



TRURO COUNCIL ON AGING

JULY 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.

SIGHT LOSS SERVICES, INC. CAPE COD AND THE ISLANDS

On Tuesday, July 29th at 1:30 pm Cynthia Stead, the Director at Sight Loss Services will educate us on many of the services and programs that are offered for people who are visually handicapped and also people with progressive eye disease. Please call to register and if you need transportation.

JOIN US AS WE WELCOME LOCAL AUTHOR YVONNE DESOUSA

MS MADNESS: A GIGGLE MORE, CRY LESS STORY OF MULTIPLE SCLEROSIS

Yvonne deSousa, a Provincetown native, was diagnosed with multiple sclerosis six months after her 40th birthday. Her experiences with the disease led her to write a book, "MS Madness: A Giggle More, Cry Less Story of Multiple Sclerosis". In her book, Yvonne shares how her sense of humor has helped her cope with the chronic nature of her illness.

On Friday evening, July 25th at 6PM, Yvonne will read excerpts from her book in the activities room at the COA. A question and answer session and book signing will follow. Refreshments will be served. This event is endorsed by the Truro Commission on Disabilities. Transportation will be available. Please call Margie at 508-487-2462 x 20 for a ride to this

BEREAVEMENT SUPPORT GROUP IS TAKING A BREAK UNTIL SEPTEMBER

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, September 10th 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. The July session is scheduled for the 15th from 10:00-1:00 pm

Please call us to make an appointment.

PEACE OF MIND IN A DISASTER: HURRICANE PREPAREDNESS FOR SENIORS

Are you prepared for hurricane season on Cape Cod? On Tuesday, July 8th at 1:30 pm, an AmeriCorps member from the American Red Cross will present a program on how to prepare for hurricanes and other disasters that might impact Cape Cod residents. You will have an opportunity to learn updated information about making a disaster kit, sheltering at home, preparing your pets, emergency transportation and your local shelter. Please call to register.



OUR GARDEN IS IN BLOOM AT THE COA!

IF YOU ARE AN ARTIST AND WANT TO PAINT IN OUR GARDEN

PLEASE SET UP YOUR EASEL AND PAINT AWAY!!!



WI-FI AT THE COMMUNITY CENTER

**PLEASE FEEL FREE TO COME TO THE COA AND ENJOY OUR AIR CONDITIONING
AND**

CHECK YOUR EMAIL AT THE SAME TIME!!

Health Tips from the Town Nurse, Dee Yeater RN**7 Ways to Stay Healthy on Vacation**

Avoid Norovirus – cruise ships are not the only place you can get it.

Wash your hands with soap and water for at least 20 seconds. Always before eating and after using the bathroom.

Traveler's Diarrhea – up to 70 percent of people traveling to high-risk areas such as Asia, Africa, Mexico and Central and South America suffer from this bacterial infection, according to the Centers for Disease Control and Infection (CDC). Pepto Bismol and generic bismuth subsalicylate has a mild antibacterial effect and can cut your chances of developing diarrhea by 50 percent. Ask your health professional if this is right for you to take with you. The pink part contains aspirin and not everyone should take aspirin. If you are on blood thinners it may not be recommended.

Blood clots- move around. Sitting too long in cars, buses, planes and trains raises the risk of developing a life-threatening pulmonary embolism or lung blood clot. The clot usually breaks off from a vein in your leg and travels to your lung. So stay in motion as much as possible and avoid sitting for long periods of time.

Constipation – Drink at least three 8-ounce glasses of water a day. When you cross time zones your body clock is thrown off and you might be asleep when you normally would be having a bowel movement. This mostly happens on overseas trips. Staying hydrated with fruit, veggies, water and fiber is will keep your bowel from becoming sluggish. A mild laxative can help.

Jet Lag – Anyone that crosses more than three time zones has jet lag so get on the local time zone as soon as possible. Take a quick shower before bed and cover yourself with a light blanket can help shift your body into sleep mode.

Motion sickness- This occurs when your body, eyes and ears are not in sync and they send conflicting messages to the brain. It is easier to prevent than treat. Once you start vomiting it is hard to stop. Ask you health care professional about Dramamine or other over the counter antihistamines. They can cause drowsiness so don't drive when taking them. If you are on a cruise your doctor may suggest scopolamine. It comes in a patch. Back Pain- try to avoid lugging heavy luggage. Hoisting luggage in the overhead bin can cause pain. Hold it close to your body and avoid swinging it out, bend your knees then carefully raise the bag without twisting it.

