



TRURO COUNCIL ON AGING

JUNE 2014

NEWSLETTER

7 Standish Way, N. Truro

508-487-2462 www.truro-ma.gov/coa

HOURS: 8:00 am - 4:00 pm MONDAY - FRIDAY

The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.

You Are Invited To The Friends Luncheon

Date: JUNE 8, 2014; Time: 12:00 NOON; Place: WHITMAN HOUSE; Price: \$23.50

MENU: Appetizers: Meatballs, Stuffed Mushrooms, Potato Skins, Cheese & crackers;

ENTREES: Chicken Whitman (Asparagus & Cheese) - Baked Boston Cod – Roast Top Round au jus

INCLUDED: Garden Salad, Home baked bread; Baked potato; Fresh vegetable; coffee or tea

DESSERT: Chocolate Butter Cream Cake

Please call 508-487-1508 for reservation and choice of entrée.

SENIOR MUNICIPAL SERVICE PROGRAM

BEGINNING JULY 1, 2014 & ENDING JUNE 30, 2015

The Town of Truro is offering an abatement to its senior residents for services provided to town departments. It is an opportunity for a Truro senior resident to share a skill they have with our community and also receive a tax reduction on their Truro property.

Participants must meet the following requirements before they apply:

- Applicant must be 60 years of age or older
- Applicant must own property in Truro that serves as their principal residence
- Applicant has been a full-time resident of Truro as of July 1st of the previous year
- Applicant must be the current occupant of property for which abatement is requested

Applications are available for the Senior Municipal Service Program for FY15 at the Truro Council on Aging, 7 Standish Way, on our website truro-ma.gov or by calling 508-487-2462 for more information.

BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will be held on **Wednesday, June 11 from 1 pm to 2:30 pm** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.

Are you having Difficulty with the loss of a loved one or a pet??

Nancy Higgins, LICSW and the Visiting Nurses Association Hospice Bereavement Coordinator will be offering **FREE and confidential grief support sessions at the COA. Please take advantage of this valuable service if you are in need of help dealing with loss. June session is scheduled for June 17th from 10:00-1:00 pm**

Please call us to make an appointment.

DON'T MISS THIS!

“I REMEMBER”

at TRURO COUNCIL ON AGING

SUNDAY, JUNE 29TH 2-4 P.M.

**With readers from the Truro COA Memoirs Group
taught by Rosalind Pace
including more excerpts from “Truro As We Remember It” :
an ongoing oral history project
Free and open to the public**

Refreshments

This event is sponsored in part by Truro Treasures.

THE WHITE –LINE BLOCK PRINT WORKSHOP CONTINUES BY POPULAR DEMAND!!!

PLEASE JOIN CATHY SKOWRON AND PAT CANAVARI

EVERY FRIDAY AFTERNOON IN JUNE FROM 1:30-3:30 pm

TO PAINT AT THE “OPEN STUDIO” AT THE COA!!!



Sponsored by the Truro Group and the Truro COA

Health Tips from the Town Nurse, Dee Yeater RN

Is it true that a large study found that most vitamin supplements may do harm than good?

I found this in the Mayo Clinic information and thought it would be a good topic for this month's newsletter. Always talk to your primary care physician or Nurse Practitioner and ask for their recommendations. We are individuals with various life styles, diagnoses and requirements.

Advice on vitamins and mineral supplements change constantly. The Women's Health Study, which tracked the supplementation habits of more than 38,000 women 55 and older for nearly 20 years had very interesting findings.

With this study and others, there is increasing evidence against taking supplements for general health or disease prevention. There are exceptions- such as calcium and vitamin D for bone health – but even the exceptions should be approached with caution. Studies have consistently shown that diets high in anti-oxidant rich fruits, vegetable and other plant foods are associated with lower rates of cancer and heart disease.

Potentially risky vitamin and mineral supplements include:

Vitamin E – a 2012 review of research published in the Cochrane database found that taking daily vitamin E supplements may increase the risk of dying prematurely.

Vitamin A – same study same results. Vitamin A deficiency is rare in the United States.

