



Truro Times

7 Standish Way North Truro, MA 02652

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

JANUARY / FEBRUARY 2026

Deputy Director's Note:

As we welcome January, we're stepping into a fresh year, filled with connection, support and community at the COA. We know winter can sometimes feel isolating, so please remember: you're never alone your COA is here for you. Whether you'd like a warm meal, help with errands or just some friendly company. Our staff can help connect you with meal support, and wellness resources. If you're finding it hard to keep up with utility bills, need a ride to medical appointments please reach out to the COA who can assist.

January is recognized as Glaucoma Awareness Month in the U.S, focusing on this leading cause of blindness emphasizing early detection through regular exams to prevent vision loss. We're pleased to welcome Sight Loss Services for a special presentation on vision loss and the resources available to support individuals experiencing changes in their sight.

We extend our sincere thanks to our SHINE volunteers Jim Lotti and Jay Fulham for their incredible support throughout Medicare Open Enrollment. Your hard work makes a real difference!

Fortunately, there's another opportunity during the Medicare Advantage Open Enrollment Period, which runs from January 1 through March 31. This period allows individuals already enrolled in a Medicare Advantage plan to take another look at their coverage and, if needed, make a change to better suit their needs. Others may still have questions about their current coverage or wonder if a different plan might better meet their needs. Please call COA to set up an appointment with SHINE counselor.

For all COA programs and updates, check out our calendar, Facebook page, and the Town of Truro Website to see what's happening!

Michelle Peterson MA LSW

Deputy Director Community Services-COA

AARP TAX AIDE PROGRAM

TUESDAYS, FEBRUARY 3 - APRIL 14

The AARP Tax Aide Program provides specially trained Tax Counselors to help low and moderate income taxpayers complete their Federal and State income tax returns free of charge. All appointments must be scheduled, no walk-ins are permitted. Don't wait until the last minute to schedule your appointment! Call the Truro Council on Aging to schedule your appointment.



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 be open** for phone calls or limited assistance, depending on conditions. We encourage you to call ahead before visiting to confirm availability. COA snowplow list available. The Truro COA does not endorse or recommend providers and cannot guarantee services.

HOLIDAY OBSERVANCES

The Truro Community Center will be closed in observance January 9 Martin Luther King Day

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Our COA community enjoyed a wonderful afternoon at the Cape Cod Symphony Holiday Pops concert. Enjoyed a lovely seasonal outing and listened to holiday favorites and a festive atmosphere with our residents! Thank You to the Friends of COA for sponsoring a portion.



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Upcoming Events

Soup Demonstration Class with Liz

Tuesday January 6th 2:00-4:00pm

Liz from Liz's Café will be offering a soup demonstration class. Call COA register 508-487-2462 by January 2nd.

MEN'S BREAKFAST

Friday, January 9th @ 9:00am Cost \$10

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 January 6th. Portion of cost sponsored by Friends of COA. Transportation provided call to request.

DEPRESSION SCREENING CLINIC

Tuesday January 13th 10:00am-12:00pm

Has your mood changed? Have you lost interest in your daily activities and hobbies? Public Health Nurse from VNA of Cape Cod will be providing free, one on one confidential screenings. Registration required call Truro COA for an appointment at 508-487-2462.



INTRO TO PHOTOBOOK MAKING

Friday January 16th & Feb 6th 10:00am-11:30am

Do you have digital photos from travels, family memories and more that are just hanging out in your phone, on your computer or in the cloud? Come learn how to easily create a physical photobook. In Session 1 we will look at examples of photo books, and then together create one. In session 2 come and work on your own book with help and good company. Please call the COA 508-487-2462. Registration begins January 5th.



SIGHT LOSS SERVICES

Friday January 23rd 10:00am-11:00am

Come learn about resources and services Sight Loss provides. Their program is unique in that we provide services to low vision as well as legally blind clients. Call COA 508-487-2462 to register.



