



**TRURO COUNCIL ON AGING**  
**OCTOBER 2015**  
**NEWSLETTER**  
7 Standish Way, N. Truro  
508-487-2462      [www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)

Dr. Preston Presentation Tuesday, October 27 1:30 pm-3:00 pm

**Let's Discuss Adrenal Fatigue**

Do you crave coffee and sweets in the afternoon? Do you have symptoms of fatigue, weight gain around the middle? Sluggish energy? Anxiety? Nervousness? Adrenal glands are known as the 'stress handling glands'. They deal with physical, emotional and biochemical stress. Anything from infections (colds, flu), divorce, fight with the boss, traffic jams, blood sugar imbalance, and nutritional deficiencies as well as hormonal imbalances. Dr. Preston will provide you with solutions and practical applications in preventing and or dealing with adrenal fatigue.

**SEASONAL FLU CLINIC**  
**WEDNESDAY, OCTOBER 7**  
**1:00-3:00 pm**

**Truro Community Center**

The clinic is open to all town residents, employees, and uninsured and/or underinsured

\*Please bring a photo I.D. and Insurance cards

For further information, about the flu clinic contact the Truro Health Department at 508-349-7004, x32 or email:

[healthagent@truro-ma.gov](mailto:healthagent@truro-ma.gov)

**WITCH HAT CENTERPIECE-  
HALLOWEEN CLASS**

**Monday, October 19th**

**6:00-8:00 pm**

Come and join us for an evening of fun crafting a witch hat centerpiece. Finished product measures approximately 13"x13". No crafting experience is required. Please bring scissors to this class. A completed centerpiece will be on display in the COA before the class begins. Cost of the class which includes all supplies is \$22.00.

Please sign up at the COA and make checks payable to Beth Wood.

**OUTER CAPE HOMESHARE**

**Tuesday, October 13th at 1:30 pm**

**Are you a year round Provincetown, Truro, Wellfleet or Eastham Resident? Do you need housing, OR have an extra bedroom in your home, and perhaps additional space, you'll rent to the right person? Learn more about this great program by attending the program or by calling**

**#774-538-6093.**



**BEREAVEMENT SUPPORT GROUP**

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a spouse or partner . The group will be held on **Wednesday, October 14, from 1:00-2:30 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.

**ALZHEIMER'S FAMILY SUPPORT CENTER NEWS****SUPPORT GROUPS AT SEASHORE POINT IN PROVINCETOWN**

**Caregivers Support Group (Caregivers need not be living with care recipients in order to attend). Will meet the second and fourth Thursdays of the month 2:00 pm to 3:30 pm.**

**Support Group for Early Stage Alzheimer's or Mild Cognitive Impairment (MCI) will meet the second Thursday of the month, 10:30 am to 12:00 pm.**

**These groups are being offered through the Alzheimer's Family Support Center of Cape Cod, providing free services and support to families dealing with AD and dementia. For more information please call 508-737-9452. If your need for help is immediate, please call 508-737-7934**

**Alzheimer's Family Support Center**

*Created by caregivers for caregivers*

**Home Safety Training for Caregivers of People With Alzheimer's and Dementia**

Taught by Fran Lavin, RN

This free 1 1/2 hour course will provide the basics of home safety for caregivers of people with Alzheimer's or dementia-related illness. The course will include a brief overview of the stages of cognitive disease, and specific instructions for how to avoid injury and harm at all stages of the disease progression. Information will be tailored to meet the specific caregiving needs of each class participant, with much attention given to answering questions, problem solving, and strategizing.

**Please join us Friday, October 9 at 9:00-10:30 am**

**WOMEN'S REFLECTIONS**

Come to explore or discover your own path, direction, and purpose through spirituality. Spirituality is found through different forms of expressions. A walk in the woods, music, conversation, readings, kindnesses, meditation, gardening, even doing the dishes. This would be an opportunity to share your own sacred journey, a time to be quiet, reflect, listen and learn from other's experience of their own practice. Together we will discover new paths.

Join us on Tuesday evenings, 6:30 pm at the Council on Aging and bring a friend! For more information please call Carol Bishop, 508-487-0014.

