



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

***July and August 2018 ***



COMING SOON!

A new, automated check-in system called MySeniorCenter will soon be installed in the foyer at the Truro Council on Aging. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. Today MySeniorCenter is being used by over 900 senior centers across the U.S. and Canada—so it's a proven tool.

A Change for the Better

The new system is extremely easy to use. Here's how it works:

All visitors and volunteers will receive a small keytag. (The card contains no personal information, but it will allow the new system to recognize you.)

Instead of signing into our book, you'll swipe your keytag at the scanner, or you can enter your name on the touchscreen (see below).

Press the touchscreen to select the programs you'll be participating in that day.

Press FINISH.

A Smooth Transition

Even though MySeniorCenter is designed to be user-friendly, Truro COA staff members will be available in the foyer to help clients operate the new check-in system. We want to make this transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our registration process will be more efficient and we'll stand a better chance of receiving funding for future activities.



EDUCATION & INFORMATION

New Driver's License & ID Requirements

On March 26, 2018, to get or renew any driver's license, ID card, or learner's permit, customers will need documentation showing U.S. citizenship or lawful presence as required by federal and state law. Customers will also need to choose between getting a REAL ID license or ID card, or a Standard license or ID card. Visit [Mass.gov/ID](https://www.mass.gov/ID) for more information and a complete list of acceptable identification documents.

On March 26, customers will be able to start applications online and get the required documents ready for their new credential.

Our new online Info. Center includes specific information about the documentation requirements for non-U.S. citizens, drivers over the age of 75, learner's permit holders, and those new to Massachusetts.



SHINE news... When Can You Enroll in a Medigap (Supplement) Plan?

Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month.

In Massachusetts, there are two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays and co-insurance for Medicare covered services, while the Supplement 1 covers all the deductibles, co-insurance and co-pays for these services. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

Certified SHINE counseling on all aspects of Medicare and related health insurance programs is available.

Please call Elton Cutler (508) 413-9508 to schedule an appointment.

Balance Exercises

Balance exercises can help you maintain stability at any age, Balance exercises can help with preventing falls.

Nearly any activity that keeps you on your feet and moving can help you maintain good balance. But specific exercises designed to enhance your balance are beneficial to include in your daily routine and can help you improve your stability.

If you have severe balance problems or an orthopedic condition, get your doctor's approval before doing these exercises:

Weight Shifts

Stand with your feet hip-width apart and your weight equally distributed on both legs.

Shift your weight to your right side, and then lift your left foot off the floor.

Hold the position as long as you can maintain good form, up to 30 seconds.

Return to the starting position and repeat on the other side. As your balance improves, increase the number of repetitions.

Single-leg Balance

Stand with feet hip-width apart and your weight equally distributed on both legs. Place your hands on your hips. Lift your left leg off the floor and bend it back at the knee.

Hold the position as long as you can maintain good form, up to 30 seconds.

Return to the starting position and repeat on the other side. As your balance improves, increase the number of repetitions.

Another exercise that can help with balance and reduce your risks of falls is tai chi.

Look for group classes offered at local fitness and senior centers.

Charlie Altieri, RN, Public Health Nurse (Mayo Clinic 2018)

FOR YOUR INFORMATION

PLEASE PROVIDE WHEN REQUESTING A MEDICAL RIDE FROM THE COA:

***MEDICAL FACILITY NAME, ADDRESS AND PHONE NUMBER**

***ESTIMATED DURATION OF APPOINTMENT**

YOU MUST HAVE A COMPANION ACCOMPANY YOU IF ARE HAVING A PROCEDURE

**REMEMBER: WE MUST HAVE AT LEAST TWO BUSINESS DAYS NOTICE TO
SCHEDULE TRANSPORTATION**

WHAT'S COOKING AT THE COA CAFÉ?

