



Truro Times

7 Standish Way, N. Truro (508) 487-2462

www.truro-ma.gov/coa

JAN/FEB 2024

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Directors Note

Happy New Year! Welcome to 2024!! We have a lot to be grateful for at the Truro Council on Aging this past year! It was a year of rebuilding. We are excited to see what this year bring us! We would like to thank the Dexter Keezer Fund, Lower Cape Outreach Council, Outer Cape Health Navigator Program, Mercey's Oil, Friends of COA , Our Lady of Cape Parish, and Box Lunch for their generous donations as well as COA's Board and Volunteers. We could not have done it with out all their support. As the winter months come upon us it

is typically a quiet, reflective time. As we watch the day light hours begin to lengthen and stretch into night. Here at the COA we know its important to stay connected. Here are just a few of our upcoming events we will be having over the winter months: **Exercise As we Age Presentation, Valentine Day Card Making, AARP tax aid program , Travel Training how to use CCRTA and more!** We look forward to seeing you over these winter months. Remember to check out calendar and follow us on Facebook.

Michelle Peterson, Deputy Director COA

WINTER WEATHER POLICY

When Town Hall offices are closed the Truro Community Center and COA will also be closed. COA programming and transportation will be cancelled, however the office may remain open. Please call the COA office at 508-487-2462.



TRURO TAXATION FUND

The Town of Truro has a special Fund for property owners who are elderly or disabled, the Truro Taxation Aid Fund.

This fund is aimed at helping full time residents who meet the requirements to pay their property taxes.

In addition to requirements around age or disability status the applicant needs to meet the income and asset requirements.

This year the deadline to apply for this fund is March 31st 2024.

If you are interested in applying for this fund you may obtain the application and guidelines from the Truro Library, the Truro Council on Aging or at Truro Town Hall.

For assistance filling the application out contact the Truro Council on aging, Georgette Ducey, 508-413-9508,

ATTENTION TRURO SENIORS: *The Board of the Friends of the Truro Council on Aging is seeking new members. The position is a volunteer one. The responsibility of the Board is to raise and allocate funds to assist the Council on Aging. The funds are distributed at the request of the Council's Deputy Director to fund programs and individual senior needs. All seniors are welcome to become members of the Friends.*



Enjoyed an afternoon with group of Seniors and staff Wreath Decorating with Master Gardener Priscilla Husband

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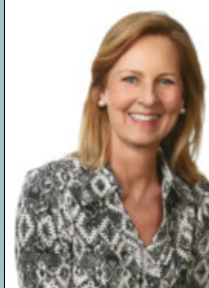


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Upcoming Events

EXERCISE AS WE AGE PRESENTATION

Monday January 31st, 2024 1:00pm

VNA of Cape Cod will be offering a hour long presentation which includes information on the aging process, exercise intensity, physical activity guidelines, and some basic exercises to do at home. **PLEASE RESERVE YOUR SEAT call 508-487-2462.**

BEREAVEMENT SUPPORT GROUP

2nd and 4th Tuesday 2:30-4:00pm starting January 9-April 23rd

Our bereavement support groups provide a positive, nurturing, confidential setting to learn ways to manage and cope with loss. Groups are facilitated by experienced bereavement professionals and are FREE of charge. All of our groups are open to anyone who has experienced the death of a loved one. *It is the process of grieving that helps us heal.*

Please Register directly with Jeanne Burke at 508-740-2370 or email jmburke@capecodhealth.org

NATIONAL PIZZA DAY PIZZA PARTY

January 11th 12:00pm-1:30pm

We will be celebrating National Pizza day at Truro Council on Aging.

Reservations required please call 508-487-2462 by 4pm on Tuesday 1/9/24

VALENTINE DAY CARD MAKING

February 5th 1:00pm-2:30pm

Come join us and Truro Central School students to make cards for a Senior in the community or for a loved one. **Please call to register 508-487-2462**

VALENTINES DAY LUNCHEON Music with Denya LeVine

Thursday February 15th 12:00-1:30pm

Valentine's Luncheon celebration. Cost is \$7 per person

Please make reservations by Tuesday, February 13th at 4pm

AARP TAX AIDE PROGRAM

1st and 3rd Tuesday starting February 6th through March

9:00am-3:30pm

Provides free tax preparation for seniors. The free tax filing for senior program is available to low and moderate-income seniors who need help with Tax preparation. Starting February 6th through March.

