



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

June 2020

From the Director's desk.....

June. The month with the longest daylight hours of the year. A hopeful sign in this otherwise uncertain time. The world around us continues working to find a way through this devastating pandemic while we keep holding hope for better times ahead. Here at the COA we continue to be available for outreach services M-F, 8-4 via phone and email. In addition, we are gearing up to bring programming to you in new, exciting ways. We will be offering our classes, support groups and featured guest speakers online via Zoom as well as Channel 18 for those of you without internet access. So, be sure we have your current email on file so you don't miss your invitation to join activities.

While it isn't the way we had hoped to come back together, it is a chance for us to stay connected to one another in a time when so many of us feel cut off from our lives and the people we love. Connection is what helps give our lives meaning. Seeing each other and having an opportunity to share our experiences in this challenging time helps to process and heal. Together, we will heal and grow stronger and more connected in ways we hadn't ever imagined, but may well be grateful for.

As always, take good care of yourselves and each other. Stay connected and reach out when you need to. See you soon on Zoom, the COA website and Facebook page as well as Channel 18.

Be well, stay safe.....

Mary-Elizabeth



For information on COVID-19 from the Town of Truro, please visit:

https://www.truro-ma.gov/sites/truroma/files/uploads/covid_19_info_page_updated_4-10-20.pdf



We Are Here to HELP YOU!

The Truro Community Center is closed to the public. Our COA Staff have designated office hours and are working remotely, checking emails and continuing to assist and positively support all seniors in the Town of Truro available Monday-Friday 8 AM to 4 PM.

Outreach Services:

The Truro Council on Aging Outreach Program provides information and referral, as well as direct services for seniors.

Pantry Curbside Food Pick-Up: The Lower Cape Outreach Council continues to be committed to providing food for seniors and families in need especially during this period of insecurity. The Truro curbside food pantry is on Friday's from 11 AM to 12:30 PM. You must register if you would like to join the pantry by email at lcoc@lcoutreach.org or calling 508-240-0694.

Meals on Wheels: If you need to sign up for Meals on Wheels please call Elder Services of Cape Cod and the Islands 508-394-4630.

Alzheimer's Family Services Center of Cape Cod & Islands: If you need guidance on dementia care, their office is open to phone calls 9:00 – 5:00 and they are checking messages regularly 7 days per week. Call 508-896-5170.

CCHC Alzheimer's & Dementia Support Group: Alan Johnson is conducting support groups via WebEX for more info call 774-552-6080.

SHINE: (Serving the Health Insurance Needs of Everyone) Provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits.

Elton Cutler, Certified SHINE Counselor at 508-413-9508 or Tracey Benson, SHINE Program Manager, are available and will be managing the calls Monday-Friday 8 AM to 3:30 PM.



The AFSC is a 501(c)3 nonprofit organization dedicated to helping families navigate all the twists and turns of the Alzheimer's/dementia journey from pre-diagnosis to bereavement and all of life that happens in between. If you are caring for a spouse, a parent, a relative, a neighbor or yourself, we honor your efforts and provide a variety of free support services including family and individual consultations, support groups, educational programs, memory screens, social and cultural events. Please take a walk through our website to see what the AFSC has to offer. Support is a phone call away: **508 896-5170**

Caregivers Support Links

Alzheimer's Association: <https://www.alz.org/manh>

Alzheimer's Family Support Center of Cape Cod : <https://www.alzheimerscapecod.org/>



Volunteers like all of you help make the world a better place with your time and efforts. It is truly amazing how many people have come together to help others in the uncertain times. THANK YOU to all the volunteers at from the Community Kitchen and from the Good Neighbor-Truro program. Please visit: <http://tprrta.org/> and see what they can do to help you! Also, thank you to Lower Cape Outreach for helping provide food to our community!

WE  OUR VOLUNTEERS

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- **Smithsonian Magazine videos** <https://www.smithsonianmag.com/videos/category/smithsonian-channel/>
- **Dublin Zoo** <https://www.dublinzoo.ie/animals/animal-webcams/>
- **The Elephant Sanctuary** <https://www.elephants.com/>
- **Houston Zoo** <https://www.houstonzoo.org/explore/webcams/>
- **Lone Pine Koala Sanctuary** <https://koala.net/webcams>
- **National Aquarium** <https://www.aqua.org/Experience/live>
- **San Diego Zoo** <https://animals.sandiegozoo.org/live-cams>
- **Wild Earth Safari Rides** <https://m.twitch.tv/wildearth/profile>
- **Boston Symphony Orchestra** <https://www.bso.org/brands/bso/at-home.aspx>
- **Broadway Direct** <https://broadwaydirect.com/where-to-watch-musicals-online-the-musical-lovers-guide-to-streaming/>
- **The Metropolitan Opera** <https://broadwaydirect.com/where-to-watch-musicals-online-the-musical-lovers-guide-to-streaming/>

Transportation

I hope by the time you read this, we will have flattened the curve a bit with this pandemic. To say these are unprecedented and challenging times is an understatement. Since March 24th, I've been working from my "home office". This consists of a corner of my bedroom where there is a small desk, my dinosaur of a laptop and a phone. There is a window nearby so I do get to look out at the trees. Unfortunately, it was such a wet, windy spring, that the view was rarely pleasant. The only living beings that have been enjoying this stay at home advisory are my two dogs, who have been spending the days sleeping on my bed or watching me work from that perch. I think they are going to go through serious people-withdrawal when I'm able to return to my COA office.

