



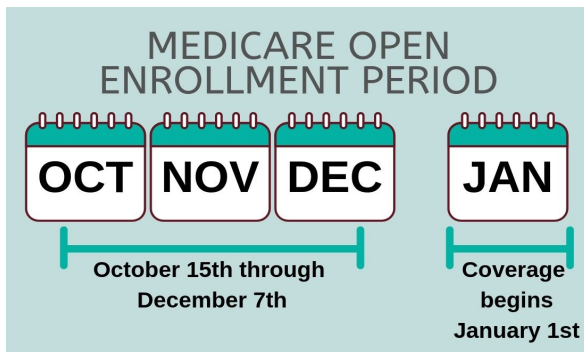
# Truro Times

7 Standish Way North Truro, MA 02652  
Monday –Friday 8:00am-4:00pm  
SEPTEMBER/OCTOBER 2025

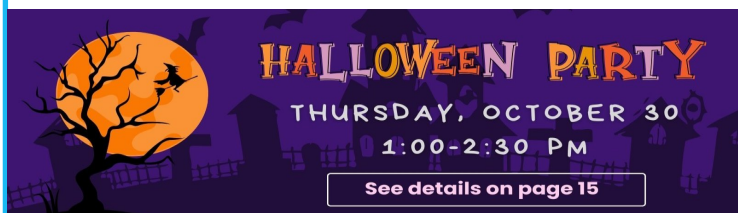
## Deputy Director's Note:

September is National Senior Center Month, and this year's theme "Powering Possibilities" invites you to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life. Senior centers power possibilities through: Social connection that combats loneliness & isolation, Health & wellness programs that promote vitality, Economic security resources that offer stability, and Creative and cultural engagement that brings joy and purpose. At the Truro Council on Aging, possibilities come alive every day whether it is trying a new class, making a new friend, or finding resources that make a life easier. This month, we invite you to stop in, explore what's possible for your next chapter.

In the Fall, a SHINE Counselor will be available at the Council on Aging to provide free, confidential assistance with Medicare Open Enrollment. The SHINE Counselor can help you review your current coverage, compare plans, and ensure you are making the best choices for your health and budget.



Beginning September 11th, we are excited to launch our new Respite Program at the Community Center in collaboration with Alzheimer's Family Support Center. This program is designed to provide a safe, engaging environment for individuals living with memory issues, while giving caregivers a much needed break and peace of mind. Registration required.



**2025 Wellness, Health & Safety FAIR**

**Thursday, October 16**  
10am - 1pm

**Rides can be Provided**

**Free COA Pill Boxes**

**Door Prize Drawing**

\*while supplies last

### Get Free Screenings & Information

- Unique Vendors with Information & Giveaways
- Blood Pressure, Glucose, & Bone Density Screenings
- Health Care Proxy Forms and more...

## HOLIDAY OBSERVANCES

*The Community Center will be closed in observance on Monday Sept. 1st & Oct 13th*

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Nothing says summer like ice cream! Our Ice Cream Social at the Community Center was a wonderful afternoon filled with sweet treats, laughter, and good company. Thank you to all that showed up and Ice Cream Café for providing the ice cream!





# Upcoming Events

## MEN'S BREAKFAST

**Friday, September 5, 9:00am Cost \$10pp**

Men's Breakfast's will be held at Box Lunch in Provincetown. Come and connect— socializing is a key to good health, as well as starting the day with a delicious breakfast! Please call the COA to register by Sept. 2. **Portion of cost sponsored by Friends of COA.**



## FALL RISK ASSESSMENT

**Monday, September 8, 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. Each 30-minute appointment will involve a health screening, balance tests, a home exercise program, and other resources. 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.

