



Truro Times

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

www.truro-ma.gov/coa

HOURS: 8:00 am - 4:00 pm TUESDAY -FRIDAY*

*Mondays staff is available by phone and email

FEBRUARY 2023

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Director's Message

Greeting from the Truro Council on Aging. I hope the new year is starting off well for everyone. I'm optimistic for what the new year will bring to your COA. In this issue we will be discussing staffing, the Community Lunch, and the newsletter.

Staffing

New Deputy Director Hired.

We are excited to announce that a Deputy Director has been hired for the Council on Aging. The new Deputy Director is Michelle Peterson and her first day on the job was Monday, January 23, 2023. Ms. Peterson has worked with seniors in healthcare and community settings as a Social Worker and Mental Health Counselor. She has over twenty-two years' experience in assisting elders to maintain their independence and overall well-being. Her experience includes care planning,

(Continued on page 5)

Truro Council on Aging (COA) Board Newsletter Corner

Hello from your COA Board! Thank you, Thank you, Thank you!

The COA Board would like to thank Truro COA staff members Damion Clements and Elton Cutler, and James Brown, President of the Friends of Truro COA, for their support, input and attendance at the COA Board's **focus group discussions** last fall. Most importantly, we appreciated the time and participation of our community members during these discussion groups. The attendance and community engagement at these sessions exceeded our expectations.

In October and November, the COA Board held focus group discussions with the communi-

(Continued on page 14)

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, 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 or livestock 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



TRURO SENIOR OF THE YEAR

Cathy Staff is the 2021 Truro Senior of the Year. She has been an active member of the Truro community for years.

Truro Community Kitchen: Cathy has been a constant at the Truro Community Kitchen (TCK). TCK provides healthy meals to over 100 Truro residents on a weekly basis. As a volunteer, she helps prepare, cook, deliver meals, organize and clean up at the kitchen.

Truro Council on Aging: Cathy is an active participant of the Truro Council on Aging (COA). She is a member of the Friends of COA, driving residents to appointments, preparing, serving and or delivering lunches. She often accessories the tables with vases of fresh flowers from her garden.



Cathy co-facilitated a High Tea for residences and was a group leader in the workshop “Live Your Life Well”. She participated in the Women’s Reflections Group weekly and prepared and lead group discussions.

Truro Library: Cathy was a volunteer for the children’s summer lunch program. This program was out of the library (or COA) where she volunteered her time and skills.

Christian Union Church: Cathy oversaw the community garden which consisted of church members and members of the community. She donated numerous plants from her gardens and endless hours to create a beautiful space for all to enjoy. As a church member of this Truro Church, she was a Deacon, assisted in weekly community dinners during the summer and donated many hours in the thrift shop.

In summary, Cathy’s activities within the Truro senior and general community epitomizes what it means to be fully engaged as a volunteer. She is best known for her kindness and willingness to help. Cathy will be honored at a dinner at the Truro Council on Aging in March 2023.

Note: Nominations are being accepted for 2022 Senior Citizen of the Year. Please contact Community Services Director Damion Clements for more information.

dclements@truro-ma.gov

(508)413-9512

Pickleball Court Time

The Truro Recreation & Beach Department is offering court time to play one of the hottest sports in the country...Pickleball. Below are the online instructions for individuals to request court time slots.

Directions for Pickleball sign up

Go to <https://truroma.myrec.com/>

- Log into your account
- Click on “Register” then select Search Activities in the drop-down menu
- Search for Pickleball
- Select Activity “Pickleball – Pickleball”
- Click on “Register (your name)” located in the lower left-hand corner
- There is only a single day option on the next screen, click “Choose Option”
- Select the month and weekday from the two drop-down menus located below “This purchasing option has a restriction of 1 slot per Day.” Select the date/time and click “Add Selected.” If you wish to continue adding dates, select the new date/time in the drop down, and repeat the last step.
- Click on “Continue” located at the bottom of the page
- Click on “Checkout”
- Check the disclaimer box and click “Checkout”



STAY TUNED FOR MORE PICKLEBALL CLINICS



LEGAL ASSISTANCE: 60 years of age or older, by appointment only. Call the Truro COA (508-487-2462) to schedule a phone session.

Hello older adults!

