



Truro Times

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

September/
October
2024

Director's Message	1
Upcoming Events	3
Music, Art & More	4
Exercise programs	5
Community spotlight	6
Transportation	7
Health and Wellness	8
Outreach	9-10
COA lunch	11
COA Board	12
COA ART GALLERY	13

Deputy Director's Note:

I hope you all had wonderful summer and were able to enjoy visiting with friends and family. Like many of you have experienced, it has been a fast and furious summer! As these slower summer months come to an end, it gives us a chance to reflect and regroup.

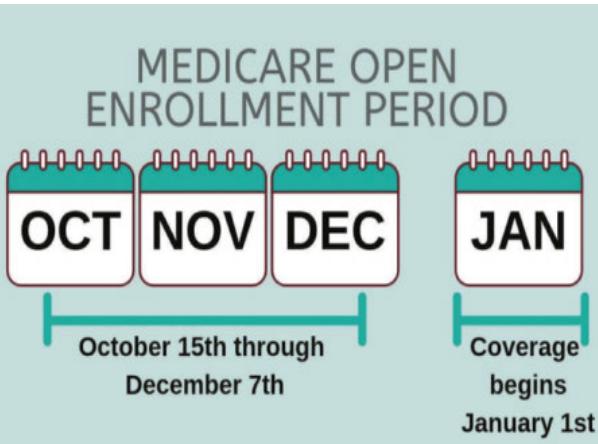
This past year, we accomplished so many new programs including hosting our first Health Fair, Multigenerational programming, Community Luncheons, Counseling for Veterans, Dementia Support group, a bus outing to Heritage Museum, out-reach to vulnerable disadvantaged older adults in our community, Title IIIB grant for our transportation department and as well as Outreach/Marketing of COA Massachusetts Council on Aging grant.

And we are continuing to innovate! As part of our commitment to local community, we have added a position to manage this critical service and are delighted to announce Annemarie Palheiro as our new Transportation/Activity Coordinator.

I'd like to invite you all to share your ideas and your vision for the Truro Council on Aging on September 26th at 1:30pm. Please join me and the COA staff as we brainstorm new ideas to enhance our connection to the broader community and explore how we can best serve you and each other.

I would like to take this opportunity to thank all our volunteers, community partners, and staff who help make our Community luncheons and programs a great success!

Michelle Peterson, Deputy Director COA



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



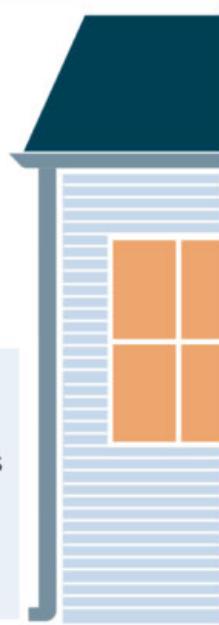


PRIDE LUNCH



MAKE YOUR HOME MORE ENERGY EFFICIENT —WITH A NO-COST— HOME ENERGY ASSESSMENT

- Get insight on your home's efficiency
- Enhanced incentives for renters & income-eligible residents
- Rebates on efficient heat pumps, appliances, & more!



1-800-797-6699
CapeLightCompact.org

PROUD SPONSOR OF



LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

**CONTACT ME
Steve Persichetti**

spersichetti@lpicommunities.com

(800) 888-4574 x3403



**Susan
McCabe**

WILLIAM RAVEIS REAL ESTATE

C. 508.246.4686 | O. 508.487.4005

E.Susan.McCabe@raveis.com W.SusanMcCabe.raveis.com

Sign up for Local Market Insight's

<http://susanmccabe.raveis.com/SIGNUPNOW>

154 Commercial St. | Provincetown | MA 0267



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Truro Council on Aging, Truro, MA 06-5367

Upcoming Events

Fall Risk Assessment

Thursday September 5th 1:30-3:30pm

Are you concerned about your balance and falling? Come meet one-on-one with Physical Therapists and Exercise Physiologists from the VNA of Cape Cod at the Fall Risk Assessment Clinic on Thursday, September 5, 2025, from 1:30pm- 3:30pm using the CDC's STEADI program. Each 30-minute appointment will involve a health screening, balance tests, and a home exercise program. Advanced registration is required and there are limited appointments- no walk-ins will be accepted. **Please call the VNA of Cape Cod Public Health directly to register at (508) 957- 7423**

