



TRURO COUNCIL ON AGING NEWSLETTER
7 Standish Way, N. Truro (508) 487-2462
www.truro-ma.gov/coa
HOURS: 8:00 am - 4:00 pm MONDAY - FRIDAY

JANUARY AND FEBRUARY 2019



Beat the Winter Blues ... with Drumming!

Wednesday, January 23, 2019 1:00 pm – 2:30 pm

Tara Murphy, Director, Cape Cod African Dance and Drum

Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator

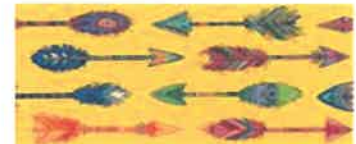
If you have a heartbeat, you can drum! For millennia, drumming has brought people together in community to create peace, health and happiness. Uplifting rhythms relieve stress and help people connect with each other, as well as their own joy.

Tara Murphy encourages participants to jam out and express their rhythms creatively, as well as play together as an ensemble. Drum circles emphasize community, self-expression and the joy of rhythm. Drums provided and no experience necessary.

Please register in advance at the Truro COA.

ROAD TRIP: The Robbins Museum

Wednesday February 6, 2019



Got cabin fever? Want to see something different but don't like to drive in the winter? Then come join us for our next **road trip to the Robbins Museum** in Middleborough, MA. Described by WCVB-TV Channel 5's *Chronicle* as a hidden gem of New England, the Robbins Museum focuses on Native American people of our region and boasts over 3,000 artifacts, some of which are over 12,000 years old. Some of the exhibits include The Walk-Through Time display: 12,000 Years in the Northeast, a collection of Native American dolls, a Native American portrait gallery, a diorama of a 4,300-year-old Native American New England village and much more. Arrangements will be made for our group to have **a guided tour** of the museum. Although the museum is handicapped accessible, it does require some ambulatory ability. We will also be stopping at a local place for lunch. The bus will leave the COA at 8:30 and return around 3:30.

Donation to museum is \$5.00 and lunch is the responsibility of the participant. Suggested donation for the van is \$5.00. **Pre-Registration is required by January 30, 2019 and limited to 10.** See Shawn or Kate to register.

NEW 2019 PROGRAMS

Fundamentals of Design and Composition
Beginning Thursday, February 7th -Thursday, March 14th
9:30 am-12:30 pm
Council on Aging Activities Room
Kathryn Smith, Instructor
\$10.00 per class

Open to beginning and intermediate drawing students, the basic fundamentals of design and composition will be introduced and explored in this **3 hour class for a total of 6 class sessions**. Students will explore basics of the figure/ground relationship utilizing both drawing and collage and learn the fundamental elements of a good composition, how to organize and design the structure of a picture. Registration is required for this class.

Materials list

Two sheets of white poster board
Exacto knife or mat knife or scissors or all three
18 x 24 drawing pad
Black marker
Kneaded eraser

Two sheets of black poster board
Rubber cement
18 x 24 newsprint pad
Pencils
White pencils

This class is funded in part by the Friends of the COA.



1:1 Legal Consultations Beginning on the Outer Cape in January 2019, through the generosity of Cape attorneys who donate their time, WE CAN offers low to moderate income women a range of free legal services, including individually scheduled 30-minute appointments for women to receive targeted information and guidance on *family law* or *landlord/tenant law*. *Please Note: Attorneys do not provide representation.*

☐ The legal consults will be held on **Friday, February 8th, from 9:00 – 11:00 AM**, at the Truro Council on Aging, 7 Standish Way, North Truro thanks to Attorneys Dan Kilkenny and Kristen Rufo. The sessions will rotate through the following four locations on a monthly basis, this made possible through our collaborators: **Veterans Memorial Community Center, Provincetown, Truro Council on Aging, Wellfleet Council on Aging, Cape Cod Children's Place in Eastham**

Call WE CAN to Register: 508.430.8111

Free, Confidential, Childcare Reimbursement Available, Interpreter Services Available

Funded in part by The Massachusetts Bar Foundation (IOLTA); The Cape and Islands United Way

WE CAN ~ Women's Empowerment Through Cape Area Networking ~ Life Changing Services for Women
"Like Us" on Facebook: WE CAN Cape Cod

NEW and ONGOING 2019 PROGRAMS

IT'S TAX TIME

THE AARP FOUNDATION TAX-AIDE PROGRAM WILL BEGIN IN FEBRUARY

- Call the COA to be placed on an appointment list and we will schedule you beginning Tuesday, February 12th.
- We can mail, email, or you may drop by to pick up:
 1. Special Intake Form
 2. Check list of items to bring to your appointment including bringing your 2017 tax return to your scheduled appointment.

