



TRURO LOG
TRURO COUNCIL ON AGING
OCTOBER 2013
7 Standish Way, N. Truro
508-487-2462, FAX 508-487-0854
www.truro-ma.gov/coa



TRURO FLU CLINICS

There will be two flu clinics at the Truro Community Center for Truro residents and employees held by the VNA and Truro Board of Health on Friday, October 11 from 1 to 3 pm and Tuesday, October 22 from 4 to 5:30 pm. Bring photo identification and your insurance card(s). There is no charge. Please call Pat Pajaron, Truro Health Agent at 349-7004 ext. 32 for further information. Transportation is available for both days. Call 508-487-2462 ext.20.

BACKYARD BEEKEEPING



Please join us for an informal discussion with local beekeeper Skip Childs

Tuesday, October 8 at 5:30 pm in the COA Activity Room

See the bees up close and personal in our observation hive

Topics will include how to care for honeybees, effects of pesticides on bee populations, beekeeper suit and equipment, harvesting honey and honeycomb.



PETER DONNELLY IS RETURNING

On Tuesday, Oct. 8th at 1:30 pm, Peter Donnelly will be singing a pinch of folk, a dash of pop, an occasional sprinkling of rock and a whole lot of heart!

Come and sing-a-long with Peter!!!

If you would like to join us for lunch before the concert, please sign up by noon on Monday, Oct. 7th

Truro Central School

After School Activities/Adult Community Education

Heather Fair, the Adult Education Coordinator is seeking instructors for the Community Education program and the Kids' After School Activities program. The kids' program runs once a week from 3-4:00 pm for 8 weeks and pays \$40.00 per class (\$320.00 at the end of 8 weeks) and the adult program runs once or twice a week, any time after 4:00 pm for 4, 6, or 8 weeks and pays \$60.00 per class. If you are interested in teaching, please email or call Heather Fair at #508-487-1558 ext. 0, or email fairh@truromass.org

PROGRAMS AND SERVICES

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 meet on **Wednesday, October 9 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.

The Truro COA has a SMILE Counselor available to talk with you.

Appointments Are Available – Improve Your Dental Care

The Truro COA is pleased to welcome Janice Johnson as our new SMILE Counselor. Janice is a Truro resident and worked in the Provincetown school system for many years. She is a community volunteer who brings a sincere desire to promote wellness and provide dental education. Appointments are available in both Truro and Provincetown (see below). Talking with a SMILE Counselor will help you set in place a plan of action toward better dental care. Information includes local resources for treatment and affordable care options including insurance and assistance programs. Please pick the day and location that works best for you and call the respective senior center to book your appointment:

Truro SMILE Appointments: Nov 12th, Jan 14th, March 11th, May 13th Call 508-487-2462

Hours 9 to noon, for transportation please call by the Friday morning before.

Provincetown SMILE Appointments: **Oct 8th**, Dec 10th, Feb 11th, April 8th, June 10th Call 508-487-7080



Mass. Audiology will be available by appointment only on the 2nd Wednesday of the month - October 9 at 11 am. This is a free service. There is no obligation to buy a hearing aid.

The audiologist will be here if someone is scheduled.

Exercise Class for People with Parkinson's disease

The Truro COA has indoor walking to music with gentle stretching and balance. Rhythmic movement with music has been shown to be a very effective mode of exercise for people with Parkinson's. **This class would also work well for other people with neurological issues, or those seeking a gentle, low-impact workout.** The class will be led by Kathy Stetson, PT and Certified Health Fitness Specialist. The class will meet Mondays and Thursdays from 10:15 to 10:45 in the Truro Room. The cost is \$5 per class. If you are interested, or have questions, please call Kathy at 508-397-5324.

HEALTH & WELLNESS

By Kathy Stetson, Physical Therapist and Certified Health Fitness Specialist

WALKING –TAKE IT INDOORS!

Most of us have heard that we should be getting aerobic exercise most days of the week for optimal health. What, exactly, is aerobic exercise? This is any activity that you do continually for several minutes or more, using the large muscles of the arms and/or the legs, with no additional resistance. The easiest and safest exercise for most people is walking. However, walking outdoors can present some challenges including: uneven terrain, traffic, lighting, and weather. Walking indoors can eliminate many of these problems. If you are interested in getting a safe, low impact workout indoors with music, come check out the new indoor walking class. We will be offering 20 minutes of walking (or other rhythmic activity of your choice, such as marching) with music, followed by gentle stretching and balance exercises.

