



# Truro Times

7 Standish Way North Truro, MA 02652

Monday - Friday: 8:00am - 4:00pm

NOVEMBER/DECEMBER 2025

## **Deputy Director's Note:**

November is **Alzheimer's Awareness Month**, recognizing the millions of individuals and families affected by Alzheimer's disease and related dementias, and to reaffirm our commitment to supporting them in our community. A time to increase understanding, reduce stigma, and recognize the many families affected by Alzheimer's disease and related dementias.

As part of our effort to raise awareness and provide education, on **Friday November 21st 11:00-12:00pm** we will be having a presentation "Is it normal forgetfulness or something more?" by Molly Perdue AFSC. This program will explore the difference between typical age-related memory changes and signs that may indicate a more serious memory concern. The goal is to help individuals and families know when to seek further evaluation and when to access local support resources.

Our Thursday Respite program continues to provide a safe and engaging environment for individuals experiencing memory loss, while offering their caregivers much needed time for rest and personal errands.

As we reflect on this awareness month, we extend appreciation to the caregivers, volunteers, and staff who continue to make a difference every day. Their dedication helps ensure that individuals living with dementia—and those who care for them—feel valued, included, and supported.

This month serves as an important reminder that memory loss touches many lives, and that through education, compassion, and community connection, we can make a real difference.

**Wishing you Health and warmth,**

**Michelle Peterson MA LSW**  
**Deputy Director Community Services-COA**

Winter is on its way! Now is the time to make arrangements for snow removal from your driveway and walkways. Please remember that in order for the **COA van** to safely reach your home, all areas must be cleared of snow and ice. Making a plan ahead of time helps ensure you can continue to receive rides and services safely throughout the winter months. **COA has a list!**



## **WINTER WEATHER POLICY**

When **Town Hall offices are closed the Truro Community Center and the COA will also be closed**. During these times, **COA programming and transportation will be canceled**. However, please note that **COA office may remain open** for phone calls or limited assistance, depending on conditions. We encourage you to call ahead before visiting to confirm availability.

## **HOLIDAY OBSERVANCES**

***The Truro Community Center will be closed in observance November 11, 27 & 28, December 24***

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Another Successful Health Fair! Thanks to our wonderful Community Services Staff ,Volunteers, and Community Partners we could not do this without you all!

# Upcoming Events

## PAAM BLANCHE LAZZELL SENIOR ACCESS PROGRAM

**Tuesday, November 4, 10:00am-12:00pm**

The Provincetown Art Association and Museum (PAAM) is partnering with Councils on Aging from Outer Cape towns to provide a day trip to PAAM that includes a comprehensive educational experience about Blanche Lazzell and the history of the white-line print.

American modernist Blanche Lazzell (1878–1956) co-founded the Provincetown Printers and became a leading figure in white-line color woodblock printmaking.

Led by local artist and educator Lynn Stanley, this program includes a film screening of PAAM's documentary about the white-line print, a demonstration of the white-line print technique, and a guided tour of the exhibition. **Call COA to register by Oct. 31st 508-487-2462. Limited spots available.**

Call for Ride if you need it one week prior.



## VETERAN LUNCHEON

**Thursday November, 13 12:00-1:30pm**

Celebrate our Veterans. John Dundas Select Board member will be joining us. Come join us to give thanks to our service persons and their families. Share memories while you enjoy lunch and some live music with Ken Field Duo. Veterans and spouses eat free. **Call to Register by Monday November 10th at 508-487-2462.**

## CAPE LIGHT COMPACT

**Friday, November 14, 11:00am-12:00pm**

Come join us for a informative engaging presentation. Learn how to save energy & money through their free & discounted home energy programs. Representative will share practical tips for keeping your home comfortable year round. **Call COA to register 508-487-2462.**



## IS IT NORMAL FORGETFULNESS OR SOMETHING MORE?

**Friday, November 21,11:00am-12:00pm**

Molly Perdue, MA, MS, PhD, Co-founder and Executive Director, Alzheimer's Family Support Center As we age, it's easy to get scared when we forget things like people's names or where we sat something down. Join Molly Perdue of the Alzheimer's Family Support Center to discuss when we should be concerned about memory, and what to do to care for our cognitive health as we get older. **Call COA to register 508-487-2462.**



## COOKIE DECORATING W/JULIE GRANDE

**Monday, December 1, 1:00-3:00pm**

Get into the Holiday Spirit with Julie as we decorate delicious cookie's (pre-made) together. She will share fun techniques & creative ideas to make your treats sparkle with season cheer.