*****Please Note: *Priority will be given to Truro Residents***



Thank you to the following businesses and organizations that made a difference with our older adults during the 2018 Holiday Season:

- Provincetown Lion's Club
- Dexter Keezer Community Fund
- Home Instead



OUTER CAPE WHITE LINE PRINTMAKERS OPEN STUDIO

**FRIDAYS BEGINNING SEPTEMBER 21st
1:30 pm-3:30 pm in Activities Room at the
COA**

White-Line Block prints were developed in Provincetown by B.J.O. Nordfeldt in 1916 and became known as the Provincetown Print. The whole image is drawn on and printed from one woodblock rather than a series of blocks for each color change. The popular method was practiced by many other artists through the years and continues to be popular today.

Join Joan Rogers, Pat Canavari, or Cathy Skowron at the Truro COA and bring a new project or work on a print in progress!

Edward Hopper's Love Affair with Truro

**Tuesday, February 26th at 9:30 am
Truro COA Activities Room**

In an illustrated presentation, Lisbeth Wiley Chapman, founder of Hopper House Tours will share with you many of Edward Hopper's Truro paintings from the 1930s. She will present a photo of each painting she discusses and then photos of what the homes and vistas look like now. She has historic photos of buildings that have been removed. Beth's roots in Truro run deep and she includes architecture, history, and the environmental changes that have occurred since Hopper was painting a landscape completely devoid of trees.

**Have lunch at the Truro Community Lunch after the presentation.*

NEW 2019 PROGRAMS



VALENTINE'S DAY LUNCH

Please join us for a Valentine's Day lunch at the Truro Community Center on Tuesday, February 12th 12:30-1:30 pm and listen to harpist, Katie Lynch Koglin from 1:00-2:00. Don't forget to make your reservation by Monday noon.

Katie Lynch Koglin is a local harpist and vocalist for weddings, musical theater productions and other special occasions. She received her Bachelors and Masters from Boston Conservatory, and plays for the College Light Opera Company, Arlington Philharmonic, and other area theaters and choirs. She was a concerto soloist with Simon Sinfonietta and Falmouth Chamber Orchestra, and recorded two albums as a member of the Illumine Trio. Katie is also a church soloist and has been seen on stage and as a music director at Cotuit Center for the Arts, Cape Cod Theatre Company, Barnstable Comedy Club, Falmouth Theatre Guild and the Woods Hole Theater Company. For more information please visit CapeCodHarpist.com.



The Visiting Nurses Association Wellness Presentation

KEEP THE BEAT ALIVE

Heart Attack Symptoms for Men & Women with Melanie Parrish, BSN RN

Tuesday, February 12, 2019

1:30-2:30 pm

Truro Council on Aging

Keep The Beat Alive is a presentation that focuses on what keeps the heart pumping and the risk factors involved in contributing to coronary artery disease. Attendees will learn about their own personal risk factors and what they can do to decrease their chances of suffering a heart attack. It is also important to recognize the differences between men and woman and how symptoms vary between the two groups.

Please join us for lunch at the Truro Community Lunch before this informative presentation.

Reservations are required.

TRURO NEWS



The Truro Commission on Disabilities is working with town staff and the Truro Recreation Commission to make Puma Park multi-generational and accessible to all. Our plans include a safe, accessible surface, more activities appropriate for children who have mobility or sensory impairments, exercise equipment for adults of all ages, whether able bodied or disabled, and a walking/wheeling/jogging path around the perimeter of the playground. If you are interested in working on this project, please contact Susan Howe, truromom@aol.com.



2018 – 2019 Programs at the Truro Public Library

Sponsored by Friends of the Truro Library

Refreshments at 9:30

January 09, 2019 12:00 pm Soup to Share -- Bring your favorite soup to share

We will gather at the library and share lunch. FOTL will provide bread and dessert. We will provide index cards for you to describe your soup. Have lunch at the library and chase away the winter blues with soup.

**February 13, 2019 10:00 am—State of Truro
Town Manager Rae Ann Palmer**

Important Information from the Truro Library

Did you know that the Truro Library has a small collection of books about read-aloud books that are written memory-challenged adults. Included in each book are conversation prompts and other suggestions for positive engagement.

In addition to books, the library also lends out non-traditional materials, such as reading glasses, a sewing kit, a sewing machine, a cribbage board, an iron, and more.

Trash Talk

We are the recently formed Recycling Committee for the town of Truro and are interested in recycling, composting and, more generally, decreasing our footprint on the planet.

Soon we will deliver pamphlets to the COA explaining transfer station regulations and any new policies as well as offering recycling tips.

For more information, you can go to the town website, Truro-ma.gov, and click on the e-newsletter. Recent editions will have recycling news.