**HOW DOES PROLONGED SITTING AFFECT YOUR HEALTH?**

*"Sitting is the new smoking"* that was the cover on my Runner's World magazine recently. I had always had a sneaking suspicion that sitting still for too long wasn't a good thing; I've seen the neck pain, back pain and carpal tunnel symptoms that office workers suffer. I had the impression that too much chair time could cause some orthopedic problems, but I was shocked at the idea that there were other, more serious health consequences.

According to the American College of Sports Medicine, "There is new evidence that prolonged, unbroken sitting time is related to people's risk of obesity and type 2 diabetes" (according to a lecture presented at the annual ACSM meeting). Scientists use accelerometers (devices that measure movement) to study sedentary behavior and its relationship to things like blood glucose (sugar levels). Sedentary behavior includes activities like watching TV, playing video games, using the computer and reading. Even active adults (those who exercise 30 minutes a day) who do a lot of prolonged sitting will have higher rates of metabolic disease than those who get up and move around more often.

Although more research is needed, workplaces are starting to experiment with standing workstations and other modifications that will prevent workers from sitting at a computer all day. It has also been suggested that public health guidelines for physical activity include a specific recommendation to reduce or break up prolonged sitting. What does this mean for the rest of us? If you've been sitting for 30-60 minutes- get up and walk around for a few minutes before you come back to that chair or couch.

By Kathy Stetson, Physical Therapist, Certified Exercise Physiologist

**Safe Drinking**

Did you know?:

At around 65 years old, our bodies begin to metabolize alcohol more slowly. Older adults may feel the effects with less alcohol and may develop problems from it more quickly.

Below are guidelines for safe drinking for adults 65 and older, from the Massachusetts Dept of Public Health:

- for men: no more than one drink per day, no more than 7 per week, and no more than 3 at a time.
- for women: less than one drink per day, less than 7 per week, and less than 3 at a time.

One drink is:

12 ounces of beer, 1.5 ounces (1 shot) of hard liquor, 5 ounces of wine, or 4 ounces of sherry or liqueurs.

Because alcohol may interact negatively with some medications, can contribute to numerous mental and physical health problems, and can make some health problems worse, some people may need to drink even less or not at all.

What are some signs of a problem?

- Are you finding it hard to not drink more than the recommendations?
- Have you been unsuccessful at cutting back or stopping?
- Do you feel angry or annoyed if someone comments on your drinking?
- Do you feel guilty about it?
- Do you drink in the morning or soon after you get up?

Other signs and consequences of too much alcohol include falls, memory loss, sleeping problems, anxiety or depression, drinking in spite of negative consequences, forgetting what you did when drinking, drinking interfering with other activities and responsibilities, gastrointestinal problems, some cancers, liver damage, brain damage, and strokes.

The misconception is that people who have a problem with drinking are weak or bad; the truth is they have a medical problem. Just as different bodies react differently to different medicines and foods, different bodies react differently to alcohol. If you think you may have a problem with drinking, seek help! Older people who seek treatment are more successful than younger people at stopping. For help, talk to your doctor or nurse, the outreach workers at the COA, call me at the number below, or go to an AA meeting.

**Georgia Neill #508-487-2449 X 5802**

**AA: 508-775-7060** Al Anon (for those concerned about a loved one's drinking or drug use): 508-394-4555

**SHINE NEWS....****Open Enrollment is just around the corner so don't delay!**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for 2016.

**DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast!** Call the senior center and make an appointment with a SHINE counselor for this year's open enrollment.

**PEER SUPPORT GROUP FOR COMPULSIVE ACQUIRING, SAVING AND HOARDING**

**15 session (20 weeks), Tuesday; Starting October 13, 2:00-4:00 pm**

**Provincetown COA and Human Services**

**For more information please call 508-487-7080**

**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, 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—9:30 am \$5.00 per class**

**The Administration on Aging - 6 Steps to Prevent a Fall**

1. Balance and Exercise – Find a program you like and bring a friend. Your COA can help you find a program.
2. Speak with your Health Care Provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
3. Review your medications regularly. Make sure side effects aren't increasing your risk of falling. Taking medications only as prescribed.
4. Annual Vision and Hearing Check. Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe. Remove tripping hazards, increase lighting, make steps safe, and install grab bars in key areas.
6. Talk To Your Family Members Enlist the support of family members in taking simple steps to stay safe. Falls are not just a senior's issue.

