



Truro Times

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

May/June
2024

Director's Message	1
Upcoming Events	3
Music, Art & More	5
Exercise programs	6
Community spotlight	7
Transportation	8
Health and Wellness	9
Outreach	10-11
COA lunch	12
COA Board	13
COA ART GALLERY	14

Deputy Director's Note:

The Theme this year for Older American's Month 2024 is "Powered by Connection". Every May, the Administration for Community Living leads our nation's observance of older persons. This year (OAM) recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues. The Truro Council on Aging assists residents to local resources and services, such as transportation, that can help them overcome obstacles and remain independent. We recognize importance of one's mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.

In May we will be having a 5 week workshop series "Managing your health for Vibrant Living" with Mercedes Calleros beginning on Thursday May 7th. *Please call Call Katie to register at 508-487-2462.*

We continue to see an increase in participation in our programming which we are excited to see although it can also come with some challenges. As a result we will be asking residents to register for some of our classes and no longer will be a drop in. We are doing this for several to ensure Truro residents are given priority and for safety reasons. Come join me on Friday, May 10th at 10:00am to learn about the new registration process and any questions you may have. We also need to remind folks to scan with their MSC card prior to a class. This will help us numbers so that we have more accurate data when reporting to state and also help to know who is in the building.

In addition, we have been seeing more requests for TO GO for our COA luncheon as a result has increased our costs for TO GO containers. **We will be charging \$10 per person for PICKUP & DELIVERY.** Dine IN will remain \$7. We ask that if you are requesting delivery that it be for **HOME-BOUND** residents only. We will still offer pick up. Please see Katie at the front desk.

*Michelle Peterson, MA LSW
Deputy Director*

Are you looking for a way to give back or be more involved in your Community? Do you have office skills? We are looking for a **VOLUNTEER & PROGRAM CO-ORDINATOR** as well greeters and other volunteer opportunities. Come join our TEAM! Please call COA at 508-487-2462.



HELP US SAVE PAPER & COST OF PRINTING. Our Truro Times newsletter is always posted on our webpage. If you would prefer to access the information electronically, and not receive a paper copy, please call the Truro COA and let us know and if you want to cancel your mailing. However, if you don't use technology please don't worry, we will continue to send your Truro Times newsletter via mail.



Celebrating Women's International Day at Truro Central School Thank you to Truro Women and TCS for sharing!

Upcoming Events

Donuts & Decisions



Thursday, May 2nd 1:15pm-2:15pm. Honoring Choices will be hosting a webinar at Truro COA. Come join us and learn about different types of Advance Directives and take control of your health care choices. Complete a health care proxy. Will be handing out free health care proxies. Registration required call Katie at 508-487-2462.

CCRTA GO Card



Monday, May 7th special registration session from 9:00am-12:00pm to help residents get their Go Card to ride for *FREE* on CCRTA fixed routes. Offered on a first come, first served basis. **Please bring a valid photo ID.** Drop-ins welcome.

IPhonography

Tuesday May 7, 10:00am-11:30am is a form of Digital Art that uses photographs from your cell phone to create unique images. This class is not about how to take a picture but what to do with it after in order to take it beyond the ordinary. Please call Katie to register at 508-487-2462.



Lunch & Learn

Monday May 13th 1:00-2:00pm Learn more about Nutrition Incentives. Sustainable Cape's mission is to celebrate local food while inclusively educating about the health of our bodies, community, and environment. Registration required. Call by May 10th 508-487-2462.



High Tea

**Tuesday May 14th
2:00-3:00pm**

If it suddenly seems like everyone is drinking tea, you're not alone in feeling that way! Thanks to Netflix's drama *Bridgerton*, we've all been captivated by the juicy gossip, pastel-colored dresses, and extravagant tea. Come join us at the Truro COA. Please call to register at 508-487-2462. Wear your hats!

HEARING, HEARING LOSS AND ITS TREATMENTS



Tuesday May 21st 11:00am-12:00pm. Mark A. Parker PhD will describe the normal auditory system, the most common causes of hearing loss and tinnitus, and treatments for hearing loss such as stem cell therapies, gene therapies, hearing aids and cochlear implants. RSVP call Katie at 508-487-2462.