All supplies will be provided-just bring your sweet tooth & holiday joy a perfect way to celebrate with friends. **Registration begins on November 10; call COA 508-487-2462**

## HOLIDAY SINGING WITH TCS STUDENTS

**TBA**

Truro Central School students will be singing at our Community Luncheon on Thursday December 11th 12:30pm. If interested, please call to Register by Tuesday December 9th at 508-487-2462.



## SEASONAL CRAFT WITH ROBIN

**Tuesday, November 18 & December 9, 9:30-11:30am**

Get Creative with Robin as we make fun seasonal craft to brighten your home and lift our spirits. No experience needed. She will guide you step by step. **Register begins on November 10th call COA 508-487-2462.**

## MAKING THE HOLIDAYS MEANINGFUL NOT STRESSFUL

**Friday, December 12, 10:00-11:30am**

We are pleased to welcome Cassie Baker, our town therapist, who will be offering an informative session on Stress and the Holidays. The Holidays can stir up a mix of emotions joy, nostalgia and sometimes stress. This session will focus on recognizing signs of holiday stress and learning ways to stay centered, positive, and connected. Together, we'll talk about setting boundaries, practicing relaxation, and creating meaningful traditions that bring comfort and joy. **Call COA to register 508-487-2462.**



## GROCERY SHOPPING TRIP MADE EASY

**Monday, November 17 & Monday, December 15**

Every Third Monday of the Month

Bus leaves at 9:00am and return COA 1:00pm

Leave the driving to us! The COA provides transportation to Hyannis grocery stores so you can stock up on your essentials. Enjoy a convenient,



# 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, email** [rpace39@gmail.com](mailto:rpace39@gmail.com)

## SHINE VOLUNTEER COUNSELOR

**On Tuesdays, 8:15am-2:15pm**

Once a month Shine counselors will be available to answer Medicare questions you may have. Except one time a week during open enrollment. 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, table, or laptop and power cord to appt.

To schedule appt please call the COA at 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!



## LEGAL ASSISTANCE SCCLS

**Tuesday, December 1, 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, Nov. 10, & Dec. 8, 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 LGBTQ peers. Drop in no registration required.



## MEDICARE OPEN ENROLLMENT

**Tuesdays starting on October 15-December 9**

**8:15-1:15pm**

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 the COA at 508-487-2462 to sign up!



## BOOK CLUB

**Wednesday, Nov 12, & Dec 10, 1:00-2:00pm**

"We're happy to announce that Chris from the Truro Public Library will be leading a monthly book discussion group at the COA. We'll be meeting on the 2nd Wednesday of each Month. bring your library card if you have one, and if you don't, we'll sign you up for one on the spot! Book selection for November is Tom Lade by Ann Patchett & December book selection The Flatshare by Beth O'Leary.



# 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: christinefrisco@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

### **3rd Tuesday each month, 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 the COA to find out where the next walk is and meet us there!



# Outings

## HOLIDAY LIGHTS TRIP

### **Wednesday December 17th**

Bus leaves at

5:30pm

Join us for a evening of holiday



lights, cheer and community as we tour Provincetown's most beautiful display. Sit back relax and enjoy a relaxing ride filled with dazzling holiday lights and cheerful holiday music . **Register begins on November 10th call COA at 508-487-2462.**

*Stay tuned for more exciting community outings coming soon! We're working on other trips and local adventures to help you stay connected, active and engaged during the upcoming holidays! Keep an eye out for updates!*



## **Books on Wheels at the Truro Public Library**



We're excited to offer a free delivery service for Truro residents who can't make it to the library. Simply call the library at **508-487-1125** to sign up. Library staff will contact you to discuss your preferences (like large-print books, audiobooks, DVDs, puzzles, or magazines) and delivery times, which depend on staff availability. We look forward to hearing from you! Thanks! Chris

**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 [www.truro-ma.gov/recreation-department](http://www.truro-ma.gov/recreation-department)**

# Community Spotlight

## Interview with Carol Silva

I am Barbara Bond, a COA board member and today I have the joy of interviewing Carol Silva, one of the kindest, most generous volunteer here at the COA. Here is a little glimpse into who she is.