OUR MENUS FOR July & August

Heather Bailey, CHEF

Please join us for lunch on Tuesdays at 12:30 pm at the Council on Aging

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

508-487-2462. Your meal will include coffee, tea, juice, and homemade dessert

\$7.50 per person

July MENU

July 3rd

Tuscan Turkey Patties with a Balsamic Aioli
Tomato, Basil and Mozzarella Salad and Peach Cobbler

July 10th

Summer Salad Trio, Curried Chicken, Moroccan Quinoa and Cucumber Yogurt Salad and Berry Shortcakes

July 17th

Jamaican Jerk Cod with a Mango Cucumber Salsa over greens with a passionfruit vinaigrette and Key Lime Pie

July 24th

BBQ Chicken with a Black Bean and Corn Salad, Summer Slaw
Cowboy Cookie Sundae

July 31st

Classic BBQ-Burgers, Turkey Burgers, Hot Dogs and All the Fixins
Ice Cream Sandwiches and Popsicles

August MENU

August 7th

Chicken and Shrimp Caesar Salad
White Bean and Roasted Garlic Dip and Crostini
Berry Shortcakes

August 14th

Pesto Crusted Cod with a Roasted Tomato Salsa served
over an Orzo Salad

August 21st

Ginger Sesame Chicken with a Lime Curry Sauce
Thai Noodle Salad
Bananas Foster

August 28th

Classic BBQ
Burgers, Turkey Burgers, Hot Dogs and All the Fixins
Ice Cream Sandwiches and Popsicles

HEALTH & WELLNESS



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.

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.

COA EXERCISE SPOTLIGHT- MOVE AND STRETCH CLASS

Move and Stretch meets on Thursdays from 12:30-1:30 in the COA Living Room. This gentle class features movement, balance, and flexibility. The group is small, so there are plenty of opportunities for individual attention. Here's what a couple of our regulars have to say about the class:

"I really like the stretching, I feel looser and I have more energy afterwards. Sometimes, I might be in a bad mood, but then I come in and see everyone and pretty soon I'm smiling and feeling better." Diana Colley

"It's much easier to move after I've done the exercises. Everyone is really friendly; I look forward to seeing them every week." Judy Stetson

So, if you're looking for a fun, gentle exercise class give, Move and Stretch a try! We'd love to see you there. By Kathy Stetson, Physical Therapist, Certified Exercise Physiologist

STRETCHING

Many people ask why stretching exercises are included in a class or fitness program. According to the American College of Sports Medicine, "along with resistance training and cardiovascular exercise, flexibility training is part of a complete training program. Athletes, healthy aging adults and those with chronic disease affecting muscular performance may benefit from participation in a flexibility program."

The main goal of stretching is to improve the flexibility of the muscles and tendons (structures that attach muscle to bone), in order to allow more range of motion at the joints. Improved range of motion can improve walking patterns and balance, decrease feelings of stiffness, and decrease the risk of injury.

One of the most common type of stretching exercise is static. With this method, the muscle is moved to the point of tightness or mild discomfort, and the position is held without further movement for 15 to 60 seconds. This can be repeated several times, although research does not indicate increased benefit with doing more than 4 repetitions. These types of exercises can be included in either the warm-up or cool-down; however, they appear to have the most benefit when the muscles are already warm, such as at the end of the workout.

Which muscles should be stretched? Stretching should target the muscles used during strength and aerobic exercise, as well as the muscles crossing the major joints (i.e. hips, spine, knees, ankles and shoulders). Stretching should be performed at least 2 to 3 times per week.

By Kathy Stetson, Certified Exercise Physiologist and Physical Therapist

MONTHLY PROGRAMS/SERVICES

MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

July 13 LET IT BLEED by Ian Rankin

August 10 Death Notes by Ruth Rendell



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.

CHI KUNG CLASSES WILL MEET ON WEDNESDAYS



8:30 am—9:30 am

TRURO COMMUNITY CENTER

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**



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, ext. 313

Make Your Aging Parents Home Safer

With life-expectancy increasing, many over 60's are finding themselves in the position of worrying about their aging parents living alone and how they will cope in their old age. Many elderly parents are capable of continuing to live independently and don't require full-time care. However, age brings with it health and mobility issues, so it makes sense to adapt the homes of older people to meet their needs and minimize the risk of an accident.