LGBTQ Social Group

Monday Sept. 23rd & Oct. 28th 1:30pm-2:30pm

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



Ask a Dietician Outer Cape Wellness along with the VNA of Cape Cod are collaborating to bring "Ask -A-Dietitian" to the Truro COA. Do you have questions about diet, nutrition, or other food-related concerns? This program is designed to encourage healthy eating habits, and provide you with the opportunity to interact with a Dietitian and others who are committed to a healthy journey. Examples of topics to discuss are Blue Zones, healthy eating for less, microbiome gut Health, dash diet, etc. This program is FREE and occurs on the **3rd Thursday of the Month from 12:30-1:30 PM** beginning August 15. Walk-ins welcome

The Scoop with Michelle

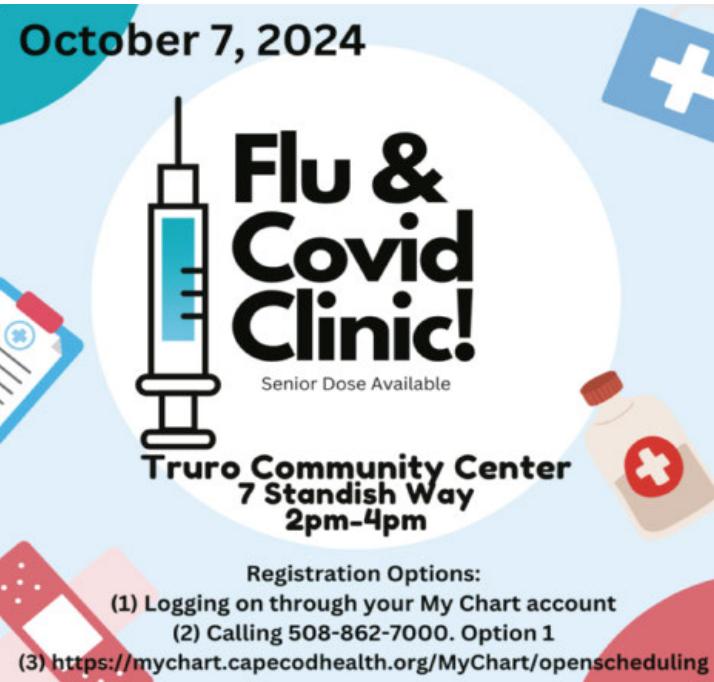
Come join the Deputy Director of the Truro Council on Aging Monday September 26th 1:30pm for some ice cream and come brainstorm new ideas about what you would like to see in the future. Drop ins welcome!



Veteran Outreach LTGBO

Thursday, October 10th 10:00am

Event will be held at Provincetown Council on Aging. We will be co hosting event Truro residents welcome. Please call Provincetown COA at 508-487-7080 to register. More information to come about program.



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. Medicare open enrollment period gives everyone with Medicare 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!**



Neuro Go Class will meet on **Tuesdays 9am- 10am from October 8- November 12, 2024**. This 6-week exercise program is designed for those diagnosed with neurological conditions such as Parkinson's disease, stroke, and more. Each hour-long class will involve exercises to manage neurological symptoms, use functional fitness, and challenge your brain. Class is led by an Exercise Physiologist from the VNA of Cape Cod. Participants must be able to ambulate independently and tolerate 60 minutes of seated and standing exercises. Advanced registration, including a VNA Medical Clearance form, is required. **Please call the VNA of Cape Cod directly at 508-957-7423 to register.**

THOMAS D. BROWN
REAL ESTATE ASSOCIATES



Let our real estate experience, knowledge, and expertise help you, whether you are buying, selling, or renting a home.

Independent real estate agents at home in Truro since 1961.

NICK BROWN - Owner/Broker
508-487-1112
300 Route 6, Truro
nick@thomasdbrown.com
thomasdbrown.com

Sales and Rental Team
Lucy Brown &
Kathleen Morris
508-349-2700



MARCEY OIL & PROPANE



Four Generations Proudly Serving
PROVINCETOWN TRURO WELLFLEET
24 HOUR EMERGENCY SERVICE

37 Franklin Street, Provincetown, MA 02657 | 508 487-0219 • www.marceyoil.com

NWCR1356604

**TRURO
GENERAL STORE**
14 Truro Center Road
508-349-1616



A seasonal market
and deli proudly
serving fresh coffee,
pastries and
sandwiches to the
Outer Cape - groceries,
beer & wine too!

BENSON, YOUNG & DOWNS

BY&D

INSURANCE AGENCY, LLC
Offices in Harwich Port, Provincetown, and Wellfleet.

PROVINCETOWN
508-487-0500
www.byandd.com

Call to book a tour: (508) 255-2328

Visit our Website for
more information

The *Terraces*
Orleans
Skilled Nursing Center
and Independent Living



Email: Kblake@theterraceorleans.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.ipicommunities.com Truro Council on Aging, Truro, MA 06-5367

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 September 17th & October 8th

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.