Sight Loss Services, Inc.
Cape Cod & Islands

CIVIL RIGHTS CONVERSATION WITH TCS STUDENTS

Friday January 30th 11:00am-12:00pm

Our seniors are invited to take part in a special intergenerational program student led discussion on civil rights at Truro Community Center. Call COA 508-487-2462 to register.

Soup Making Class with Julie Grande

Tuesday February 3rd 2:00pm-4:00pm

Learn how to prepare a delicious homemade soup, and take some home to savor! Call COA to register 508-487-2462.

GAME SHOW Tuesday January 27 @1:00pm

You've watched Game Shows on TV your whole life. You've often thought how great it would be to be a contestant on one of the games you love. Game shows like Family Feud & Concentration and Wheel of Fortune. You'll play as teams so there won't be too much pressure on you and there will be prizes for every member of the winning teams. Call COA to register 508-487-2462.



AI: (ARTIFICIAL INTELLIGENCE) AWARENESS & DISCUSSION Thursday 1/29 @ 10:00 am AT PROVINCETO COA.

Curious about artificial intelligence? What does it actually mean? This session offers a clear and approachable introduction to AI. Whether you're a beginner, a skeptic, or simply curious, this program is an excellent way to learn more about this fascinating technology. Please call COA to register at 508-487-2462. Transportation provided call to request ride.



AARP TAX AIDE PROGRAM

Every other Tuesday Feb. 10th-April 14th

Free Tax preparation for seniors. Providing filing for moderate to low income seniors who need help with tax preparation. Please call COA to register at 508-487-2462.

VALENTINES CARD MAKING with TCS STUDENTS

Tuesday February 4th 1:50-2:30pm @ TCS

Come join us and the Truro Central School students to make Valentines Day Cards for homebound older adults in the community or a loved one s. Please call COA to register at 508-487-2462. **Meet at Truro Central School.**



VALENTINES COA LUNCHEON W/ SANDBARS

Thursday February 12th 12:00pm-1:30pm

You're invited to a special Valentine's Day luncheon that's sure to warm your heart! Connect with others in the spirit of love and community. Lunch and Root beer Floats will be served. The Sandbar Quartet a Cappella group will be singing for us! Call COA to Register by Tues. Feb. 10th at 508-487-2462.

CHINESE NEW YEAR LUNCHEON

Thursday February, 19th 12:00-1:30pm

Join us for a special Chinese New Year Luncheon as we welcome the Year of the Horse. Enjoy great food, good company, and a fun look at this beloved cultural celebration! Please call COA register Jan 17th at 508-487-2462.

CARDIO CHATS W/ VNA

Tuesday February 24th 10:00am-12:00pm

Interested in having more insight into cardiovascular disease risk factors? Join us for a 30-minute one-on-one discussion on how you can integrate more healthy habits into your day in order to improve quality of life and help reduce cardiovascular disease risk. Please call VNA Public Health to register at (508) 957- 7423

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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 rpac39@gmail.com

SHINE VOLUNTEER COUNSELOR

4th Wednesday 8:15am-12:15pm

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!



ATTENTION SNOW BIRDS Please help us save paper & postage Call the Senior Center at 508-487-2462 and let us know when you'll be away this winter. We can temporarily stop your mailing and add you back when you return. Thank you!



LEGAL ASSISTANCE SCCLS

Tuesday, February 3, 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, January 12th & February 9, 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. On February 9th pizza will be provided for National Pizza Day. Drop ins welcome!



LGBTQ SOCIAL GROUP

On the 3rd Monday each month @ 1:30pm

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



BOOK CLUB

Wednesday, Jan 14th & Feb 11th, 1:00-2:00pm

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 January is True Biz by Sara Novic & February is The Violin Conspiracy by Brendan Slocum.

SHOPPING TRIP MADE EASY

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, stress free way to shop while connecting with others in the community.



CREATIVE CRAFTING

Tues Jan 20th & Feb 17th @ 9:00am

Join us for a relaxed, hands on craft session where we create something simple, and fun. All materials provided just bring yourself and enjoy good company. Call COA 508-487-2462 to register.