ELDER LAW PRESENTATION

Tuesday, May 21st 12:30-1:15pm Liz O'Neil will be joining us and give us a probate attorney's perspective. She specializes in estate planning and, what happens after someone dies and how to avoid probate process. Registration required please call 508-487-2462 RSVP by May 17th.



Senior Planet

May 22nd -July 1st 10:30am-12:00pm A 5 week, PC-based course, you will learn the basics of how to operate a computer and navigate the internet. You will learn how to use email, search the internet for information, access sources of entertainment, and connect to people. This course is designed for people who have never used a computer or have very little experience and want a solid introduction. Registration required please call Katie at 508-487-2462



Audiology Hearing Screenings

Tuesday June 4h 10:00am-12:00pm Mark Parker PhD will be offering free hearing screenings. No registration required. First Come First Serve!

Pride BBQ

June 14th 12-2pm We will be celebrating PRIDE Month please come join us for food and enjoy some live music with Sarah Burrell. Please call 508-487-2462 by June 12 to sign up.



Carribean/American Luncheon

Tuesday June 18th 12-2pm June is Caribbean/American month. We will be celebrating with Jamaican food and live music. Accomplished Steel Pan player Michael Gabriel will be performing for us! Register by June 16th. Call 508-487-2462.



Outer Cape Honey Bees

June 20th 1:30pm-2:30pm Come Join Lisa Gledhill Honey Bee lady and learn about Bees and importance the role they play in our environment. Please RSVP by calling 508-487-2462.

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. **To register for group email rpace39@gmail.com**

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.

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.

SHINE VOLUNTEER COUNSELOR

Tuesday May 14 & June 11th

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.

NEW AND SPECIAL PROGRAMS

TECH SUPPORT CLASSES

Tuesdays, 1:00pm-2:30pm

By Appointment 30 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

2nd Wednesday each Month 10:00am-11:30am

Barnstable County Nurses and Cape Cod Cooperative extension will offer free blood pressure and glucose checks and nutrition demonstrations. Sponsored by Lower Cape Outreach Council. Please stop by!

LEGAL ASSISTANCE SCCLS

Tuesday June 4th 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 to arrange an appointment. Leave a message with your name and number. If you would like to meet with an attorney. Offered by appointment only and first come, first-served basis.

VETERAN'S OFFICER

June 12th 1:00pm-3:00pm

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

GAME DAY

We have a variety of games to choose from and there are no sign ups just drop in! During times we designate a single game we hope you find other players who are eager to play. During "Open Game" you can meet other players who may be interested trying out different games.

Schedule Beginning Mondays 11:00am-12:00pm

May 6th– Rummikub

May 13th-Open Game

May 20th-Scrabble

June 3rd– Open Game

June 10th-Cribbage

June 17th-Open Game

June 24th-Rummikub

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 - 3:00pm

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 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. Feel free to call or email instructor Christine Frisco with your questions about the

class! Phone: (508)221-8427 / Email: christinefrisco@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 - 1:00pm

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.

Other exercise classes are offered through Truro Recreation for more info and or to register please contact Truro Rec at 508-487-1632 or visit their them trurorec.com

Sundays 10am-11am and Tuesday 9am-10:30am \$15-\$20 Yoga with Genevieve Morin \$15-\$20 contribution suggested

Mondays Zumba 9:00am-10:00am Erin Silva esilva1@comcast.net.

Wednesdays Therapeutic & Restorative Pilates 9:00am-10:00am Dawn Snow \$10-\$20 contribution suggested donation dawnsnow369@yahoo.com.

The Truro Public Library

is pleased to offer a free delivery service for residents who are homebound. Residents who want to sign up for the service should call the Truro Public Library at 508 -487 -1125. A volunteer will contact each person to determine preferences, best delivery times, and any special requests — such as large -print books, audiobooks, DVDs, puzzles, or magazines. We have books and more for our community! CALL 508 -487 -1125 to sign up!



WOMEN'S BIRTHDAY CLUB

**May 20th @ Moby Dick's
Wellfleet, MA**

RSVP by May 13

**Co-Hosts Beverly Bergstrom &
Pat Canavari**

RSVP to bevbergstrom@gmail.com or
802-626-4013.