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 October 1, 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 October 2 from 1-3 pm.

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

GAME DAY

Mondays 11:00am-12:00pm

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 play. During "Open Game" you can meet other players who may be interested trying out different games.



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

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.

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

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

September 16 @ 11:45AM at Moby Dick's- Hostesses - Sue Girard-Irwin, Ann Courtney, Joellen Farley. RSVP - amcourtney@comcast.net, seirwin58@comcast.net or 413-364-2805

October 21 @ 11:45AM at Fanizzis- Hostesses - Kathy Power, Kathy Nagle RSVP -kmonttpower@gmail.com, sanddollarcapecod@comcast.net or 508-

Community Spotlight



Stan Bratskeir is like man who came to dinner. Except he came for lunch.

In March, 2023 he saw a small story in the Provincetown Independent, noting that the chef at the Truro Council on Aging had moved on, leaving Council members lunch-less, after years of enjoying a good meal and the company of friends and neighbors every Thursday.

Stan contacted the COA and offered to help out while they searched for a replacement. Half a century ago, Stan trained as a medic in the army, but when he was later assigned to a reserve unit he was told to become a cook. He acquired some basic skills (how not to cut off a finger, how to follow a recipe, how to turn a bad pie into a good cobbler). Certainly, he could hold down the fort in Truro for a couple of weeks.

Sixteen months later, Stan is still at it; planning menus two months in advance, prowling the aisles at Stop and Shop on Wednesdays, and arriving early at the COA on Thursdays, where he chops, dices, slices, roasts, dredges and grills his way to noon, when as many as 55 of his Truro neighbors come to eat-in or take out.

Stan says, “I try to prepare good-tasting meals made with as many fresh ingredients as possible, because our some of our diners don’t often cook for themselves. I intentionally over-serve and encourage people to take food home for a small meal or snack. I stay away from institutional fare like casseroles, and I avoid super-spicy dishes. I judge how we did by the level of conversation and laughter I overhear coming from the dining room. The louder the better. Also, by what comes back on people’s plates. The less the better.”

Stan says he sometimes tries to introduce unfamiliar or exotic-sounding dishes, like his mother’s matzoh ball soup, handmade pork dumplings, chicken katsu, or recipes from famous people like Bill Blass (he made a great meatloaf, as well as

some nifty clothing). In good weather he cooks steak or burgers on the grill behind the COA.

But it’s the fish, he says, that draws the biggest crowds: Crab cakes, cod and the undisputed gold medalist of Thursday lunches, roasted salmon, which almost always draws oohs and ahs and a round of applause. Not bad for seven bucks; \$10 for takeout.

Stan and his wife, Anne, a fashion and lifestyle writer, moved to Truro fulltime about four years ago with their two giant Leonberger dogs. Their four children, their spouses and seven grandchildren cycle in during the late spring, summer and early fall and for holidays.

Anne and Stan lived in Manhattan and, then, on Long Island before moving here. They came to the Cape every year as renters or guests at his brother-in-law’s Truro beach house, or at his late father-in-law’s house in Wellfleet. “The Cape gets in your blood,” he says. So even though the Hamptons were a hop-skip-and-Bentley from their place on Long Island, the family endured the sometimes eight-hour trip on turnover day. “I just love it here. And the work at the COA, the opportunity to work with just the loveliest colleagues, and the chance to prepare a good meal for people, makes me extremely happy.”

In his life-before-chefing Stan founded, built and ultimately sold, two national public relations agencies, representing clients including Perrier, Chiquita Banana, Revlon, JC Penny, Bristol-Myers Squibb and Burger King. He served on a few boards, created a reading program for third-graders in the New York City public school system, and developed a public-private partnership on Long Island aimed at saving energy. He also managed two successful campaigns for a Long Island councilwoman.

How long will Stan continue at the job? “Well, I haven’t gotten any calls to take over from Bobby Flay, so I guess I’ll be here for a while,” he said.

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.



Cape Cod
Regional Transit Authority

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.

2024 Health Wellness & Safety FAIR



A FREE community wellness event featuring:

- Unique vendors with info and giveaways
- Health Screenings-Blood Pressure
- Free Health Care Proxy Forms
- Door Prize Raffle and Light refreshments



Truro Council on Aging 7 Standish Road, Truro

Thursday October 17th 10:00 am –1:00 pm



Outreach Corner

Happy Autumn everyone!