When it comes to home safety for the elderly, even items that are used every day can become a hazard. As age increases, so does the risk of falling. About one-third of falls for the elderly involve hazards around the home. While the risk of a fall or other injury cannot be completely eliminated, there are several steps that over 60's can take themselves to make a home safer and more user-friendly for an elderly parent.

Kitchen This room has some obvious dangers but also some that are not so obvious. One of the simplest steps to take is to make sure commonly used items are within easy reach. Other tips include:

***Electrical cords** – Shock or electrocution can result from appliances or power cords coming into contact with water. Keep them away from the sink and hot areas. Move appliances closer to the wall or to another outlet so they do not need an extension cord.

***Lighting** – Open blinds and curtains, and use the maximum wattage allowed in fixtures when replacing light bulbs to increase visibility. Additional light fixtures can be installed over countertops or under cabinets.

Living areas All rugs and runners should be removed or taped to the floor to prevent sliding. Electrical and telephone cords should be kept out of the way. Small changes can eliminate other hazards.

***Furniture** – Arrange furniture, especially low coffee tables, so there is a wide space to get around. It should be easy to get in and out of chairs and couches. Remove caster wheels from certain pieces.

***Lighting** – Make sure passageways between rooms are well lit. Darkened areas or shadows can hide tripping hazards. Just like the kitchen, make sure the maximum wattage allowed is used in fixtures. Install night lights, especially the kind with sensors that turn them on when low light is detected.

***Stairs** – If your parents live in a house rather than a bungalow, a stair chair lift can provide easy mobility and reduce the risk of falling down stairs.

Bathroom Perhaps the most perilous room in the house, several changes may be needed in the bathroom.

***Grab bars** – Install these on walls around the bath and toilet so there's something to hold onto when entering or getting up.

***Add a raised toilet seat**, combined with side handles, to make it even easier to get up or down.

***Water temperature** – Check the thermostat to make sure it is set at an appropriate temperature to avoid the risk of scalding.

Over 60's with aging parents have busy lifestyles and a lot of other responsibilities and may not have time to visit their parents on the Cape as often as they'd like. **While many believe falls are just a normal part of aging, they don't have to be.** With the proper knowledge of what can be a potential hazard for the elderly, safety can be improved in their home and provide peace of mind for them and their adult children.



HONOR FLIGHT NEW ENGLAND

It 5:30 on the morning of April 21st, I found myself sitting with my dad on a bus at the Logan Airport State Police barracks along with approximately 100 other veterans and their guardians. Some had come from as far away as Maine and there were several of us from Cape Cod. There was an air of excitement and anticipation that belied the time on the clock as we waited to be driven to the terminal. We were about to embark on a day trip to Washington DC for the 50th flight sponsored by Honor Flight New England. This was one of 10 Honor Flights going to the nation's capital that day, and the first of six (6) planned for this year by the New England chapter.

There are many chapters of the Honor Flight across the country. As a non-profit organization, Honor Flight New England relies solely on grants, private donations and volunteers. Their mission is to transport America's veterans to Washington DC, at no cost to the veteran, to visit the memorials dedicated to honor the service and sacrifices of service veterans and their families. As less and less WWII veterans are able to make the trip, the mission has expanded to include Korean Conflict vets and Viet Nam vets. Our flight had some WWII vets (like my dad and the women vets on the flight), more Korean Conflict vets and a few Viet Nam vets. Each veteran is accompanied by a guardian who is responsible for attending to the vet assigned to them. There are wheelchairs available for each vet lest they get tired and we were escorted by the National Park Service police everywhere we went, which meant no stopping for red lights. The scores of people of every age at the airports and at the memorials who were there to pay tribute to the veterans was overwhelming. They lined the aisles of the terminals as we went to the boarding area, clapping and shaking the hands of the vets, saluted our buses as we pulled away and came up to the vets at the memorials to say thank you. There was even a brass band playing at the Boston terminal and a water cannon salute when we landed at the Baltimore airport. I have to say that by the end of the day when we finally landed back at Logan 18 hours later, those vets were still looking lively and spry and eagerly shaking the hands of those who came out to welcome them back to Boston, even though it was almost midnight.

