



TRURO COUNCIL ON AGING
OCTOBER 2016
NEWSLETTER
7 Standish Way, N. Truro
508-487-2462 www.truro-ma.gov/coa



BACKYARD BEEKEEPING
WEDNESDAY, OCTOBER 12, 2016
6PM

Local beekeeper Skip Childs will be presenting a program all about honeybees. See the bees up close and personal in an observation hive. Caring for honeybees, extracting honey, bee swarms and the danger of pesticides will all be discussed. Refreshments will be served.



INTRODUCING ENTERTAINER NICK PANGAKIS

NICK WILL BE PERFORMING ON WEDS., OCTOBER 26TH AT 1:15 PM, TCOA

Nick Pangakis is a musician who has been playing up and down the Cape and South Shore for the past dozen years. After having learned to play as a teenager in an award winning high school guitar program, Nick then put down his guitar for 20 years until starting to play again in 2004. Nick spent six years in a duo named "Nuthin Fancy", before becoming a solo act in 2011. Over the past six years, he has averaged over 275 shows per year, from dinner restaurants to weddings, nightclubs to backyard barbeques, from corporate events to senior centers.

Nick also has a full time "day job" in the financial services industry. When not working, he and his wife Mary Anne can be found in their Harwich home, working in their yard, playing golf, or skypeing with their 4 grandchildren!

SEASONAL FLU CLINIC MONDAY, OCTOBER 17

1:00-3:30 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

Caring for the Caregiver – Mayo clinic Health Letter 9/16

Caregivers face higher risks of depression, fatigue and physical illness. There are times when you may need to reach out to your doctor, therapist or counselor for help.

Getting help when you need it is not only acceptable but ultimately the best choice for you and your loved one. Be alert for the following:

- Feeling constantly overwhelmed or as if you're running on empty.
- Feeling trapped or that you've lost all connection with friends and the outside world.
- Easily losing patience or getting angry.
- Feelings of despair, anguish or extreme sadness
- Feeling that life doesn't matter
- Frequent crying
- Difficulty concentrating or making decisions
- Experiencing appetite changes or severe tiredness
- Inability to sleep
- Excessive use of alcohol or using drugs to cope.

I hope this helps anyone that is providing care for a family member or friend who is ill or disabled. You are not alone. Millions of people across America provide long term care. Taking care of - you - the caregiver is key to taking care of your loved one.

Dee Yeater RN Public Health Nurse.

When A Loved One Has A Problem

Whether it is alcohol, opioids, cocaine, or any other drug, it can be extremely difficult to have a loved one struggling with substance abuse. While we do not cause another person's substance abuse problem, and we cannot make them stop, there are some things we can do which may help.

Pick a time to talk with someone when you are both relatively calm and the other person doesn't seem to be under the influence.

- Keep in mind that reasons for denying a problem include shame and fear.
- Talk to them in a private setting and express concern. E.g.: "I'm worried your drinking/drug use is going to hurt your health, work, relationships, etc."
- Stick to facts and observations. ("The last 3 times I've seen you, I smelled alcohol on your breath and your speech was slurred.") Other symptoms you may notice depend on the type of drug, but may include: dilated or constricted pupils; nodding off and seeming slowed down; having increased energy and excitement; changes in mood, sleep, and appetite; being less interested in work, family, friends; diarrhea, runny nose, or vomiting.
- Do not preach, scold, argue, or use guilt, and do not accept blame.
- Do not take on their responsibilities, unless it is to keep yourself or someone else safe (e.g. don't make excuses for their behavior to others; don't let them drive when under the influence).
- Have options ready if they're receptive (e.g.: offer to attend an AA or NA meeting with them, have lists of meetings, detoxes, or therapists). Don't be surprised by denial or by lack of follow-through, and don't take it personally. Your conversation with them is just one step in a process.
- Be clear and honest about your limits (e.g.: "I'm not going to visit or go out with you if you're under the influence"), but only express limits you will follow through on.

Having this sort of conversation can often feel very challenging and it may be helpful to talk with someone beforehand. Also, it is important that you focus on taking care of yourself. Al-Anon and therapy help many people who are struggling to cope with a loved one's addiction. If you are distressed by a loved one's substance abuse problem, consider going to an Al-Anon meeting (508-394-4555) or talking with a therapist. Gosnold also has a Reaching Out group in Harwich and other sites; this is a weekly drop-in support group for the loved ones of someone with a substance abuse problem. Call 844-558-HELP (4357) for more information about that. Or call 508-487-2449 for a confidential therapy appointment or referral.