Community Spotlight

MARY ABT

Many of you may know Mary from her Ukulele class at the COA, or from her years teaching music in the Truro and Provincetown school systems, but that just really begins to scratch the surface.

Mary was the oldest of 10 children, born in Pittsburgh, Pennsylvania where she lived through her high school years. Mom always claimed that Mary emerged from her womb singing! Her father was supposed to be a priest, and was educated in a Canadian seminary. He eventually became a postman. Despite raising ten children, her Mom worked at the local parish. As the oldest, Mary had a lot of childcare responsibilities, and still fulfills that role in the family to this day. Mary wanted to be a flight attendant; but couldn't wear glasses and had to be taller. Ironically her best friend was tall and wore contacts and did become a flight attendant, sending Mary in other directions.

Mary states the "teaching is her calling", and that has always been an element of her work, along with her love of people. She graduated from Edinboro State College and now is Penn-West University in northwestern Pennsylvania. College provided her with her first access to musical instruments. Despite any obstacles she always refused to give up, and that determination served her well. Once graduated she worked for MI-Fax in Erie PA; a job that involved microfiching bills. The best perk was that the job included a car! Mary then moved to Philadelphia to do singing telegrams, and ended up teaching music at Warren Harding Middle School. She eventually earned a Master's degree in Music from Gordon College on the north shore.

Mary had a history of vacationing in Chatham, and found housing administered by Girl Scouts of PA a non-profit trust. She started singing with a group on the Cape called Destiny formed in Philadelphia in 1985. Her dream was to live here, and in 1996 she moved to Provincetown and then North Truro in 1998. She started teaching in Truro and was at

Truro Central School for 17 years. Mary is convinced that she was hired because she made up a song that she sang at her interview. Mary later taught in Provincetown, and retired in 2020.

Throughout our interview Mary reiterated that the focus here should be on the COA, as it's about the organization, the staff, and the people who attend; not about her. Mary loves everything about Truro and what it offers. Mary embodies the spirit of volunteerism, and if there is a need to fill, she'll be there. She is the Music Director at the UUMH in Provincetown, and is on the Board of the Library Trustees, Provincetown Community TV, the Commission on Disabilities, the Cable Advisory Committee, Dexter Keezer Fund, founding member of OCC, and teaches ukulele at the COA.

In her spare time (really?) Mary likes to read, does the New York Times puzzles, practices Zumba, loves to dance, sings in the Outer Cape Chorale, and can be found starting in January taking a dip in Cape Cod Bay. She also likes to cook, travel, bake and participate in politics, when she's not busy! "I always say yes, even if I'll regret it later."

The highlight of my career is singing with Outer Cape Chorale and Allison Beavan. Her favorite musician of all time is Joni Mitchell.

It's an understatement to say that Mary is a busy person, and I was exhausted just interviewing her. She says the best advice she ever got was: "You'll have loads of time to rest when you're no longer here." Thank you Mary, for all you do!

Kevin
Grunwald



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.

SHOPPING/ERRAND DAY: On 1st & 3rd Mondays we will offering trips to Orleans bus leaves at 9am and will return around Noon. Call to register.

MEDICAL RIDES: Provided Monday-Fridays to destinations within Barnstable county only. Appointments should be scheduled between 9:00- and 2:00 Slots fill up quickly! Reservations must be made 48 hrs in advance.

MAIL AND FOOD PANTRY DELIVERY

On Wednesdays must call to register.

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.

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 Hospital case managers and Outer Cape Health Services



Reminders for Riders:

- *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. We do have Volunteers available to go with you to appt. please give us a call if you need to request.*
- *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*

This agency and its programs are funded (in whole or in part) by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape Cod and the Islands.



Cape Cod
Regional Transit Authority

DART DIAL A RIDE

CCRTA provides door-to-door shared ride, ride by appointment transportation service. Drivers will assist you to and from the first floor outside door of your house or apartment complex, but are not permitted to enter your house or apartment. Call 1(800)-352-7155. Reservations 1 weekday before.