Most importantly, we want to hear from you about your questions, problems and suggestions concerning these issues. We are hoping to have an informal discussion group at the COA in the near future!

Amy, Diane, Ewa & Nancy

EDUCATION & INFORMATION



INCLEMENT WEATHER POLICY

If the Truro Central School is closed, the Truro COA activities and programs (including transportation) are CANCELLED.

However, the COA building will remain open, and the COA staff will report unless town offices are closed.



Are you an elder looking for help, such as in-home care ... an individual with a disability seeking help to live independently...or a family member or caregiver trying to locate services for a loved one? MassOptions can help! A free resource that links you to services that help you or a loved one live independently.

You can speak to a MassOptions specialist, Monday - Friday from 9am to 5pm or toll-free at 1-844-422-6277, or by using the online chat feature MassOptions.org

Happy New Year!

This is a great time to start a new routine. Check out some of the exercise classes here at Truro COA:

STRENGTH TRAINING MON-WED-FRI 9-10 AM

This is an independent group, run by the class participants. There are 2 monthly visits 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.

CORE STRENGTH THURSDAY 11-12

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 THURSDAY 12:30-1:30

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

MEN'S WORKOUT TUESDAY 10:45-11:45

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.

For more information contact me, Kathy Stetson, at 508-397-5324 or kathystetson@verizon.net

Kathy Stetson is a licensed physical therapist as well as a certified exercise physiologist.

Her teaching approach emphasizes safe, effective and fun fitness for older adults. She has practiced in health care and community health and fitness for 22 years.

Try a class with her at COA soon; she looks forward to meeting you!

FOR YOUR INFORMATION

Barnstable County's Healthy Aging-Cape Cod Project

We want to hear from you! Barnstable County's Healthy Aging-Cape Cod project, in conjunction with Truro Council On Aging, is conducting a Cape-wide community survey to hear more about people's plans as they age. Are you planning to stay on the Cape as you grow older? Are you a caregiver for your spouse or parent, or helping a relative or neighbor as they age? And are you receiving help or services from others that's allowing you to stay in your home or community as you age? Please take 15 minutes to complete this important survey, either online using the link below, or through a paper survey which will be distributed to each Council on Aging and in other community locations. For further information please contact us 508-487-2462. Thank you for your feedback!

Survey Link: <https://www.surveymonkey.com/r/Aging-CapeCod-Regional>

IT'S A NEW YEAR AND A NEW NAME!

"THE TRURO COMMUNITY LUNCH" IS BEING SERVED ... and you are invited!

Heather Bailey, CHEF

Tuesdays, 12:30 pm at the Truro Community Center, 7 Standish Way, N. Truro

Reservations for seated AND "to go" meals are required, and must be made on Mondays by 12:00 noon.

Call 508-487-2462 for reservations. Your meal or soup/salad will include coffee, tea, juice, homemade dessert

Cost: \$7.50 per person

JANUARY Menu

***The NEW ALTERNATIVE FOR LUNCH IS:
The Soup of the Week and Salad**

January 8th

Turkey Meatloaf with Mashed Cauliflower and Potato
Garden Salad with Balsamic Vinaigrette
Soup: Tuscan Turkey

January 15th

Chicken Parmesan with Baked Ziti and Caesar Salad
Soup: White Bean and Escarole

January 22nd

Ginger Sesame Salmon with Lo Mein
Green Salad with a Lemon Ginger Vinaigrette
Soup: Coconut Curry Sweet Potato

January 29th

Beef Stew with Winter Vegetables
Spinach Salad with Apples and Cranberries
Soup: Butternut Squash

FEBRUARY Menu

***The NEW ALTERNATIVE FOR LUNCH IS:
The Soup of the Week and Salad**

February 5th

Chicken Pot Pie with Biscuit Topping
Arugula Salad with Roasted Beets and Goat Cheese
Soup: Chicken and Rice

February 12th

Cod Piccata over Linguini
Mixed Green Salad with a Balsamic Vinaigrette
Soup: Corn Chowder

February 19th—CANCELLED

February 26th

Chicken Saltimbocca with Ham, Fontina and Spinach
with a Mushroom Wine Sauce
Roasted Mediterranean Vegetables
Soup: Mushroom Barley

HEALTH & WELLNESS

Chair Yoga with Christine Frisco

Wednesdays - 2 p.m. COA Activities Room

This is a one hour very gentle yoga class using a stable padded chair for sitting, as well as a prop for standing exercises.

Basically we will stretch, strengthen, breathe and balance. We will start each class sitting and we will stretch upper body, back, hips, ankles, and feet. We will also strengthen arms, thighs, and abdominal muscles. Then we will stand and stretch torso and legs, and work on balance.

No experience is necessary, but if you are unsure about your physical condition, please do consult with your doctor before attending the class.