Did you know that Options Counseling is available through CORD? Steve Spillane, PhD will answer your calls about services that may assist you in staying in the community rather than going into a nursing home! Please call CORD at 508-775-8300 X20 and leave a message for Steve or email him at steve@cilcapecod.org



creating, and implementing programs, direct care and counseling, and extensive coordination of care among public and private resources.

Note From Deputy Community Services Director: COA, Michelle Peterson

I am looking forward to getting to know your Truro Community and working together to re-energize the Truro Council on Aging. In the past year there has been a lot of transitions and challenges. I am thrilled to have the opportunity to be a part of the Truro Council on Aging. As you all may know I am from Eastham and have been coming to Cape Cod since I was born. I moved here seven years ago with my two children. I enjoy getting out in nature, hiking, and taking long walks on the beach.

The winter months are often a chance to rest and many of us become more sedentary. It's important to keep active. We continue to offer Strength Training, Move and Stretch, Core and More, Chair yoga.

I want to say thanks to all our Volunteers as without all of you many things would not have been possible. This makes me think how important community is and connecting with others.

We would love for you to come and get involved, whether it's attending a class, or volunteering. I would love to meet you. I am having a Meet and Greet in March (date to be announced.)

Michelle Peterson

Phone: (508) 413-9513

Email: mpeterson@truro-ma.gov



Outreach Coordinator Accepts Director Position in Brewster

It is with a heavy heart that we announce the resignation of Elton Cutler, Outreach & Resource Coordinator in late December. Mr. Cutler has been a valuable member of the COA team for the past eight years. In that time, he has been an advocate for the elderly providing them with up-to-date assistance, information and referrals for local, state and federal programs. Elton will truly be missed. We wish Elton the best of luck in his new role as the Director for the Brewster Council on Aging. In the absence of an Outreach Coordinator, the town's Community Resource Navigator with Outer Cape Health Services, Brianne Smith, covered Outreach needs during the month of January. Thank you Brianne. We are



MUSIC / ART

Ukulele

Come by the Truro COA every Thursday morning from 10am-11am. Join your ukulele playing friends and neighbors for a bit of fun. Whether you are an expert player or just picked the Uke up for the first time you won't be disappointed.

Learn as fast or as slow as you want! It is all about you! Come sing, play or laugh the morning away. You will walk out the door with a smile on your face and a song on your mind! at the Truro COA from 10-11 am.

Bring your own Uke or borrow a Uke from the COA while you learn.

Sincerely,
Mary Abt

Seeking Musicians

We are seeking musicians to play at our weekly Community Lunches on Thursdays from 12:00 pm - 1:30 pm at the Truro Community Center. For more information or to apply contact Deputy Director: Recreation/Beach, Austin Smith at asmith@truro-ma.gov or by phone at (508)413-9509.

Seeking Artists

We are seeking artists to display their artwork at the Truro COA Art Gallery. For more information or to apply contact Damion Clements at dclements@truro-ma.gov or call (508)413-9512.



"Blue Glass Whale" by Donna Mahan.
www.donnamahanstudios.com

OUTREACH

Outreach and Resource Coordinator, (508)487-2462

Currently, we are interviewing for a new Outreach & Resource Coordinator. For the month of January, Outer Cape Health Services has offered assistance through their Navigator program. Brianne Smith, Program Manager for Community Resources, helped out. Her staff member Terri is available here at the COA on Friday afternoons.

The Outer Cape Health Navigator program helps assist residents with unmet medical, behavioral health, or human service needs. We can help to identify support networks and services to get you the care you deserve toward leading a healthier and happier life. They can refer and connect you to community resources including mental health services, substance abuse services, social services, medical care, case management and problem solve barriers to accessing service needs.

Not only has Bri been helping with outreach and resources, for several months she has provided a community lunch at the COA on every other Friday. We are very grateful to her and to Outer Cape Health Services for stepping up during a time when staffing has been so challenging.

Elders of Special Concern Program

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 on 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 or other special medical equipment or feel you could benefit from this program. Please call (508) 413-9513 to sign up.

Truro Food Pantry

Tuesday and Wednesdays, 10:00 am to 12:30 pm

Truro Community Center

Walk in or call in

Other times by appointment only.