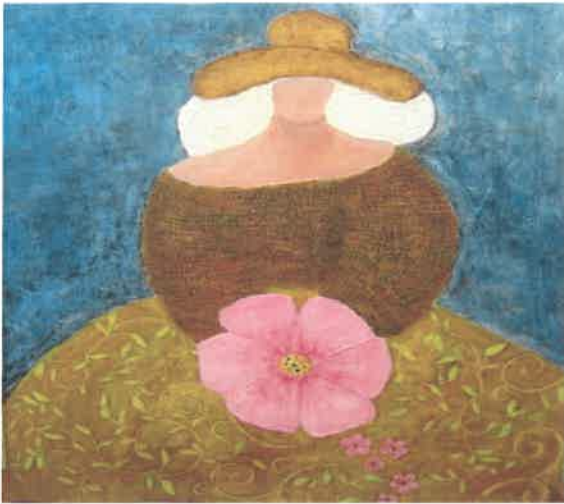
This experience was unlike any other I have ever had and it was a privilege to share it with my dad. It is a simple application and I would strongly encourage any vets to apply for the Honor Flight. Either myself or Shawney Carroll, our local Veteran's Agent are able to help with applications. Her husband, a retired Air Force pilot, happened to be on our flight as a guardian so there are a few of us that can provide first-hand knowledge of the experience. If you are a veteran, I hope you will consider applying. In the words of my dad "Every vet should experience this. It was a tremendous day."

Shawn Grunwald, Transportation Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
2 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	3 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	4 FOURTH OF JULY COA CLOSED	5 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	6 Strength Training 9:00-10:00 Orleans Shopping Trip 10:00
9 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	10 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	11 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 10:30-11:30 *Free Legal Assistance (By Appointment Only)	12 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	13 Strength Training 9:00-10:00 Orleans Shopping Trip 10:00 Mystery Book Club 12:30-1:30
16 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	17 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	18 Chi Kung 8:30 Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00	19 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	20 *Dr. Campo , Podiatrist (By Appointment Only) Strength Training 9:00-10:00 Orleans Shopping Trip 10:00
23 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	24 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	25 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00	26 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	27 Strength Training 9:00-10:00 Orleans Shopping Trip 10:00
30 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	31 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30			Art Opening Sunday, July 1 2-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday
Art Opening Saturday, August 4 5:00-8:00 pm		1 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	2 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	3 Strength Training 9:00-10:00 Orleans Shopping Trip 10:00
6 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	7 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	8 Chi Kung 8:30 Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 *Free Legal Assistance (By Appointment Only)	9 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	10 Strength Training 9:00-10:00 Orleans Shopping Trip 10:00 Mystery Book Club 12:30-1:30
13 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	14 *Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	15 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30 Music 1:30-3:00	16 *Dr. Campo , Podiatrist (By Appointment Only) CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	17 Strength Training 9:00-10:00 Orleans Shopping Trip 10:00
20 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	21 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	22 Chi Kung 8:30 Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00	23 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	24 Strength Training 9:00-10:00 Orleans Shopping Trip 10:00
27 Strength Training 9:00-10:00 Memoirs Writing Group 10:00-12:30	28 Men's Exercise Class 10:45 COA CAFÉ 12:30 Women's Reflections 6:30	29 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00	30 CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4:00	31 Strength Training 9:00-10:00 Orleans Shopping Trip 10:00

JULY ARTIST ANDREA CHAPIN



Art Opening, Sunday, July 1st 2:00-4:00 pm

I was born and raised in upstate New York but have spent the last 57 years living in the Boston area and Truro. Throughout the years I have engaged in many artistic pursuits: Metal sculpture, Jewelry design, Interior design, and Painting. I have studied with masters in all of these areas. This varied experience has led to a multimedia approach to painting. My sense of humor weaves its way throughout my work giving a whimsical feel to many of my works.