## UNLOCK THE ABC'S OF NORDIC WALKING

**Tuesday, September 9, 10:00am-11:00am**

Ever heard of Nordic walking? It's like regular walking, but with fancy poles that make you feel like a superhero on a mission! Or at the very least, someone who's really serious about getting their steps in while looking fabulous. Join us for our Cape Cod Nordic Walking Club informational session! We'll show you the ABCs of Nordic walking. Please call Katie to RSVP by September 8.



## PUTTING YOUR GARDEN TO BED

**Friday, September 12, 10:00-11:00am**

Master Gardener, Donelle Denery of Eastham, discusses things you should do at this time of year and into the fall to help ensure a successful gardening season next spring. There are tips on clean up, pruning and suggestions of things to plant in the fall. Come with your general garden questions and Donelle will try to answer them all! Donelle greatly enjoyed talking to the gardeners of Truro in her spring presentation and looks forward to seeing you again. Call Katie to RSVP.



## HOSPICE 101

**Tuesday, September 9, 1:30pm**

Learn what hospice care really means under Medicare, how to access services, and what families can expect during the process. We'll also review the important role of discharge planning—ensuring a smooth transition of care, coordinating support at home or in another setting, and answering your questions about next steps. Please call Katie to RSVP.



## AARP PROTECT YOURSELF FROM FRAUD & IDENTITY THEFT

**Monday, September 22, 1:00-2:00pm**

Each year, criminals steal billions from Americans using tactics including tech support and business impersonation, AI, cryptocurrency, and social media. Join us for an eye-opening session where we will delve into the strategies of scammers and how you can outsmart them. Learn the essential steps to safeguard your identity and finances. Call Katie to RSVP.



## GREETING CARD MAKING

**Tuesday, September 23, 10:00am & 2:00pm**

Please join us in creating handmade greeting cards. There will be 2 sessions. We will provide all the supplies needed for making cards. Registration required by Monday Sept. 22nd, call the COA.

## OYSTER SHELL DECOUPAGE

**Wednesday, September 24, 10:00 & 12:00pm**

Join us for a fun and creative afternoon turning simple oyster shells into beautiful decorative keepsakes. You will learn the art of decoupage to create unique shells perfect for jewelry dishes, trinket holder or coastal décor. All material provided. Please call the COA to register by Monday Sept. 22nd.



## BOOK CLUB

**Wednesday, October 8, 2:00-3:00pm**

"We're happy to announce that Chris from the Truro Public Library will be leading a monthly book discussion group at the COA starting in October. We'll be meeting on the 2nd Wednesday of each Month. On October 8th, we'll meet to get organized, take suggestions for books to read, and discuss your favorite authors and recent reads. We'll also pass out books for the November meeting: bring your library card if you have one, and if you don't, we'll sign you up for one on the spot! Please call the COA to RSVP.



## LIFE ABOARD A WHALESHIP-NHA ON THE ROAD

**Monday, October 20, 11:00am-12:00pm**

A multimedia, live presentation told by NHA Museum Guides. This program tells the history of the early Nantucket Whaling and how it evolved into a global industry. Participants will journey aboard the Whaleship, Edward Cary, and learn what life was like out at sea. Call to register.



# Recurring Programs

## NEEDLE WORK

**Every Wednesday, 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

**Every Thursday, 10:00-11:00am**

Join Mary Abt at the Truro COA for an hour full of ukulele JOY! 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

**Every 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 [rpac39@gmail.com](mailto:rpac39@gmail.com)

## SHINE VOLUNTEER COUNSELOR

**Tuesday, September 23, 8:15am-12:15pm**

Once a month Shine counselors will be available to answer Medicare questions you may have. Please call to register 508-487-2462.



## TECH SUPPORT CLASSES

**Every Tuesday, 1:00-2:30pm**

By Appointment 30 minute time slots  
Need help with your device? Bring your smart phone, tablet, 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 10:00-11:30am**

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. Drop ins welcome!



## GAME DAY

**Every Monday, 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!



## ASK A DIETITIAN

**3rd Thursday each month Sept. 18th, 1:30-3:30pm**

You can get 1:1 expert advice on nutrition and healthy eating. The VNA Dietitian will be available to provide answers to your questions and help you make positive changes to your diet.