Please also feel free to call me with any questions about the class: my cell: 508-221-8427. Wear comfortable loose clothing.

This program is being funded by the Friends of the COA.

MEN'S WORKOUT CLASS

The Men's Workout program will continue to meet weekly, on Tuesdays from 10:45 am to 11:45 am. This free class is a blend of strength, flexibility, agility, and balance geared specifically to the needs of men.

If you have any questions, please call instructor Kathy Stetson at 508-397-5324.



BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a spouse or partner. The group meetings are held at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 508-957-7715 or 1-800-631-3900 x7715.

Group meetings: **Wednesday, January 9th 1-2:30 pm.**

There is a special program being held on Wednesday, January 23rd 1:00-2:30 pm:

Beat the Winter Blues-with Drumming. Please see additional information on the front page of this newsletter.

*There will be no Bereavement Support Group meetings in February.



**Alzheimer's Family Support
Center of Cape Cod**

Free, Confidential Memory Screenings

Truro Council on Aging, 7 Standish Way, North Truro

Thursday, January 10, 12 – 2 pm

The Alzheimer's Family Support Center will offer free 30-minute memory screenings. These screenings are not diagnostic but may indicate whether participants should see a doctor for further testing. Screenings are free, confidential, and open to the public. Please call the Truro Council on Aging at (508) 487-2462 to schedule an appointment.

The Alzheimer's Family Support Center, a 501(c)3 nonprofit, provides free comprehensive support services for families and individuals living with Alzheimer's and other dementia-related diseases. For information, please call (508) 896-5170 or email support@capecodalz.org.

MONTHLY PROGRAMS/SERVICES

MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

Jan. 11 *Witch Maker* by Sally Spencer

Feb. 8 *Bruno Chief of Police* by Martin Walker

Mar. 8 *Every Dead Thing* by John Connolly

Please feel free to join our Mystery Book Club in the Activities Room of the COA.

The books are available at the Truro Public Library. For more information please call Joan Rogers, 508-487-9196.



WOMEN'S REFLECTIONS

Come to explore or discover your own path, direction, and purpose through spirituality. Spirituality is found through different forms of expressions. A walk in the woods, music, conversation, readings, kindnesses, meditation, gardening, even doing the dishes. This would be an opportunity to share your own sacred journey, a time to be quiet, reflect, listen, and learn from other's experience of their own practice. Together we will discover new paths.

Join us on Tuesday evenings, 6:30 pm at the Council on Aging and bring a friend! For more information please call Carol Bishop, 508-487-0014.

CHI KUNG CLASSES WILL MEET ON WEDNESDAYS

8:30 am—9:30 am

TRURO COMMUNITY CENTER

Chi Kung 氣功

This class combines the slow movements of Chi Kung for the benefit of mental, physical balance, and general well being, with an emphasis on "mindfulness"-remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Ellen Anthony, has been teaching Chi Kung for several years on Cape Cod. **\$5.00 per class**

Outer Cape

HEALTH SERVICES

Are you or someone in the community in need of help?

The Outer Cape Health Services Community Resource Navigator (CRN) program is here to help Truro residents with unmet medical, behavioral health, and human service 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.

Outer Cape Health's CRN program can help with access to:

- Mental Health services
- Substance Abuse services
- Medical care
- Social services
- Case management
- Coordination with other services and programs not offered by Outer Cape Health.

Referrals for the CRN program can be made by residents, family members, service providers, or community members.

CRN will now hold drop-in office hours at the Truro COA every Wednesday from 11am-2pm.

Alternatively, appointments can be scheduled at another safe and confidential location by contacting:

Brianne Smith at CRNavigator@outercape.org or calling 774-209-3222.

OUTREACH NEWS

Elton Cutler, Outreach and Resource Coordinator, 508-413-9508

Can I change my Medicare Plan after Open Enrollment?

Even though Medicare's Annual Open Enrollment ended on 12/7/2018 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan –Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is January 1 –March 31 with an effective date of July 1st. Please call or visit your local Social Security office.

For those with a Medicare Advantage Plan (HMO or PPO): Between **January 1st and March 31st**, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan). You may also switch your Medicare Advantage plan from one to another during this time frame.

For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment.

Five Star Special Enrollment Period (SEP): You can join a 5 Star Part D drug plan or a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare: all Tufts Medicare Advantage HMO plans, and the Blue Cross Blue Shield Part D plans.

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. Call 508-413-9508 to make an appointment with a Elton Cutler, certified SHINE counselor.

Senior Tips

Senior Health and Medications: One of the foremost senior health issues of the day is prescription medications. Whether the issue is money or drug interaction, every senior needs to use their head when thinking about medication.