Folic Acid (vitamin B9) – most adults consume adequate folate. It helps prevent birth defects.

Vitamin B6 – large daily doses more than 100 milligrams (mg) can over time cause nerve damage

Vitamin B3 (niacin) High doses can help lower cholesterol but this should only be done only under the direct supervision of a physician.

Calcium – The recommended intake is 1,200 mg daily for women over the age of 50 and men over the age of 70. It is recommended to get it through food sources.

Vitamin D - in support of bone health and prevention of falls, 600-800 IU daily from diet and supplements combined is recommended, unless your doctor prescribes more. Vitamin D enhances calcium absorption.

Vitamin B12 – It's estimated that up to 15 percent of older adults are deficient in B-12. 2.4 mcg – the recommended Dietary allowance – to help prevent deficiency.

Although many of the reported risks are small, any increase in risk is troublesome since people take supplements to improve their health.

Beware but be Healthy!



Mass. Audiology will be available by appointment only on the 2nd Wednesday of the month June 11 at 10:30 am. This is a free service. There is no obligation to buy a hearing aid. The audiologist will be here if someone is scheduled.

Note: Free Hearing Aids are available from the Provincetown Lion's Club if you meet the income guidelines. To learn more contact the Outreach Coordinator at the COA, #508-487-2462

ASK OUR TOWN NURSE

If you would like to speak to Dee Yeater, our town nurse, about your medications, special concerns, or just get your blood pressure taken, make an appointment with her on any Thursday by calling the COA at 508-487-2462 ext. 10. Appointments can be made from 1:30 to 2:30.

Please call before Thursday.

Georgia Neill, LICSW, Program Manager

Alcohol and Older Adults

“She’s too old to stop.”

“What else does he have to look forward to?”

he’s not going to stop now.”

“It’s none of my business.”

“What harm is it doing?”

“He hasn’t stopped yet,

“Her health isn’t good because she’s old.”

These are just some of the common misconceptions and reactions about older people who are having a problem with alcohol. It is estimated that between 10 and 20% of older adults have a drinking problem. The bad news is that few receive treatment; the good news is that those who are in treatment are more successful than younger adults at stopping and staying stopped.

At about 65, our bodies start to feel the effect of alcohol more strongly, due to a combination of factors, such as less water in our bodies and organs that aren’t as efficient. The result is that as we age, we are more vulnerable to addiction and to other health problems associated with alcohol. Also, older adults are more apt to take medications, and these can interact negatively with alcohol. Problems from alcohol include but aren’t limited to: falls, cancer, liver damage, strokes, and brain damage. In addition, older adults with drinking problems may be experiencing depression and anxiety, sleep disturbances, social and relationship problems, problems managing their finances, and poor self-esteem. The stigma of an alcohol problem can be acutely felt among older people, and their shame can lead to trying to hide the problem from others and from themselves and thus not getting the treatment they deserve.

Stopping drinking can be very challenging. With treatment and sobriety, though, older adults can find many benefits: improved cognition, health, and mood; better relationships and self-esteem; and better sleep.

Please, if you are concerned about your drinking, seek help. Both AA and therapy are confidential. If you’re concerned about someone else’s drinking, and you’re not sure how to approach them, you can get help from Al Anon or from a therapist.

For a confidential therapy appointment or a referral, call me at 508-487-2449 X5802.

For AA meetings, call 1-508-775-7060; for Al Anon, 508-394-4555.

SMILE PROGRAM: Dental Information Appointments Available



Make an appointment with a SMILE Counselor from the Oral Health Excellence Collaborative. Receive information about local resources for dental care and learn about helpful affordable care options including assistance programs, insurance and discounts. Get a free toothbrush plus other dental care products. Please call the COA to book your appointment.

REMINDER- MEDICAL RELEASE FORMS

If you participate in exercise programs at the Truro Council on Aging, you should complete a medical release form upon starting the program and once a year after that. This form provides an opportunity for your physician to verify that it is safe for you to participate in an exercise program (always recommended for people over the age of 40). You do not need to make an extra appointment to see your physician to have the form signed. If you see your doctor for regular check-ups, just fill out the form and return to the COA office; it can be faxed to the doctor. If you need a form, please speak to your exercise instructor, or MaryEllen Duart in the office.