B: Where did you grow up?

C: I grew up in Provincetown. My father was from Provincetown; my mother was from Gloucester. My father was a fisherman, and he fished out of Gloucester for several years. When I was 2 years old, we moved back to Provincetown. I had an older brother and sister, and I had a younger sister after we moved to Provincetown.

B: When did you move to Truro?

C: When my husband and I got married--we went to school together. And we're both Silva's! That was a good way not to change my social security number. I was friendly with my husband in high school and then he went off to Boston for 3 years. And when he came back, we kind of connected and we were married for 61 years. When he came back here, he had several different jobs, worked on the wharf, driving trailers etc., But then he had a lot of problems with his back. He worked with his brother Bob in Provincetown for a while. Then he finally landed up in the police department and worked there for 27 years. He was the police chief's administrator.

B: When you got married, did you work too?

C: I worked as a bookkeeper for what was at the time the Ford dealership in Provincetown. It's now the Provincetown Theatre. I worked there for several years until I got pregnant. Then I worked at home for a while. And that's what I did most of my life. And when my children grew up, I ended up working for John Medeiros in his accounting office for 20 or 30 years, I think.

B: Tell me about your kids.

C: We had 3 sons, Keith works as a survey engineer, and Danny is Danny Construction in Truro and Michael is at Seamen's Bank.

B: Tell me about your volunteering here in town.

C: Well, after my husband passed away a year and a half ago, I felt kind of lost and did not have things to do. My 7 grandchildren are all grown up, the youngest is 19 years old and the oldest is 27. So, I decided I wanted to do something to give back to the community and I wish I could do more actually. I don't do as much as I would like to do. I'm shy, it's kind of hard for me to get connected. But once I do, I love the people I work with. First, I started out with bringing some items for the food pantry and then I asked you about volunteering for the COA luncheon and I enjoy that very much. I look forward to it. I'll probably come to the Health Fair with my friend Naomi, We've been best friends for years. We did a lot of socializing together when my husband was alive. She was only a year behind me in school. I'd really like to do more volunteering

B: Ok, we'll talk about that. What do you like to do for leisure activities?

C: I love gardening. I've gotten into gardening a lot. I have a small vegetable garden. But I also have a flower garden I made in memory of my mother, and I call it Lilly's Garden. I made a heart with stones and planted roses and rhododendrons and different types of flowers. My oldest granddaughter, who is an incredible artist, did a painting that says Lilly's Garden that I put in the garden. I started at a Young age. My father has a huge vegetable garden and my mother, and he put up many, many things every year. My father lived with us for 17 years and my mother lived with us for 27 years. They moved in with us when we built our house on South Highland in 1968. And my mother took over all the cooking because I was busy with the 3 kids and working. It's only recently that I got into baking and doing desserts. My mother used to make butternut squash pie and my family loves it, so I make it.

B: What makes you happy?

C: My children, my grandchildren. I enjoy doing other things but to me, that's my life. We had our children when we were very young. We really grew up with them. By the time I was 50 years old, my kids were already out of the house. I feel I've been given a lot, in so many ways. I just try to be a decent person. I don't feel I've been able to give back anything like what I have been blessed with. I had a wonderful mother and father, my siblings, we were always very close, and I think that's so important. I always feel sad for families that don't have that.

B.: Thank you so much for coming in to be interviewed. It was truly a pleasure to speak with you!

# 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:**

3rd Monday of the Month we will offering trips to grocery store bus leaves at 9am. Call to sign up 1 week prior.

### **MAIL AND FOOD PANTRY DELIVERY**

On Wednesdays must call to register 508-487-2462.

**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 my 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*

## Normal Memory Loss vs. Memory Problems: How to Tell the Difference

Your keys are missing — again. Last time you lost them, they showed up in your coat pocket. (Of course.) But sometimes they show up on a random table in your home. Once, they were still in the door. *Oof.*

Losing your keys or having similar brain blips — such as forgetting what you walked into a room for, why you opened your fridge or where you placed your glasses — may happen more often as you age. One in nine adults 45 and older say they experienced more memory problems or confusion over the previous year, according to 2015-2017 data analyzed by the Centers for Disease Control and Prevention (CDC).