## LEGAL ASSISTANCE SCCLS

**Tuesday, Oct. 7, 1:00-3:00pm**

To speak to a pro bono Elder Law attorney, call Ms. Heather Pearce 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.



## 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.



## FILMS & FRIENDS

**Monday, Sept. 8, & Oct. 6, 1:00pm**

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!



## LGBTQ SOCIAL GROUP

**On the 3rd Monday each month, 1:30-2:30pm**

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



## COFFEE WITH FIRST RESPONDERS

**TBA**

Join us for coffee and conversation with our local police, fire, and EMS personnel. This is a wonderful opportunity to meet with the first responders who serve our community ask questions, share concerns and get to know one another.

## MEDICARE OPEN ENROLLMENT

**Tuesdays starting on October 14- December 3rd**

Are you Turning 65 or need to make changes to your existing plan. A Volunteer Shine counselor will be available by appointment only to assist you with changes to Medicare. Registration required please call Katie Thibodeau at 508-487-2462 to sign up!



## DANCE PARTY

**Tuesday, Sept 30th, 1:00-2:30 pm**

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 enjoys some great music. Drop ins welcome!

# Exercise Programs

## STRENGTH TRAINING

**Mondays, Wednesdays & Fridays (hybrid), 9:00-10:00am**

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, 10:30-11:30am**

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 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, 10:30-11:30am**

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.

## WALKING GROUP

**Thursday, September 18, 9:00am**

Looking to stay active, enjoy the fresh air and connect with others. Whether you are seasoned walker or beginner all fitness levels welcome! Led by one of our Community Staff. Please register by calling Katie.



# Outings

## PILGRIM MONUMENT

**Friday, October 10, 10:30am-12:30pm**

Experience breathtaking views and fascinating history join us for a day trip to Provincetown's iconic Pilgrim monument and museum on a self guided tour. Enjoy stunning views a perfect day for history and fun with friends.

Transportation will be provided please call to register.



## CAPE COD LUNCHEON TRAIN

**Wednesday, October 22, bus departs at 9:45am**

Relish in the midday escape of a relaxing train ride while conversing over a cup of coffee and giving lunch its proper respect. Everyone in your party is sure to enjoy participating in this delightful journey that pairs an expertly prepared luncheon meal and exceptional service with views of the coastal landscape, salt marshes, and woodlands. Light narration is provided on board regarding the points of interest that you will pass along the route. Call Katie to Register as seats will fill up fast! A portion of trip is sponsored by Friends of COA.



## **The Truro Public Library**

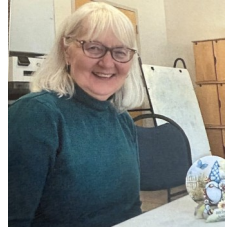


Is pleased to offer a free delivery service for residents who are homebound. Residents who want to sign up for the service should call the Truro Public Library. A volunteer will contact each person to determine preferences, best delivery times, and any special requests — such as large -print books, audiobooks,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

# Community Spotlight

## Interview with Christine Roderick

*I am Hannah Eaton, a volunteer at the COA and I had the pleasure of interviewing Christine Roderick about her life and her commitment to the Friends of the COA.*



*Q: Where are you from originally?*

I grew up in Provincetown. It was a very diverse childhood because my mother was an artist and my father, who was Portuguese, flew for the Provincetown-Boston Airlines. It was a really nice place to grow up. You basically went out your door in the morning and went to the beach, went to the playground, went out and picked blueberries.

*Q: How did you come to live in Truro?*

I moved to Truro in 1985 and began working at the Truro Central School. I was the school secretary. I did that job for more than thirty years. It was the best job I ever had. In that capacity, I knew a lot of people—I would have kids come in for preschool, they would grow up, and then I had their kids in school. That was my work life.