For instance, if your physician prescribes new medications for you, always ask if he has any samples to give you. It's not wise to pay for new medications without knowing you can 'take' them and not have severe side effects. Pharmaceutical companies supply free samples to doctors just for these purposes. Even if getting renewal prescriptions for meds, ask for samples. Make sure your physician knows all of the medication you are taking though, because you want to avoid any drug interaction reactions.

Reading the assisted living facility contract:

If the assisted living facility requires a contract, then read it carefully. Show it to your lawyer. Some assisted living facilities reserve the right to discharge patients whose condition has deteriorated, even if a lump-sum payment was made upon admittance. It's best to have an agreement that allows payment by the month or permits refunds on advance payment if circumstances change.

Phone solicitations:

Never respond to phone solicitations for products or winning sweepstakes. And NEVER give out ANY personal information to ANYONE who contacts you by telephone. Tell them you're not interested and hang up the phone.

Simple tips for staying active and mobile with osteoarthritis

Physical activity is a proven strategy for managing the pain of osteoarthritis. Here are 5 ways to get started — and make it stick.
By Mayo Clinic Staff

When your joints are stiff and painful, moving your body can feel like the last thing you want to do. But guess what: It may be the most helpful thing you can do to ease osteoarthritis symptoms, and could even slow the progression of the disease. Here's how to get the into the rhythm.

Consult with a pro. There's no one-size-fits-all way to manage osteoarthritis pain. That's why a physical therapist can be a valuable part of your team. With a tailored exercise plan, you can develop the flexibility, strength and coordination you need to minimize pain and function at your best.

Be a goal-setter. Talk to your doctor or physical therapist about steps you can take to improve your quality of life, then break them down into approachable chunks you can tackle starting today. Want to walk 30 minutes a day most days of the week? Start with 10 minutes today.

Play around to find what you like. How's this for commonsense wisdom: You'll get more out of being active if you enjoy it. That means doing something that's both fun for you and that feels good for your joints. Water aerobics, tai chi and yoga may all have benefits, from improving your balance and flexibility to strengthening muscles and burning calories.

Mix it up. Variety doesn't just help prevent boredom. It's also likely to give you the best symptom management for your osteoarthritis. The key ingredients: low-impact aerobic exercise to improve your stamina and help with weight management, plus resistance exercises to strengthen the muscles that support your joints.

Appreciate all the benefits of an active lifestyle. True, weight loss may be an important goal for many people with osteoarthritis. But it's far from the only reason to move. In fact, people with osteoarthritis of the knee who lost 10 percent of their body weight through a combination of diet and exercise were twice as likely to be pain-free (or nearly so) as those who lost a similar amount of weight through diet or exercise alone.

But while exercise and movement are helpful for a majority of people with osteoarthritis, there are some people who seem to get worse with physical activity. If you think this is true for you, talk to your doctor.


Winter Storm Safety Checklist


Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

- ☐ Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- ☐ Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- ☐ Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- ☐ Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- ☐ Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- ☐ Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- ☐ Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- ☐ Bring pets/companion animals inside during winter weather. Move other animals to sheltered areas with non-frozen drinking water.
- ☐ Running water, even at a trickle, helps prevent pipes from freezing.
- ☐ All fuel-burning equipment should be vented to the outside and kept clear.

Don't forget to check-in with your local contractor and be prepared for winter!