REGISTRATION IS REQUIRED

Please call 508-487-2462

TRAVEL TRAINING HOW TO RIDE FLEX AND DART BUS

Monday February 26, 2024 11:00am-1:00pm

How to use fixed bus route public transportation independently and safely.

Join a representative from the CCRTA as they explain how to ride the FLEX

Bus and DART bus. Roundtrip planning to fares to mobility devices and more!

PLEASE CALL TO RESERVE YOUR SEAT 508-487-2462.

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Music, Art & More

NEEDLE WORK

Wednesdays 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. Bring a snack if you wish.

UKULELE WITH MARY ABT

Thursdays 10:00 am- 11:00am

Join Mary Abt at the Truro COA for an hour full of ukulele JOY! Mary has been teaching basic ukulele for years. 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

Mondays- 10:00am - 12:30pm (via Zoom)

The Truro Memoirs Group meets Mondays 10 AM to 12:30 PM, currently on Zoom.

Participants share their stories and receive helpful, encouraging feedback from each other and from Rosalind Pace who has been mentoring Truro Memoirs for decades. It's free and open to anyone.

You can watch Cape Cod's Truro Memoirs Story on YouTube, produced by memoirist and videographer Bill Charette.

OUTER CAPE WHITE LINE PRINTMAKERS & MORE

Fridays 10:30AM –12:30PM

Our group's main goal is to foster a continuing interest in white line printing but we are not limiting ourselves to that form of art. Members may also choose to work with watercolors, pen and ink, wood block prints, linoleum block print, colored pencils and pencil drawing. Bring the materials that you will need to work on what inspires you.



TECH SUPPORT CLASSES

Tuesdays, 1:00pm-2:30pm

By Appointment-15-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 508-487-2462.

FREE HEALTH SCREENINGS/FOODS TO ENCOURAGE

Blood Pressure and Glucose checks with Pop Up Food Nutrition. Sponsored by Lower Cape Outreach Council. Second Wednesday of the month, 10:30am-11:30am in the Lobby Please stop by!

LEGAL ASSISTANCE SCCLS

Tuesday December 5th , at 1:00pm-3:00pm at the Truro Council on Aging To speak to a pro bono Elder Law attorney, call Ms. Rasheda Dickerson directly at (774) 487-3251, Monday – Friday 9:00 am – 5:00 pm. Leave a message with your name and number. If you would like to meet with an attorney, Ms. Dickerson can arrange for an appointment at the Truro Senior Center 7 Standish Way. Offered by appointment only and first come, first-served basis.

SHINE COUNSELOR

**2nd Tuesday each month
8:15am-12:15pm**

Shine counselor will be available to answer Medicare questions you may have. Please call to register 508-487-2462.



Veterans Officer Shawney Carroll, Veteran Services Officer is available for counseling. Call for an appointment, (508)-487-2462.

(Continued on page 6)

Exercise Programs

STRENGTH TRAINING Mondays - Wednesdays & Fridays (hybrid) 9:00 - 10:00

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 - 11:30

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 - 3:00

This is a one hour very gentle yoga class using a stable padded chair for sitting, as well as a prop for standing exercises. No experience is neces-

sary, but if you are unsure about your physical condition, please do consult with your doctor before attending the class. Please wear comfortable loose clothing. Do 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 - 11:30

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 - 1:00

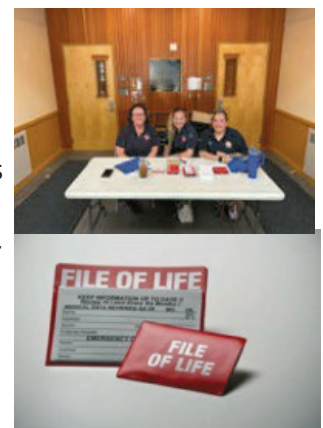
This class is great for those looking for a gentle work-out. Includes gentle range of motion and stretching in sitting, brief periods of standing, strength and balance, as well as exercise education. The small group setting allows for individualized instruction.

We also have other classes such as Zumba, Pilates, Yoga and Pickleball at the Community Center. A full list of their programs can be found on their respective town web page at trurorec.com or by calling Austin Smith 508-487-1632.

FILE FOR LIFE What is File For Life?