The hardest thing for me through all of this, though, has actually been missing the rhythm of the COA. I could tell what day of the week it was just by listening to the voices of folks as they came in for various activities. Monday, Wednesday and Friday mornings were usually filled with a low din of laughter from the Strength Trainers. The more reserved Memoirs group would announce the arrival of late Monday morning. I knew it was Tuesday because Kathy was running in from the parking lot for her Men's Exercise class but always with a smile on her face. Just as they were finishing up, the lunch crowd would trickle in, settling into their usual spots at the tables. Wednesday afternoons heralded the ever changing chair yoga group while on Thursdays, I could count on seeing the faithful Core and More and Move and Stretch participants. I always looked forward to Friday afternoon with the "White Liners" who were always the perfect ending to my work week. That was how my week was defined, as I'm sure many of yours were, and how abruptly that all changed.

I wish I had a crystal ball to be able to know what things will look like in the future. Physical distancing seems to be key in helping limit the spread of the virus. We will think twice before we shake a hand or give a hug. That makes me very sad. But, if I have learned anything in life is that we need to have hope, optimism and a belief that we will adapt and get through this. We will learn new ways to express love and friendship. Certainly, this pandemic has brought out the best in so many people who have donated time and money to make life just a little bit easier for others less fortunate, or less healthy or less mobile. And that is what is giving me faith and is my take away from this difficult and challenging time. I have had the pleasure of talking with many of you on the phone during this time. Physical distancing is important but I know now that it is even more important to remain socially connected. I hope you all continue to stay safe and be well, even after the crisis is over.

*Happy Trails,
Shawn*



VIRTUAL CLASSES

Some of the programs from the COA have started hosting virtual classes. Here is a list of the classes and how to sign up:

- Strength Training– contact Jon Seager at **jwseager@yahoo.com**
- Chi– Kung– contact Ellen Anthony at **ellen@quirkycircus.com**
- Memoirs Writing Group– contact Rosalind Pace at **rpac39@gmail.com**
- Psychoeducational Support Group– contact Mary-Elizabeth Briscoe at **mebriscoe@truro-ma.gov**



Never used Zoom? Here are some helpful links to check out:

- **Joining a Zoom Call for the First Time, Fun and Easy Online Connection** (8 minutes)
<https://www.youtube.com/watch?v=9isp3qPeQ0E>
- **How to Host a Zoom Call for the First Time – Fun and Easy Online Connection** (12 minutes)
<https://www.youtube.com/watch?v=hI32Xk2Va7M>
- **How to Use Zoom Safely – Simple Zoom Tips** (18 minutes)
<https://www.youtube.com/watch?v=PGW6I2-KXZs>



You Can Vote Early By Mail

For the [Annual Town Election](#) scheduled for June 30, 2020, all registered Truro voters are encouraged to vote by mail to ensure the safety of our election workers and the general public. An Early Voting Application can be obtained on the town website or by clicking [click here](#). If you are unable to go online to obtain the application form, you can provide the following information in a written correspondence:

- Name
- Legal Voting Residence Address
- Phone Number
- Email Address
- Where to Mail the Ballot
- If you require assistance completing the application due to a physical disability, please provide the assisting person's name and address

⇒ *Don't forget to **sign** the correspondence*

Completed, signed applications can be:

- **Mailed:** PO Box 2012 Truro, MA 02666-2112 OR
- **Faxed** to 508-349-5505 OR
- **e-mailed** (must include a scan with a signature) to sjoseph@truro-ma.gov OR
- **dropped off** in person to: c/o Truro Clerk's Office, 24 Town Hall Rd, Truro, MA

Applications are due no later than **June 29, 2020**. Please note: the requested ballot will be mailed out upon receipt of completed application. Please allow ample mailing time for this application and for the ballot. **Ballots must be returned by Election Day. Once your ballot is returned, you have completed your vote.** Early voting for this election can only be done by mail.

STAND UP AND BE COUNTED FOR TRURO!

There has been a lot on the news encouraging people to complete the 2020 Census forms. But where are the forms? For Truro residents who receive their mail via a post office box address, the census forms have not come-and will not come- as the government does not mail these forms to a post office box.

The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location. The town depends on every resident being counted. It impacts our roads, schools and funding for hospitals and fire departments. This how the COA gets its funding through the formula grant, which gives the town a certain dollar amount for each senior. The more seniors who are counted, the more money is allocated to the town for services for its seniors. This is especially important when the census only happens every ten years, so the counts are something that stand for a long time.

If you have not already completed a census form, there are a couple of different options to do so. The quickest and easiest way is to complete the form online. Go to my2020census.gov. Select the link that says, "If you do not have a Census ID, click here." It is located below the Census ID login field. Please note that ***the form needs to be completed in one sitting***; you cannot save it and come back to complete it at another time.

You also have the option of responding by phone. To begin, call [844-330-2020](tel:844-330-2020). If it is high volume time, you can leave a call back number to avoid a long waiting time on hold.

One form should be completed for the household. Although the point in time the government has chosen is April 1, if you live in multiple places during the year, pick the place where you mostly live.

The current pandemic has delayed things a bit. It is expected that census takers will begin interviewing homes in July that haven't responded to the 2020 Census to help make sure everyone is counted.

During the 2020 Census, the Census Bureau will **never** ask you for:

- Your Social Security number.
- Money or donations.
- Anything on behalf of a political party.
- Your bank or credit card account numbers.

If someone claiming to be from the Census Bureau contacts you via email or phone and asks you for one of these things, it's a scam, and you should not cooperate.