*** Recurring programs may vary due to holiday**

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

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

Bowling at the Alley Bowling & BBQ

Friday January 9 & February 13th 1:00pm

Do you like to bowl? We are partnering with The ALLEY Bowling in Orleans. Come join us for the fun! The \$10 cost includes shoes and 2 strings of bowling and is payable in cash to the Alley on bowling day. Registration is required as walk-ins are not permitted. Call the Truro COA to register 508-487-2462. Transportation provided. Meet at COA 11:45am bus leaves COA at 12:00pm. A **Portion of cost sponsored by Friends of COA.**



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

Community Spotlight

Interview with Carol Mooney

B: What do you do as a volunteer at the COA? Carol: About eight or nine years ago, I began helping with the COA newsletter mailing, which has nearly doubled now reaches about 700 people. It's a nice group that I work with, I also volunteer with the Alzheimer's Family Support center helping run a Thursday respite program at the COA with two other volunteers. We share lunch together, and today we have five clients, our highest number yet. We care for up to 10 people and welcome Outer Cape residents. It gives the caregivers a three-hour break and this program is incredibly important to me. I was asked to volunteer, and I was more than happy to do so. There are three volunteers and two trained staff from the Alzheimer's Family Support Center, we've been running the respite program since September.

B: What got you interested in doing this? Carol: Well, my husband showed signs of Alzheimer's and died 8 years ago. He wasn't in the final end stages, but it was advanced. I've attended Wellfleet support group for other reasons, and there's also a caregiver support group at Seashore Point in Provincetown. From the start, it was a huge help to me. I attended a six-week info session on what to look for that I went to. I continued attending support group till he died. He had three types of cancer, which ultimately took his life. His brother and sister also had Alzheimer's, and two other relatives had cancer. Unfortunately, he developed both conditions. We received VNA and hospice care.

B: What does it give you now to do this and all the other volunteering you do? Carol: I count myself as very fortunate, so this is my way of giving back. I like having a sense of purpose and I've been involved with these things for a while now because I think it's important.

B: That's wonderful! To shift gears a little bit, how long have you lived in Truro? Carol: I was born in Provincetown. My father was principal and later the superintendent for three towns- Provincetown, Truro and Wellfleet. At the time Provincetown had 7 schools. My mother was the secretary when they met. I have one sister who is 2 years older, and we lived with my mother's parents on Winslow Street. My parents owned Kalmar Village. We would go down in summers on Beach Point and stay there until school started. I attended grades 1 through 4 in Provincetown, grades 5 and 6 in Truro, and grades 7 and 8 and high school in Provincetown high school.

B: Where did you meet your husband? Carol: Well, my sister and her future husband were in the same class in high school and were good friends. But I knew he had an older brother, Denis. He was a senior when I was in 7th grade, though I did not know him then. When I was at Bridgewater State College going to school, one evening, my sister asked if I'd go with her to a cocktail. I wasn't very eager to go, but that evening I met Denis (her future husband) for the first time. (her eyes sparkled when she talked about him!) We got married in 1967 and my sister and her husband got married a year before us. My husband and I lived in Boston for a year and I taught 1st grade in Chelmsford. Then we moved down here. We lived with my mother and father on Highland Road, and it became the place where our daughters, Ann and Karen were born. After purchasing property in Truro, my brother-in-law helped with some of the building, and in 1972 we moved their full time. I remain in the same house that we moved into in 72, not long after my son was born in 74. I was involved with sports, church and everything.

B: Did you work outside of your home at all? Carol: I didn't do any work outside of that until Ann and Karen graduated and Kevin was a senior in high school. After that, I worked as a pre-school assistant in Truro/ Provincetown, substituted in schools, childcare and tutoring.

B: What do you do for fun? Carol: I received my first camera not until I got older. I enjoy photography and take photos and put them in an album. I also enjoy reading, doing puzzles and nature walks, especially on the beach.

B: Have you done much traveling? Carol: We traveled to several National Parks, Zion, Bryce, Grand Canyon, Joshua Tree etc. Eventually, all of my children moved to Las Vegas, one after another. Kevin still spends about half the year there, while my daughter now lives with me.