For more information or to schedule an appointment,
call Barbara Bond at (617) 515-4342



Tax-Aide™

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are located na-

tionwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

FEBRUARY

14, 28

MARCH

14, 28

TIMES

9:00 am, 10:30 am, 12:30 pm 2:00 pm

To schedule an appointment call (508)487-2462

TRURO RENTAL ASSISTANCE

Are you a resident, or employee, of the Town of Truro?

Do you need help paying rent?

HPC is here to help.

Truro Rental Assistance is available to all full-time residents, or employees of the Town of Truro. This program helps bridge the gap between your income and the high cost of rent.

Applicants will be required to go through a certification process to determine household income and eligibility. The income limit for this program is 100% AMI.

Our case managers are available to help guide you through this process. Call HPC today at (508)255-9667 for assistance.



(508)255-9667

help@hpccapecod.org

www.hpccapecod.org/rental-assistance

TRANSPORTATION NEWS

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.

MEDICAL RIDES: Provided **Tuesdays and Thursdays** 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 on **Wednesdays and Fridays**

To request a ride, please call 508-487-2462 AT LEAST 2 business days in advance.



SUGGESTED VOLUNTARY DONATION SCHEDULE FOR COA RIDES:

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

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.

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Times and dates of these programs are subject to change.</p>		1	2 Ukulele with Mary Abt 10:00-11:00 Core & More 10:30-11:30 Move & Stretch 12:00-1:00	3 Strength Training 9:00-10:00 Coffee Hour 10:00-11:00 White Line Open Studio 1:30-3:30
6	7 Game Time 1:00—3:00	8 Strength Training 9:00-10:00 Men's Exercise 10:30-11:30 Needle Work Group 10:30-12:30 Chair Yoga 2:00-3:00	9 Ukulele with Mary Abt 10:00-11:00 Core & More 10:30-11:30 Move & Stretch 12:00-1:00 COMMUNITY LUNCH 12:00-1:00	10 Strength Training 9:00-10:00 Coffee Hour 10:00-11:00 White Line Open Studio 1:30-3:30
13 Strength Training 9:00-10:00- ZOOM	14 Game Time 1:00—3:00 AARP Tax-Aide 8:00 - 3:30 <i>(By appointment only)</i>	15 Strength Training 9:00-10:00 Men's Exercise 10:30-11:30 Needle Work Group 10:30-12:30 Chair Yoga 2:00-3:00	16 Ukulele with Mary Abt 10:00-11:00 Core & More 10:30-11:30 Move & Stretch 12:00-1:00 COMMUNITY LUNCH 12:00-1:00	17 Strength Training 9:00-10:00 Coffee Hour 10:00-11:00 Dr.Campo <i>(By appointment only)</i> White Line Open Studio 1:30-3:30
20 President's Day Holiday	21 Game Time 1:00—3:00	22 Strength Training 9:00-10:00 Men's Exercise 10:30-11:30 Needle Work Group 10:30-12:30 Chair Yoga 2:00-3:00	23 Ukulele with Mary Abt 10:00-11:00 Core & More 10:30-11:30 Move & Stretch 12:00-1:00 COMMUNITY LUNCH 12:00-1:00	24 Strength Training 9:00-10:00 Coffee Hour 10:00-11:00 White Line Open Studio 1:30-3:30
27 Strength Training 9:00-10:00- ZOOM Memoirs Writing Group 10:00—12:30- ZOOM	28 Game Time 1:00—3:00 AARP Tax-Aide 8:00 - 3:30 <i>(By appointment only)</i>	<div> STAY TUNED FOR A MEET & GREET WITH DEPUTY DIRECTOR, MICHELLE PETERSON. DATE TO BE ANNOUNCED </div>		

Community Lunch

The COA Community Luncheon resumes on February 9th, with interim cook, Apryl Shenk. Apryl is not only a member of the COA Advisory Board, she has extensive cooking experience as well! She has prepared menus for six weeks. See below!

Please call (508) 487-2462 to sign up. Cost is \$7.00 per person.

Lunch includes dessert du jour!