*Q: What can you tell me about your family?*

Well, I have three daughters, two of whom live in Truro and the other in Watertown. And I have seven grandchildren and four great-granddaughters. So family has always been very important to me, we've always been a very close knit family. We laugh a lot, and I think that's very important.

*Q: When did you start coming to the COA?*

Actually, my sister-in-law worked here about ten or fifteen years ago, before I retired. I knew about the COA because of her. So I said to myself, "When I retire, I'm going to get involved. I retired in 2018 and started coming to exercise classes and now I am here all the time. I do five exercise classes a week. I started leading exercise class and someone suggested to me, "What if you become a Friend of the COA?" And I said, "Sure."

*Q: Can you tell me more about your role as Treasurer in the Friends of the COA?*

I pay the bills, deposit donations, and make sure everything is on the spreadsheet. We support the luncheons, transportation. This month, we're sponsoring the lobster cruise.

*Q: How do donations work?*

Every September, we send a newsletter out to everyone in Truro letting them know about our organization and the good things we do. So September and October are my busy months, where I work on those donations.

*Q: What does volunteering for the Friends mean to you personally?*

It's about giving back to the COA because I get so much from it. I really need the exercise classes I take and I make so many friends.

*Q: What would you say to someone interested in joining the Friends?*

I say come on in. It's very easy, you'll have a good time, and you'll feel good because you're helping the community at large with programs that the COA might not be able to do if it doesn't have the help. And in the COA there's a lot of camaraderie. It's like having a group of friends.

*Q: What do you like most about the COA?*

It's really a very welcoming, fun place to be, which is so important because when you get older, you have to create your second life. It's fun to be around people your own age who have the same likes, dislikes. Socialization is really important when you get older. And when you take multiple classes or go to different events, you get to know different people. There are people from age sixty to age ninety here, so there are a lot of things to do and people to meet. It's good to get out of your house, come see the people. After this, I'm going to Chair Yoga.



# Transportation

The Truro COA 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.



## **SCHEDULING RIDES TO MEDICAL APPOINTMENTS**

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.**

## **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.
- Rides are often shared, waiting may be necessary
- Rides may be limited if we can't meet demand.

## **MONDAYS SHOPPING/ERRAND DAY:**

On 1st & 3rd Mondays we will offering trips to Orleans bus leaves at 9am. Call to sign up 1 week prior.

## **MAIL AND FOOD PANTRY DELIVERY**

On Wednesdays must call to register.

**Call the COA to schedule all rides  
508-487-2462, press 1**

**2 business days in advance for Medical rides**

## **COMMUNITY TRANSPORTATION RESOURCES**

### **NEW PROGRAM FOR OLDER ADULTS**

You can now call CCRTA to request a ride made possible by a GRANT from MassDOT. Call 508-418-3278 to speak to a dedicated operator who can help assist to assist in booking trips and making payments.

**DART:** 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 for Reservations.**

**B.H.T BOSTON HOSPITAL TRANSPORTATION:** 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), Call 1(800) 352-7155 to make a reservation in advance. Cost \$30 roundtrip.

**ADA PARATRANSIT:** 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.

## **VETERANS OUTREACH CENTER TRANSPORTATION RESOURCES**

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



## **HELPING OUR WOMEN**

Provides rides for women to medical appointments whether on the Cape or in Boston and for other health related needs. Intake needed through HOW in order to schedule a ride. Call 508-487-4357.

*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*

## Dating for Older Adults: Is it Really That Different?

By Tina Donvito

July 17, 2025

Dating as an older adult is about enjoying new experiences and meaningful bonds. Here's what you need to know to get back out there, including senior dating and sex, finding quality dating sites and staying safe.

Here's how to navigate the new rules of dating as an older adult, and what to be aware of when you do find someone who makes you feel as giddy as a teenager.