GOSNOLD in Provincetown offers outpatient therapy for individuals, groups, couples, and families; we see adults, teens, and children. Some of the problems we work with are:

- Anxiety, depression, difficulty coping with stress or changes
- Substance abuse and other addictions
- Grief and loss
- Trauma
- Relationship problems
- Major Mental Illnesses
- Eating problems

For more information or a confidential appointment call 508-487-2449 or 1-800-444-1554 x5159

MYSTERY BOOK CLUB



Friday, June 13, 12:30 pm THE DIRTY SECRETS CLUB-Meg Gardiner

Friday, July 11th, 12:30 pm Hand in Glove-Ngaio Marsh

Friday, Augst 8th, 12:30 pm Bee Balm Murders-Cynthia Riggs

Please feel free to join our Mystery Book Club in the Activities Room of the COA. The books are available at the Truro Public Library. For more information please call Joan Rogers, #508-487-9196.

STORY SWAP

We are fortunate to have our very own Master Storyteller, Dan Lynch, come to the Truro COA to listen and tell stories!! It's a spirited gathering where you will hear folktales and legends, along with the most fascinating and entertaining personal stories told by our attendees! Listen or tell a personal story for the group!!

Tuesday, June 17 at 11:00 am, Truro COA

Dan Lynch



Are you interested in playing MAHJONGG?

**Please join us in the Conference Room at the COA every
THURSDAY from 1:00-4:00 pm**



PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE
COA

WEDNESDAYS 10:00 am

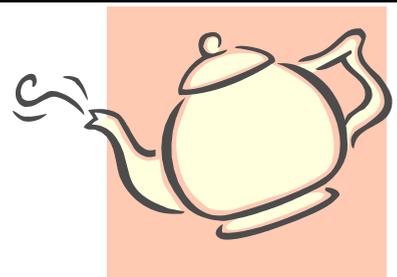
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS IN MAY

AT

1:30 pm in the Activities Room



Medicare and Mental Health Benefits

Since January 2014, Original Medicare increased its payment for **most outpatient mental health services** to the same 80% level as other Medicare Part B services: you or your supplemental insurance must pay the remaining 20 percent coinsurance.

Medicare Advantage plans must cover the same services as Original Medicare, but your plan will likely require an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments.

You can receive mental health services in an outpatient hospital program, at a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services from general and nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers or clinical nurse specialists, as long as they are Medicare providers. Know that psychiatrists are less likely to **not** accept Medicare than other practitioners.

Ask your provider if they take Medicare before you begin receiving services!

Medicare covers yearly screenings to detect depression. (Part D) Medicare prescription drug plans must cover nearly all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions.

Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services.

To better understand and access Medicare benefits, call your senior center and ask for a free, confidential SHINE appointment to discuss Medicare health insurance. You can also reach a SHINE counselor at **1-800-AGE-INFO (1-800-243-4636)**, then **press or say 3**. Once you get the SHINE answering machine, leave your name and number. A trained volunteer counselor will call you back as soon as possible.

HOW STRESS AFFECTS YOUR HEALTH

"Stress is the body's and mind's reaction to everyday tensions, changes and pressures" (Arthritis Foundation). Unfortunately, stress is a normal part of modern life. Major life changes, such as death of a loved one, divorce, loss of a job, or diagnosis with a chronic disease can cause stress, as well happy events such as holidays and weddings. Managing stress is one way in which you can improve your health and the way that you feel.