Monday	Tuesday	Wednesday	Thursday	Friday
	1 COA CLOSED NEW YEAR'S DAY	2 Chi Kung (cancelled) 8:30-9:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Chair Yoga 2:00-3:00	3 Core 11-12:00 Move and Stretch 12:30-1:30 Mahjongg 1:00-4:00	4 Strength Training 9:00-10:00 White Line 1:30-3:30
7 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	8 Men's Exercise Class 10:45-11:45 Truro Community Lunch 12:30-1:30 Women's Reflections 6:30-8:00	9 Chi Kung (cancelled) 8:30-9:30 Strength Training with Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Bereavement 1:00-2:30 Chair Yoga 2:00-3:00	10 Core 11-12:00 Memory Screenings (By Appointment Only) 12:00-1:00 Move and Stretch 12:30-1:30 Mahjongg 1:00-4:00	11 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line 1:30-3:30
14 Trader Joe's Shopping Trip 9:00 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	15 Men's Exercise Class 10:45-11:45 Truro Community Lunch 12:30-1:30 Friends of the COA 1:30-2:30 Women's Reflections 6:30-8:00	16 Chi Kung 8:30-9:30 Strength Training with Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Bereavement 1:00-2:30 Chair Yoga 2:00-3:00	17 Core 11-12:00 Move and Stretch 12:30-1:30 Mahjongg 1:00-4:00	18 *Dr. Campo, Podiatrist (By Appointment Only)  Strength Training 9:00-10:00 White Line 1:30-3:30
21 COA CLOSED MARTIN LUTHER KING DAY	22 Men's Exercise Class 10:45-11:45 Truro Community Lunch 12:30-1:30 Women's Reflections 6:30-8:00	23 Chi Kung 8:30-9:30 Strength Training with Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Beat the Winter Blues with Drumming 1:00-2:30 Chair Yoga 2:00-3:00	24 Core 11-12:00 Move and Stretch 12:30-1:30 Mahjongg 1:00-4:00	25 Strength Training 9:00-10:00 White Line 1:30-3:30
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				1 Strength Training 9:00-10:00 White Line 1:30-3:30
4 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30 Legal Assistance 3:15-4:15	5 Men's Exercise Class 10:45-11:45 Truro Community Lunch 12:30-1:30 Friends of the COA 1:30-2:30 Women's Reflections 6:30-8:00	6 Road Trip: The Robbins Museum 8:30-3:30 Chi Kung 8:30-9:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Chair Yoga 2:00-3:00	7 Fundamentals of Drawing 9:30-12:30 Core 11-12:00 Move and Stretch 12:30-1:30 Mahjongg 1:00-4:00	8 WE CAN Legal Services 9:00-11:00 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line 1:30-3:30
11 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	12 AARP Tax Preparation (By Appointment Only) Men's Exercise Class 10:45-11:45 Truro Community Lunch 12:30-1:30 Katie Lynch Koglin, Harpist 1:00-2:00 Symptoms for Men & Women 1:30-2:30 Women's Reflections 6:30-8:00	13 Chi Kung 8:30-9:30 Strength Training with Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Chair Yoga 2:00-3:00	14 Fundamentals of Drawing 9:30-12:30 Core 11-12:00 Move and Stretch 12:30-1:30 Mahjongg 1:00-4:00	15 *Dr. Campo, Podiatrist (By Appointment Only)  Strength Training 9:00-10:00 White Line 1:30-3:30
18 COA CLOSED PRESIDENTS DAY	19 Men's Exercise Class 10:45-11:45 Lunch cancelled Women's Reflections 6:30-8:00	20 Chi Kung 8:30-9:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Chair Yoga 2:00-3:00	21 Fundamentals of Drawing 9:30-12:30 Core 11-12:00 Move and Stretch 12:30-1:30 Mahjongg 1:00-4:00	22 Strength Training 9:00-10:00 White Line 1:30-3:30
25 Trader Joe's Shopping Trip 9:00 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	26 AARP Tax Preparation (By Appointment Only) Armchair Hopper Tour 9:30-10:30 Men's Exercise Class 10:45-11:45 Truro Community Lunch 12:30-1:30 Women's Reflections 6:30-8:00	27 Chi Kung 8:30-9:30 Strength Training with Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Chair Yoga 2:00-3:00	28 Fundamentals of Drawing 9:30-12:30 Core 11-12:00 Move and Stretch 12:30-1:30 Mahjongg 1:00-4:00	

ART INFORMATION



JANUARY ARTIST Photographer Kate Paradise

Kate Paradise has been a photographer for over 40 years. Now based on Cape Cod, she has captured spectacular images from all over America, Europe, the Caribbean, and Mexico. Specializing in landscapes, seascapes, flora and fauna, her images combine light, color, and composition that result in creative and captivating visions of our natural world.

Artist Statement

I believe that photographic images can provide us with an opportunity for conversation based on our individual observations and experiences of nature, creation, and of the world as we see it. It is my hope that my images will be a starting place for dialog and witness as they relate to our own expressions of vision, hope, and possibilities.



FEBRUARY ARTIST Irene McGrath

Artist Irene McGrath has been making her mark from the age that she realized she could. She grew up in Ireland and came of age during the recession in the 80's when a career in the arts was not considered a viable option. After happily raising her son, she is now enjoying a return to her artistic roots, which she never strayed far from, describing a world filtered through her experiences and her ability to find the beauty in both the obvious and obscure. The show will include both local landscapes and scenes from trips to India, the Middle East and Europe, all a variety of local color, depending on where you happen to hail from.

TRANSPORTATION NEWS

Shawn Grunwald, Transportation Coordinator and Program Benefits and Resource Assistant, ext. 320

The holidays are passed, the new year's resolutions made and the look and feel of winter is here. To beat the winter blues, we have a road trip planned to the **Robbins Museum in Middleborough** (see article for details). Not only will you trek across the bridge to get there but you will have an opportunity to look back almost 12,000 years in time. There is limited space on this trip so please register early.

For those needing rides, please call me **at least 2 business days** in advance. I do my best to accommodate all ride requests, but it is not always possible. Medical rides take priority, but all requests are honored on a first-come, first-serve basis. If I am not at my desk to answer your call, feel free to leave me a message with the information about the ride you are needing. That way I can work on securing you a ride in the order I receive requests.

