



# Truro Times

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

November/  
December  
2024

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## Deputy Director's Note:

The holiday season is quickly approaching and it is a time to give thanks for so many things. In November, we thank our brave veterans for their service to our country. And that means Thanksgiving is also right around the corner! It's a time to gather with family and friends and tap into the gratefulness we feel for our blessings — both large and small.

It is also important to remember that, for some, the approaching holidays can be a difficult and lonely time, when feelings of isolation can increase. Please take a moment to connect with those around you — neighbors, family or friends — who could use a card, a phone call or a visit from someone to let them know they are not alone.

I would like to thank those of you who shared your thoughts and ideas about the Truro CoA. Your feedback helps us shape our programs and future direction.

Things are in full, late-Fall swing here! We are excited about both new and "old favorite" programs like weekly Game Days, IT Tech help and the incredible movement classes that keep us all feeling fit. And because we know how important it is to have reliable transportation, our bi-monthly shopping excursions and medical appointment transport continues to serve the community effectively. We encourage you all to take part in our services, helping you to stay engaged, involved and informed. Reserve your spot today for upcoming programs.

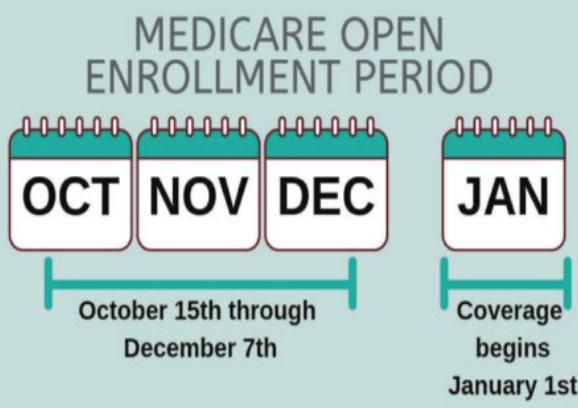
We look forward to seeing you!

*Michelle Peterson*, Deputy Director COA

## **WINTER WEATHER POLICY**



During a significant winter weather event, COA programs and transportation may be subject to cancellations. When Town Hall offices are closed, the Truro Council on Aging will also be closed, unless it's deemed necessary and safe to open. Please call the COA office at 508-487-2462, if you have questions regarding any closure or cancellations.



It's that time of year again for Medicare open enrollment October 15 through December 7, 2024. This is the time when members can change their Medicare Advantage or Medicare part D plans. This is also the time to change to Original Medicare from Medicare Advantage or vice versa. We will have SHINE COUNSELORS who are trained and certified and available **by appointment only** to assist with options for Medicare Beneficiaries. Contact the COA to make an appointment!

## **COVID cases are on the rise! Please remember:**

- ◆ Be protective of folks who are immunocompromised by masking in their presence
- ◆ Test yourself for COVID if you are feeling poorly or have been exposed to someone who has tested positive.
- ◆ If you test positive, please stay home and isolate until you have no fever for 24 hours without medication
- ◆ Stay home when you are sick, and mask in public if you must go out





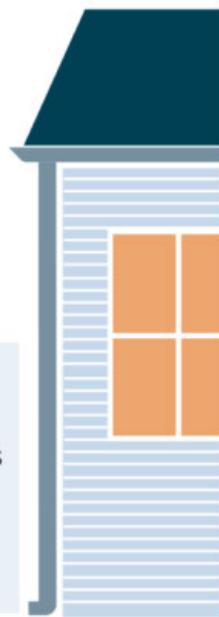
Here at the Truro CoA, we seek out every opportunity for multi-generational experiences.

Youth and seniors alike benefit greatly from these interactions.



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# Upcoming Events

## **Autumn Centerpiece Making**

**Friday November 1st 11:00am-12:00pm**

Do you need a centerpiece for the holidays? Join us to make one and we will provide the supplies. Register by Friday October 25th at 508-487-2462



## **Lunch & Learn**

**Monday November 4th 1-2:00pm**

**Tri Resources**



Does your home need critical repairs such as a new roof, new siding, new window & doors, new septic? Does your home need adjustments to daily living easier, such as converting a tub to a walk-in shower or adding a ramp? Did you know there is a program that can help you pay for these construction expenses? The housing rehab program provides up to \$50,000 toward critical home repair projects for qualified Truro year-round residents. **Registration required by Friday November 1<sup>st</sup>.** Call Katie at 508-487-2462.