Memory short circuits can make you question whether what you're experiencing is something more serious, such as mild cognitive impairment (MCI), a term that describes worsening confusion and memory loss that in some cases can lead to [dementia](#).

### Telling a story to a friend, you blank on the name of a shared acquaintance.

This is probably normal. There are expected brain changes that happen as you add candles to your cake. "Processing speed can slow down as we age. The speed and ability to retrieve info from your memory may become a bit slower," says Sarah Kremen, M.D., director of the Neurobehavior Program at Cedars-Sinai in Los Angeles.

Most likely, that info will come back to you — long after you needed it. (*Of course, her name is Beth!*) Focusing on one thing at a time, rather than multitasking or looking at your phone when you shouldn't be, can help clear background clutter to encode information into your brain, Kremen says.

### You've always been pretty even-keeled, but your sister has noticed your mood swings lately.

Consider visiting your doctor. "Any new change in mood over the age of 50 should be considered the brain's way of sending out warning signals," says Rhonna Shatz, D.O., adjunct associate professor and an endowed chair in research and education in Alzheimer's disease at the University of Cincinnati College of Medicine.

"The brain can let you know that it's not working the way it should be with changes in mood or personality," she says. If you are experiencing [anxiety](#), [depression](#), irritability or lack of initiative and motivation for the first time, or you are going through a relapse of [depression](#) or anxiety (that had stabilized), see your doctor.

On the other side of the coin, depression and anxiety also cause cognitive symptoms, which is why it's important to seek professional help to understand exactly what's going on.

## Health & Wellness

### You forgot where you placed your keys. (Though somedays it's your phone.)

Often, this isn't concerning. "It's one of the most common things we see as we age, and it mainly occurs because we don't pay attention to where we place them," Mastrianni says. Putting items down in the same place, such as a catchall, every day will help. Another tip, he says: When you drop your keys, stare at them for two seconds and notice what's around them to make sure you record their whereabouts in your memory.

There may be a cognitive problem at play if you spend your day tearing apart your house looking for a missing item or you regularly have to replace important items (including car keys) that cannot be found. [Worried family members](#) may report that they were accused of moving things or, worse, stealing them.

### You wanted a knife, but you called it a fork instead.

Cognitive issues can appear as language use problems. "There may be a difficulty in getting thoughts together or stringing words into a coherent thought," Mastrianni says. You may replace words with related — but not correct — words. You asked for the knife, but you meant a fork. Or you've lost the meaning of certain words, such as no longer knowing what a zebra is. "These are clearly signs of a dementia process," he says.

### Whom to see if you're worried about your memory

If you notice concerning signs, [don't put off](#) a call or a visit to the doctor. "The earlier you can address your concerns, the more likely you can participate in your care and preserve your independence," Salinas says.

Your primary care physician is a good place to start. [Several medical conditions](#) can cause memory loss, some of which are reversible, so your doctor will want to rule those out first.

If they have concerns after an evaluation, you may be referred to a specialist, such as a neurologist, Gero psychologist or a geriatrician for a more thorough workup. Just know: Wait times with these specialists can be long — some estimates say it takes about a month to score an appointment with a neurologist as a new patient.

By Jessica Migala, AARP

Published May 25, 2023

# Outreach Corner



Greetings,

I would like to take this time to thank everyone that joined us here at the Truro COA for our annual Wellness, Health & Safety Fair. I hope that everyone received some great information. If you need any help to follow up with some of the vendors, please contact me here at 508-413-9508.

I am excited that we are approaching the holiday season! November brings us the falling leaves, cooler temperatures, and two important Holidays: Veteran's Day and Thanksgiving Day. We'll next head into the "celebration month" of December, as we prepare for Hanukkah, Kwanzaa, Christmas, and the New Year. The holiday season can be filled with family and laughter, but not everyone is as fortunate during the holiday season. If you or your friends/neighbors are struggling and need extra help, please let us know.

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

*We wish you all a Happy  
and Healthy Holiday Season!!  
Georgette Ducey  
Truro COA Outreach Coordinator*

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.