This type of program can benefit people with different needs, such as:

- People with Parkinson's experience improved movement and walking with the rhythmic cue of music
- People with osteoporosis can maintain or improve bone density with weight bearing exercise
- People who want to decrease their risk of heart disease and type 2 diabetes
- People who have orthopedic issues or decreased stamina can gradually increase their walking in a safe setting, with the option of stopping to rest as needed
- People with lung issues can enjoy a safe workout, due to the controlled temperature and humidity

So come on down and try it out...indoor walking meets Mondays and Thursdays 10:15 to 10:45 in the Truro room. The class is \$5 per session. If you have questions or concerns, please feel free to call me at 508-397-5324.

Blood Pressure Clinic RETURNS!

Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on October 7th, 9-10 am. For more information please call 508-487-2462 x10. Please stop by and visit with us!!!

Truro Rescue will also do BP checks at the Safety Facility anytime.

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. 13. She will be at the COA from 1:30 to 2:30. Please call before Thursday.

HEALTH & WELLNESS

Health Tips from the Town Nurse, Dee Yeater RN KEY FACTS ABOUT SEASONAL FLU VACCINE

The ‘seasonal flu season’ in the United States can begin as early as October and as late as May.

Three kinds of influenza viruses commonly circulate among people today. Each year, one flu virus of each kind is used to produce seasonal vaccine. Flu vaccines cause antibodies to develop in the body about 2 weeks after vaccination.

What kinds of flu vaccines are available? There are two vaccines. 1. The shot and 2.the nasal spray.

The ‘flu shot’ – an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

There are three different flu shots available:

A regular flu shot approved for people ages 6 months and older

A high-dose flu shot for people 65 and older

An intradermal flu shot approved for people 18-64 years of age

The nasal spray flu vaccine – a vaccine made with live, weakened flu viruses is given as a nasal spray. The viruses in the nasal spray vaccine do not cause the flu. It is approved for use in HEALTHY people 2 through 49 years of age who are not pregnant. A healthy person indicates persons who do not have an underlying medical condition that predisposes them to influenza complications.

Always check with your health care provider if you have a question about the type of vaccine that is right for you.

Will this season’s vaccines be a good match for circulating viruses? The Center for Disease Control monitors this closely. It’s not possible to predict with certainty which flu viruses will predominate during a season. Flu viruses constantly change. Antibodies made in response to vaccination can sometimes provide protection against different but related viruses. The vaccine contains three viruses so even if there is a less than ideal match the vaccine may protect against the other viruses.

The best way to reduce your chances of getting the flu and spreading it to others is to get the vaccine.

DAY BREAK

A supportive day program for memory challenged seniors on the Outer Cape.

Day Break offers socialization, activities & lunch in a friendly, comfortable atmosphere to provide elders the opportunity to maintain independence and it allows caregivers respite. It is on Tuesday & Thursday 9:30 am to 3 pm. It is at the Christian Union Church on Shore Rd., N. Truro. Call Katherine at the Truro COA for more information - 508-487-2462 or Day Break at 774-521-8500.

LET US ENTERTAIN YOU

MYSTERY BOOK CLUB

Friday, October 11, 12:30 pm

The Likeness by Tana French



STORY SWAP We are fortunate to have our very own Master Storyteller, Dan Lynch, come to the Truro COA the third Tuesday of every month at 11:00 am 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!!



Third Tuesday of the month at 11:00 am, Truro COA

Let's Play Scrabble!!

Come to the air conditioned COA and play Scrabble with your friends on Friday afternoons!!

Please give us a call or stop in if you would like to play!

Fridays at 1:00 pm at the Truro COA



BRIDGE & CRIBBAGE

WEDNESDAY 1:30 pm

COME JOIN OUR GROUP

MAHJONGG

THURSDAY 1-4 pm

COME PLAY MAHJONGG

The TRURO GROUP will be hosting an opening reception for their fall show on Sunday, October 6th from 2:00 to 4:00 at the Truro Library. The show will feature works in various media by Truro artists. There will be paintings, photographs, prints, sculpture, jewelry, glass creations, and more. The show will also include work by special guest artist Anne Brock. Anne was a long time Truro resident and founding member of The Truro Group. She specializes in white-line printing. In addition, there will be pictures presented by participants in the August white-line workshop held at the COA and sponsored by The Truro Group. Please come enjoy the show and meet the artists.



