



# Truro Times

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

March/April  
2025

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## Deputy Director's Note:

As we step into March we welcome the promise of spring longer days, blooming flowers and new opportunities to connect and engage. This time of year, reminds us of renewal and growth, and the importance of staying active in both body and mind.

March isn't just the month where we welcome spring; it's also National Nutrition Month! This annual event is a fantastic opportunity to focus on our eating habits, learn more about nutrition, and make conscious food choices. No matter if you're a health enthusiast or just starting your wellness journey, National Nutrition Month is the perfect time to reassess and rejuvenate your diet. On Friday March 28th 11:00am-12:00pm we will be having a nutrition educator from Cape Cod Cooperative Extension discuss healthy eating habits and benefits of DASH diet and Mediterranean meals.

On the 3rd Thursday of the Month from 1:30-2:30pm we have "Ask a Dietician" You can meet one on one with a Registered Dietician from VNA to ask questions about diet, nutrition or other food-related concerns. Drop ins welcome.

Saint Patrick's Day approaching we look forward to a festive celebration, delicious meal, and a bit of Irish luck. Join us on March 13<sup>th</sup> for Corn Beef and Cabbage along with Irish Music with Denya LeVine.

Again, this year we have AARP tax aide program which provides tax assistance to anyone, free of charge, with a focus on taxpayers who are over 60 and have low to moderate income on 1st and 4th Tuesday 9:00am-2:30pm

through April 1st.

On April 8<sup>th</sup> Join us for an informative presentation by Master Gardener Donnelle Denery on "Getting Your Garden Ready for Spring". We are also excited to announce we have an outing planned on Friday March 21<sup>st</sup> to the Sandwich Glass Museum with lunch after at Café Chew. We have array of programs such as fitness classes, educational workshops, or social outings, there is something for everyone to enjoy. If you haven't already consider trying something new you might discover a new passion or make a new friend! Please join us at Truro Council on Aging. We look forward to seeing you.

We are deeply grateful for our Community Partner's Truro General Store for catering our recent Lunch and Learn and Box Lunch & Montano's for catering our COA luncheons. Finally, we would also like to express our heartfelt appreciation for our dedicated Volunteers whose generosity and commitment make the community luncheon possible each week.

***Reminder Community Center will be closed on Monday April 21st in observance of Patriot's Day.***

Deputy Director

Michelle Peterson





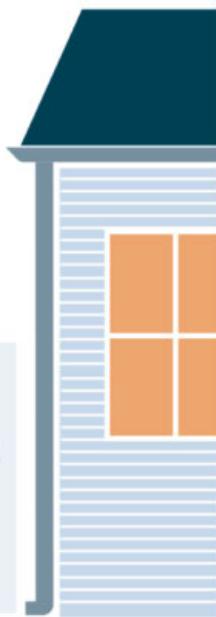
Elder Services recently visited the Truro Council on Aging lead a class on "Getting to Know your Smartphone. Our goal is to bridge the digital divide and empower our residents with modern technology skills.

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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.

## 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**

## SHINE VOLUNTEER COUNSELOR

Once a month on Tuesdays 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!

## BEREAVEMENT SUPPORT GROUP

### **2nd and 4th Thursday thru April 24th 2:30-3:30pm**

Grief support group run by experienced therapist from VNA of Cape Cod. Registration required. Email [jmburke@capecodhealth.org](mailto:jmburke@capecodhealth.org) or call 508-740-2370.

## LEGAL ASSISTANCE SCCLS

### **Tuesday April 1st 1:00pm-3:00pm**

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. Offered by appointment only and first come, first-served basis.

## VETERAN'S OFFICER

### **Wednesday March 12th & April 9th 1:00--3:00pm**

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. During "Open Game" you can meet other players who may be interested trying out different games. Drop ins are welcome!

## NAVIGATOR PROGRAM

### **1st Monday each month 10:00am-12:00pm**

*The Outer Cape Health Services Community Resource Navigator is a program to help residents with unmet medical, behavioral health, and human services needs.* The program's "Navigator" can help to identify support networks and services to get residents in crisis the care they deserve toward leading healthier and more secure lives in the community.