## **Veterans Luncheon**

**Thursday, November 7th 12:00pm-**

**1:30pm**



Celebrate our Veterans. Come join us to give thanks to our service persons and their families. Share memories while you enjoy lunch and some live music with Ken Field Duo. Veterans and spouses eat free. Call to Register 508-487-2462.

## **Fire safety Tips**

**Thursday, November 14th 1:30pm**

Truro Fire Department will be discussing prevention and the importance of visible house numbering, at the Truro Council on Aging.. Walk ins welcome! No registration required.



## **REALID**

**Wednesday, November 20th 11:00am**

Do you know you need a **REAL ID** in 2025 if you plan to travel by air? DMV representative Michelle Ellick will join us to discuss requirements to obtain a **REAL ID**. Register call 508-487-2462.

## **Holiday Wreath Making**

**Friday December 6th 11:00am-12:00pm**

We will supply wreath and supplies. You may also bring your own supplies to decorate. **Registration required by Friday Nov 29th** No walks ins. Call Katie at 508-487-2462.

## **Sheriff Department**

**Tuesday December 10th 11:00am**

Have you ever wondered what the Sheriff's office does as compared to other law enforcement agencies? Presented by Sheriff Donna Buckley, this informative presentation will provide you with an overview of the responsibilities of the Sheriff office . Call to register 508-487-2462.

## **Holiday Shopping Trip to Cape Cod Mall**

**Monday December 16th 9:00am-2:00pm**

Looking to do some Holiday Shopping? Leave the driving to us. Enjoy lunch on your own . Registration required by Friday December 13th. Call Katie at 508-487-2462.



## **Holiday Singing with TCS Students**

**Thursday December 12th 12:30pm**

Truro Central School students will be singing at our Community Luncheon on Thursday December 12th 12:30pm. **If interested, please call to register at 508-487-2462.**



## **Beachtown Paint Party**

**Monday, December 9th 1pm**

**Cost \$10 per person**

An experienced painter will guide you through the creation process step by step, ensuring that you have all the necessary tools and techniques to create your masterpiece. Beginners welcome! **Register by Friday December 6th** . Please call Katie 508-487-2462.

## **Medicare Open enrollment**

**Tuesdays starting on October 15-**

**December 3rd**



Are you turning 65 or need to make changes to your existing plan? Truro Council on Aging will have a volunteer Shine counselor available by appointment only to assist you. Medicare open enrollment period gives everyone the opportunity to make changes to their prescription drug plans or health plans. **Registration required. Please call Katie Thibodeau at 508-487-2462 to sign up!**

## **Ask a Dietician**

**Every 3rd Thursdays 1:30pm-2:30pm**

On the third Thursday of each month, you can get individualized expert advice on nutrition and healthy eating. The VNA Dietitian will be available on site to provide answers to your questions and help you make positive changes to your diet and lifestyle. Sponsored by Outer Cape Wellness along with VNA of Cape Cod.



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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

### **Tuesdays**

2nd Tuesday each month 8:15am-12:15pm Shine counselor will be available to answer Medicare questions you may have. Please call to register 508-487-2462. Times may vary during open enrollment.

## 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, glucose checks, nutrition demonstrations and free bag of groceries. Sponsored by Lower Cape Outreach Council. Please stop by!

## LEGAL ASSISTANCE SCCLS

### **Tuesday December 3rd , 1-3 pm**

To speak to a pro bono Elder Law attorney, call Ms. Rasheda Dickerson directly at (774) 487-3251 to arrange an appointment. Leave a message with your name and number. If you would like to meet with an attorney. Offered by appointment only and first come, first-served basis.

## VETERAN'S OFFICER

### **Wednesday Dec. 4th 1-3pm**

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

## GAME DAY –Drop in

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

We have a variety of games to choose from and there are no sign ups just drop in! Open game. You can meet other players who may be interested trying out different games. Walk ins welcome!

## LGBTQ Social Group

### **On 3rd Monday of month 1:30pm-2:30pm**

Come join us to connect with other LGBTQ peers. Drop in...no registration required.



# 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 instructor Christine Frisco with your questions about the

class! Phone: (508)221-8427 / Email: christineg-frisco@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. The small group setting allows for individualized instruction.