Let's have a Safe Fall! Dee Yeater, RN Public Health Nurse.

**MEN'S WORKOUT CONTINUES**

The Men's Workout program will continue to meet weekly, on Tuesdays from 10:45 to 11:45. This free class is a blend of strength, flexibility, agility and balance geared specifically to the needs of men. If you are interested or have more questions, please call instructor Kathy Stetson at 508-397-5324, or e-mail at Kathy Stetson



**MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm**

**October 9th "The Chatham School" by Thomas H. Cook**

**November 13th "The man With A Load of Mischief" by Martha Grimes**

**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!!



**Please note the change of day! Wednesday, October 21 at 11:00 am, COA**

**\*\*The Third Wednesday of the Month at 11:00 am, Truro COA**

**Are you interested in playing MAHJONGG?**

**Please join us in the Conference Room at the COA every**

**THURSDAY from 1:00 pm to 4:00 pm**

PLEASE JOIN US FOR COFFEE AND CONVERSATION  
AT THE COA

WEDNESDAYS 10:00 am

Free coffee and treats

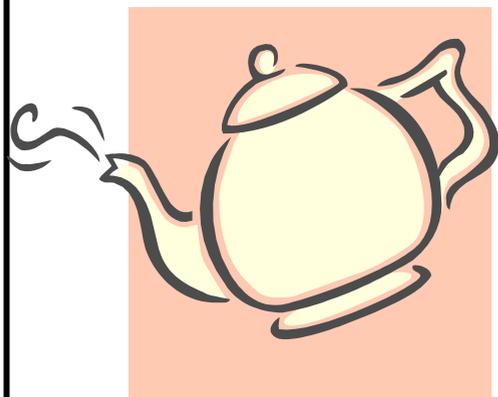


TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



**In Memoriam**

**David W. Ambrose**

**Marilyn B. Cubberley**

**Charles Nyhan, Jr.**

**Medicare's Open Enrollment period is October 15 - December 7**

October 15 to December 7 is when ALL people with Medicare can change their Medicare health plan and prescription drug coverage for 2014. Information on 2014 plans will be available beginning in October. People with Medicare can call 1-800-MEDICARE or visit [www.medicare.gov](http://www.medicare.gov) for plan information. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything.

There are 2 main ways to get your Medicare coverage— Original Medicare or a Medicare Advantage Plan (like an HMO or PPO). Many people get additional coverage, like Medicare prescription drug coverage or Medicare Supplement Insurance (Medigap). To get started with Medicare today and learn more about your Medicare coverage choices, call (508) 487-2462 X13 to schedule a SHINE appointment.

**Medicare overview and Open Enrollment Presentation****Presenter: Sheila Curtis, SHINE Regional Manager****Day: Thursday, October 15th****Time: 10:00 am****Place: Truro Council on Aging****What Should I do if I think I was charged for a health care service I did not receive?****Question:**

I have Original Medicare. While looking over my Medicare Summary Notice (MSN) for a recent inpatient hospital stay, I noticed that there are multiple charges for the same day, and that there were some charges for services I do not think I received. Am I a victim of fraud or abuse? What steps can I take to find out and get help?

**Answer:**

Medicare statements and provider bills can be confusing and may include many charges you do not recognize. It may be difficult to tell whether or not charges are legitimate, the result of human error, or an instance of fraud and/or abuse. While most health professionals have the best interests of Medicare beneficiaries in mind, Medicare billing fraud and abuse do still occur. Here are some steps to take to get to the bottom of your billing questions and to protect yourself from fraud and/or abuse.