So if you still want to go on vacation after reading all of this – just go and enjoy and have a good time. But bring a list of your medications, allergies and emergency contacts. Bon Voyage!



Mass. Audiology will be available by appointment only on the 2nd Wednesday of the month July 9 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 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.

SHINE news...Medicare Appeals

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. ***It is very important to pay attention to the time limits for appeals!***

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939.

For assistance with understanding and accessing your Medicare benefits, please call the senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

Medical Equipment Loan Closet

Because of space limitations and other guidelines, we are not accepting medical equipment donations at the COA. To borrow an item from our inventory please call ahead to ensure we have what you need. Thank you.

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, 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, July 15 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

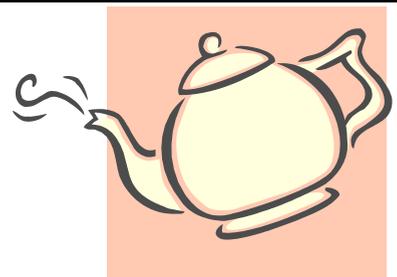
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS IN JULY

AT

1:30 pm in the Activities Room



HANDICAPPED ACCESSIBLE BEACHES

In an effort to increase beach access for individuals with disabilities, Corn Hill beach and Head of the Meadow beach are equipped with Mobi-Mats to allow access for wheelchairs and other mobility assistance devices. Beach wheel chairs are available for use at Corn Hill between the hours of 10:00 AM and 4:00 PM daily June 16th through September 2nd. See the beach attendant for information. Handicap access portable toilets are available at all beaches.

CALLING ALL MILITARY VETERANS

The Truro Council on Aging will be presenting a program honoring our Truro resident Veterans or Truro family Veterans in November. Volunteer Rainie Brownell will be compiling photographs and narratives of residents' military service to be displayed as part of this program. See the August newsletter for further information.



WE NEED VOLUNTEERS

Do you have some time to be a volunteer with the Truro COA? We could use some assistance serving our weekly lunch on Tuesdays, accompanying seniors to medical appointments, and folding the monthly newsletter. If you have a particular talent or could offer a craft class or demonstration, please let us know. Our volunteers and staff make our COA a wonderful place to be! Give us a call at 508-487-2462 and let Mary Ellen know that you are interested.

*Would you like to Volunteer at The Highland House Museum
Truro Historical Society ?*

Every volunteer gets a FREE family membership (\$35 value) and can help out in any number of ways: at the desk greeting visitors, at the cash register, helping with exhibits, or giving docent tours. We also have a lovely volunteer party the end of August and each volunteer will receive a gift as well. It's a wonderful social opportunity to meet other people and visitors from all over the world!

Volunteers commit for ONE weekly shift and commit to that shift throughout the season. The shifts are 10-1:00 pm or 1:00-4:00 pm until September 30.

Please stop by the museum for more information.

ATTENTION! SCAM ALERT

An elderly customer recently received a phone call from the “Mega Millions”. She was told that she was a “Winner” in a drawing and that if she sent him \$500 dollars she was entitled to a brand new car. Luckily she didn't give any information out, and she waited for a family member to confirm the phone call was a scam. He did have her address, name and phone number and has been repeatedly calling her. The police have been alerted to the situation.

If you receive a similar phone call please contact the police immediately.

#508-487-8730.

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 Returns!!

Please join us on WEDNESDAYS, 1:30-3:30 PM

Everyone welcome!!

IN MEMORIAM

**Mildred Garran
Dorothy McQuinn**

**TRURO COUNCIL ON AGING
CAFÉ
7 STANDISH WAY – TRURO
RESERVATIONS REQUIRED BY
12PM MONDAY
508-487-2462
\$7.50 includes Beverage & Dessert**



**Tues, July 1st, 12:30
Pesto Chicken w/a Spinach, Orzo & Tomato Salad**

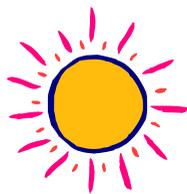
**Tues, July 8th, 12:30
Chicken & Shrimp Scampi
Caesar Salad**