**Other exercise classes are offered through Truro Recreation for more info and or to register please contact Truro Rec at 508-487-1632 or visit their them [trurorec.com](http://trurorec.com)**

**Sundays 10am-11am and Tuesday 9am-10:30am \$15-\$20 Yoga with Genevieve Morin \$15-\$20 contribution suggested**

**Mondays Zumba 9:00am-10:00am Erin Silva [esilva1@comcast.net](mailto:esilva1@comcast.net).**

**Wednesdays Therapeutic & Restorative Pilates 9:00am-10:00am Dawn Snow \$10-\$20 contribution suggested donation**

**[dawnsnow369@yahoo.com](mailto:dawnsnow369@yahoo.com).**

## **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!



## **WOMEN'S BIRTHDAY CLUB**

### **Fanizzi's Restaurant**

**November 18th 11:45am**

**\$23pp RSVP by 11/11/24 to Barbara Bergstrom at [Bevbergstrom@gmail.com](mailto:Bevbergstrom@gmail.com) or Pat Wheeler at [quailridge22@comcast.net](mailto:quailridge22@comcast.net)**

### **Pamet Harbor Club**

**December 16, 2024 11:45am**

**\$23pp RSVP by 12/9/24 to Sue Girard Irwin [seirwin58@comcast.net](mailto:seirwin58@comcast.net) or amcourtney@comcast.net.**

## Community Spotlight

### Meet Annmarie Palheiro Transportation and Activities Coordinator



Born in Franklin, Massachusetts, Annemarie Harrington-Palheiro moved to Provincetown as a young woman to be closer to several siblings.

The youngest of 9 offspring, Annemarie grew up in a household where outreach was the norm, which impacted her philosophy and values. Annemarie inherited her caring attitude from her mother, who never hesitated to support family, friends, neighbors and strangers alike. Annemarie is the proud parent of two sons, Timothy and Joshua, who she describes as hard working, outdoors men.

Annemarie has always chosen to work with people, beginning with her first job, when she worked at a private school for children with disabilities. Annmarie has also worked at Outer Cape Health Care in Wellfleet, at VNA, providing care services for elderly and disabled and in private care, tending to complex needs of patients. She also worked for many years at The Mews restaurant in Ptown.

Eighteen months ago, Annemarie came upon a part-time position at the Truro COA, which unexpectedly turned out to be life changing.

Annemarie is a team player who feels well suited to her current position as transportation and activities coordinator as she not only enjoys interactions that support and assist others, but she also benefits from them.

Reflecting upon the quality of her life, Annemarie says, "I couldn't ask for a better place to live, or for a more perfect job".

We welcome Annemarie, wish her well in her new position and look forward to a long and fruitful relationship.



# 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 2 business days 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.



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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 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.

### How to be a caregiver with someone who has dementia

It's a tough job, but there may be more help than you think. Darlene Bradley, 63, of New Palestine, who has seen dementia from both sides: first as a caregiver for late parents, and now as someone living with an Alzheimer's diagnosis. She has some advice for anyone who cares for a loved one with dementia: Be "forgiving, not only to your loved one with the disease but forgiving of yourself, because I don't think you would find a caregiver who could honestly say that they hadn't been short with their loved ones or gotten frustrated."

It's not surprising that many dementia caregivers get frustrated, stressed out or depressed. They are more likely than other caregivers for older adults to help with dressing, feeding, bathing, toileting or changing adult briefs, according to survey data from the Alzheimer's Association.

#### Here's what professionals and veteran caregivers say every dementia caregiver should know.

##### **Diagnosis matters**

It's not uncommon that families notice signs of dementia but don't seek a diagnosis. In many cases, she says, doctors tell patients they have dementia but not what kind it is.

##### **Early treatment and lifestyle changes help**

For Bradley, a mother of four and grandmother of 12, getting diagnosed with early Alzheimer's at age 56, was tough. Although there's no cure for Alzheimer's or other forms of dementia, prescription can sometimes help manage symptoms. Other medications appear to slow cognitive decline in some people with early Alzheimer's, according to the National Institute on Aging.

##### **Caregiver supports are growing**

Help may be closer to home than many people realize. Your local [Area Agency on Aging](#), can refer you to services that may range from training to meal delivery. Some families, she adds, hire aging life care professionals, to help plan and advocate for their loved ones.