First, call your hospital, doctor, or other provider to review the charges on your bill and get more information about these services. Keep in mind that multiple claims may be submitted for an inpatient hospital stay. Not only can the hospital bill for the inpatient stay itself under **Part A**, but each physician—even those you do not recall seeing—can separately bill for his or her services under Medicare **Part B**. For example, the bill may show a charge for the radiologist who read your x-ray, even if they were not physically present at the hospital where you received care. You may not realize that you received that service because you did not see it take place. Your hospital administrator or provider can explain the different charges to you and give you more information about the services you received during your inpatient hospital stay. Additionally, the charges you don't recognize could have been the result of a simple billing issue. Your provider may have entered the wrong information when sending the claim to Medicare, which is why you do not know what the charge is for. Again, speaking to your hospital administrator or provider first is important in case the discrepancy on your bill is the result of one of these situations. Finally, if you find out that you have been wrongfully billed for a service, the charge could be a result of **fraud or abuse**. Fraud is usually characterized by someone knowingly misrepresenting the truth in order to receive payment for something they are not entitled to. Abuse includes practices that cause unnecessary costs to the Medicare program. Some examples of fraud and abuse include a health care provider pressuring you into receiving expensive health services or items that you do not need, a provider billing you for services you never received, or someone calling you pretending to be from Social Security or Medicare and asking for your Medicare or Social Security information. Social Security and Medicare will never call you to ask for your personal information. You should always review the summary of claims sent to you by Medicare or your plan in order to compare the services received with the ones for which you were charge.

**“Art, Process and style with  
Kenneth Hawkey”**

**Tuesday, October 20 at 1:30 pm**

Truro artist Kenneth Hawkey will present an informative talk at the Truro Council on Aging as he discusses ideas, inspirations, processes and style as they relate to creating art. Hawkey will refer to paintings in the exhibit currently at the COA and will present images from earlier in his career. A short demonstration on how he prepares for a new painting will also be included.



Please join us!!



**WHITE LINE BLOCK PRINT OPEN  
STUDIO  
WILL BEGIN ON  
FRIDAY, SEPTEMBER 4TH-25TH  
1:30-3:30**

White-Line Block prints were developed in Provincetown by B.J.O. Nordfeldt in 1916 and became known as the Provincetown Print. The whole image is drawn on and printed from one woodblock rather than a series of blocks for each color change. The popular method was practiced by many other artists through the years and continues to be popular today.

**Join Pat Canavari and Joan Rogers at  
the Truro COA and bring a new project**

***THE TRURO GROUP***

***WILL BE HOLDING THEIR FALL EXHIBITION DURING THE MONTH OF OCTOBER AT THE TRURO PUBLIC LIBRARY. THE OPENING RECEPTION IS SCHEDULED FOR FRIDAY, OCTOBER 2ND FROM 4:00-6:00 PM***

# COA CAFE

**TUESDAY 12:30 PM \$7.50**

**October 6<sup>th</sup>**

4 Cheese Classic Baked Macaroni and Cheese  
Spinach Salad with a Warm Mushroom Vinaigrette  
Soup: White Bean, Tomato and Kale Stew

**October 13<sup>th</sup>**

Greek Shrimp and Chicken Scampi over Pasta  
Classic Caesar Salad  
Soup: Corn Chowder

**October 20<sup>th</sup>**

Classic Turkey Meatloaf  
Herb Roasted Potato Medley and Garlicky Green Beans  
Soup: Tuscan Turkey

**October 27<sup>th</sup>**

Chicken Marsala with an Orzo Pilaf  
Mixed Greens with a Balsamic Vinaigrette  
Soup: Butternut Squash Bisque