### DATING AS AN OLDER ADULT: REDISCOVERING LOVE AND COMPANIONSHIP

The human connection to others doesn't diminish as we age, and neither do the butterflies we get when dating someone new. Many of the highs and lows of the dating rollercoaster are the same: Will they text or call me, did they like me was I too loud or pushy or quiet on our date, when should I have sex with the person?" Says Janie Steckenrider, a professor at Loyola Marymount University who studies aging and sexuality. Older people also experience the same excitement around emotional connections and physical intimacy as younger people do. That includes sex.

"People don't like to think about their grandparents being sexually active, so its easier and more comfortable to buy into the myth that they are asexual and uninterested in sex" Steckenrider says.

However, in a recent study 91% of older adults said sexual chemistry is important for a romantic relationship.

### TIPS FOR STAYING SAFE WHEN DATING

Older people may overlook the need to safeguard their physical , emotional and financial security when opening themselves up to potential partners.

#### 1. Practice Safe Sex

The number of cases of sexually transmitted infections among seniors has doubled in the past decade due in part to:

- Low use of condoms
- Lack of knowledge about STI's

## Health & Wellness

People over the age of 65 came of age when using condom meant preventing pregnancy " Steckenrider says. "Now that they are older and there is no pregnancy risk, hence (they think there's no need for a condom."

**Protection** is necessary because older adults are susceptible to STI's.

Doctors, though may not bring it up. Important to discuss with your doctor how to stay safe.

#### 2. Protect your physical safety.

- When first connecting with someone online safety is key.
- If meeting in person always meeting in a public space.
- Let you r friends know where you are going.
- Refrain from sharing last name until you get to know them better

#### 3. Avoid online dating

"Older people can be susceptible to individuals who target them with stories of romance and request for money" Steckenrider says.

### BENEFITS OF DATING FOR SENIORS

**Loneliness** affects both physical and menta health, so romantic connections offer benefits beyond mere enjoyment. In fact romantic relationships have health benefits for seniors including:

**Less Stress.** Research has shown that seniors in satisfying lead to better heart health.

**Reduced Depression.** Social isolation is a risk for worsening mental health in seniors. Positive social connections on the other hand, have been linked to lower rates of depression.

**Improved mood** physical intimacy, including cuddling, hugging and sex releases the "feeling good" hormone, increasing happiness.

**Better Health outcomes.** Research has shown that strong relationships are linked with better recovery after surgery, less chronic pain and improved well being for those with serious health conditions, including cancer.

**Increased lifespan.** Ultimately close connections with others lead to longer more fulfilling life.





## Outreach Corner

Fall is in the Air!

Autumn is my favorite time of year! 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 all the new events coming your way. The Health Fair is October 16, 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 will be available and much more. Hope you can try to join us!!

**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 Incentive Program), homemaker services, caregiver information, and local & zoom support groups. Feel free to contact Georgette 508-413-9508 to make an appointment.**



If you applied for fuel assistance last year, look for the application in the mail, it will be coming in September. The 2025 applications will be **green** this year from the South Shore Community Action Council.

If you are interested in applying for Senior Tax Exemption please review the income limits on the next page. While the due date for exemptions is April 1, please get it in ASAP. This will help get the exemption paperwork completed for the year and the assessor's office can get the exemption on the October tax bill.

Please contact me if you have any questions. As always, it is a pleasure to serve all of you in the Town of Truro.

*~Georgette Ducey*

Outreach Coordinator 508-413-9508

### 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. **NEW HOURS** Thursdays 4:00pm –6:00PM . 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 & Resources

## FUEL ASSISTANCE

The Fuel Assistance Program provides seniors with a low-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 type of heating: oil, electricity, propane, kerosene, wood or coal. Also, if you are living in unsubsidized 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 most recent **Social security Benefit letter or the last 4 copies of your paystubs.**
- Copy of 2024 taxes for self-employed
- Electric bill 2025
- Heating bill 2025
- Mortgage, homeowner's insurance, real estate tax or lease (current)
- Copy of Photo ID front and back (not expired)
- Social Security cards and birthdates for all household members.