##### **There's help, but no 'cookbook,' for common challenges**

Joining a [caregiver support group](#) can be a huge help. There are tried-and-true strategies for day-to-day challenges, Crowley says. Most people with dementia do best with a consistent schedule, she says, especially if you put the routine in writing, so others

can follow it when you are out. Getting outdoors. "It's really important to engage the person with dementia in as many daily activities as possible," she says, whether that's folding laundry, emptying the dishwasher or doing a hobby they still enjoy.

##### **Some moments are tough, and some bring understanding**

Sometimes, when caring for her mom, Bradley says, "I needed to just walk into the kitchen and have a couple minutes to myself." Once, she says, her father came close to biting her. She understood that he no longer knew who she was. Still, she says, that was a tough moment.

##### **Planning for the Future Is Essential**

You may hate the idea of planning for the day a loved one can't manage their own finances or health decisions or may need care in a residential facility. "You've just got to," says caregiver Phil Spanninger of Akron, Ohio.

Such documents should include [wills and estate plans](#) but also living wills to set end-of-life preferences and [power-of-attorney documents](#) that say who will make your health and financial decisions if you can't, according to the National Institute on Aging. Care manager Jennifer Crowley, who advised Spanninger and his wife, Janet, when they lived in Montana, says families sometimes have such documents but need to review and update them. It's ideal to do it while the person with dementia can still participate in decision-making, she says.

If you think your loved one may need care in a residential facility, look at options early, Spanninger urges. He says he started looking a year in advance and chose an "excellent facility," with Janet's consent.

[Hospice care](#) is another thing to consider and discuss with your loved one's doctor as dementia progresses. About two-thirds of Medicare recipients who have dementia use hospice services at the end of their lives, according to the Alzheimer's Association. In addition to providing nurse visits and other patient care — whether the loved one is at home or elsewhere. Hospice teams counsel and coach caregivers and can offer respite services when they need a break. To qualify, a doctor must certify your loved one is likely to die within six months, though care can last longer if they live longer. **By Kim Painter**  
**AARP Published 24,2024**

# Outreach Corner



It's hard to believe that we are approaching the Holiday season, but here we are! November brings us the falling leaves, cooler temperatures, and two important Holidays: Veteran's Day and Thanksgiving Day. We'll next head into the "celebration month" of December, as we prepare for Hanukkah, Kwanzaa, Christmas and the New Year. The holiday season can be filled with family and laughter, but not everyone has family and friends during the holiday season. Please be kind and gentle with yourself and others. Please stay safe and healthy!

In preparation for winter, we have a storm preparation check list and local plowing list at the COA for your review. Please ensure that you have a shovel and ice melt near your front door. Fuel Assistance is available to those who are in need this winter. PLEASE call us to see if you qualify (you may be pleasantly surprised). We can help you fill out an application.

We wish you a Happy and Healthy Holiday Season!!

*Georgette Ducey*

*Autumn, the season that teaches  
us that change can be beautiful.*

*Heather A. Stillfusen*

## 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!

**BAKED GOODS TUESDAYS & THURSDAYS•** Typically, after 10:00 am Tuesday & Thursdays, COA Staff deliver donated "day old" baked goods. Stop by and help yourself!

# Outreach Corner

## Fuel Assistance

**Note: If you applied for fuel assistance last year, the envelope and application will be a Yellow. Do not throw it out!**

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 and 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

## TOWN OF TRURO SENIORS, VETERANS AND BLIND TAX EXEMPTION PROGRAMS FY2025

A tax exemption is a release from the obligation to pay all or a portion of a tax. Applications should be filed annually with the Board of Assessors on or before April 1st, 2025. Filing an application does not entitle the applicant to a delay in tax payment. If you have any questions, please call the Assessor's Office at 508-349-7004 X117 or Outreach at the Council on Aging.

## 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 Thursday's at 12pm for \$7. Reservations 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!**



**November 7:** Green salad Individual meat loaves on a bed of mashed potatoes with green beans. Cookies and ice cream.

**November 14:** Chilli, Corn bread, salad and dessert

**November 21:** Toasted Pork Loin, fall roasted medley, salad and Dessert.

**November 28:** Thanksgiving. CoA closed.

**December 5:** Cucumber salad. Miso cod with broccoli and rice. Sherbet and cookies.

**December 12:** Green salad. Roast chicken with potato pancakes and roast carrots. Pound cake.

**December 19:** Avocado salad. Roast turkey with cranberries, stuffing and green beans. Holiday pie and ice cream.

**December 26:** Lasagna, garlic bread, salad and Dessert.



## 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 12:45 pm**

**Cranberry Nut Bread by Carol Nickerson**

1/2 lb. butter (2 sticks), softened

2 cups sugar

4 eggs

1/2 c. evaporated milk

2 cups flour

1 cup raw cranberries

1 cup chopped walnuts

Preheat oven to 325. Use a bundt pan and spray well with cooking spray.