Reservations are required

**Please call 508-487-2462**



# OCTOBER

# 2015

Mon	Tue	Wed	Thu	Fri
<p>Art Gallery Opening Artist Ken Hawkey Sunday, October 4 2:00-4:00</p>			<p><b>1</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p><b>2</b> <b>Strength Training</b> 9:00-10:00  <b>White Line Class</b> <b>1:30-3:30</b></p>
<p><b>5</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30</p>	<p><b>6</b> <b>COA CAFÉ 12:30</b>  <b>Men's Exercise Class</b> <b>10:45-</b>  <b>Women's</b> <b>Reflections 6:30</b></p>	<p><b>7</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Legal Assistance (by appointment)  <b>Flu clinic</b> <b>1-3:00</b></p>	<p><b>8</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p><b>9</b> <b>Strength Training</b> 9:00-10:00  Home Safety 9-10:30  Mystery Book Club 12:30 <b>White Line Class</b> <b>1:30-3:30</b></p>
<p><b>12</b>  <b>COA CLOSED</b>  <b>COLUMBUS DAY</b></p>	<p><b>13</b> <b>COA CAFE 12:30</b> <b>Men's Exercise</b> <b>Class 10:45</b> <b>Outer Cape</b> <b>HomeShare 1:30</b>  <b>Women's</b> <b>Reflections 6:30</b></p>	<p><b>14</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00 <b>Bereavement</b> <b>1-2:30</b></p>	<p><b>15</b> <b>Medicare Over-</b> <b>view 10:00-11:00</b>  <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b>  Mahjongg 1:00-4 Tea Time 1:30</p>	<p><b>16</b> <b>Strength Training</b> 9:00-10:00 Dr. Campo, Podiatrist (by appointment) Shopping Trip 9:00 <b>White Line Class</b> <b>1:30-3:30</b></p>
<p><b>19</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30  <b>Witch Hat Center-</b> <b>piece Class 6-8:00</b></p>	<p><b>20</b> <b>COA CAFÉ 12:30</b> <b>Men's Exercise Class</b> <b>10:45</b> <b>Ken Hawkey Artist</b> <b>Demo 1:30-2:30</b> <b>Women's</b> <b>Reflections 6:30</b></p>	<p><b>21</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 Weight Loss 10:00 Coffee Hour 10:00 Story Swap 11:00</p>	<p><b>22</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p><b>23</b> <b>Strength Training</b> 9:00-10:00  <b>White Line Class</b> <b>1:30-3:30</b></p>
<p><b>26</b> <b>Strength Training</b> <b>9:00-10:00</b>  Memoirs Writing Group 10:30</p>	<p><b>27</b> <b>COA CAFÉ 12:30</b>  <b>Men's Exercise Class</b> <b>10:45</b> <b>Dr. Preston "Adrenal</b> <b>Fatigue 1:30-3:00</b> <b>Women's</b> <b>Reflections 6:30</b></p>	<p><b>28</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00</p>	<p><b>29</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p><b>30</b> <b>Strength Training</b> 9:00-10:00  <b>White Line Class</b> <b>1:30-3:30</b></p>