Three dimensional art has intrigued me more than traditional painting. I was attracted to the idea of Impasto, a technique of applying paint very thickly to create a three dimensional appearance. My first Impasto-like paintings required a tremendous amount of paint and expense, so I sought a less costly technique. I use a construction compound, spreading it on a birch panel to create a thick layer over my planned painting. I then use stencils, rubber stamps, other embossed items, or free hand to make patterns in the compound, thus creating the 3D effect. I then use acrylic paints, partially wiping one color away before applying another, bringing about subtle variations in both the background and the subject matter.

AUGUST ARTIST JOHN CHOLY

Art Opening Saturday, August 4th 5:00 PM – 8:00 PM



John Choly is an artist of spirit. Originally from the New York area, he has made Provincetown his home permanently since 2000. He is known for his paintings of hearts and moons, creating abstract landscapes, watercolors, prints and one of a kind greeting cards. He sold his first painting in 1985 to a collector in Hartford, Connecticut.

In 1998 his Moon Series exhibit consisted of 365 paintings of the moon at what was then Provincetown's Cortland-Jessup Gallery. His work has been in numerous exhibitions and in many private collections for over 30 years. He is excited and honored to be exhibiting at the Truro Council on Aging as their August 2018 Artist of the month.

TRANSPORTATION NEWS

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

Why am I surprised every Memorial Day week when it feels like someone has opened the gates to let everyone in? The roads are more congested and I no longer can count on making a left hand turn onto Route 6 with ease. I enjoy seeing the outer Cape wake up from the long winter and having more options for shopping and dining out but I do miss the more relaxed driving that I get to enjoy during the winter.

With the support of the Title III grant from Elder Services of Cape Cod and the Islands, we are planning to continue having some **designated shopping days** during the summer months. The plan is to offer a couple of days a month to go to Orleans and depending on the needs of the riders, making stops at Shaw's, Christmas Tree Shop and Snow's. The days are **July 13 and 27 and August 10 and 24** and are listed on our calendar. If there are other places people need to go, please mention it while making your reservation for the trip so we can try to accommodate those additional stops. Check in with me to make your reservation or to see if additional days have been added to meet the demand.

Based on requests, we have made arrangements to have Jesse Michling from the Center for Coastal Studies do a **presentation on the status of the Right Whales on July 24th** following lunch. If you would like to come (and/or join us for lunch that day), we are offering transportation. Call me to reserve your spot!

As a reminder, with the increased traffic, please plan your appointments accordingly. We do not like to have our drivers on the road when the COA is not open so we ask that you kindly schedule appointments between the hours of 10:00-2:00. Mention that you rely on the COA for transportation and most offices will accommodate you. Also, if you are scheduling a lengthy appointment, please take that into consideration so that we can get you back in Truro by 4:00 pm. Safety is our utmost concern so we thank you for your cooperation with this.

Happy Trails,

Shawn



Please join us on **Tuesday July 24th at 1:30 pm** when Jesse Mechling from the Center for Coastal Studies presents an informative lecture on the North Atlantic Right Whale.

FREE and open to all. Transportation available.

WANT TO EXPLORE THE CAPE BUT DON'T WANT TO DRIVE??

Seniors get to ride the **RTA bus** for **FREE** on **WEDNESDAYS**! Have proof of age and you can ride any of the fixed routes at no cost to you. Have fun planning your day- with connections, you could go from Truro to Hyannis or continue on to Mashpee Commons and Sagamore's Market!



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

CURRENT RESIDENT OR

BEREAVEMENT SUPPORT GROUP AND
OUTER CAPE WHITE LINE PRINTMAKERS OPEN STUDIO
WILL NOT MEET UNTIL SEPTEMBER

MISSION STATEMENT

The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; 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 Co. &
Program & Benefits Assistant
Kate Paradise, Office Assistant
Van Drivers: Nancy Braun, James Downey,
Butch Francis

FRIENDS OF THE TRURO COUNCIL ON AGING MEMBERS

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

COUNCIL ON AGING BOARD MEMBERS

Bonnie Sollog, Chair; Cathy Staff, Vice-Chair; Joan Moriarty, Secretary; Board Members: Claudia Tuckey, Hannah Shrand, Marla Perkel, Lucy Brown.