When you experience stress, it causes your body to release certain hormones or chemicals, which cause changes in many systems, including: a faster heartbeat, a higher breathing rate, elevated blood pressure and increased muscle tension. When stress continues over a long period, it can begin to take the form of many different symptoms such as: headaches, upset stomach, increased pain, increased fatigue, difficulty sleeping, increased frequency of viral illnesses, or flare-ups of existing disease conditions. Stress is considered a risk factor for diseases such as high blood pressure, heart disease, anxiety disorder and many others. The body's reaction to chronic stress can look different in different people. Any or all of these symptoms can lead to increased difficulty with managing daily activities. A feeling of decreased independence can, in turn, cause many emotional reactions, including feelings of fear, anger, anxiety, loss of control, frustration, and sadness or depression. A cycle of stress, pain, fatigue, decreasing physical abilities and increased emotional symptoms may develop.

When you learn how to manage stress in a positive way, you can help break that cycle. In next month's column, we will look at strategies for reducing stress and how they impact our health and physical functioning.

(Information from the National Institute of Health, and the Arthritis Foundation)

By Kathy Stetson, Certified Health Fitness Specialist, Physical Therapist

The Friends of the Truro Council on Aging wish to thank the following for their help at the COA 40th Anniversary Luncheon:

The Committee: Martha Ingrum, Hannah Shrand, Girard Smith, Bonnie Sollog

Special Thanks to Sheila Kelley for the lovely bouquets she donated for the raffle

Paul Morris for monetary assistance in the hall rental

Liz at Angel Foods for the help she gave us above and beyond

Nancy Trainor for the lovely centerpieces she made

Brian Trainor for acting as Master of Ceremonies

Steve Sollog for many various duties

Barbara Oswalt and Susan Travers for performing cleanup duties

Also thank you to various attendees at the luncheon who pitched in to help bus tables.

LET'S GO SWIMMING at the BEACH POINT HEALTH AND SWIM CLUB!

The Friends of the Truro COA have prepaid 20 memberships at the Health and Swim Club for residents 60+ years old living in the towns of Provincetown, Wellfleet and Truro. Memberships cost \$180.00 for 30 visits. Stop by the Truro COA to sign up for your new or existing membership.

CAPE MEDIATION

Conflict is inevitable. It can affect health, morale, and relationships. Learn some practical skills to help with decision making within the family and among peers.

Cape Mediation offers an hour class to elders on dealing with conflict within the family and with peers. **Monday, June 9th at 11:00 am at the Provincetown COA**

Tai Chi & Chi Kung Classes at the COA

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental and physical balance and general well being, with an emphasis on "mindfulness"-remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, tai chi, chi kung, and meditation for seven years on Cape Cod. Wednesday mornings 8:30 am—\$5.00 per class

Bridge & Cribbage Returns!!

Please join us on WEDNESDAYS, 1:30-4:00 PM

Everyone welcome!!

IN MEMORIAM

**JOHN COMERFORD
RICHARD MACKAY**

Truro COA Café Menu

Tuesday, 12:30-1:30PM

Reservations Required by 12pm Monday 508-487-2462 ext. 10

Truro Community Center, 7 Standish Way

June 3rd

Salad Trio

**Chicken, Cranberry and Walnut Salad, Classic Tuna and
Caesar Salad With Garlic Croutons**

Sandwich Rolls

Brownie Sundae

June 10th

BBQ Pulled Pork on Honey Cornbread

Corn, Tomato and Basil Pasta Salad

Berry Short Cakes Fresh Whipped Cream

June 24th

Ginger Sesame Salmon with an Asian Slaw

Sesame Noodles

Key Lime Pie

June 30th

Classic Summer BBQ

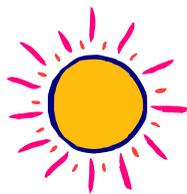
Hamburgers, Turkey Burgers and Hot Dogs

All the Fixins'