B: Is there anything you haven't done that you wish you had done in your life? Carol: I turned 83 in August and I'm not putting off doing things anymore. I went on a trip to Niagara Falls in September with my daughter. It doesn't make sense. If I say maybe next year—well then, I'll be 84 and lord only knows...

Ann, who was first diagnosed with breast cancer at age 30. Despite all these efforts, Ann passed away from cancer 16 years later. This led to Carol's future involvement with the Mass Breast Cancer Coalition.

B: I am grateful for the privilege of hearing your story. Carol: Because of Ann's cancer and Denis' Alzheimer's, I have become involved and have a better sense of what others go through.

[NOTE: Both Carol and I hope that reading this story somehow helps or inspires others in their own journeys through life's challenges.]

Interview by: Barbara Bond

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 are disabled. Rides can be requested to the Truro Community Center for all classes, programs, Community Luncheons and the Food Pantry. Medical rides are given priority.



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 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 part) by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape

Guilty of Ageism Toward Yourself? Why You Should Stop Saying “I’m Too Old”

By STEPHANIE FRIEDMAN
NOVEMBER 15, 2025

Ever told yourself you’re too old to do something? That kind of discouraging self-talk is common at any age: Many of us convince ourselves it’s too late to learn a new technology at 70, start weight lifting at 60, or change careers at 35. But where do those thoughts come from? And should we listen to them?

As you may already suspect, negative beliefs about our own aging are often the result of societal messaging we’ve been receiving since childhood, and don’t necessarily reflect our individual abilities. What’s more, research shows that — at least to an extent — viewing getting older through a positive lens might be a self-fulfilling prophecy. The more we think about aging as a wonderful experience, the better our health may be, potentially lengthening our lifespan.

“Research has suggested that people who adhere to ageist stereotypes could have shorter lives, although the controlled studies on this have yet to be done (for obvious reasons),” Susan Whitbourne, adjunct professor of gerontology at the University of Massachusetts, Boston, told *Nice News*. “However, there is evidence that people who internalize ageist views are more likely to rate their mental and physical health as lower than people who avoid falling prey to these stereotypes.”

Below, we’ll break down what self-directed ageism is, make the science-backed case for embracing every birthday with positivity, and offer some words of wisdom from Whitbourne on how you can put that mindset into practice.

The Impact of Internalized Ageism

There’s actually a technical term for writing yourself off under the guise of “I’m too old”: internalized ageism. That verbiage inherently suggests that these negative beliefs aren’t our fault. After all, we’re exposed to harmful cultural messaging about older people from an early age — from the grandparents in *Charlie and the Chocolate Factory*, who rarely leave their bed, to the Evil Queen in *Snow White and the Seven Dwarfs*, who transforms into an old hag to offer Snow White the poisoned apple.

One study revealed that adults 50 and older are only depicted in a positive light 72% of the time in stock media images online (compared to a massive 96% for those 49 and younger), and another identified age discrimination in children as young as 6 years old.

Throw into the mix abundant ads for anti-aging products and ageism in the workplace, and it’s no wonder we dread admitting to ourselves how many years we’ve racked up. “It is very difficult not to take personally the messages that are so widespread in the media, from stereotypical portrayals in TV, films, jokes, and even ‘over-the-hill’ birthday cards,” Whitbourne said.

But shedding these beliefs is entirely possible (we’ll get to that in a bit), and there’s *plenty* of incentive to do so. For one, a study published by the American Psychological Association showed that participants who viewed their own aging in a positive light lived 7.5 years longer than those with less favorable percep-

Health & Wellness

tions — a result thought to be partially caused by their will to live. The authors noted that this increase in longevity is even more significant than the years gained from low blood pressure or cholesterol, a lower BMI, abstaining from smoking, and regular exercise.

Not only could rejecting ageism extend your lifespan, but it may also help keep your brain in tip-top shape during your later years. In 2018, researchers studied people with the $\epsilon 4$ variant of the APOE gene, one of the strongest risk factors for dementia. They found that those with positive beliefs about aging were nearly 50% less likely to develop dementia than the group with negative perspectives. And for folks with mild cognitive impairment, a common type of memory loss, one study demonstrated that they were 30% more likely to recover their cognition if they’d absorbed positive views on aging from their culture.