## 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 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 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

## NOVEMBER & DECEMBER MENU

November 6  Green salad, mini meatball soup with broccoli and orecchiette, & Lemon Cake	November 13  Fruit Salad, roast cod with green beans and small potatoes, ice cream & cookies	November 20  Ceasar salad, roast turkey with mashed potatoes, stuffing, and cranberries with Mandarin oranges and ice cream	Thanksgiving  Closed
December 4  Green salad, Mongolian beef with noodles, and vegetables and an egg roll, pineapple chunks & sorbet	December 11  Stan's mom's matzoh ball soup, potato latkes and broccoli, chocolate cake	December 18  Avocado and tomato salad, roast salmon with mashed sweet potatoes and green beans, cookies & ice cream	Holiday  Closed

### Doctoring the Box: Carrot Cake from Spice Cake Mix

#### RECIPE CORNER

**Ingredients:** 1 box spice cake mix  
4 large eggs  
1/3 cup vegetable oil  
1 8oz can crushed pineapple in juice, drained, juice reserved  
1 cup reserved pineapple juice + water to equal 1 cup  
2 cups finely grated/shredded carrots  
1 tsp vanilla  
1/2 cup + more chopped pecans  
Cream cheese frosting  
1/2 cup butter (1 stick) softened  
8 oz cream cheese softened  
3-4 cups confectioner's sugar, sifted  
2 teaspoons vanilla extract  
**Instruction:**  
1. Preheat oven 350 & spray pan

2. Blend cake mix, water pineapple juice mixture, vanilla, oil, and eggs in large bowl at low speed until moistened. Beat at medium for 2 mins.
3. Stir in Carrots, pineapple and pecans. Pour batter into pans.
4. Bake 40-45 mins. Cool cakes in pans 15 mins before frosting.

By Cathy Staff

#### 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.

# 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 Turo 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 \_\_\_\_\_

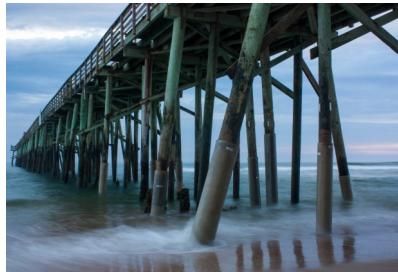
\$25  \$50  \$100  Other \$ \_\_\_\_\_ MAKE CHECK PAYABLE TO Friends of Truro COA TOTAL \$ \_\_\_\_\_ Contributions may be tax-deductible. The Friends of Truro COA is recognized as tax exempt under section 501(c)(3) of the IRS Code.

## DECEMBER ARTIST AT COA

TRAVELS – From Truro to Tuscany and beyond

*Anne Greenbaum*

I bought my first camera at age 10 and haven't stopped taking pictures since then. As I've been pulling together images for this show it's been fun to reflect on my journey as a photographer.



Through my 40's it was mostly about taking pictures of people and places that were part of my daily life. For my 50<sup>th</sup> birthday my partner & I went on a safari in Africa. I took my first photography class before that trip and since then have attended a number of workshops from the Maine to Florida. Now I like to use my camera to try to capture the sense of a place, not simply its picture. Capturing what my eye can't see, but I know is there. Long exposure photography, whether it's moving water, moving traffic or nighttime scenes is my current focus. Over the years I've also evolved from not wanting any people in my travel photos to appreciating the power of their presence.



## COMMUNITY EVENTS

### WINTER MUSIC SERIES

Sponsored by  
THE FRIENDS  
OF THE  
TRURO LIBRARY



**THE LARIATS**  
NOVEMBER 8<sup>TH</sup> @ 2:00 P.M.



Jo Miller and Joel Sklar are *The Lariats!*  
Jo and Joel bring their harmony singing,  
upbeat rhythm and fine fiddle playing to  
vintage country and bluegrass tunes.

TRURO PUBLIC LIBRARY

7 Standish Way, North Truro | 508.487.1125 | [trulibrary.org](http://trulibrary.org)

### ALL ABOARD THE POLAR EXPRESS!

Presented by  
Truro and Provincetown Recreation Departments

Join us for a magical ride to  
the North Pole for cocoa,  
cookies, and holiday fun!  
Pajamas encouraged!

December 19, 2025  
4-7 PM

Your journey begins at the  
Truro Central School

Registration opens  
Dec. 1<sup>st</sup>  
More details to follow.





**AARP Fraud Prevention Presentation in partnership with the Truro Police Department, we recently hosted an informative educational program at the Truro Community Center. Participants learned about the latest scams targeting older adults and practical ways to protect themselves and their loved ones. A big thank you to our local police officers and AARP for sharing valuable tips!**

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
- 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 .