The File For Life* is a way for you to provide vital medical information to emergency responders (paramedics, police, firefighters, etc.) should you ever be sick or injured at home and unable to speak for yourself. It consists of a vinyl envelope with a medical information form (which you need to fill out) inside, which you can stick in clear sight on your refrigerator for emergency responders to find if needed.

Please call Georgette if you need a File for Life Card. 508-413-9508

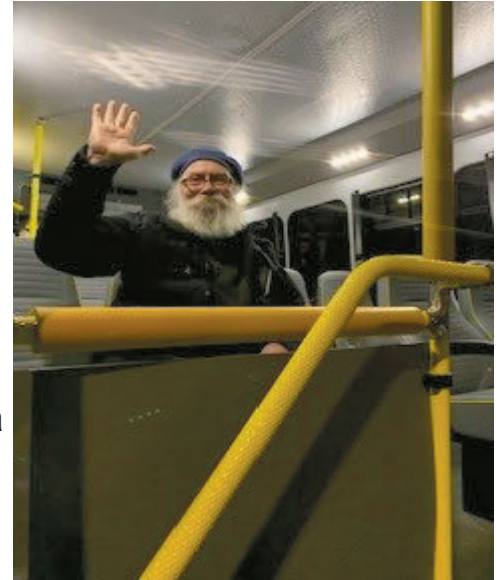


Senior Spot Light

How Truro Residents Use the COA: Interview with Roman Schoenberger

Roman Schoenberger is a COA member and client of the Truro Pantry who brings a fascinating mix of skills and talents from his many careers and what he calls his “addictions”, skiing and sailing. He studied art and German in college and said although “I’ve been interested in cooking since childhood”, it took a while to see that he could “be creative with food and make money”. Years ago, after a life of living in Europe and many parts of the United States, running his own maintenance business and conquering his actual addiction to alcohol, he settled in Truro. He soon found the Truro COA

through the advice of friends and met Elton Cutler, the former COA Outreach Coordinator who provided him with lots of help and he said “saved me” in many ways. “He helped me get food stamps, transportation, Section A housing assistance”, and various other supports, including the food pantry. During the height of the COVID pandemic, Roman received an extra \$300 in government food assistance and didn’t need the pantry. So when that ended he said, “I found I needed the pantry again and am using transportation services too”, commenting “I couldn’t live here if it weren’t for all these programs”. Despite a number of personal health problems, Roman said he’s “actually getting



healthier” and would love to give back to the COA somehow. We talked about him coming up with recipes using the pantry ingredients and even doing some cooking demonstrations at the COA in the future and “maybe a cookbook too”.

Writers note: I left the interview with a delicious piece of sweet bread, so I vote for those cooking demonstrations!



Transportation

The Truro Council on Aging is pleased to assist with transportation needs to Truro residents who are at least 60 years of age or older or any adult living in Truro who is disabled. Rides can be requested to the Truro Community Center for all classes, programs, Community Luncheons and the Food Pantry.

MONDAYS –Shopping /Errand Day

Bus leaves at 9am returns at noon

Call to Register 508-487-2462

MEDICAL RIDES:

Provided **Tuesday, Wednesday, Thursdays , Fridays** to destinations within Barnstable county only. Appointments should be scheduled between 9:00 am and 3:00 pm so that the ride occurs within the business day, taking into account travel time. We are currently not providing rides for any surgical procedures or procedures involving any type of anesthesia.

MAIL AND FOOD DELIVERIES:

as needed, is on **Wednesdays**. Please Call **508-487-2462** to request a ride by the COA, **AT LEAST 2 business days in advance**. Slots will fill up very quickly



RIDE HOME PROGRAM SPONSORED BY FRIENDS OF COA

Did you know if you need a ride home from the hospital? Truro has a program where any resident of Truro who is over the age of 60 can get a ride home from hospital. This program is funded by the Friends of the COA. Cards are available through Truro Fire/Rescue, Cape Cod Hos-



TRANSPORTATION NEWS FROM CAPE & ISLANDS VETERANS OUTREACH CENTER

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 to Angela Welch Transportation and Outreach Coordinator at 508-778-1590 ext 9.

Boston Hospital Transportation

CCRTA provides medical transportation services to Boston Hospitals. Pick-ups are in Wellfleet (by Dunkin Donuts), Eastham and Orleans. Call 1 (800) 352-7155 to make a reservation in advance.