The benefits don’t end there, though. If you’re worried about having a stroke or developing diabetes, cancer, or heart disease, a 2022 study addressed these conditions in one fell swoop, revealing that positive attitudes around aging may reduce your risk. It also uncovered that participants who maintained those glass-half-full beliefs were more optimistic with a stronger sense of purpose, and less likely to be lonely and depressed.

“There’s a connection between mindsets and health behaviors,” the study’s senior author, Eric Kim, said in a news release at the time. “One leads to the other.”

How to Embrace Aging With Joy

It may sound intimidating to reverse a lifetime’s worth of internalized negative beliefs about growing old — but the first step, Whitbourne says, is to pay attention to how you think and speak about entering your later years. “Most importantly, question your own views about aging and how many of them are shaped by society’s ageist assumptions,” she advised. “Check out the way you speak about aging and whether you communicate pessimism about the future, make jokes about aging (and its effects on you), assume that you can’t do things because you’re ‘too old,’ and feel that there’s nothing you can do to alter the effects of aging on your health.”

Psychologist Becca Levy’s ABC method can help you put this into practice: To start, increase Awareness by writing down the first words or phrases you think of when you imagine an older person. Next, place Blame where blame is due by identifying the *real* source of any negative beliefs (which might be a TV show or skin care company, like we mentioned earlier). Finally, Challenge those assumptions about aging, which could mean learning more accurate information or calling out bias when you see it in real life.

And once you’ve done the work, Whitbourne recommends recognizing your achievement and giving yourself a pat on the back — because remember, cultivating positivity is a key part of the process. “Take stock of how you’ve improved over the years, including how much wisdom you’ve gained and how much you’ve been able to accomplish,” she said. “People who age successfully tend to focus on the positive and, even if changes have occurred, manage to incorporate them into a sense of their own identities as competent, cared about by others, and adaptable.”

Outreach Corner



Happy New Year! We hope that you all had a chance to enjoy the holidays with those who mean the most to you! Reflecting on the last year here in Truro, I have seen some wonderful residents supporting other residents in need. This really warms my heart to see and thank you for caring for neighbors and friends! As winter approaches, remember to keep an eye on the weather and prepare for any upcoming storms. There is a helpful storm safety checklist here at the COA, that includes several ways to stay informed during storms or power outages. Please put this in a handy spot and have ice melt by your front door with a shovel ready! The COA has a list of local companies that provide snow plowing services posted on the Outreach Coordinators door.

Other helpful information you will find in the Newsletter is Truro Tax Exemptions, Fuel Assistance, and Senior SNAP (food cards). With the dramatic increase in the cost of food, home heating and utilities. Some people seem to be struggling financially more now than they may have in the past. If you are concerned about any of these issues, please contact me to learn more about programs and services that can benefit you and may be available to you. 508-413-9508

Happy and Healthy 2026!

Cheers, Georgette Ducey

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
- Lease (current) If Applicable
- 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**. 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.

<u>Age</u>	<u>Clause</u>	<u>Income limits</u>	<u>Asset limits</u>
Reduces local property tax liability of seniors			
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 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. **Not accepting anything that is cloth, medal walkers, crutches , and anything opened at this time.**

FOR LARGER EQUIPMENT RENTALS OR TO DONATE PLEASE CONTACT:

CAPECODHELP.ORG
CAPE COD HELP
(774) 552-2199

Open Saturdays 10-12

1989 Falmouth Road (Rt. 28) in Centerville

Due to increased demand, we are now open for walk-in equipment requests and donations on Saturdays at the rear/side of the Fraternal Lodge building in Centerville.