We would like to extend a big, warm welcome to **Tom Janssen**. He is a great addition to our team of drivers and is scheduled to work a couple of regular days. We are moving towards establishing a consistent schedule with dedicated days for Hyannis/Sandwich trips, so riders can try to plan their appointments accordingly. As always, when scheduling your appointments, please consider travel time so the vehicle is only operating during our business hours.

We periodically add special outings that don't make it into the newsletter. Please feel free to check in with me to see if anything new has been added as well departure times for the monthly **Trader Joe's trip (see calendar for dates)**. I would also welcome your suggestions for planning trips, especially before the summer season begins.

Happy Trails,

Shawn

NEWS FROM THE CAPE COD RTA



Beginning in late January, if you ride the FLEX bus and would like to be picked up at the Truro COA or Library, please call the RTA at 1-800-352-7155 and let them know you want the FLEX bus to pick you up at the Library or the COA/Community Center. If you want to be dropped off at the Library or COA, tell the driver when you board the bus. Depending on ridership, this may become a permanent stop on the FLEX route.

Being told that you or a loved one has a cancer diagnosis is very frightening and sometimes disabling. You often are unaware of what options are open to you or where to turn to for help. Boston Cancer Support (BCS) is a great place to start! BCS is a non-profit that was created for all who have been touched by cancer throughout the state of Massachusetts. Cancer can make you feel like you have no control over your life. Boston Cancer Support wants cancer patients, caregivers and healthcare professionals throughout Massachusetts to be empowered by providing a one-stop cancer resource. The BCS website is www.bostoncancersupport.org and provides information at the state, region, city and town level, such as financial aid opportunities, free or subsidized lodging, and support groups. In addition to its online resource directories, it also provides the Treatment Transport program that provides FREE transportation for patients to get to their medical treatments and support groups through their partnership with Lyft. This service can be accessed **through the hospital social workers**, where you are being treated. Need more info or help with the website? See Shawn or Elton. For more information about the Boston Cancer Support or for assistance with accessing their online resources, see Shawn or Elton.

The Truro Council on Aging Transportation Service is grateful for the support received from the Town of Truro and the Cape Cod Regional Transit Authority and is funded in part through Elder Services of Cape Cod and the Islands, the MA Office of Elder Affairs and the Federal Administration for Community Living.

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

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

Susan Travers, Director
Elton Cutler, Outreach & Resource Coordinator
Shawn Grunwald, Transportation Coordinator & Program & Benefits Assistant
Kate Paradise, Office Assistant
Van Drivers: Nancy Braun, Butch Francis, Alex Cowing, Tom Janssen

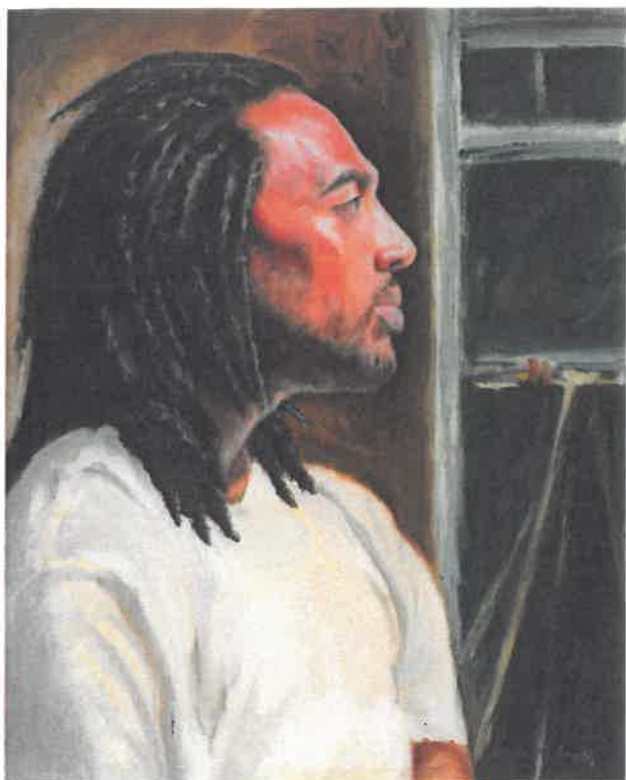
FRIENDS OF THE TRURO COUNCIL ON AGING

Jim Brown, President; Bill Worthington, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary.
Board Members: Lucie Grozier, Liz Haskell, Diane Rose, Brian Trainor, Ed Yaconetti

COUNCIL ON AGING BOARD MEMBERS

Bonnie Sollog, Chair; Ron Boyles, Vice-Chair; Joan Moriarty, Secretary; Claudia Tuckey, Treasurer;
Board Members: Hannah Shrand, Lucy Brown, Girard Smith, Emeritus Member.