Reminders for Riders:

- Reservations must be made 48 hours in advance
- 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.
- Access to and from your home should be free of obstacles and cleared during bad weather.
- There are no unscheduled stops.
- Rides are often shared, waiting may be necessary
- A donation per round trip is most appreciated.

7 New Year's Resolutions in 2023!

Author Florida Consulting Group

Jan 4, 2023

Many people think of the new year as a fresh start. A chance to establish New Year's Resolutions and make better choices to improve their lives. While it may seem silly or overdone, setting New Year's Resolutions can actually be very impactful, especially for seniors.

Resolutions can be considered "goals," and with goals comes a sense of purpose for seniors. A 2023 shows that for older adults, having a purpose in life can lead to numerous health benefits and can even decrease mortality.

So, even if you think New Year's Resolutions are cliché, there is merit in making positive changes in your life and sticking with them. Even the smallest change is better than no change at all.

Making lifestyle changes can be difficult, especially for seniors who prefer the familiarity of their own habits. But, these lifestyle changes are always advantageous—and often crucial—to seniors' well-being.

Instead of setting unrealistically lofty goals, seniors can begin making small changes to improve their everyday lives. And what better time to do so than the New Year?

Health & Wellness

Here are 7 New Year's resolutions seniors should commit to in the coming year to improve their health, lifestyle and overall well-being. If you are a senior, take these resolutions into consideration as 2023 begins. Or, share these suggestions with your senior loved ones and offer to help them stay accountable



DARK CHOCOLATE

PEANUT BUTTER BROWNIES

COA RECIPE CORNER

1 Box Dunkin Hines Dark chocolate fudge Brownie mix-Bake as directed

1 Cup creamy peanut butter mixed with 1 Container butter cream frosting

-spread generously over cooled brownies

-Drizzle with caramel sauce and sprinkle with cinnamon

-for added extras, you can put butterscotch, peanut butter or chocolate chips in the brownie batter before baking

Recipe by April Shenk

Outreach Corner



Outreach Coordinator

Happy, Healthy New Year everyone! As I reflect on the last 9 months as the Outreach Coordinator, I realize how blessed and honored I am to be able to help and serve the seniors of Truro. As we wind down from the holiday season, we should start to gear up for increment weather (I know BOO HOO!). But we should all be prepared for possible power outages. Winter storms and THAT *Cape Cod Wind* can lead to power outages. Make sure you have easy access to flashlights (by your bedside) and a battery-powered radio in case the power goes out and your phones charged. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable [foods \(can goods; proteins and soups\)](#) that can be eaten cold on hand. Medication filled and a good supply of water for drinking and flushing. If the power goes out, older adults should wear several layers of clothing, including a hat. Shovels should be close to the front door, melting salt, or sand on hand. Make yourself a winter weather checklist to ensure you have everything you may need before increment weather. Consider signing up for Truro Alerts.

Also, if you or a loved one depend on life- supporting equipment in your home, Please sign up with Ever-source 800-791-3369 and make the COA aware. Look forward to see you all in the COA for lunch or some great programming. [Georgette Ducey](#)

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. Walk ins welcome. For more information or to make an appointment please call Barbara Bond (617) 515-4342. **Food can be delivered.**

MEALS ON WHEELS: Meals on wheels brings meals to people aged 60 and older who are homebound and unable to prepare their own meals. Elder services asks for a small donation to increase households nutritional level so that they can stay healthy. 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

FOODS TO ENCOURAGE/FREE HEALTH SCREENINGS

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 the month, 10:30am-11:30pm in the Lobby Please stop by!

Baked Goods Tuesday & Thursdays• Typically, after 10:00 am Tuesday & Thursdays, COA Staff deliver donated “day old” baked goods. Stop by and help yourself!

Do You Need a Smoke/CO Detectors? The Red Cross and its partners can test existing smoke alarms and install up to three free smoke alarms for those that need them. To have smoke alarms installed in your home for free, call 1-800-564-1234 press option 1 (case management) listen to prompt then Press Option 3 (smoke detectors) . Give your name and address and someone from the Red Cross Installation Team will call you when they are in the Truro area. Any issues Call Georgette at the COA 508-413-9508

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 heat type: 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
- Copy of 2022 taxes for self-employed
- Electric bill
- Heating bill
- Mortgage, homeowner's insurance, real estate tax and lease
- Photo ID
- Social Security cards and birthdates for all household members.