## LGBTQ Social Group

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

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

## WOMEN's BIRTHDAY CLUB

### **March 17**

11:45am at Fannizi's

Cost 23 pp

RSVP by March 10th

Hostesses; Dee Fitzpatrick and Estelle Masson Dee [deefitzpatrick@hotmail.com](mailto:deefitzpatrick@hotmail.com) Call or text 201 693-0998 or Estelle -508 487-1636 Call, no texts

### **April 21st**

Cost 23 pp

11:45 am at Pamet Harbor Club (catered by Box lunch)

RSVP by April 14th

Hostesses Sue Girard Irwin, Nancy Medoff [seirwin58@comcast.net](mailto:seirwin58@comcast.net) or 908-227-2064

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# Upcoming Events

## My Chart

**Friday March 7th 11:00am-12:00pm**

MyChart is a secure and convenient way to access your health information. Join us for an informative presentation and learn how to easily manage your MyChart account. This hands-on session will guide you through the essential features and help you feel comfortable navigating MyChart on your own. Please bring your cell phone, tablet, or other mobile device so you can follow along! Registration required call 508-487-2462.



## Jewelry Making Class

**Tuesday March 11th & 18th 10:30am-12:00pm**

Paper bead making class. This is a craft that is as least as old as the Victorian age. Women would gather together for a social evening, while rolling beads from pieces of wallpaper, magazines, music sheets, newspapers, wrapping paper dividers. Registration required by March 10th 508-487-2462.



## Saint Pattie's Day Luncheon

**Thursday March 13th 12:00pm-1:30pm**

Come join us for COA luncheon and Enjoy live Irish Music with Denya LeVine. Call to register by Tues. March 11th at 4pm.



## Sandwich Glass Museum Day Trip

**Friday March 21st 10:00am-3:00pm**

We will be going to the Sandwich Glass museum and then having lunch after at Café Chew. Museum entrance fee covered. Cost of lunch not included. Registration required by calling Katie at 508-487-2462 by Tuesday March 18th.



## Films & Friends

**Monday, March 3rd & April 7th**

**1:00pm-3:00pm**

Grab your friends and join us for a wonderful afternoon of film, laughter and good company. We will be showing "Classic Movies". Light refreshments and popcorn provided. Drop ins welcome!



## Food Connects Us

**Friday March 28th 11:00am-12:30pm**

Join a nutrition educator from Cape Cod Cooperative Extension as we celebrate National Nutrition month. Learn about the benefits of the DASH and Mediterranean meal plans. Healthy cooking demonstration and tasting included in this session. Please call 508-487-2462 to reserve your seat.

## AARP Tax Aide Program

**1st and 4th Tuesday thru April 1st.**

**9:00am-2:30pm**



Tax aide program for low to moderate income residents. Registration required call 508-487-2462 to sign up!



## Master Gardner

**Tuesday April 8th 11:00am-12:00pm**

Getting Your Garden Ready for Spring - This program will give attendees valuable information about what to do in the spring to get their garden ready. Topics include: general clean up, pruning, vegetable garden preparation, how to get flower beds ready for spring, fertilization, refreshing your soil, the importance of soil pH and how to creatively extend your garden space. Registration required call 508-487-2462.

## Greeting Card Workshop

**Tuesday April 15 10:00am-12:00pm**

Please join us in creating handmade greeting cards. We will provide all the supplies needed for making cards. Registration required by Friday April 11th. required call 508-487-2462



## Dance Party

**Tuesday April 22nd 1:00pm-3:00pm**

Come join us along with Beth O'Rourke a local resident in town & DJ will be hosting a dance party. It will be a fun filled afternoon for you to let loose and enjoy some great music. Drop ins welcome!



## Therapy Dog and Companion Animal Program

**April 23rd 10:30am at Truro library**

Visit with certified trained therapy dogs and their owners. All attending this group can engage with and enjoy the dogs. This is a multigenerational event being held at Truro Library. Drop ins welcome!