By Marian Averback

**We have Wi-Fi at the Community Center!!!
Please feel free to come in out of the weather and
check your email all at the same time at the Truro
Community Center!**

OCTOBER BIRTHDAYS

1) Frank Caulfield	Margaret Duarte	Ann Swanson	John Rice	Martha Hyams
Shirley Holtz	8) Naomi Axelrod	13) Elizabeth Haskell	20) Claire Carroll	Connie Tavanis
John Hopkins	Kevin Shenk	Alan Marasco	Josephine Cocozello	27) Monica Smith
Nancy Kane	Delores Whitelaw	Patricia Wheeler	Brendan Galvin	28) Alfred Gaechter
2) Guy Strauss	Edwina Wright	14) Patricia Goulet	Maria Gauss	David Horton
3) Leo Manske	9) Clarice Dutra	Monica Kraft	21) John Dubinsky	Christine Leigh
Jane Ray	10) Miriam Henning	Frank Thomas	Paula Grandberg	Andrew Smith
4) Marie Belding	Larry Lown	15) Robert Painter	Veronica Londergan	29) Mary Cassel
John Bloom	Carol Ann Thompson	Peter VanStratum	22) Martin Cordeiro	Dorothy Elms
John Power	Priscilla White	16) Geraldine Boccio	Barrett Shepard	Claudia Tuckey
Arthur Teubner	Aroxy Zacarian	Yvette Dubinsky	23) Betsi Corea	30) Matilde Bird
Richard Turner	11) Richard Aiken	Mildred Fraser	Meredith Goff	David Dutra
5) Sandra Ball	Roy Barnhart	Denise Kelly	Helen Mellett	Ronald Nowlan
Bruce DeSteCroix	Janet St Onge	Mary Emma Silva	John VanKirk	31) Beverly Arnott
Denise Seager	12) Judith Czyoksi	17) Mary Ellen Henry	24) Nancy Bloom	Graham Giese
Katherine Stillman	Rosemary Hillard	Audrey Stoddard	Kay Bowden	John Magin
Lucinda Worthington	John Hyland	Peter Yaremko	Helen McNeil-Ashton	Cynthia McClain
6) Craig Souza	Sally Rice	18) Joseph Duarte	Jan Nelson	Warren Roderick, Jr
7) Jon Arterton	Stanley Sigel	19) Vincent Duarte	25) Ellen Anthony	John Tetreault

Elder Services of Cape Cod and the Islands is seeking long-term care
ombudsmen for Cape Cod and the Islands.

Volunteers in the Ombudsman Program serve as advocates to residents of
nursing and rest homes and their families.

State certification training is required and provided by
The Executive Office of Elder Affairs.

**The next training will be held in the Elder Services of Cape Cod and the Islands
South Dennis office on
NOVEMBER 18, 19 & 20, 2013**

For more information about the Ombudsman Program or to volunteer call Cheryl Gayle at
508-394-4630, ext. 501
cheryl.gayle@escci.org.

WHAT'S GOING ON IN TRURO

SERVING HEALTH INFORMATION NEEDS OF ELDERS

Medicare Open Enrollment starts on October 15 and ends on December 7th!

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you.

Some Medicare Part D and Medicare Advantage plans are leaving and some new ones are entering. If you are a member of a plan that is leaving, you need to make certain that you have a new plan for January 2014.

Volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare or who is about to get Medicare. Call the Truro COA at 508-487-2462 and ask for a SHINE appointment.

SHINE Director, Sheila Curtis will discuss open enrollment for Medicare on Tuesday, October 29 at 1:30 pm at the Truro Council on Aging.

Fuel Assistance available call Katherine or Claudia at 508-487-2462 for an appointment.