For those of you who applied last year, you should have received your application (**Blue Envelope**) in the mail by now. If you need assistance making sure you have the correct documents please give us a call. For those of you who are interested in applying for the first time, please call so that we can discuss the process and help you apply once applications are available. Please call us at 508-487-2462 (Press Option 3) for more information or to schedule an appointment.

Important News!

MassHealth will begin sending annual renewal forms to complete in order to retain benefits. This will start in April 2023 and run through March 2024. These forms will arrive in a **BIG blue envelope**. It will be important to complete and return the forms to preserve your eligibility. MassHealth will be updating income and asset limits to reflect increases in the Federal Poverty Level due to cost-of living increases. However, the increased limits are not yet finalized. If you have questions, need help with your MassHealth coverage, or if you have lost coverage, please contact MassHealth Customer Service at (800) 841-2900.

Outreach Corner

TELEPHONE REASSURANCE PROGRAM

Do you live alone? Are you concerned about an elder? We have a reassurance program where you have a daily check in with someone. If we do not hear from you by ten o'clock am someone will go over to the house and check on you. For more information, please call Truro Council on Aging at 508-487-2462.

ELDERS OF SPECIAL CONCERN

Upon returning home from the hospital or rehabilitation center be sure to contact our Outreach Department for any support or resources you may need, such as medical equipment, meals on wheels or in-home supports. Also, you can be added to our list in the case of a predicted storm. 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 (508) 413-9508 to sign up.

MEDICAL EQUIPMENT LOANS

We gratefully accept donations of equipment that is in good, usable condition, **BUT IT MUST BE CLEAN**. Equipment is quarantined and then sanitized before it is loaned out to Truro residents.

We will continue to accept and loan wheelchairs, walkers, rollators, canes, shower seats, tub transfer benches, and bed rails. Medical equipment is for short term use and will only be loaned out to non-residents if an adequate supply exists.

All borrowers must sign a liability waiver.

Friendly Visitor Program Are you able to visit a homebound senior? An hour of time can mean so much to someone — enjoy a good conversation over a cup of coffee, play a game, take a walk outside or something else. We are looking for volunteers on Fridays. If you're interested in helping please call 508-487-2462.

Community Lunch

Community Lunch

The COA Community Luncheons are held on Thursdays from 12:00pm-1:30pm with our Volunteer Chef Stan Bratskeir. Please call (508)-487-2462 to sign up! Cost is \$7 per person. If you need a ride to Community Luncheon please call Truro Council on Aging by Tuesday at 4:00pm to request a ride. We also have live music on select dates.

JANUARY MENU

January 4: Stan's Mom's matzoh ball soup, homemade tuna salad with lettuce and tomato, apple pie a la mode

January 11: Pizza and side salad

January 18: Green salad, roast cod with red potatoes and broccoli, ice cream and cookies

January 25: Caesar salad, chicken piccata with linguini and fresh tomato sauce, biscotti and gelato

FEBRUARY MENU

February 1: Fresh melon, Groundhog Day salmon with sweet potatoes and broccoli

February 8: Homemade pork and veggie dumplings, Peter Som's chicken with rice and bok choy, Mandarin oranges.

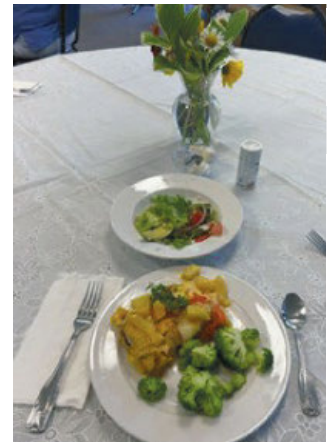
February 15: Green salad, roast chicken sausages with mashed potatoes and buttered carrots, baked apples

February 22: Chicken Pot Pie

February 29: TBA

Thank you for the participation. We would like your help with the following:

- Please call to make reservations by 4pm on Tuesdays
- Please arrive for lunch and be seated by 12:15pm
- To go lunches will be available after 12:30pm
- No last minute walk ins for lunch
- If you need to make a change please before 10:30am day off
- If you need to make any changes please call office before 10:30am day off.



