA. I can guide them as to what services may be available to help them Age in Place.

I know the last thing we want to think about is cold weather or winter! Just a little reminder to get your oil burner CLEANED and INSPECTED now, way before the snow flies!! This will enable you to resolve any issues that might arise during your inspection while the weather is beautiful and warm. If you received Fuel Assistance last year, I would like everyone to start putting together their documentation to apply again by Mid-September. That way we are prepared when the Fuel Assistance applications come in the mail. This will help expedite the application process and hopefully move the process along quicker this year. Please contact me if you have any questions. As always, it is a pleasure to serve all of you in the town of Truro. ~Georgette Ducey Outreach Coordinator 508-413-950

The Outreach Coordinator is to provide senior residents with information that can help them resolve issues. The Coordinator is available to make home visits or to meet seniors and their families at the Center to answer their questions while maintaining privacy. The range of issues is broad and may include housing, Truro tax exemption forms, financial issues, medical insurance, fuel assistance, S.N.A.P., HIP (Healthy Eating Incentive Program) homemaker services, caregiver information, and local & zoom support groups. Feel free to contact Georgette 508-413-9508 to make an appointment.

## Food and Meal Resources

**TRURO FOOD PANTRY & HOMEBOUND DELIVERY PROGRAM** *Lower Cape Outreach Council* hosts a food pantry at the Truro Community Center, located at 7 Standish Way in Truro, on **TUESDAY** and **WEDNESDAYS** from 10:00am-12:30am. Walk ins welcome. For more information or to make an appointment please call Barbara Bond (617) 515-4342. **Food can be delivered to HOMEBOUND RESIDENTS ONLY.**

**MEALS ON WHEELS:** Meals on wheels brings meals to people aged 60 and older who are homebound and unable to prepare their own meals. For more information, please call Elder Services at 508-394-4630 and ask for information and referrals or call Truro Council on Aging at 508-487-2462.

**DELIVERED COA LUNCHEON MEALS:** We also can offer a Thursday Luncheon meal delivery program for vulnerable **homebound** seniors. This will allow us to connect and be visible to those who may need additional support. Please call Georgette at 508-413-9508

**TRURO COMMUNITY KITCHEN Tuesdays:** Meals are available to anyone in need during this challenging time. We recognize that need can mean many different things at this time, and we will never ask you to qualify yourself for a meal. If you think you're a good candidate for a free meal, we'd love to deliver to you. To register call/text Eli at (973) 868-7526 or see Georgette Ducey 508-487-2462

**FOODS TO ENCOURAGE/FREE HEALTH SCREENING: ONCE A MONTH:** Blood Pressure and Glucose checks with Pop Up Food Nutrition and receive a bag of fresh fruits and vegetables. Sponsored by Lower Cape Outreach Council. **Second Wednesdays** of every month, 10:30am-11:30pm in the Lobby Please stop by!

## Fuel Assistance

The Fuel Assistance Program provides seniors with a lower income household to help pay home heating bills. The program runs from November 1st until April 30th. Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, electricity, propane, kerosene, wood or coal.



Also, if you are living in nonsubsidized housing and your heat is included in your rent, Fuel Assistance can reimburse you for a portion of your rent. If you are renting an apartment that is subsidized and the cost of heat is included in your rent, you may not be eligible for Fuel Assistance; however, you may wish to apply to be enrolled in a Massachusetts utility discount program strictly based on income.

To apply you will need the following:

- Proof of income for all household members (Social Security Benefit letter) if employed; 4 consecutive paystubs.
- Copy of 2023 taxes for self-employed · Electric bill · Heating bill · Mortgage, homeowner's insurance, real estate tax bill and lease
- Current Photo ID
- Social Security cards and birthdates for all household members.