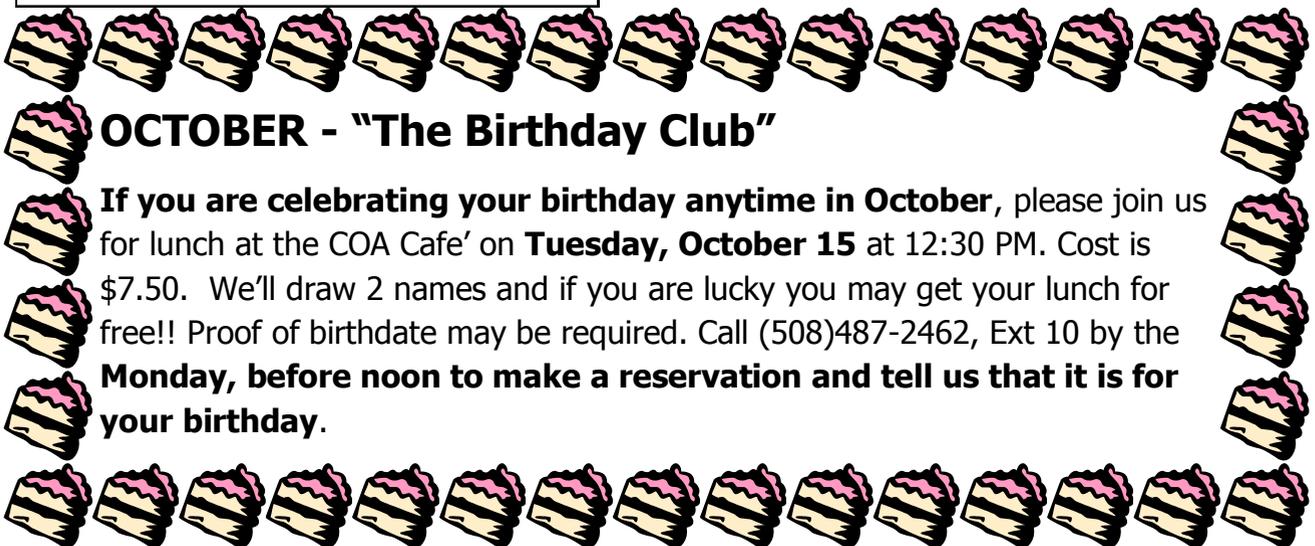
**Free Baked Goods from the
Stop and Shop in
Provincetown**

**On Mondays and Thursdays we
have FREE Baked Goods at the
Truro COA! Feel free to stop in be-
tween the hours of 8:00-4:00 pm
to pick some up!!!**

IN MEMORIAM

RICHARD AUBIN

THOMAS TURNER



OCTOBER - "The Birthday Club"

If you are celebrating your birthday anytime in October, please join us for lunch at the COA Cafe' on **Tuesday, October 15** at 12:30 PM. Cost is

\$7.50. We'll draw 2 names and if you are lucky you may get your lunch for free!! Proof of birthdate may be required. Call (508)487-2462, Ext 10 by the

Monday, before noon to make a reservation and tell us that it is for your birthday.

HELPING OUR WOMEN - HOW

**A resource for women with chronic & life threatening or disabling illness.
34 Conwell St., Provincetown - 508-487-4357, info@helpingourwomen.org**

TRURO COUNCIL ON AGING CAFÉ -OCTOBER 2013

7 STANDISH WAY- NORTH TRURO

TAKE OUT available, Call COA by Noon Monday

Lunch is on Tuesday, 12:30-1:30 pm

October 1st

Chicken Pot Pie

Spinach Salad with a Warm Mushroom Vinaigrette

Seasonal Fruit Crisp

Soup: Portugeuse Kale Soup

October 8th

Turkey Chili with All the Fixins

Guacomole and Chips

Pumpkin Bread Pudding

Soup: Corn Chowder

October 15th

BIRTHDAY LUNCH

Butternut Squash and Kale Lazy Lasagna -Vegetarian

Mixed Green Salad with a Balsamic Vinaigrette

Key Lime Pie

Soup: Butternut Squash Bisque

October 22nd

Chicken Marsala with an Herb Orzo Pilaf

Roasted garlic and White Bean Dip and Crostini

Cookie Sundae with Caramel

Soup: Tuscan Turkey

October 29th

Swiss Chard and Mushroom Strudel

Mashed Sweet Potatoes

Pumpkin Mousse

Soup: White Bean and Chicken Chili

OPEN TO ANYONE OF ANY AGE

***SOUP**

Homemade Soup is available

For take out on Tuesdays

Following the COA luncheons.

\$4/pint.