BOSTON HOSPITAL TRANSPORTATION (BHT)

CCRTA provides medical transportation services to Boston Hospitals. Pick-ups are in Wellfleet departs Dunkin Donuts at 7:00am and returns from Boston at 3:00pm. (by Dunkin Donuts), Eastham and Orleans. Call 1(800) 352-7155 to make a reservation in advance. Cost \$30 roundtrip.

ADA Paratransit

services: Provides door-to-door shared ride transportation for passengers who meet ADA eligibility requirements and whose disability prevents them from using CCRTA's accessible fixed route buses.

CONDITIONS THAT MIMIC DEPRESSION

January 24, 2024 by Michelle Crouch

Common symptoms like fatigue, irritability or trouble sleeping may make people appear depressed. If you or a loved one feels sad or excessively tired or is having sleep problems, you may assume depression is to blame. But experts say many conditions mimic depression — and doctors can get it wrong.

1. A thyroid disorder

Thyroid issues are a common disorder that can be mistaken for depression, says Joseph Lai, a general practitioner at Novant Health in Charlotte, North Carolina.

A thyroid problem can cause fatigue, feelings of sadness and irritability — all symptoms that overlap with depression.

2. Diabetes

Diabetes can make you feel tired and irritable and contribute to unexplained weight loss — all potential symptoms of depression. One clue that diabetes may be causing your symptoms is if you also experience excessive thirst or hunger. Frequent urination is another symptom.

3. Vitamin deficiency

[Vitamin B12](#) plays an essential role in nerve function, and a shortfall is associated with depression, dementia and decreased cognitive function.

4. Cancer

Many symptoms attributed to depression — loss of appetite, weight loss and fatigue, for example — can also be early signs of cancer.

5. Dementia The [early signs of dementia](#) include detachment and a loss of interest in activities, which can look a lot like depression.

6. Anemia

You may feel

tired and weak and have trouble concentrating, problems that are also symptoms of depression. In addition to weakness and fatigue, anemia may cause cold hands and feet, dizziness and shortness of breath .

7. Parkinson's disease

Parkinson's disease causes chemical changes in the brain, that lead to a loss of motivation, engagement and interest, Alpert says. "That overlaps very much with what we see in depression," he says. Sometimes, depression and apathy [appear in Parkinson's patients](#)

SYMPTOMS OF DEPRESSION

1. Feeling sad or having a depressed mood.
2. Loss of interest or pleasure in activities once enjoyed.
3. Changes in appetite/weight loss or gain unrelated to dieting
4. Trouble sleeping or sleeping too much
5. Loss of energy or increased fatigue. Increase in purposeless physical activity (inability to sit still, pacing, hand-wringing) or slowed movements or speech (these actions must be severe enough to be observable by others)
6. Feeling worthless or guilty.
7. Difficulty thinking, concentrating or making decision.
8. Thoughts of death or suicide even before motor symptoms, such as stiffness and tremors, become prominent, Providers will look for tremors, stiffness, rigidity, slowness of movement, balance problems and a loss of facial expression.

Outreach Corner

SPRING HAS SPRUNG!



For those who have difficulty surviving the deep winter, this is a time of renewal, rejoicing, and celebration. Maybe our lives begin to feel less off-kilter, more aligned with what we wish and hope they would be. And it's not always that things are so different, but our perspective changes. Use this new perspective whether it's time for spring cleaning, plant a garden, sit in the sunshine (use SPF), or just sit and read a new book. So many of our residents here in Truro are caregiving for their loved ones at home. Try to carve out some time daily for yourself, even if it is 20 minutes. You need this and deserve this! Ask for help, there may be some resources and options that the COA can confidentially guide you with. As always it is a pleasure to serve all the senior residents of Truro, Happy Spring! ~ *Georgette*

While helping people with Fuel Assistance and Snap benefits this year, I've noticed an increase of expired licenses due to the fact that the resident is no longer driving. It is important for everyone that is getting financial assistance through these program to have a Massachusetts ID. **Here is a phone number for the RMV Seniors Appointments (65 + only) call 1-857-368-8005**

~The Outreach Coordinator is to provide senior residents with information that can help them resolve issues. The Coordinator is available to make home visits or to meet seniors and their families at the Center to answer their questions while maintaining privacy. The range of issues is broad and may include housing, Truro tax exemption forms, financial issues, medical insurance, fuel assistance, S.N.A.P., HIP (Healthy Eating Incentive Program) homemaker services, caregiver information, and local & zoom support groups. Feel free to contact Georgette 508-413-9508 to make an appointment.