Assorted Frozen Treats

***\$7.50 includes meal, beverage, and dessert**

JUNE



2014

Mon	Tue	Wed	Thu	Fri
<p>2 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:30</p>	<p>3 COA CAFE 12:30</p>	<p>4 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Bridge 1:30</p>	<p>5 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30</p>	<p>6 Strength Train 9:00-10:00 White Line Open Studio 1:30-3:30</p>
<p>9 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:30 Cape Mediation 11:00 P'town COA</p>	<p>10 COA CAFÉ 12:30</p>	<p>11 Tai Chi 8:30 Strength Training Kathy Stetson Individual Counseling 10:00-1:00 Coffee Hour 10:00 Mass. Audiology 10:30 Legal Assistance Bridge 1:30</p>	<p>12 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p> <p>Ask A Nurse 1:30</p>	<p>13 Strength Training 9:00-10:00 Mystery Book Club 12:30 White Line Open Studio 1:30-3:30</p>
<p>16 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:30</p>	<p>17 COA CAFÉ 12:30 Story Swap 1100 Bereavement Counseling 1:00-2:30</p>	<p>18 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Bereavement 1:00 Bridge 1:30</p>	<p>19 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30</p>	<p>20 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30 Dr. Campo</p> 
<p>23 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:30</p>	<p>24 COA CAFÉ 12:30</p>	<p>25 Tai Chi 8:30 Strength Training 9:00-10:00 Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30</p>	<p>26 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30</p>	<p>27 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30</p>
<p>30</p>		<p>COA ART GALLERY OPENING JUNE 1 2:00-4:00</p>	<p>COA ART GALLERY OPENING JULY</p>	

COA GALLERY SUNDAY, June 1, 2014

2:00-4:00 pm



CYNDI WELCH PHOTOGRAPHY

Cyndi Welch specializes in capturing the SPIRIT of nature. “I like to go for walks and see what nature wants to show me. Then I try to express that spirit through the images nature give to me”. As a Massage Therapist and a Reiki Master, I use color as a healing modality in the energy work that I do. My photographs are an extension of that. Cape Cod generously offers a variety of colors, wildlife and landscapes.

COA GALLERY OPENING - SUNDAY, July , 2014 2:00-4:00 PM

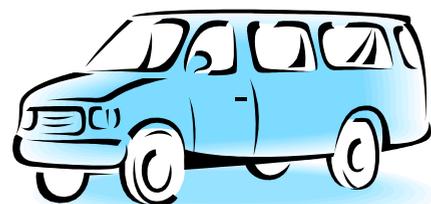
Valerie Falk’s show *Flora, Fauna, and Fantasy* will hang in the COA gallery for the month of July 2014. Falk is a sculptor whose works are narrative, and typically small scale. Her pieces are often informed by the myths, legends, and hagiography found in medieval and other early European art. Falk is also influenced by the flora and fauna that surround her beautiful hometown, Truro. This show includes a series of newly created reliefs, and also a sampling of her earlier three dimensional works.



The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions are appreciated to help defray the vehicle costs to the town. The service is available based on rider need and scheduling from Monday through Friday.

SUMMER TRAFFIC*****REMINDER*******FOR THE MONTHS OF JUNE****JULY AND AUGUST****PLEASE SCHEDULE ALL
ON-CAPE APPOINTMENTS****BEFORE****1PM AND****BOSTON APPOINTMENTS****NO LATER THAN NOON.****NO BOSTON TRIPS****ON****FRIDAYS****Voluntary Contribution Schedule for
Van Service**

<u>From Truro To:</u>	<u>Cost:</u>
Inside Truro	2.00
Provincetown/Wellfleet	3.00
Eastham	4.00
Orleans	5.00
Chatham/Brewster	6.00
Harwich/Dennis	7.00
Yarmouth	8.00
Hyannis/Barnstable	10.00
Mashpee/Sandwich	12.00
Falmouth/Bourne	14.00
Sagamore Bridge	16.00
Plymouth	20.00
Weymouth	22.00
Boston/Providence	25.00
Burlington/Lahey Clinic	28.00

WHOLE FOODS SHOPPING TRIP**WEDNESDAY, JUNE 18TH****BUS LEAVES COA AT 9AM****RETURN BY 1PM****CALL MARGIE AT 508-487-2462****TO RESERVE YOUR SEAT**

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Diane Rose, President; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary;
Board Members: Stephen Currier, Lucie Grozier, Martha Ingrum, Brian Trainor, Bill Worthington.

Council on Aging Officers: Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingrum, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to our newsletter helpers for their invaluable help with the bulk mailing..