For those of you who applied last year, you will receive an application colored **GREEN (Warning from Fuel Assistance: applications will come in later than usual.)** If you need assistance, please call Georgette Ducey at 508-487-2462 (Press Option 3) for more information or to schedule an appointment.

## TOWN OF TRURO ASSESSORS DEPARTMENT

### SUMMARY OF TAX EXEMPTION PROGRAMS FY2026

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, 2026. 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 508-413-9508.

Age	Clause	Income limits	Asset limits
<b>Reduces local property tax liability of seniors</b>			
65 +	41C	\$37,858 - Single	\$75,714 - Single
		\$56,786 – Married	\$104,079 - Married

**If Approved - \$1,000 Elderly Exemption**

## REGISTRY OF MOTOR VEHICLES

While helping people with Fuel Assistance and Snap benefits this year, I've noticed an increase of expired licenses due to the fact that the resident is no longer driving. It is important for everyone that is getting financial assistance through these programs to have a Massachusetts ID. The phone number for the RMV Seniors Appointments (65 + only) is 1-857-368-8005. Call the COA if you need help with this.



## 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.

## FARMERS MARKET SNAP PROGRAM

### Sustainable CAPE's Bonus Match Program for SNAP

Our Bonus Match Program provides SNAP card holders, & recipients of WIC or Senior Coupons, a matching bonus of farmers market tokens (up to \$10 weekly) for fruit & vegetable purchases. We raise private funds for the match to incentivize the use of SNAP funds locally.

### SNAP's Healthy Incentive Program (HIP)

SNAP card holders receive an immediate refund for each dollar spent on fruits & vegetables from participating markets. Monthly limit of \$40. Paired with our Bonus Match, this enables up to \$80 in fresh produce/month at no cost to the shopper - while farmers are paid in full.

### Project Gratitude

Veterans receive \$10 in tokens weekly from Sustainable CAPE & a thanks for their service. Tokens buy fruits & vegetables, support farmers & grow a strong, resilient local food economy. Visit the farmers market Info Table!

## TRURO CARE

Truro CARE (Children And Resident Encounter) is a program designed to assist those diagnosed with any memory/ cognitive impairment, intellectual/developmental disabilities, or mental health issues where your loved one is prone to wander. It allows public safety members to receive important information about the individual for purposes of providing appropriate emergency assistance faster. Participation in the program is voluntary, and permission to enroll must be provided by a legal caregiver. Please contact Truro Police 508-487-8730 or Georgette Ducey at Truro Council on Aging at 508-413-9508.

# COA Community Lunch

## SEPTEMBER & OCTOBER MENU

<b>Sept. 4</b> Lobster roll, Cup of Chowder and salad	<b>Sept. 11</b> Green salad, individual meat loaves with mashed potatoes and peas with dessert.	<b>Sept. 18</b> Fruit Salad, salmon teriyaki, with rice and green beans with dessert.	<b>Sept. 25</b> Green salad, roast turkey with gravy, cranberries, stuffing and mashed potatoes with dessert.
<b>Oct. 2</b> TBA and to be provided by Box Lunch	<b>Oct. 9</b> Tomato soup, bratwurst with sauteed onions, beets and warm potato salad.	<b>Oct. 16</b> Green salad, shrimp salad with green beans and baby boiled potatoes	<b>Oct. 23</b> Greek salad, chicken piccata with homemade sauce over pasta, broccoli.
	<b>Oct. 30</b> Autumn salad, baked ham with mashed potatoes and green beans. Halloween candy and cupcakes.		

***THE COA Community Lunch is held on Thursdays 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!***

### Ingredients:

Two English muffins (toasted)  
one can tuna, drained  
Sliced tomato  
Cheese any kind you wish

### Directions:

Toast English muffins then stir it up with mayo & minced onion; one ounce meltable grated cheese; sliced tomato. Place English muffins open face on broiler pan, add sliced tomato on each open faced side; add tuna fish mixture on top, then top with grated cheese and place under broiler until cheese has melted. Then serve hot.