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 to HOMEBOUND RESIDENTS ONLY.**

MEALS ON WHEELS: Meals on wheels brings meals to people aged 60 and older who are homebound and unable to prepare their own meals. 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

TRURO COMMUNITY KITCHEN Tuesdays: Meals are available to anyone in need during this challenging time. We recognize that need can mean many different things at this time, and we will never ask you to qualify yourself for a meal. If you think you're a good candidate for a free meal, we'd love to deliver to you. To register call/text Eli at (973) 868-7526 or see Georgette Ducey 508-487-2462

FOODS TO ENCOURAGE/FREE HEALTH SCREENING: 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 every month, 10:30am-11:30pm in the Lobby Please stop by!

BAKED GOODS TUESDAYS & THURSDAYS• Typically, after 10:00 am Tuesday & Thursdays, COA Staff deliver donated "day old" baked goods. Stop by and help yourself!

Make Your Own Plan

Starting at 18 years old, every adult can make choices about their care, and write down their choices in a personal care plan. It's easy to do- just start with a Health Care Proxy and Personal Directive. TAKE CONTROL and join us for

Donuts & Decisions

May 2nd, 2024 1:15-2:00pm

Knowledge is Power!



What is a Health Care Proxy?

As a competent adult, starting at 18 years old, you have the right to direct your health care choices and make your own health care plan. A good place to start to make your plan is to choose a trusted person called a Health Care Agent or "Agent". An Agent is your advocate with the power to make health care decisions on your behalf if you are unable to make decisions yourself. You appoint an Agent in a legal document called a Health Care Proxy.

Here's how it works —An Agent is your advocate who steps in to make health care decisions to get you the care you want if you are unable to make health care decisions for yourself, even for a short time, while you recover.

- Your Agent has the legal power to speak to your doctors about your condition and treatment options, look at your medical records, and make health care decisions to get you the best possible care that aligns with your goals, values, and choices.
- In Massachusetts, a spouse, family, or friend does not automatically have the legal authority to make health decisions on your behalf unless appointed in a Health Care Proxy. You can do-it-yourself or complete with an attorney

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

~Henry Ford

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.

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, fire-fighters, 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



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.



Community Lunch

THE COA Community Lunch is held on Thursday's @ Noon Cost of Lunch: \$7 Reservations Required. Lunch includes a delicious home-cooked meal along with a special dessert treat. Come alone and make new friends, or come with a group. Either way, we are sure you'll love it!

May 2nd:

Cinco de Mayo Celebration! Avocado salad, pollo asado (roast chicken, latino-style), rice and black beans, & Dessert.



May 9th: Fresh melon, tuna salad and home made potato & Dessert.

May 16th : Green salad, sweet and sour meatballs with rice and roasted carrots, & Dessert.

May 23rd: Hot dogs and hamburgers with all of the fixings & Dessert.

May 30: Caesar salad, barbecued chicken with home made cole slaw and baked beans, Dessert.

June 6: (D-Day) Green salad, roasted salmon with rice and green beans, & Dessert.

June 13: Watermelon salad, individual meat loaves on a bed of mashed potatoes with green beans, and Dessert.

June 20: Caribbean luncheon and Live Music with Michael Gabriel Steel Pan Band.



June 27: Green salad, roasted cod with sweet potatoes and rice & Dessert.