COA BOARD NEWSLETTER CORNER

COA BOARD NEWSLETTER CORNER"

Your Council on Aging Advisory Board held two successful focus groups in November. Participants agreed overwhelmingly that the COA has come a very long way over the past year. Staff and volunteers are doing a great job. The Center is warm and welcoming! Here are some of the suggestions for moving forward in the coming year: an additional full time staff member for activities and transportation coordination!!; newsletter should be monthly; change robo calls to a human voice; use WOMR psa's for free advertising of programs; add intergenerational opportunities, change name of the Council on Aging to be more inviting to all ages; volunteer job descriptions and expectations needed; a monthly afternoon tea; men's breakfast club; a class on topics around computers/ ipads/ smart phones; writer's café; arts and literature fair; book club; explore offering Senior Olympics and other games, dance and sports; send out a survey to gather more program ideas. Please don't hesitate to contact the Truro Council on Aging Advisory Board with further suggestions and/ or concerns. You may email us at coaboard@truro-ma.gov. ---Kat Black, clerk.

Prevent Dryer Fires

In 2018, there were 62 dryer fires that caused four civilian injuries, 2 firefighter injuries, and \$530,670 in property damage. Over half of the fires, 52%, occurred in 1- and 2-family homes.

Clean the filter screen after each load

This will keep the vent clear. When accumulated lint clogs the vent, the dryer can overheat and a fire can result.

Wash filter screen every 6 months

Wash with warm, soapy water and a soft brush to remove chemical residues left by dryer sheets which can clog the filter and overheat the dryer causing a fire.

Stay home while the dryer is in use

Turn off the dryer before leaving the house.

Clean vents to the outdoors

Clean the hose pipe that vents to the outdoors twice a year. Use a vacuum cleaner to clean out accumulated dust and lint.

Vacuum the motor area

The dust and lint in the vent pipe can ignite if it gets hot enough. Vacuum the motor area if you can get to it. You may have to remove a panel.

Clean commercial dryer vents regularly

Commercial dryers get a lot of use and will have a common venting system.

Don't dry mop heads

The dryer's heat can ignite cleaning chemical residue on mop heads.

Keep the surrounding area clear

Don't leave clothing or other ordinary combustibles close to the dryer. The dryer's heat may ignite them.



FireFactors

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If interested in hard copy of above Flyer we have Front and back copies available at Truro COA.

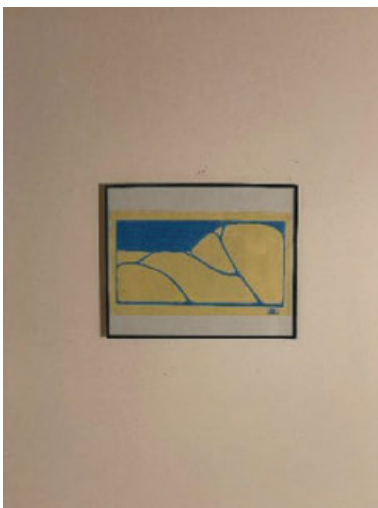
JANUARY ART EXHIBIT

Truro Central School students will be displaying their Art Work at the Community Center throughout January please come by and visit these talented artists.



FEBRUARY ART EXHIBIT

Cole Cook is a mixed medium artist living and working in Truro, MA. Raised in Los Angeles, Cole finds the Outer Cape to be a place of safety, reflection, and inspiration. A former professional baseball player, Cole has always had a close relationship with the human body, and the influence of that lifelong intimacy, along with his love of the land (especially trees), can be seen in all his work.





Recent bus trip with group of our Seniors to Garden's A Glow at Heritage Museum!

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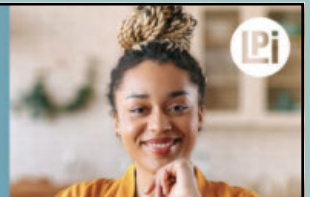
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MISSION STATEMENT

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
- Outreach Coordinator, Georgette Ducey
- Office Assistant, Katie Thibodeau
- Michael Tarvers, Driver
- Annemarie Palheiro, Driver
- Samantha Kennen, Driver
- Alan Olszewski, Driver

FRIENDS OF THE TRURO COUNCIL ON AGING

Jim Brown, President; Catherine Staff, Vice President; Ed Yaconetti, Secretary; Christine Roderick, Treasurer; Lucie Grozier, Director; Patricia Wheeler, Director; Joan Moriarty, Director

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