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to our newsletter helpers for their invaluable help with the bulk mailing.



February Artist – Irene McGrath

Opening Reception

Sunday, February 3rd

2-4 pm

Truro Community Center

Council on Aging, 7 Standish Way, N Truro

TOWN OF TRURO
Assessing Department
SUMMARY OF TAX EXEMPTION PROGRAMS FY2019

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**, or three (3) months after the actual tax bills are mailed, whichever is later. Filing an application does not entitle the applicant to a delay in tax payment. If you have any questions, please call the Assessors Office at 508-349-7004 X117 or Outreach at the Council on Aging.

Ownership: • Own and occupy the property as of July 1 • Trustee with a beneficial interest OR Life Estate OR
• Tenants by the Entirety, Joint Owner OR Tenants in Common

Eligible Age	Clause (MGL Ch. 59, Sec. 5)	Basic Assistance Type	Income Limit	Assets Limit (not including residence)	Assistance Amount
ELDERLY PROGRAM TAX RELIEF					
Must own & occupy the property for at least 5 years, be a Massachusetts resident for the preceding 10 years and be 65 or older as of July 1 st of tax year					
65 +	18	Financial Hardship (requirements -- age, infirmity & poverty)			Exemption may be all or a portion.
65 +	41A	Defers payment of local property tax owed by senior until house sold or senior dies	\$40,000 Max	None	Can defer part or all of taxes annually up to 50% of assessed value. Annual interest applies.
65 +	41C	Reduces local property tax liability of senior	\$29,139 - Single * \$43,708 - Married *	\$58,276 - Single \$80,109 - Married	\$1,000 Elderly Exemption
65+	17D	Reduces local property tax liability of senior, surviving spouse or minor child of a deceased parent	No Income limit	\$58,276 - Single	Amount is subject to annual cost of living increase. FY2019- \$254,98
SERVICE CONNECTED DISABLED VETERANS (or Surviving Spouse)					
* Can be increased by allowable Social Security Deduction. (FY2019 = \$4,628 for single or \$6,942 married)					
1) Must own & occupy the property as of July 1 of the tax year, 2) be a Massachusetts resident for 5 consecutive years before the tax year begins (or been domiciled in Massachusetts for at least 6 consecutive months before entering the service) and 3) meet the service-connected disability or awards criteria					
22a	10% Service Related Disability - Purple Heart		None	None	\$400 Veterans Exemption
22A	Permanent loss of 1 foot OR hand OR eye		None	None	\$750 Veterans Exemption
22B	Permanent loss of both feet, hands, OR 1 foot and 1 hand, OR loss of both eyes		None	None	\$1250 Veterans Exemption
22C	Permanent & total disability. "special adapted housing"		None	None	\$1500 Veterans Exemption
22D	Surviving Spouse of soldier or sailor killed in combat.		None	None	Full for 5 years then \$2500
22E	100% disabled; incapable of working		None	None	\$1,000 Veterans Exemption
PARA	Paraplegic		None	None	100% Veterans Exemption
OTHERS					
37A	Legally Blind		None	None	\$500 Blind Exemption
42	Surviving Spouse of Fire Fighter or Police Officer Killed in the Line of Duty		None	None	100% Surviving Spouse Fire/Police Exemption
43	Surviving Minor Children of Fire Fighter or Police Officer Killed in the Line of Duty		None	None	100% Surviving Minor Children Fire/Police Exemption

WE ARE LOOKING FOR YOUR INPUT! We are considering offering some programs outside of the normal business day.
Please take this short survey so we can take into consideration your needs and interests.

Completed surveys can be returned to the COA or scanned and emailed to sgrunwald@truro-ma.gov

1. How likely is it that you would attend a COA Program during a weekend day or in the evening during the week?

NOT AT ALL LIKELY

①

②

③

④

⑤

⑥

⑦

⑧

⑨

⑩

EXTREMELY LIKELY

2. Would you prefer that a program is scheduled for: (rank top 3 choices):

- a. Saturday Morning _____
- b. Saturday Afternoon _____
- c. Sunday Morning _____
- d. Sunday Afternoon _____
- e. A weeknight after 6 pm _____

3. Please indicate what type of program(s) you would like to see on weekends/evenings (Circle as many as apply):

- a. Exercise or Movement Class
- b. Current Movies
- c. Ted Talks/Themed Lectures with Discussion
- d. Demonstrations (cooking, artist)
- e. Games/Game Tournaments (like Scrabble, Mexican Train, Trivia)
- f. Suggested program idea: _____

THANK YOU FOR YOUR TIME!