NEW MEAL SIGN-UP POLICY & COST

- **Pick up or Delivery cost is \$10. Dine in will remain \$7.**
- **TO GO DELIVERIES to HOMEBOUND residents only.**
- **Please call to make reservations by 4pm on Tuesdays**
- **Arrive on time Lunch served 12:15pm.**
- **To go lunches will be available after 12:30pm**
- **No last minute walk ins for lunch**

COA RECIPE CORNER

Miles Standish Potatoes

Ingredients:

- 6 good size potatoes (recommend PEI)
- 2 tablespoons butter
- ½ medium onion
- 2 small (3 oz) packages of cream cheese (softened to room temperature)
- 3 tablespoons butter
- 1 beaten egg
- ½ cup grated sharp cheese

Instructions:

1. Cook, drain and mash potatoes. Add 2 tablespoons of butter
2. Saute very finely chopped onion in 3 tablespoons butter
3. Add sautéed onions and cheese to the potatoes
4. Beat well using electric mixer
5. Add beaten egg, then beat well
6. Place in buttered casserole dish.
7. When ready to serve, heat in oven at 375 about 40 minutes **By Kathy Power**

The Housing Rehab Program, administered by TRI, is open to year-round homeowners in Truro, Harwich, Eastham and Wellfleet whose incomes are at or below eighty (**80%**) of the area-wide median income according to **HUD's current income guidelines** for Barnstable County.

Through the Housing Rehab Program, qualified homeowners can receive *up to \$50,000.00 in the form of a deferred, forgivable, zero-interest loan based on Program Guidelines. TRI addresses health and safety repair needs such as roofing, siding, windows & doors, lead paint abatement, (homes built before 1978 will require a lead paint inspection), new heating & septic systems, handicapped accessibility, and other repairs allowed according to the Program Guidelines.*

Jean, Director of Housing Rehab Programs, can be reached via email at jean@theresource.org.

Christy, Program Coordinator, can be reached via email at christy@theresource.org.

Call **508-694-6521** if you have questions or need further assistance.



BECOME A FRIEND: The Board of the Friends of Truro Council on Aging is seeking new members. We are updating our database and need to hear from you! Is your membership current? If not, please update it as soon as possible. And if you're not a member, will you consider becoming a 'Friend?' Current members are invited to attend the **ANNUAL MEMBER MEETING/ LUNCHEON on Sunday , June 2 at 11:00 am at the Truro Council on Aging. PLEASE CALL JOAN MORIARTY AT 508-487-1508 OR EMAIL TO joaniemoriarty@comcast.net if you are able to attend.**

MAY ART EXHIBIT

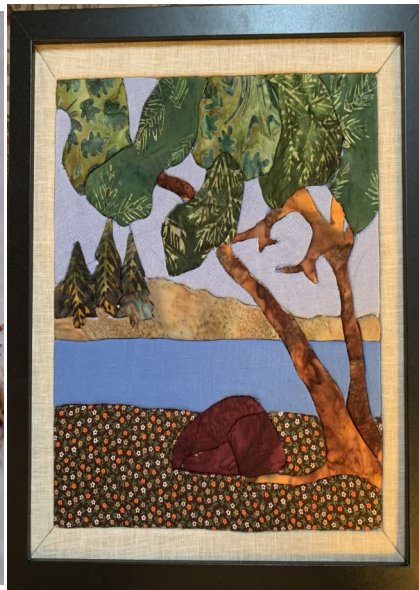
Iconic structures and classic landscapes of the Outer Cape will be featured at the May exhibit by alternative photography artist Rebecca Bruyn. Rebecca's work features some of the well-known scenic areas in our neighboring towns and some of the dunes from her drive-by series. This exhibit is a grouping of images that conveys the beauty and history of our surroundings by using Digital Art/ iPhoneography processes. *Reception will be held on Friday May 10th from 4-5:30.*



JUNE ART EXHIBIT

White Line and More Our white line group has met for years at Truro C.O.A. First, we learned the history and basic technique of white line printmaking, then added and expanded the use of paper, paints and blocks. Many of us have gone on to other projects. Our June show will include a variety of art [photography, watercolor and faux quilting] in addition to white line blocks and prints.

The reception will be Friday, June 7 3:30 to 5 P.M.





Beach Town Paint Party class residents socializing with others and making Art at the Truro COA!

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE
U.S.

PRSR STD

U.S. POSTAGE

PAID

PROVINCETOWN,

MA 02657

Permit #1

POSTAGE

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 Keenan, 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

COUNCIL ON AGING BOARD MEMBERS

Board Members: Katherine Black, Clerk; Dan Schreiner, Chair; Susan Girard-Irwin, Vice Chair; Apryl Shenk; Carol Bishop, Barbara Bond, Kevin Grunwald, and Deborah Simulian