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.

2018 Concerts on the Green

NEW LOCATION!



Artwork by Bill Evaul

Truro Public Library • 7 Standish Way, North Truro

All concerts at 6:30 - except Aug. 23rd and 30th

The Rip-It Ups

July 5, 6:30

New Beach Band

July 12, 6:30

The Grab Brothers

July 19, 6:30

Tim Dickey

Toast and Jam

July 26, 6:30

Zoë Lewis

August 2, 6:30

**Ted DeColo
& Andy Solberg**

August 9, 6:30

**The Mostly Celtic
Quartet**

August 16, 6:30

**Chandler Travis
Philharmonette**

August 23, 6:00

Magic of Steel

August 30, 6:00

Celebrating 24 Years of Free Concerts

Printing Courtesy of Seamen's Bank

Do you need a ride to Boston?

BOSTON HOSPITAL TRANSPORTATION THROUGH THE CAPE COD RTA:

Enjoy comfortable and safe wheelchair accessible transportation directly from Cape Cod to Boston Area Hospitals. The Cape Cod RTA provides medical transportation services on Monday through Friday **by reservation** to all the major hospitals in the Boston area. **Schedule your medical appointments between 10:00 AM and 2:00 PM** as the bus leaves Boston by 3:00 PM. Bus departs Wellfleet Dunkin Donuts parking lot at 7:00 AM. Escorts allowed based on seating availability.

RESERVATIONS A MUST! Reservations must be made between 8:00 AM and 5:00 PM no later than the weekday before you wish to travel by calling **1-800-352-7155**.

FARE: \$30 ROUND TRIP/ \$15 ONE WAY See below for Boston Hospital stops.

Location	Approximate Drop Off Time
<ul style="list-style-type: none">• Mass. General Hospital• Mass. Eye & Ear Infirmary• Shriners Burn Institute• Spaulding Rehabilitation Hospital	10:00 AM
<ul style="list-style-type: none">• Tufts Medical Center: Floating Hospital For Children• Tufts School of Dental Medicine	10:15 AM
<ul style="list-style-type: none">• Boston Medical Center• Boston University Dental	10:20 AM
<ul style="list-style-type: none">• Children's Hospital• Beth Israel/Deaconess East Campus• Beth Israel/Deaconess West Campus• Dana-Farber Cancer Institute• Joslin Diabetes Center• Brigham and Women's Hospital	10:30 AM
<ul style="list-style-type: none">• New England Baptist Hospital• Veterans Affairs Hospital• Beth Israel - Brookline Place	10:40 AM
<ul style="list-style-type: none">• Beth Israel Extension (850 Boylston St)• New England Baptist Hospital Extension (850 Boylston St)	10:50 AM
<ul style="list-style-type: none">• Faulkner Hospital• St. Elizabeth's Medical Center• Shattuck Hospital (Jamaica Plain)	10:55 AM
<ul style="list-style-type: none">• Carney Hospital, Dorchester	11:00 AM

Truro COA Transportation Program Voluntary Donation Schedule:

Within Truro: \$3.00

Provincetown/Wellfleet: \$4.00

Orleans: \$6.00

Chatham/Brewster: \$7.00

Harwich/Dennis: \$8.00

Hyannis/Barnstable: \$10.00

Mashpee/Sandwich: \$15.00

Plymouth: \$25.00



HAPPY BIRTHDAY

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Ann Courtney Betty Schiffenhaus Lynda Traum	2 Russ Cherry William Evaul Christine Gareau Julie Knapp Jane Kogan Philip Wolf	3 John Keller Mary McGuire	4 David Evans Lorraine Rosenbaum Bonnie Sollog	5 Stephen Donnelly Parker Small	6 Vera Adams Robert Corea David Delgizzi Pearl Engle Linnnet Hultin Ruth Marsh	7 Roberta Lema Norman Pope Susan Silvia
8 Karen Kirby Susan Kurtzman Abigail Swan	9 Barbara Baker Maria Flook Margaret Landy Harry Palmer Jr Bruce Purdy Catherine Staff	10 Paul Tillinghast Robert Walther Joanne Williams Lorraine Wiseman	11 Tim Brown Manuel Macara Jr	12 Wendy Horton Martin Thomas	13 Carol Cherry Margaret Royka	14 Joyce Garner Carol Harris
15 Penelope Ackley Maryellen Driscoll	16 Nancy Braun Stephen Currier Frederic Grant Jacqueline Ives Susan Webster John Zilliax	17 Nancy Edwards Janice Johnson	18 Jere Milliken Kathleen Power	19 Bruce Cagwin	20 Kevin McGirr Francis Neylon	21 Beverly Bergstrom Michael Bolis Nancy Chamberlain Henry Lum
22 Susan Aratare Tanya Delome Kathryn Desousa Joseph McGraham Patric Pepper	23 Jane Lea Jane Peters Ellen Smith	24 Paul Krueger Joan Miller Irene Russell Jon Seager	25 Manuel Souza Cecile Toussaint	26 Robert Cardinal Miriam Collinson Diane Rose Darrell Shedd Sandra Silva Peter Tighe	27 Carol Karlmann Denise Luster Antoinette Marsh Abby Orton Eileen Thomas	28 Emily Bunker Francine Curcio David Ditacchio Olga Franco William Marshall Stephen Tarantal
29	30 Deborah Besemer Michael Peters Elsa Tarantal John Thornley Ronald Wichowski	31 Joanne Barkan Francis Silva Timothy Silva				



HAPPY BIRTHDAY!

AUGUST, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 William Aikman Richard Lee Normand Scherer Charles Zimmer	2 Joseph Buteau Judith Dutra	3 Carolina Marseglia Kurt Schmidt	4 Patricia Canavari Joycelyn Holway Stephen Kinzer John Riemer
5 Ronald Baker Candice Collins-Boden Gary Cooper Margaret Gilson Donna Leombruno Michael McGuinness John Thomas	6	7 Paul LaFrance Dorothy Sanderson Robert Weinstein Paul Zavada	8 Beverly Brazil Barbara Dyche Manuel Gaspar Albert Haversat Peter Morris Diane Troiano Nelson Vital Pamela Wolff	9 Mike Bothun Charles Fields John Roderick	10 Robert Carlson	11 Bobbie Sue Kane Elaine O'Keefe Steven Sollog Ellyn Weiss
12 Robert Callahan Harold Eastman	13 Carla Ferrari-Scacco Ron Fichtner Marjorie Gidman	14 Carmen Cicero Dianne Eib Ilse Sakheim Nancy Trainor	15 Jerome Costa Vera Giordano Paul Resika Mary Lou Santos	16 Paul Kiernan Michael Snell	17 Toby Olson	18 Gloria Burhoe Maureen Cronin Anna Gagnon Patricia Walsh
19 Barbara Oswalt Dianne Peters Janice Walk	20 David Kelly Robert Langlais	21 Johanna Fullam Kathleen Horton Martin Rosenbaum Alice Warmouth	22 Shirley Dasconio Paula Gilman Patricia Reid	23 Lucy Brown Dino Galiano Mona Marcoullier John Marksbury	24 Peter Falconer Warren Green Richard Pask Gwendolyn Spang Elizabeth Sluzis Barbara Willis	25 Carol Bishop Elaine Brownell Caren Garvan Barbara Golding Shawn Grunwald Carol Mooney Paul Shafnacker Sheila Silva
26 Rita Burke Michael Kaelberer Edward Oswalt	27 Deborah Paine Walter Bingham Jr	28 George Driscoll Susan Stinson	29 Mona Dukess	30 David Gilman	31 Katherine Nagle	