## Joint Knee replacement

**Monday April 29th 11:00am-12:00pm**

Total Joint Replacement" Presentation offered by a VNA PT/Orthopedic Program Coordinator. *Total Joint Replacements are now outpatient surgical procedures with most people coming home the day of surgery. This change has made homecare services essential for your recovery. Please join us to learn more about the Visiting Nurse of Cape Cod and the services they provide to assist you after your surgical procedure.. Registration required call Katie at 508-487-2462.*

# 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 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

## **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. 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!



call or email instructor Christine Frisco with your questions about the class! Phone: (508)221-8427 / Email: 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. 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 go to [trurorec.com](http://trurorec.com)

**Sundays 10am-11:30am and Tuesday & Fridays 9am-10:30am Truro 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).**

## **Stay Strong Cancer Support Group**

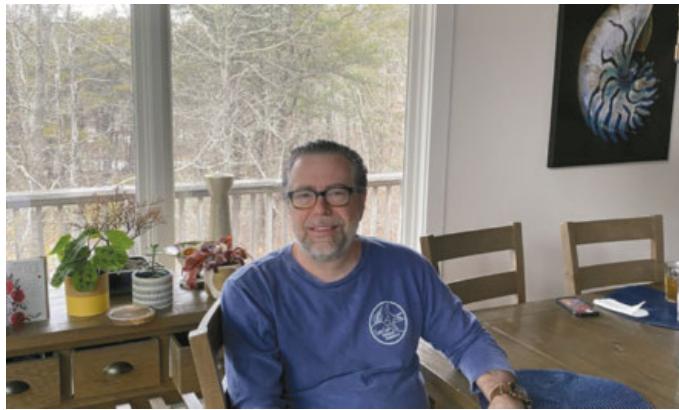
*Coordinated by Ginny Dutra, RN.  
This group has been in operation for 7 Years!.*



**Where:** Truro Library Cobb Room.  
**When:** 2<sup>nd</sup> and 4<sup>th</sup> 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 to **sign up!**  
for more information or to sign up.

# Community Spotlight

## Interview with Michael Kravec



*I am Barbara Bond, a member of the COA board and today I have the pleasure of interviewing Michael Kravec to give COA members a sense of who this dedicated and caring volunteer is.*

*Q: How long have you lived here in Truro, and have you live part or full time in Truro?*

We live in Truro full time, we did a “soft move” for two years, between New Jersey and Truro. We’ve been full time for about a year and a half. We finally switched everything, all our paperwork, over to our addresses.

*Q: Where were you during the pandemic?*

We were in New Jersey. We made that decision. We just figured we had all our stuff in New Jersey. So, we just stayed there.

*Q: What do you do for the COA and what made you become a volunteer? Have you volunteered for other groups?*

I deliver weekly lunches to clients. I’ve been doing it for about a year and a half. I haven’t volunteered anywhere for a long time, but I thought I would do it here to keep me out of trouble. But it didn’t work! (Laughter) No, I wasn’t working for a while so I thought I would do something to help the community. But I’m back to work now. I work in technology. I do like the other services at the COA. My wife goes to one of the exercise classes. There are good things here.

*Q: What are the things that give you satisfaction with volunteering?*

One of the reasons I wanted to do some volunteering was... what do they say? “All politics are local.”

It used to be that you just took care of yourself and your family, you worked, nose to the grindstone. Now, you have to do a little bit more for others too.

*Q: Where are you from originally?*

Well, I grew up in New Jersey, but we used to vacation in Truro, always on the bay side, for about 20 years. We finally had the opportunity to buy a house, and we’ve had the house now for about 10 years. We’d be here mostly in summer and sometime in winters.

*Q: What did you want to be when you grew up?*

I always knew I was gonna be an engineer, but I switched over to sales about 25 years ago. But I never thought I would be where I am today.

*Q: What are your leisure activities, what is your favorite thing to do? And do you have any pets?*

Yes, we do. I love walking the dog and walking on the beach. She demands it! She’s a mutt, she’s a rescue from

Puerto Rico, born in captivity, so she wasn’t feral. She’s about 10 years old now but she has lots of energy! I also love music, so I go to concerts. I used to play guitar, I was in a couple of bands, but I don’t know. I love movies, I just saw the new Captain America movie. (BB: Review—censored!)

*Q: What is something you like about Truro and the people you have met so far in Truro?*

Well, I do like the people...you always have to be just a tiny bit weird here, I mean you can just be as weird as you want to be., all in a very good way, we get each other. I also like the vibe here and I really like the beaches, they aren’t as busy as in New Jersey where you can always see 4 or 5 umbrellas on the beach!

*Q: What makes you happy?*

I love the peace and quiet here, I don’t like a lot of drama. The city doesn’t bother me, but you can always go to the city, but its harder to go to the quiet. You can’t always find the peace and quiet that there is here. At work it brings me out to talk to customers, to go to events, so I always have something to keep me stimulated. But I get back to Truro and I can kind of unplug. I do work full time, but I’ve worked from home for over 20 years, it’s a different kind of work-life balance. So, I’ve been able to go to the kids’ plays and sporting events and things.