I don't know about you but, for me, September always feels like a fresh start; the crisp, cool air moving in and the hot summer days fading into the rear-view mirror. Here at the Truro COA we are excited about the new events coming your way. The Health Fair is October 17th 10:00am to 1:00pm. For those of you who did not make it last year, it is a free informative and enjoyable event for our senior community and more. Last year we hosted over 30 vendors/agencies with lots of information on helping you **age in place**. Some examples included bone density testing, blood pressure checks, glucose testing, options for home emergency pendants, food pantry options, home health agencies, alternative therapies, Truro Community Kitchen, a light lunch and much more. Hope you can try to join us!!

If you had fuel assistance last year keep an eye out for **application** in the mail. It will be coming in September/October in a **YELLOW** envelope from the South Shore Community Action Council.

~ *Georgette*

~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!

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

Stay Strong Cancer Support Group

Coordinated by Ginny Dutra, RN.

This group has been in operation for 7 Years!

Meets the 2nd and the 4th Wednesday of the month.

Where: Truro Library Cobb Room.

When: 2nd and 4th Wednesday of every month.

Time: 10:00AM-11:15AM

This group has been helping women in all stages of cancer.

Call Ginny at 508-648-1639, **anytime** for more information or to sign up.



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!

September 5: Watermelon and feta salad, individual meatloaves over mashed potatoes, green beans, cake and ice cream



September 12: Cucumber salad, crab cakes with rice and roast carrots, cupcakes

September 19: Caesar salad, steak sandwiches with fries, ice cream and cookies

September 26: Green salad, Peruvian chicken, rice and black beans, lemon cake

October 3: Green salad, roast salmon with rice and carrots, ice cream and cookies

October 10: Tomato and mozzarella salad, chicken piccata with linguini, biscotti

October 17: Green salad, Fred's famous chicken salad, baked apples

October 24: Fruit salad, roast cod with roasted potatoes and broccoli, ice cream



October 31: Tomato soup, shrimp salad and green beans, ice cream and Halloween candy

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
- No last minute walk ins for lunch

Roasted Cherry Tomato Bruschetta

2 pints of local cherry tomatoes (try the sun golds from Longnook Meadows Farm)

1/4 cup of good olive oil

4 cloves of garlic

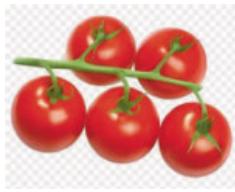
1 Handful of fresh basil, torn into pieces

Salt and pepper to taste

Slice tomatoes in half. Roughly chop garlic and add to tomatoes along with all the other ingredients in a mixing bowl. Stir just to combine.

Place tomato mixture in a single layer on a small baking tray. Roast in a 2500 oven for one hour until soft and slightly shriveled.

Serve on slices of toasted sourdough or any crunchy bread. Add flaky salt just before serving.



By
Mariann
McDonagh

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.

Christy, Program Coordinator, can be reached via email at 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?'

SEPTEMBER ART EXHIBIT

We are excited to spotlight The Truro Group for our September exhibit. The group is a community of artists based in Truro. Their members create in various media from painting and photography to sculpture and print-making. They exhibit twice a year in town, once at the Truro Library in the summer and again in the fall at the Community Center. Please come and help support your local artists.



Cottage, Tammy Friedman



Begonia, Nancy Bloom

OCTOBER ART EXHIBIT

Lawrence Young is our feature artist for the month of October. For over 30 years, Young has been part of the artist community in Provincetown. He has had solo shows and juried into numerous exhibitions. Laurence is currently represented by The Studio in Provincetown by appointment Laurenceyoung.com, Powers Gallery in Acton, MA, to name a few. Laurence's paintings are part of private and public collections such as Provincetown Art Association and Museum, NJ State Museum, and the Daniel Mullin collection.



Purple Haze, oil on canvas



Fresh Catch, oil on canvas



Thanks to Outer Cape Honey Bees for their education session last month!

**JOSEPH
RUBBISH REMOVAL**
Serving Truro since 1965



Trash Removal
Clean Outs • Recycling
Snow Plowing & Sanding
Year Round - Reliable Services

P.O. Box 836
22 Shore Rd., Truro, MA 02666
508-487-1895
josephrubbishremoval.com



Celebrating Our 48th Year!

Provincetown

508-487-6026

334 Commercial Street

Truro

508-487-4545

300 Route 6 @ Hillside Farmstand

SEAMEN'S BANK

MEMBER FDIC • MEMBER DIF • SEAMENS BANK.COM

350 Route 6, North Truro, MA 02652
508.487.2211

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.

BRING YOUR PASSION.

WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Truro Council on Aging, Truro, MA 06-5367

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

PRSRT STD

U.S. POSTAGE

PAID

PROVINCETOWN,

MA 02657

Permit #1

POSTAGE

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; Susan Girard-Irwin, Vice Chair; Apryl Shenk; Carol Bishop, Barbara Bond, Kevin Grunwald, and Deborah Simulian