Georgia Neill, LICSW, Program Manager

Gosnold in Provincetown

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 12 and 26 1:-2:30 pm** 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.

Do You or Someone Who Lives With You Have A Disability?

If an emergency arises at your home and you call 9-1-1, your call is answered at the Truro Police Department's 9-1-1 system which automatically displays your name, address and telephone number on the dispatcher's screen. **At your request**, codes will be displayed on the dispatcher's screen that will identify the disability code that you or someone living with you at your address. These codes will help the dispatcher at the Truro Public Safety Facility communicate with the caller and provide useful information to the police or fire/rescue department to prepare for your emergency.

Who will know this information?

The information is confidential and will **only** appear at the dispatcher's location when a 9-1-1 call originates from **your** address.

How Do I sign up for this program?

If you would like the Truro Police and Fire Departments or other emergency agency to know about your condition when you call 9-1-1 in an emergency. **Please contact Jackie Mastrianna at the Truro Police Department (508) 487-8730 for more information.**

MEN'S WORKOUT

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 have any questions, please call instructor Kathy Stetson at 508-397-5324



Kidde United Technologies has donated 24 Worry-Free Smoke alarms to the Truro Fire Department. The detectors will be available to Truro citizens in need of new or a replacement of non-working battery operated detectors . The Fire Department will install the devices for you if you need help.

Please call Elton Cutler at the Truro COA if you have any questions or would like to set up a date and time for your smoke detector to be installed, 508-487-2462, ext. 13.



ADULT COLORING CLASS
WEDNESDAY MORNINGS

10:00 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.

**CHAIR MASSAGE FOR SENIORS****Beginning , Mondays at 10:15 am****Taught by Janis Sommers, LMT**

Join Janis Sommers, LMT for a hands on and instructive workshop in massage for Seniors.

Janis, a Truro year around resident, is professional, licensed and has over twenty years experience providing hands on therapeutic massage services to people of all ages and health conditions. She believes safe touch is essential to us throughout life and as we age, we receive less and less of this gentle interaction with others. Her goals with this workshop are, 1. to reintroduce safe, gentle touch as one method of creating a healthier life as we age, and 2. Provide participants with easy methods of massage that can be applied at home, on the self or on another.

Massage alleviates symptoms of many age related diseases and improves a person's quality of life. The effectiveness of massage rests in the fact that it is non-invasive, enjoyable, and impacts the whole body. It relieves stress, muscle and joint pain, and does no damage. Participants report that receiving massage has provided better sleep, less restlessness and anxiety, and breaks feelings of isolation and depression that can accompany aging. These are much better outcomes than all the warnings that appear on a prescription bottle! Don't stay home. This will be fun. You will leave with a smile on your face.

During the hour current research findings in massage for Seniors will be presented, but most of the time will be spent massaging. Come alone, bring a friend. Care Givers are especially encouraged to attend. No one should stay home because they don't think they can do this, or suffers the belief that touch is not important. Attend, and surprise yourself! Dress in loose fitting clothes. Janis invites anyone with concerns about their ability to participate to call her at [774-722-9717](tel:774-722-9717) or email her at janiso2642@gmail.com

SPOTLIGHT- PACE CLASS

The PACE class (which stands for “people with arthritis can exercise”) meets every Thursday from 12:30-1:30 in the COA Living Room. It is designed to be safe for participants who have arthritis or osteoporosis. The exercises consist of gentle movements for range of motion, strength, posture, and balance. The idea is to do what you can without increasing your pain or getting overly fatigued- in other words, to work at *your own pace*. Since the exercises are not strenuous, this class is also ideal for beginning exercisers, or those who may be returning after time off due to injury or illness.

The small group format also allows time for questions and discussion related to arthritis, joint protection, exercise and safety.

If you have questions about this class, please feel free to call me, Kathy Stetson, at 508-397-5324 or e-mail me at kathystetson@verizon.net.