*Q: What would other people who know you say about you? Just the nice things.*

(Laughter) That I don’t take myself too seriously. I don’t mind joking even about myself.

*Q: What is something I didn’t ask that you people might like to know about you?*

I really enjoy cooking, I’m pretty good at it too, at eating it too. One of the great things about being in Truro is going to the Atlantic Spice Company, they always have something that you need that’s a good buy. So, I’m not a good interview type. So, my apologies.

# 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 Peter Doonan Transportation and Outreach Coordinator at 508-778-1590 ext 115

## 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.

## 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 (Provincetown/Wellfleet).



### 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*
- *A donation are appreciated.*

Truro Council on Aging and its transportation programs is 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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**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.

By  
Kimberly Goad,  
AARP  
Published August 02, 2023

## What Is the DASH Diet?

Experts say it's a good one to try if you're looking to lower your blood pressure.

DASH, "the main focus points are reducing sodium and getting enough calcium in," says Liz Weinandy, an outpatient dietitian and clinical instructor at the Ohio State University Wexner Medical Center. "While it promotes many of the same healthy foods as [the Mediterranean diet](#), the DASH diet specifically reduces sodium and encourages three servings of low-fat dairy daily, as calcium has been found to help lower blood pressure."

## What are the health benefits of the DASH diet?

If you have high blood pressure — and more than two-thirds of people over age 65 do — your doctor may have already recommended the DASH diet for one very simple reason: It lives up to its name.

Research shows that the reduction of blood pressure among people who follow the DASH diet is comparable to that of people who take medication for stage 1 hypertension. That's not all. Research [published](#) in 2020 in the journal *Arthritis & Rheumatology* suggests it may reduce the risk of [gout](#), a painful inflammatory condition that's common in people with hypertension and other cardiovascular diseases, by lowering levels of uric acid in the blood.

"The focus is really on lowering blood pressure and, secondarily, to help lower LDL cholesterol to improve heart health and reduce the risk of stroke," Weinandy says. "If you have high blood pressure or high cholesterol, or you're concerned about heart health for any reason, this is the diet to focus on."

Everyone's blood pressure will creep up with age, so this diet could be especially beneficial for those over 50."

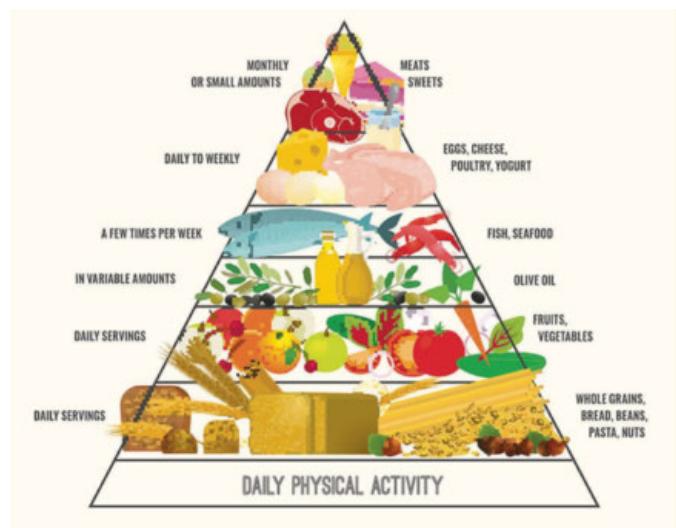
### Foods to eat:

Vegetables  
Fruits  
Whole grains  
Fat-free or low-fat dairy  
Fish  
Poultry  
Beans  
Nuts and seeds  
Vegetable oils

### Foods to limit:

Fatty meats  
Full-fat dairy  
Sugar-sweetened beverages  
Sweets  
Sodium (salt)

Source: National Heart, Lung and Blood Institute



# Outreach Corner



Spring is right around the corner and the warmer weather is coming, It's been a cold Winter! Burrr....

Daylight savings time 2025 begins Sunday March 9th. I know I am ready to *Spring Ahead* and excited for flowers popping up through the once Icye- snowy ground. Better weather is coming. But If you find yourself struggling with high food costs , fuel and electricity prices, please call us and see how we can possibly help ease your burden. **South Shore Community Action Council Fuel Assistance Deadline is April 30, 2025** and **Truro Tax Exemptions Applications i.e.: Disability , Veteran and The Blind Deadline is April 1st, 2025**. If you need help filling out this paperwork please call me and make an appointment. 508-413-9508.