2/9/23	Meatloaf Baked apples and Sweet Potato Kale w/nuts and raisin salas
2/16/23	Honey Lemon Chicken Glazed carrots Cucumber blueberry salad
2/23/23	Tuna Pasta Casserole 5 a day salad
3/2/23	Orange Pork Chops Butternut squash and black beans Citris salad
3/9/23	Mozzarella Chicken Garlic Spinach Brown rice pilaf
3/16/23	Sensational 6 layer dinner Apple cranberry salad

TRURO COA PROGRAM DESCRIPTIONS

NEEDLE WORK

Wednesdays 10:30 - 12:30

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.

OUTER CAPE WHITE LINE PRINTMAKERS & MORE

Fridays 1:30 - 3:30

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.

As of September 2022 we are not conducting a class but instead an ongoing workshop with much advice and encouragement exchanged in every session. Bring the materials that you will need to work on what inspires you.

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. 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 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.

STRENGTH TRAINING

Mondays - Zoom 9:00 - 10:00

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.

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

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.

UKULELE WITH MARY ABT

Thursdays 10:00 - 11:00

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!

ty at the Truro Community Center. The discussions were forward-thinking and very optimistic about the future of the COA and support it should provide to our senior population. In addition to the onsite meetings with ZOOM connection for three of those sessions, we received input from members of the community via email, telephone calls and feedback submitted directly to the Friends of Truro COA, COA staff and COA Board members. A report summarizing the outcome of these discussions with areas needing attention as well as the COA Board's recommendations to the COA is available.

Now the hard work begins. We have a vision of what the COA Senior Center should be through the eyes of the community. How do we become the COA to which others want to benchmark? It will take staff, collaborators, volunteers and advocates, not to mention the support of the Select Board and the Town Manager. It is our hope that these discussions and the report will spark a revitalization of the Truro COA to begin to truly address community needs and wishes. STAY TUNED!!!

S. Girard-Irwin, Vice-Chair, Truro Council on Aging Board

Mission Statement

This board strives to be a strong advocate for the senior community it serves through partnerships and collaborations with the Truro COA, the Friends of Truro COA and other COA Boards on the Outer Cape.

Friends of the Truro Council on Aging

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 Board normally meets once a month, but has recently been meeting on "as needed" basis. 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.

In addition, all seniors are welcome to become members of the Friends.



ATTENTION TRURO PROPERTY OWNERS!

Does your home need critical structural repairs? The Housing Rehabilitation Program may be able to help! Funds will be available to help qualified homeowners pay for repairs

such as: Roofs, Siding Windows, Doors, Septic Systems, Heating Systems, Lead Paint Abatement, Electrical, Plumbing & More!

To learn more about this program, contact Terri Barron, Director of Housing Rehabilitation Programs at 508-240-7873, ext. 14 or terri@capecdp.org

Inhale the Positive, Exhale the Negative

Things can get stressful as we head into the colder winter months. One way to help keep anxiety in check is to take some time to focus on your breathing. Breathing exercises



**VISITING NURSE ASSOCIATION
OF CAPE COD**

Member Cape Cod Healthcare

have been used as a therapeutic intervention dating back to the Roman Empire. The psychophysiological benefits of breath work include improved lung function, lower blood pressure, decreased anxiety, and more. There are many techniques to utilize breathing exercises depending on your goals. Yoga, Tai Chi, Physical Therapy, Speech Pathology, and even lifting weights all involve breathing techniques. Speak with your healthcare team to find out what breathing exercises could benefit your health. Here is a simple breathing exercise to try- a combination of box breathing and diaphragmatic breathing- that focuses on meditation:

1. Sit or lay comfortably and supported. Close your eyes and take a moment to check in with your body and your breathing. How are you feeling? Try to focus on your breathing.
2. Place one hand on your chest and the other hand on your stomach. Which hand moves more with your breath: the hand on your chest or the hand on your stomach?
3. Take a deep breath in through your nose and count to 4. Focus on filling your stomach with air, not moving the hand on your chest.
4. Hold your deep breath for 4 seconds
5. Breathe out through your nose and count to 4. Feel the hand on your stomach lower with your breath.

Allow your body to completely relax and count to 4 before repeating step 1.

currently in the interview process for a new Outreach & Resource Coordinator and anticipate having this position filled by mid-February.

Community Lunches

We regret to inform you that, due to scheduling conflicts, we had our last Community Lunch in December. We are looking to rejuvenate this cherished program. Currently we are looking for a cook. On a positive note, Apryl Shenk has graciously agreed to fill in as an interim cook to provide the lunches in February. Thank you Apryl. If you're interested in applying for this position, call us at (508)487-2462 or email mpeterson@truro-ma.gov.