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

October 14th “Beneath The Skin” Nicci French

November 4th “The False Inspector Dew” by Peter Lovesey

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, at 11:00 am, COA

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



Chi Kung Classes at the COA

Wednesday mornings 8:30 am—9:30 am \$5.00 per class

This class combines the slow movements of 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, Ellen Anthony, has been teaching Chi Kung, for several years on Cape Cod.

30 Second MYSTERIES!

Try to solve this mystery! Answer on page 10

The Case

One man's image has inspired many people to write songs, stories and poems. He has even compelled some to travel great distances to visit him. For as long as anyone can remember, individuals around the world have seen him on a regular basis. However, he only shows his face from a distance; when people are able to reach him, he disappears.

The Mystery

Who is this man and which of his features are people able to see?

IN MEMORIAM

Keith C Bouthillier

Mary C. Fassett

Suzanne Petersson

Emy Ricadela

Delores “Sis” Rose

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



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 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.

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.



NEWS FROM THE TRURO HISTORICAL SOCIETY

The Truro Historical Society welcomes your suggestions for the Living Legacies project at Highland House Museum. We are interested in interviewing people who were born here or have a long history with the town of Truro. Please leave your suggestions with the Director of the Truro Council on Aging or email them to: director@trurohistoricalsociety.org

Thank you!!

Volunteer Opportunities at the Truro Public Library

The Truro Public Library is looking for people to volunteer to be part of the formation of a Next Chapter book for adults with intellectual or developmental disabilities. Our group will begin in October.

The Next Chapter Book Club, <http://nextchapterbookclub.org/> is a program that extends the fellowship and intellectual stimulation of a book club to a population that is often excluded from such activities.

If you are interested in helping out, please contact Library Director Tricia Ford by email (tford@truro-ma.gov) or by phone (508-487-1125)

TRURO REAL ESTATE EXEMPTIONS

The Town of Truro offers several Real Estate tax exemptions. All exemptions require that the property be the applicant's domicile (i.e., primary residence). Some of those exemptions are as follows:

Elderly Persons (Clause 41C): The applicant must be at least 65 years old and must meet certain ownership, residency and income and asset limit requirements. The amount of the exemption is \$1000.

Surviving Spouse, Minor Child or Elderly Person (Clause 17D): The applicant must be either (1) a surviving spouse or minor child; or (2) a person who is at least 70 years old and must meet certain ownership, residency and asset limit requirements. The amount of the exemption (which changes yearly) is currently \$239.78.

Blind Persons (Clause 37A): The applicant must (1) be the owner of the property and (2) provide a certificate from the Massachusetts Commission for the Blind. The amount of the exemption is \$500.

Veterans (Clause 22): The applicant must be a (1) veteran who has a service-connected disability of at least 10% or has been awarded a Purple Heart; or (2) the parent of a serviceman who lost his or her life during wartime. There is also a one-year Massachusetts residency requirement. The amount of the exemption ranges from \$400 to \$1500. There is also an exemption of the entire real estate tax for paraplegic veterans (or their surviving spouse) and for the surviving spouse of a serviceman who dies as a result of a combat injury or disease.

Age, Infirmary and Poverty (Clause 18): The applicant must be at least 65 years old and be able to document medical and financial hardship. Determination of eligibility is solely at the discretion of the Board of Assessors.

Tax Deferral (Clause 41A): Although not an exemption, this allows a property owner who is at least 65 years old and whose annual income is \$40,000 or less to defer any or all of the real estate tax until the property is sold or transferred or until the death of the owner, whichever occurs first. The applicant must meet certain ownership and residency requirements. A lien is placed on the property for the amount of the deferred tax plus 4% interest.

The Assessor's Office is available Monday through Friday from 8 a.m. to 4 p.m. to answer any questions about these exemptions or provide any assistance with the application process. Please come in to the office at the Town Hall or call them at 508-349-7004, Ext. 17.

COA CAFE

NEWS

NEW DAY!!!

WEDNESDAYS 12:30 PM \$7.50

October 5th

Shrimp & Asparagus Risotto
Greek Salad

October 12th

Sheppard's Pie
Fresh Greens

October 19th

White Chicken Chili with Corn Bread
Nachos, Salsa and Guacamole

October 26th

Beef Stroganoff
Mixed Vegetables

**Please continue to call in for your reservation by 12:00 pm
on Mondays. Thank you**

Art News!!