If you rent an apartment or room out to an individual: Copy of their lease, Copy of Truro Certificate of Use and Occupancy

## Outreach Corner

### TELEPHONE REASSURANCE PROGRAM

Do you live alone? Are you concerned about an elder? We have a reassurance program where you have a daily check in with someone. If we do not hear from you by ten o'clock am someone will go over to the house and check on you. For more information, please call Truro Council on Aging at 508-487-2462.

### ELDERS OF SPECIAL CONCERN

Upon returning home from the hospital or rehabilitation center be sure to contact our Outreach Department for any support or resources you may need, such as medical equipment, meals on wheels or in-home supports. Also, you can be added to our list in the case of a predicted storm. Participants of the Elders of Special Concern Program will be contacted to determine if they have adequate supplies in preparing for possible power outages, etc. If you live alone, are disabled, use oxygen, other special medical equipment or feel you could benefit from this program, please call (508) 413-9508 to sign up.

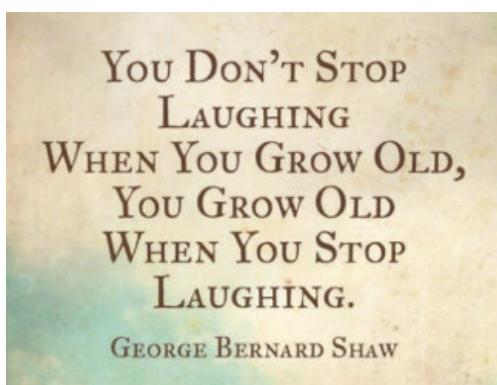
### FILE FOR LIFE What is File For Life?



The File For Life\* is a way for you to provide vital medical information to emergency responders (paramedics, police, firefighters, etc.) should you ever be sick or injured at home and unable to speak for yourself. It consists of a vinyl envelope with a medical information form (which you need to fill out) inside, which you can stick in clear sight on your refrigerator for emergency responders to find if needed. Please call Georgette if you need a File for Life Card. 508-413-9508

### MEDICAL EQUIPMENT LOANS

We gratefully accept donations of equipment that is in good, usable condition, **BUT IT MUST BE CLEAN**. Equipment is quarantined and then sanitized before it is loaned out to Truro residents. We will continue to accept and loan wheelchairs, walkers, rollators, canes, shower seats, tub transfer benches, and bed rails. Medical equipment is for short term use and will only be loaned out to non-residents if an adequate supply exists. All borrowers must sign a liability waiver.



# Community Lunch

**THE COA Community Lunch is held on Thursdays at 12 pm. Cost of Lunch: \$7 Reservations are required. Lunch includes a delicious home-cooked meal along with a special dessert treat. Come alone and make new friends, or come with a group. Either way, we are sure you'll love it!**

**July 4** - Closed Happy Independence Day!



**July 11** - Fruit salad, steak sandwiches with home-made potato salad, gelato and

**July 18** - Green salad, roasted chicken thighs with Asian rice and broccoli, chocolate cake

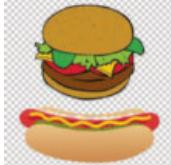
**July 25** - Tomato salad with basil, chicken parmesan with linguini, cold watermelon

**August 1** - Melon and prosciutto, chicken salad w/lettuce and tomato, ice cream

**August 8** - Green salad, barbecued chicken with baked beans and cole slaw, pound cake

**August 15** - Grilled peaches with balsamic vinegar, roast salmon with rice and green beans, sherbet and cookies

**August 22** - Fresh fruit, hot dogs and burgers w/baked beans and potato salad, ice cream



**August 29** - Green salad, roast cod with rice and green beans, lemon cake

## NEW MEAL SIGN-UP POLICY & COST

- Pick up or Delivery cost is \$10. Dine in will remain \$7.
- TO GO DELIVERIES to HOMEBOUND residents only.
- Please call to make reservations by 4pm on Tuesdays
- Arrive on time Lunch served 12:15pm.
- To go lunches will be available after 12:30pm
- No last minute walk ins for lunch