Newsletter

I'm excited that we are able to provide this newsletter once again. I know what a valuable source of information this periodical has been to the community and I apologize that we needed to take a little time off from printing to regroup. I am happy to say that due to the hard work and dedication by Kat Black, COA Board member, we were able to resume publications. She has been instrumental in revitalizing the newsletter and continues to strive to make improvements. Thank you Kat.

I wish everyone a safe and happy February,

Damion

Damion Clements
Director of Community Services
(508)413-9512
dclements@truro-ma.gov



Ed Yaconetti, *Afternoon Tide*, Cold Storage Beach, North Truro

Senior Law Project

South Coastal Counties Legal Services Senior and Elder Law Projects provide legal assistance to individuals age 60 and older who are economically or socially disadvantaged. Priority is given to legal matters identified in the Older Americans Act. Most older residents who seek legal help from SCCLS need assistance with housing, unemployment, public benefits, consumer debt or health care issues. Over the years, SCCLS has formed close working relationships with local Councils on Aging who also serve older residents of our region.



To make an appointment call (508)487-2462.



1:1 Legal Consultations

Through the generosity of Cape attorneys who donate their time, WE CAN is offering to 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. For an appointment, **Please 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.

Community Resources

Elder Services Caregiver Support Groups, Community Based
Services and Meals on Wheels
(508)394-4630

Food Stamps (SNAP)
Confidential screenings for Food Stamp Eligibility
(833)712-8027 (dedicated senior line)

Lower Cape Outreach Council Assistance
19 Brewster Cross Rd.
Orleans, MA 02653
(508)240-0695

Alzheimer's Family Support Center
Main St.
Brewster, MA 02631
(508)896-5170
www.alzheimerscapecod.org

Homeless Prevention Council
14 Old Tote Rd
Orleans, MA 02653
(508)255-9667

NAMI Helpline
Mental Health Resource
(800)950-6264
info@nami.org

SHINE
Regional office: (508)375-6762
SHINE@barnstablecounty.org

Outer Cape Health Care
& Social Services
330 Rt. 6
Wellfleet, MA 02667
(508)349-3131

South Coastal Counties Legal
Hyannis, MA
(800)742-4107

Sight Loss Services
900 Route 1134, Unit 325
Dennis, MA 02660
(800)427-6842

Outreach Services

The staff at the Council on Aging is available to provide information, referrals and support to Truro seniors and their families. Please call if you need assistance 508-487-2462.

Did you know the Truro has a Town Public Health Nurse provided by the Visiting Nurse Association of Cape Cod, separate from Certified Skilled Homecare. Services include:

- Medication Management
- Advanced directives assistance
- Help navigating healthcare
- Liaison for community resources
- Education
- Home safety assessment

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Please call Truro Council on Aging if you need more information about any of these services at 508-487-2462 or call their office directly at 508-957-7423.

Important Fact to know:

An omnibus bill passed by Congress in late December 2022 is putting an end to some enhancements and flexibilities enacted to deal with the pandemic. The enhanced SNAP benefits end on March 2. MassHealth will stop automatically rolling over eligibility for benefits beginning in April 2023. SNAP benefits will not go away; only the extra amount people received during the pandemic. Unspent balances carryforward as long as a person's SNAP record is active. Forms can be filed with the Massachusetts Department of Transitional Assistance to document out of pocket medical expenses you incur. These expenses may increase the normal SNAP benefits you can receive. MassHealth will begin sending annual renewal forms to be completed to retain benefits.

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

- Michelle Peterson, Deputy Director
- Michael Tavers, Driver

FRIENDS OF THE TRURO COUNCIL ON AGING

Jim Brown, President; Ed Yaconetti, Secretary; Christine Roderick, Treasurer; Lucie Grozier; Liz Haskell; Cathy Staff; Patricia Wheeler; Joan Moriarty, Secretary

COUNCIL ON AGING BOARD MEMBERS

Board Members: Katherine Black, Clerk; Dan Schreiner, Chair; Susan Girard-Irwin, Vice Chair; Apryl Shenk; Carol Bishop