REPORT A POWER OUTAGE

Online at Eversource.com,

on the Eversource app, or call 24/7: **1-800-692-2222**

OXYGEN USERS 1-800-592-2000

ELDERS OF SPECIAL CONCERN

Participants of the Elders of Special Concern Program will be contacted to determine if they have adequate supplies in preparing for possible power outages, etc. If you live alone, are disabled, use oxygen, other special medical equipment or feel you could benefit from this program, please call Georgette (508) 413-9503 to sign up.

COA Community Lunch

January & February Menu

January 8 Chicken & Broccoli with Penne Pasta Garlic Bread Salad Dessert	January 15 Meat Loaf Garlic Parmesan Mash potatoes Veggie Dessert	January 22 Lasagna Garlic Bread Salad Dessert	January 29 Chicken Pot Pie Ceasar Salad Dessert
February 5 Pork Loin Whipped Potatoes Veggie Dessert	February 12 Baked Cod Roasted potatoes Veggie Dessert	January 22 Chicken Terriyaki Egg role Veggie Rice Dessert	January 29 Salmon Green Salad Mashed potato Veggie Dessert



CLASSIC TOMATO SOUP INGREDIENTS

- 4 tbsp unsalted butter
 ½ large onion, cut into large wedges
- 1 (28-oz) can tomatoes, we prefer to use whole peeled or crushed, see notes for fresh tomatoes
 - 1 ½ cups water, low sodium vegetable stock, or chicken stock
 - ½ tsp fine sea salt, or more to taste

Step 1: Melt butter over medium heat in a Dutch oven or large saucepan.
Step 2: Add onion wedges, water, can of tomatoes with their juices, and 1/2 tea-spoon of salt. Bring to a simmer. Cook, uncovered, for about 40 minutes.
Step 3: Blend the soup, and then season to taste.
Step 4: Then serve and enjoy with your topping of choice occasionally and add additional salt as needed.

NOTES

The soup doesn't need to be ultra-smooth, some texture is a nice touch. An immersion blender does make quick work of this, or you can use a blender. If you use a regular blender, it is best to blend in batches and not fill the blender as much as you usually would since the soup is so hot. We like to remove the center insert of the lid and cover it with a kitchen towel while blending — this helps to release some of the steam and prevents the blender lid from popping off.

RECIPE CORNER

MEAL SIGN-UP POLICY & COST TO GO DELIVERIES to HOMEBOUND Truro 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 walk ins

We want everyone to feel welcome at our COA luncheons. If cost is a concern, please know there is a scholarship fund for those in need. Please call COA confidentially and we would be happy to assist.

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.**

JANUARY ARTIST AT COA



David Wennerberg Artist as well as our IT Director!

The Outer Cape is my compass. In its dunes, fog, and moonlit tidal flats, I find a language of silence and subtlety that speaks louder than words. My photography is an attempt to hold those moments.

I work primarily with digital photography, using natural light and minimalist composition to frame the emotional presence of a landscape. I am drawn to the margins of the day and the edges of the season, the hush of late winter, the stillness before a summer storm. Light is not just an element in my work; it is often the subject itself.

My images are quiet on purpose. I want viewers to pause, exhale, and step into a space of reflection, not spectacle. Whether it's a weathered porch in Truro or a fog-swept beach in Provincetown, each image is a meditation on belonging, impermanence, and the quiet beauty of what surrounds us.



COMMUNITY EVENTS

TRURO RECREATION AND BEACH
PRESENTS

INDOOR BOCCE

WE'RE EXCITED TO LAUNCH AN
INDOOR BOCCE PROGRAM
DESIGNED FOR FRIENDLY PLAY,
LIGHT COMPETITION, AND
COMMUNITY CONNECTION.

TUESDAYS AT 1PM
STARTING JANUARY 14, 2026

MORE INFO COMING SOON



508-487-1632



recreation@truro-ma.gov



/TruroRecBeach

TRURO COUNCIL ON AGING

P R E S E N T S



HAVE YOU EVER WANTED TO BE
A CONTESTANT ON A
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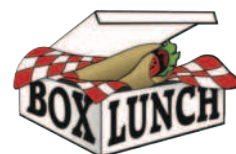


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trurovineyardsofcapecod.com



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334 Commercial Street

Truro

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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
- 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 .