Cream butter, add sugar and beat well. Stir in evaporated milk and eggs and mix well. Slowly blend in flour and stir well. Add cranberries and nuts. Mix well until everything is incorporated into flour mixture.

Pour into greased bundt pan. Bake for a little over an hour until testing with a toothpick comes out clean. Cool for about 20 minutes - place a plate over the cake and turn upside down and cake should come out beautifully on plate.

After cake is cooled, sprinkle with confectionary sugar.

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.

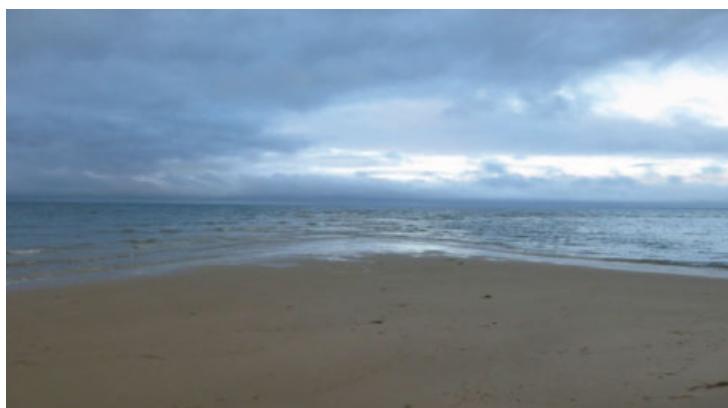


**BECOME A FRIEND:** The Board of the Friends of Truro Council on Aging is seeking new members. We are updating our database and need to hear from you! Is your membership current? If not, please update it as soon as possible. And if you're not a member, will you consider becoming a 'Friend?'

## NOVEMBER ART EXHIBIT

Robin Huibregtse - Photography and Painting "West of the Sun, East of the Moon"

Since I was a child I have been in love with the beautiful and terrifying in nature, literature, and history. I ended up on the Cape by chance and choice, and have discovered it is a land always in flux, unpredictable and existing at the whims of the weather and the waves. It is possible, here, to view the land with fresh eyes every season and always inspires me to pick up my camera or paintbrush. Stylistically and conceptually, my work has been inspired by many different artists and mediums. The timeless photography of Ansel Adams has inspired my artistic eye greatly, as well as the color and symmetry of films by Wes Anderson and Sophia Coppola. Like the atmospheric realism of paintings by Andrew Wyeth and Edward Hopper, I want to capture the magic in the mundane. I also try to incorporate the soft and romantic literary voices of Virginia Woolf and Jack Kerouac, as though painting with delicate words. All of these artists were in love with life but recognized that we must create deeper meaning from that which is visible by embracing the idea that our time on this earth as creators and consumers is limited. I have tried to capture the emotional time and space in between the moments in my photos, the transitional nature of the earth, our homes, and even ourselves. So I invite you to join me in this liminal space to find the glimmers that we usually miss.



## DECEMBER ART EXHIBIT

"Take Heart" is a large-scale exhibition of photographs captured on Cape Cod during the pandemic by local photographers Rachael Sokolowski and Suz Karchmer. The artists describe the project as a "non-traditional love story." During 2020-2024, community love was expressed through public displays of handmade hearts, crafted from everyday materials, including wooden palettes and paint stirrers. The images of the creative ingenuity of a Cape Cod community embody messages of love, compassion, encouragement, and even outrage against injustice, during a time marked by crisis, conflict, and isolation. They also serve as a powerful reminder of the compassion and possibilities that surfaced during the pandemic, reflecting resilience and hope in the face of adversity.





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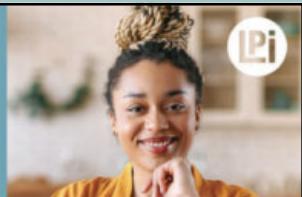
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### **MISSION STATEMENT**

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