### RECIPE CORNER

**By Dan Haslam**

### MEAL SIGN-UP POLICY & COST

**TO GO DELIVERIES to HOMEBOUND residents only.**

- Pick up or Delivery cost is \$10. Dine in will remain \$7.
- 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
- If you need to make a change please before 10:30am day off



# Friends' News

## ANOTHER YEAR...MANY THANKS!

The Friends of the Truro Council on Aging would like to thank you and our many generous financial supporters. You make it possible for us to continue to support the Truro Council on Aging in its many excellent, caring programs provided to the residents in our community. They help pay for food for our Health & Wellness Fair, materials for craft workshops, & beach-town paint party classes. Support meal programs, super market food gift cards and Kidde smoke & Carbon monoxide detectors.



## Volunteer with the Friends of the COA!

The 'Friends' of the Truro Council on Aging provide financial support and assistance to the Council on Aging for programs and services not allocated in the town budget. The 'Friends' Board is actively recruiting new members. Please consider joining! Without the 'Friends' support, the Council on Aging may not be able to fund free programming for its members. Please reach out to Katie Thibodeau at 508-487-2462 if you are interested in being on the board.



### Friends of COA MEMBERSHIP APPLICATION

**Please don't forget to renew! The Friends of the Truro Council on Aging (FOCOA) is a non-profit 501 ( C ) ( 3 ) organization whose purpose is to assist and support the Truro Council on Aging with its mission to enhance the quality of life for older adults and caregivers in our community. The Friends fiscal year runs from July 1, 2025 through June 30, 2026.**

**NAME 1** \_\_\_\_\_ **new** \_\_\_\_ **renewal** ☐ **\$10/person**

**ADDRESS** \_\_\_\_\_ **DOB** \_\_\_\_\_ ☐ **\$10/person**

**NAME 2** \_\_\_\_\_ **new** \_\_\_\_ **renewal** ☐ **\$10/person**

**ADDRESS** \_\_\_\_\_ **DOB** \_\_\_\_\_ ☐ **\$10/person**

**Additional Donation: PHONE** \_\_\_\_\_ **EMAIL** \_\_\_\_\_

☐ **\$25** ☐ **\$50** ☐ **\$100** ☐ **Other \$** \_\_\_\_\_ **MAKE CHECK PAYABLE TO Friends of Truro COA TOTAL \$** \_\_\_\_\_ **Contributions may be tax-deductible. The Friends of Truro COA is recognized as tax exempt under section 501(c)(3) of the IRS Code.**

## SEPTEMBER ARTIST AT COA



"My current work explores the distinctive light and enduring spirit of the Outer Cape through *Line and Wash Watercolor Batik on Kinwashi Paper*; a Contemporary application of a Traditional Art form. At the heart of this series is the last of the historic Coast Guard Station houses that once stood sentinel along the shore. This structure, and other historic buildings weathered by time and the sea, hold stories that I aim to capture through the delicate dance of ink, wax, and watercolor. I plan on exhibiting these along with a two year body of work; a Provincetown Gardens series. Using a layered batik process on translucent Kinwashi rice paper, I create textured, light-filled compositions that reflect the stark beauty and quiet resilience of these coastal landmarks. The process itself—drawing with waterproof ink, preserving lines with wax, and building up washes of color—mirrors the way memory and place imprint themselves over time." Peter Sterling Turner

## OCTOBER ARTIST AT COA



Joan Roger's Journey in Art has taken her to many different directions through the years. Her newest works presented in this exhibition have evolved from her experimenting with Zentangles. Zentangles is "A structured method of drawing that promotes mindfulness and relaxation through the creation of intricate, abstract patterns". The exhibition also includes flower paintings in watercolor and ink, 3 dimensional felt birds plus a few more surprises.