**Attention all Caregivers and Family Members.** If anyone wants information regarding safety pendants or how to help your love one from afar. Please call Georgette at the COA and I can review the different products for extra safety in your home and options for services in the area. As always it is a pleasure to serve all of you here in Truro and I wish you all a Happy St. Patrick's Day , Happy Easter and Happy Passover. *Georgette Ducey*

**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!

## FUEL ASSISTANCE

**Note: If you applied for fuel assistance last year, the envelope and application will be a Yellow. Do not throw it out! Deadline to Apply is April 30th**

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. 2025
- Copy of 2023 taxes for self-employed
- Electric and heating bill 2025
- Mortgage, homeowner's insurance, real estate tax bill and lease 2025
- Current Photo ID current
- 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 Truro COA.

## 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 Elders of Special Concern 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, fire-fighters, 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. 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!**

**March 6th: Green Salad, roast chicken with sweet potatoes and green beans.**



**March 13th: Fruit salad, corned beef and cabbage with boiled potatoes, Irish soda bread and cupcakes.**

**March 20th: Cucumber and tomato salad, teriyaki glazed salmon, white rice, carrots, cookies and ice cream.**

**March 27th: Green salad, individual meat loaves over mashed potatoes, green beans, chocolate cake and ice cream.**

**April 3rd: Tomato soup, baked ham with sweet potatoes, broccoli and apple pie.**

**April 10th: Matzoh ball soup, baked cod, roast carrots, white rice, cookies and ice cream.**

**April 17th: Fruit salad, roast turkey with stuffing and green beans, cherry pie.**

**April 24th: Green salad, crab cakes, potato salad, broccoli, cake and ice cream.**



## 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

## EGGPLANT FRITTATA

**Ingredients:**

8 eggs  
 1.5 lb (700g) eggplants, peeled every other strip and cubed  
 1 onion, chopped  
 6 garlic cloves, crushed  
 2 oz Gruyère cheese, grated  
 1 tbsp chopped parsley  
 salt and pepper to taste  
 2 tbsp olive oil

**Instructions:** Sprinkle sea salt over eggplant cubes and let them sit in a colander for half an hour. Rinse the eggplant cubes then pat them dry with paper towels.

Heat 2 2bsp of olive oil in a skillet and saute the onion. Add the eggplants cubes and the garlic and let them cook on medium low heat until golden and cooked. Stir frequently.

In a bowl, whisk the eggs with cheese, salt and pepper. Pour in the egg mixture to the cooked eggplants, lifting edges of eggplant so eggs coat bottom of skillet. Cook over low heat covered until set and cooked through. Sprinkle with chopped parsley and



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).

**The Friends of the Truro Council on Aging** is a volunteer, non-profit 501 (c) (3) organization whose mission is to support the Truro COA in providing older adults services, resources, and activities to enhance the quality of life.

The Friends of the COA act to support the activities of the Truro Council on Aging by providing funds for programs and, through the efforts of Board members, to provide assistance to the staff of the Truro COA. The Friends, in conjunction with the COA Deputy Director, determine where funds are needed most. This may be to support programs such as COA luncheon, Community Outreach or to provide programs and events such as our recent Barber Shop Quartet Valentines Luncheon, World Citizen Senior

**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'?



Our recent Valentine's Luncheon featured a special serenade from Sandbar barbershop quartet, creating a delightful experience for our residents.

## APRIL COA ARTISTS



Tia Scalcione received a BFA in Painting from Boston University and has been creating art on the Outer Cape since she relocated in 2001.

After showing in Provincetown at the Schoolhouse Gallery and teaching classes at Castle Hill and PAAM, she took a long break from art making to raise her 2 boys and is excited to be creating and showing her work again.

You can see her new paintings periodically at 411 Gallery, at the Provincetown Arts Society show at the Mary Heaton Vorse House through March, and in October at The Commons in Provincetown.



Julie Grande from Box Lunch teaching a cooking class at Truro COA. Residents made Sweet potato corn chowder!

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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, Transportation/Program Coordinator
- 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, Patri Pepper, Rose D'Arezzo.

### **COUNCIL ON AGING BOARD MEMBERS**

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