## Peach Crisp by Joan Moriarty

Grease 7 x 14-inch pan

Mix together

$\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{3}{4}$  cup brown sugar

Cut in 2/3 stick butter

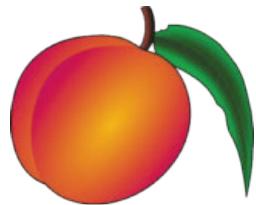
Add: 1 cup rolled oats

$\frac{1}{2}$  cup chopped pecans  
 $\frac{1}{2}$  cup chopped walnuts  
 $\frac{1}{2}$  cup diced candied ginger (optional)

Spread two packages of frozen peaches, diced, in pan. You can use fresh peaches if available.

Spread mixture over peaches

Bake in 350 degree oven until fruit is bubbly, about  $\frac{3}{4}$  hour.



The Housing Rehab Program, administered by TRI, is open to year-round homeowners in Truro, Harwich, Eastham and Wellfleet whose incomes are at or below eighty (**80%**) of the area-wide median income according to **HUD's current income guidelines** for Barnstable County.

Through the Housing Rehab Program, qualified homeowners can receive up to **\$50,000.00** in the form of a **deferred, forgivable, zero-interest loan** based on Program Guidelines. TRI addresses health and safety repair needs such as roofing, siding, windows & doors, lead paint abatement, (homes built before 1978 will require a lead paint inspection), new heating & septic systems, handicapped accessibility, and other repairs allowed according to the Program Guidelines.

**Jean**, Director of Housing Rehab Programs, can be reached via email at [jean@theresource.org](mailto:jean@theresource.org).  
**Christy**, Program Coordinator, can be reached via email at [christy@theresource.org](mailto:christy@theresource.org).

Call **508-694-6521** if you have questions or need further assistance.



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**JULY ART EXHIBIT**  
**OPENING JULY 7, 2-4 pm**  
**"SMALL REFLECTIONS"**

**Scrimshaw and Watercolor on Antique Piano Keys by**

**Robert Callahan**

**[callahancapecod.com](http://callahancapecod.com)**

**Robert Callahan established himself as a leader in the world of miniatures early on in his career. Fashioning one inch scale reproductions of period furniture and accessories, his work was featured in numerous publications including LIFE magazine. Recognized by collectors and museums for his precise detail his work was added to many collections around the world. Robert's recent work pays homage to those early years by painting miniature landscapes of New England on antique piano keys. Using scrimshaw, the traditional maritime art form, Robert creates fine detail in the work. He then painstakingly watercolors the sky, seas and hills of the New England he calls home.**

**These miniature works of art draw the observer in to take a closer look, just as the beauty of New England draws us to it.**





Kat Black from Biofield Tuning introduces our seniors to Sound Baths at a recent event at the Truro COA.

***What is Biofield Tuning?***

Biofield Tuning is a sound therapy method that works with body's electromagnetic field to promote physical, mental and emotional wellness.

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### MISSION STATEMENT

The mission of the Truro Council on Aging is to identify the needs and interests of the community's older adults; 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.

### COA Staff Members

- Michelle Peterson, Deputy Director
- Outreach Coordinator, Georgette Ducey
- Office Assistant, Katie Thibodeau
- Michael Tarvers, Driver
- Annemarie Palheiro, Driver
- Samantha Keenan, Driver
- Alan Olszewski, Driver

### FRIENDS OF THE TRURO COUNCIL ON AGING

Jim Brown, President; Catherine Staff, Vice President; Ed Yaconetti, Secretary; Christine Roderick, Treasurer; Lucie Grozier, Director; Patricia Wheeler, Director; Joan Moriarty, Director

### COUNCIL ON AGING BOARD MEMBERS

Board Members: Katherine Black, Clerk; Dan Schreiner, Chair; Apryl Shenk; Carol Bishop, Barbara Bond, Kevin Grunwald, and Deborah Simulian