## COMMUNITY EVENTS

### Truro Treasures Weekend 9/19-9/21

#### FRIDAY

530-630 PM OPENING RECEPTION @ THS

6-9 ICE CREAM SOCIAL @ TRURO VINEYARDS (TO BENEFIT EARTHSTAR PLAYSCHOOL)

#### SATURDAY

9 AM TREASURE HUNT STARTS AT HIGHLAND HOUSE MUSEUM

930 AM PANCAKE BREAKFAST @ CU CHURCH

10-4 ARTS, CRAFTS AND FLEA MARKET @ TCS

3-6 ROCK THE BLOCK HIGHLAND ROAD NORTH TRURO

7 PM VALERIE JUNE @ PAYOMET

#### SUNDAY

830 5K FUN RUN/ WALK @ PAMET HARBOR

10 AM OUTDOOR COMMUNITY YOGA @ TRURO CENTER GREEN

10-3 ARTS, CRAFTS AND FLEA MARKET @ TCS

11 A-2 PM ANTIQUE AND CLASSIC CAR SHOW @ TRURO COMMUNITY CENTER

2-6 GRAPE STOMP @ TRURO VINEYARDS



### TRURO RECREATION & BEACH



## TRURO TURKEY TROT

presented by TRURO VINEYARDS



NOVEMBER 22, 2025



Starting and ending at Truro Vineyards, this 5k takes you through the scenic hills of Truro.

medals for top 3 male & female in 6 age groups

costumes encouraged bib draw for all

food truck drinks vendors dj

**REGISTER BY OCTOBER 15 FOR EARLY BIRD DISCOUNT AND EVENT T-SHIRT**

FEES	until 10/15	10/16-11/20
AGES 18+:	\$20	\$25
17 AND UNDER:	\$10	\$15

**REGISTER TODAY AT**



[TruroCommunityServices.com](https://TruroCommunityServices.com)

[TruroCommunityServices.com](https://TruroCommunityServices.com)


[f](https://www.facebook.com/TruroRecreationandBeach) [i](https://www.instagram.com/TruroRecreationandBeach) /TruroRecreationandBeach



# HALLOWEEN PARTY

THURSDAY, OCTOBER 30

1:00-2:30 PM



Truro COA members and Truro Recreation Out-of-School Time program participants are invited to an intergenerational afternoon of Halloween fun!

- 🍁 Pumpkin Painting
- 🍁 Halloween Movie
- 🍁 Costume Parade
- 🍁 Refreshments

**Costumes encouraged but optional 🍁 Call the COA to RSVP by 10/24**



7 Standish Way, N. Truro | 508-487-2462  
[truro-ma.gov/council-on-aging](http://truro-ma.gov/council-on-aging) | [f /TruroCOA](https://www.facebook.com/TruroCOA)



7 Standish Way, N. Truro | 508-487-1632  
[TruroCommunityServices.com](http://TruroCommunityServices.com) | [f /TruroRecreationandBeach](https://www.facebook.com/TruroRecreationandBeach)



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
- Georgette Ducey, Outreach Coordinator
- Katie Thibodeau, Office Assistant
- Michael Tarvers, Driver
- Annemarie Palheiro, Transportation/  
Program Coordinator
- Samantha Keenan, Driver
- Alan Olszewski, Driver
- Luther Bumps, Driver

### **FRIENDS OF THE TRURO COUNCIL ON AGING**

Jim Brown, President; Catherine Staff, Vice President; Ed Yaconetti, Secretary; Christine Roderick, Treasurer; Lucie Grozier, Patricia Wheeler, Patrick Pepper, and Rose D'Arezzo.

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

Board Members: Dan Schreiner, Chair; Apryl Shenk Vice Chair; Barbara Bond, Kevin Grunwald, Deborah Simulian, Jim Bisceglia and Susan Rocca .