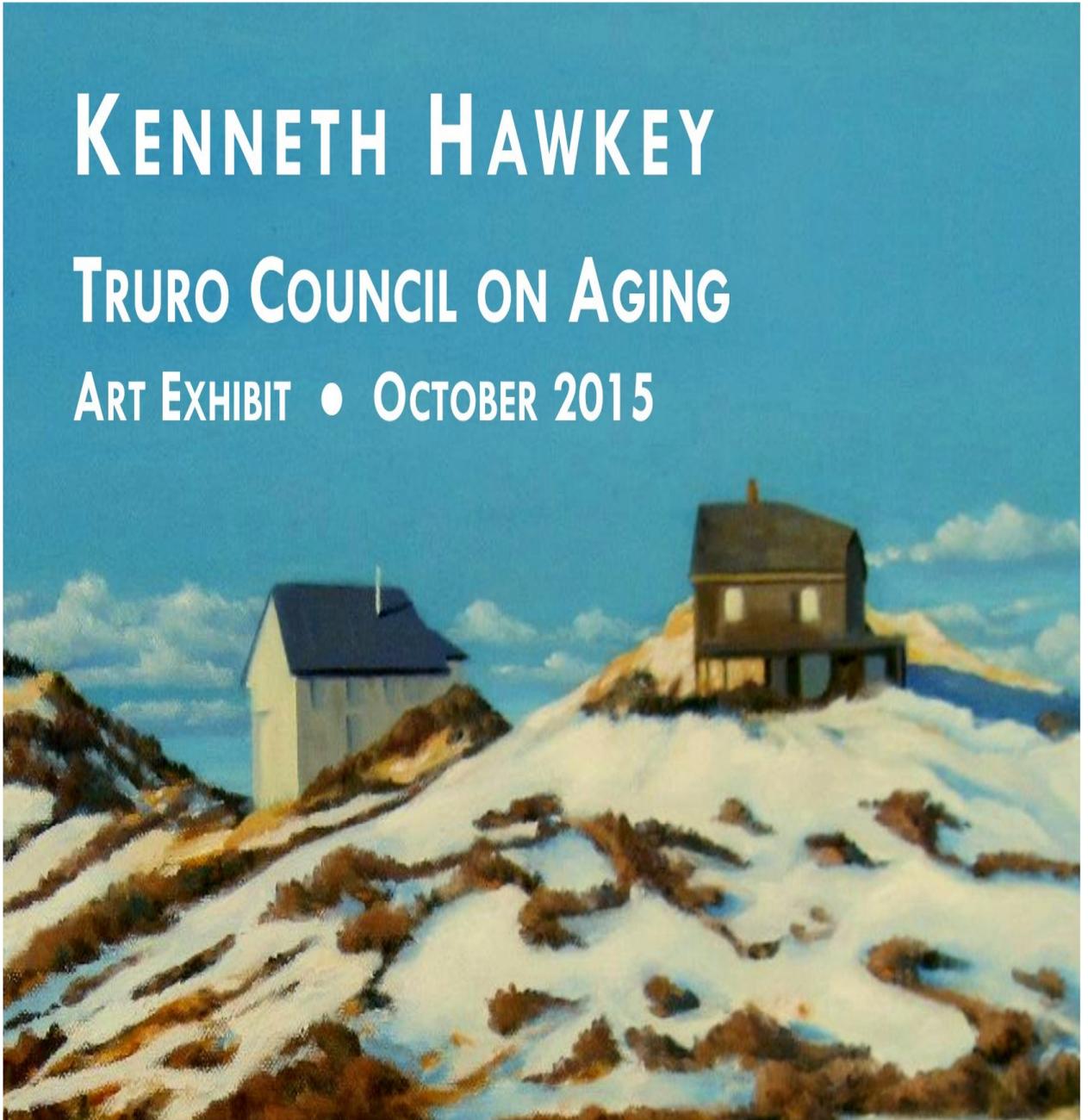
COA GALLERY

Art Opening Sunday October 4 , 2:00-4:00 PM

# KENNETH HAWKEY

## TRURO COUNCIL ON AGING

### ART EXHIBIT • OCTOBER 2015



**TRURO ARTIST KENNETH HAWKEY WILL BE PRESENTING AN EXHIBIT OF HIS ART AT TRURO COUNCIL ON AGING FOR THE MONTH OF OCTOBER. HAWKEY IS BEST KNOWN LOCALLY FOR HIS PAINTINGS OF CAPE COD AND TRURO ARCHITECTURE AND LOWER CAPE DUNESCAPES. HIS STYLE REPRESENTS INFLUENCES FROM MANY ARTISTIC ENDEAVORS HE HAS PARTICIPATED IN OVER HIS LIFE. HE HAS BEEN PAINTING ON THE OUTER CAPE FOR 25 YEARS. ALL ARE INVITED TO ATTEND A RECEPTION AT THE COA ON SUNDAY, OCTOBER 4, 2-4 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 to help defray vehicle costs to the town are appreciated. We strive to accommodate the most riders in an efficient manner.

**LET'S GO SHOPPING!**

We are offering a trip to Hyannis for shopping on Friday, October 16th. The bus will leave the COA at 9AM. Trader Joe's, Kmart, or wherever you need to go! There is a \$5.00 bus fee for this trip. See Margie in transportation to pay and reserve your seat! For more information call 508-487-2462 x 20.

**VETERAN'S DAY 2015**

The Truro Council on Aging will be sponsoring an exhibit here in the art gallery of photos and narratives of veterans with a Truro connection. The exhibit will be on display during the month of November. There will be a Veteran's Day ceremony on November 11, 2015 at 11AM. If you would like to participate, please contact Margie Childs at 508-487-2462 ext 20.



We will make copies of your photos and return the originals to you. This display is open to Truro residents, their family members and Truro town employees.

TRURO COUNCIL ON AG-  
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P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

#### MISSION STATEMENT

**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.**

#### FRIENDS OF THE TRURO COUNCIL ON AGING MEMBERS

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

**Council on Aging Officers:** Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Beth O'Rourke, Secretary, Alternate. Board Members: John Thornley,, Stephen Royka, Joan Holt, Martha Ingrum, Joan Moriarty, Bernard Robbins, Claudia Tuckey, Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; Elton Cutler, Outreach and Resource Coordinator; Mary Ellen Duart, Office Assistant; James Paul Ludwig, Web Master; and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman, Chuck Zimmer, & Rich Tuden, 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.***