THE TRURO GROUP ART SHOW

Members of the Truro Group will be holding their fall art show during the month of October at the Truro Public Library off Standish Way in North Truro. The group consists of 40-50 Truro artists working in a variety of mediums from painting to print making and photography, as well as sculpture, found objects and glass creations. The opening reception will be on Friday, October 7th from 4:00 – 6:00. Please come out and support our local artists.





Mon	Tue	Wed	Thu	Fri
			1 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	2 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
3 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15	4 Men's Exercise Class 10:45- Women's Reflections 6:30	5 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30	6 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	7 Strength Training 9:00-10:00 Dr. Campo Podiatrist (By Appointment Only) White Line Open Studio 1:30-3:30
10 COLUMBUS DAY COA CLOSED	11 COA Board Meeting 10:00 Men's Exercise Class 10:45 Women's Reflections 6:30	12 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30 Free Legal Assistance (By Appointment Only) Bereavement 1:00-2:30 Beekeeping 6:00	13 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	14 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Open Studio 1:30-3:30
17 Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group 10:30 Flu Clinic 1:00-3:30	18 Men's Exercise Class 10:45 Women's Reflections 6:30	19 Chi Kung 8:30 Strength Training 9:00-10 Coffee Hour 10:00 Story Swap 11:00 COA CAFÉ 12:30 Adult Coloring Class 10:00  Open Enrollment 10:30	20 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	21 Strength Training 9:00-10:00 Shopping Trip 9:00 White Line Open Studio 1:30-3:30
24 Strength Training 9:00-10:00 *Chair Massage a10:15-11:15 Memoirs Writing Group 10:30 31 HALLOWEEN! See Mondays activities	25 Men's Exercise Class 10:45 Women's Reflections 6:30	26 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 COA CAFÉ 12:30 Nick Pangakis 1:15 Bereavement 1:00-2:30	27 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	28 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30

Two By Two

Influenced by our Surroundings on Cape Cod, this Show will have art by four Cape Cod Artists-- 2 women and 2 men.

Judy Schmitt loves the challenge of capturing the light and color temperatures so evident on the Cape. She paints in oils and use both brush and palette knife. " My subjects are local scenes and Provincetown Fishing Boats."



Pati Duvall has been coming to the Cape since she was two, and after moving here several years ago, she finds that living in such a beautiful "slice of Heaven" keeps her inspired by creating natural seashell gifts and painting local seascapes.

Randy Izikewicz captures his love of Cape Cod with his free-form fish made from re-cycled metal. He mounts his fish creations on Driftwood to be seen as a wall piece.



Steve Butler is a Summer resident of Wellfleet, who retired as a research scientist and now devotes his time on his artwork. Steve is self-taught, and this will be his first Show. He is a painter and sculptor and is influenced by surrealists and geometric abstracts. He paints in oils and also incorporates multi-media materials in some of his work.

WHITE LINE BLOCK PRINT OPEN STUDIO IS BACK!!!!

Beginning on October 7th Fridays 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 Joan Rogers at the Truro COA and bring a new project or work on a print in progress!

Mystery Answer: He is the man in the Moon, whose face people see when gazing into space.

The Truro Council on Aging van transportation services are for Truro residents age 60 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.

LET'S GO SHOPPING!

We are offering a trip to Hyannis for shopping on Friday, October 21st. The bus will leave the COA at 9AM. Trader Joe's, Kmart, or wherever you need to go! For more information call 508-487-2462 x 20.

**Please have the following information when requesting a ride:**

- *Medical facility name, address and phone number*
- *Appointment time and duration of appointment*
- *If you are having a procedure, you need to have a friend or relative accompany you*
- *Please give us a minimum of 48 hours' notice when scheduling an appointment*

PLEASE TAKE NOTICE!

We will be displaying pictures of any Veteran of the Armed Services with a Truro connection in the Gallery for the month of November. Please contact Margie at extension 20 if you or a family member would like to be included in our display. There will be a Veterans' Day service at the COA on November 11th at 11 o'clock in the morning. Refreshments will be served.

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 com-

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, Brian Trainor and Ed Yaconetti. Jim Brown.

Council on Aging Officers: Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Joan Moriarty Secretary, Board Members: John Thornley, Stephen Royka, Joan Holt, Claudia Tuckey, Hannah Shrand, Marla Perkel, Susan Grace. **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 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.