**Tues, July 15th, 12:30
Lemon Baked Cod
Succotash w/Fresh Corn**

**Tues, July 22nd, 12:30
Classic Summer BBQ**

**Tues, July 29th
Summer Salad Trio
Curried Chicken Salad, Tuna and White Bean,
Mozzarella, Tom and Basil**

JULY



2014

Mon	Tue	Wed	Thu	Fri
COA Art Opening Sunday, July 6 2:00-4:00	1 COA CAFE 12:30	2 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Bridge 1:30	3 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	4 HOLIDAY COA CLOSED
5 Strength Train- ing 9:00-10:00 Memoirs Writing Group 10:30	8 COA CAFÉ 12:30 BOARD MEETING 9:00 Hurricane Preparedness 1:30	9 Tai Chi 8:30 Strength Training Kathy Stetson Coffee Hour 10:00 Mass. Audiology 10:30 Legal Assistance (CANCELLED) Bridge 1:30	10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Ask A Nurse 1:30	11 Strength Train- ing 9:00-10:00 Mystery Book Club 12:30
14 Strength Train- ing 9:00-10:00 Memoirs Writing Group 10:30	15 COA CAFÉ 12:30 Story Swap 1100 Bereavement Counseling 10:00-1:00	16 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Bridge 1:30	17 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	18 Strength Train- ing 9:00-10:00 Dr. Campo Podiatrist By appointment 
21 Strength Train- ing 9:00-10:00 Memoirs Writing Group 10:30	22 COA CAFÉ 12:30	23 Tai Chi 8:30 Strength Training 9:00- 10:00 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30	24 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30	25 Strength Train- ing 9:00-10:00 MS Madness 6:00
28 Strength Train- ing 9:00-10:00 Memoirs 10:30	29 COA Café 12:30 Sight Loss Presentation 1:30	30 Tai Chi 8:30 Strength Training 9:00 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30	31 CORE 11:- Noon PACE 12:30-1:30 Ask a Nurse 1:30 Tea Time 1:30	COA Art Open- ing Sunday, August 3 2:00-4:00

COA GALLERY SUNDAY, July 6 , 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.



COA GALLERY OPENING - SUNDAY, August 3, 2014 2:00-4:00 PM

ARTIST LOUISE PAQUETTE

Born near Montreal and raised in a creative ambiance, I fully embraced the Cape Cod life in 1979. Since 1987, I have honed my skills in sewing and upholstering, under the name "Still Sewing", sustained a lengthy love affair with fiddle music, and began painting 10 years ago.

I paint mostly "en plein air". I have taken advice and critique from many instructors, locally and during my travels. My painting of the skating figure was selected for one of PAAM's Juried shows. I continue to enjoy all that Cape Cod and it's people have given me, and to share, trade or sale the results of my latest passion.

My work can be seen, by appointment, at my place: "Gumption Studios" on Route 6A in North Truro. Please call 508-487-2425 or louise@stillsewing.com

THE TRURO GROUP ART OPENING

TRURO PUBLIC LIBRARY ART GALLERY OPENING JULY 3-30

RECEPTION FRIDAY, JULY 11TH FROM 4:00-6:00 PM



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**

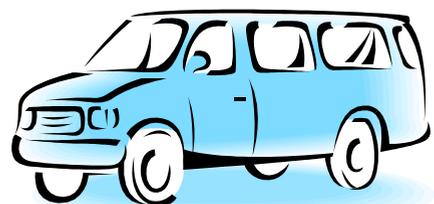
<u>From Truro To:</u>	<u>Cost:</u>
Inside Truro	2.00
Provincetown/Wellfleet	3.00
Eastham	4.00
Orleans	5.00
Chatham/Brewster	6.00
Harwich/Dennis	7.00
Yarmouth	8.00
Hyannis/Barnstable	10.00
Mashpee/Sandwich	12.00
Falmouth/Bourne	14.00
Sagamore Bridge	16.00
Plymouth	20.00
Weymouth	22.00
Boston/Providence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

**LOCAL SHOPPING TRIPS/ERRANDS
BUS**

MONDAYS AT 11:30 AM

CALL TO RESERVE YOUR SEAT

**TRANSPORTATION IS ALSO AVAILA-
BLE FOR CONCERTS ON THE GREEN
AS WELL AS EVENING PROGRAMS AT
THE TRURO PUBLIC LIBRARY.**



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..