OCTOBER 2013



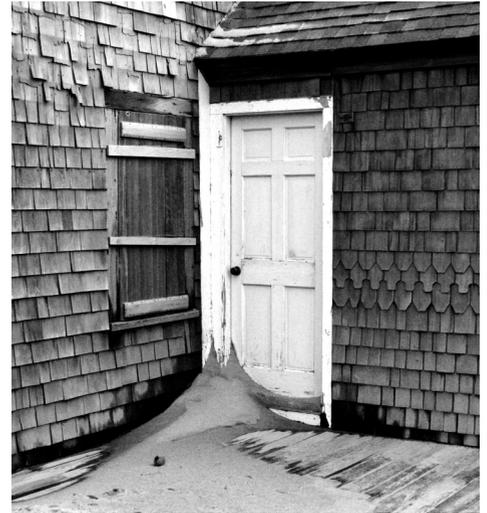
Mon	Tue	Wed	Thu	Fri
COA GALLERY OCTOBER David Wennerberg Photographs Opening 1:30 10/1/2013	1 COA CAFÉ COA Gallery Opening 1:30 	2 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Bridge 1:30	3 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4	4 Strength Training 9-10 Scrabble 1
7 Blood Pressure 9-10 Strength Training Memoirs 10:30 Walking to Music 10:15-10:45	8 COA CAFÉ 12:30 Board Meeting 10 Peter Donnelly 1:30 -Singing Beekeeping 5:30	9 Tai Chi 8:30 Strength Training 9 w/Kathy Stetson Weight Loss 10 Mass Audiology 11 Bereavement 1 Bridge 1:30 Legal Assistance	10 Walking to Music 10:15-10:45 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	11 Strength Training 9-10 Mystery Book Club 12:30 Scrabble 1
14  Columbus Day	15 Story Swap 11 COA CAFÉ 12:30 Birthday Lunch	16 Tai Chi 8:30 Strength Training Weight Loss 10 Bridge 1:30	17 Walking to Music 10:15-10:45 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	18 Strength Training Dr. Campo by Appointment  Scrabble 1
21 Strength Training Memoirs 10:30 Walking to Music 10:15-10:45	22 COA CAFÉ 12:30	23 Tai Chi 8:30 Strength Training 9 w/Kathy Stetson Weight Loss 10 Bridge 1:30	24 Walking to Music 10:15-10:45 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	25 Cape Cod Maritime Museum trip 9 Strength Training 9-10 Scrabble 1
28 Strength Training Memoirs 10:30 Walking to Music 10:15 -10:45	29 COA CAFÉ 12:30 SHINE Presentation 1:30	30 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Bridge 1:30	31 Walking to Music 10:15-10:45 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	COA GALLERY NOVEMBER JOAN PEREIRA'S PAINTING GROUP

COA GALLERY - OCTOBER
DAVID WENNERBERG - PHOTOGRAPHS

Photographer David Wennerberg, has been capturing the light and beauty of the Outer Cape since 1986. David primarily shoots landscapes and seascapes with emphasis on the patterns and symmetry found in nature while focusing on light, shadow and motion to create images unique to the outer Cape. This show will feature a variety of his work and sightings.



**OPENING RECEPTION -
TUESDAY
OCTOBER 1, 2013, 1:30 to
3:30**
Refreshments are served
and all are welcome! Come
to our chef's lunch before.
Call on Monday to reserve
a seat - 508-487-2462.



COA GALLERY - NOVEMBER
JOAN PEREIRA'S PAINTING GROUP



***JOAN PEREIRA AND HER
SATUDAY MORNING
PAINTERS***



Every Saturday morning Joan Pereira, Joyce Johnson, Rachael Sokolowski, and Ed Yaconetti meet in Truro to paint the beauty we see.

Our work reflects our different personalities, as we paint scenes outdoors in Truro and Provincetown, or then during the colder months, we stay inside the COA and paint still lifes.

Please join us at 2:00-4 pm on Sunday, November 3rd at the Truro COA, to see some of our work, and to meet the painters.

*****GOING PLACES IN OCTOBER*****

WE WILL BE GOING TO THE CAPE COD MARITIME MUSEUM IN HYANNIS ON FRIDAY, OCTOBER 25TH TO SEE THE EXHIBIT, RISKY BUSINESS: RUM RUNNING ON CAPE COD. ADMISSION IS \$4.00. BUS DEPARTS 10AM. LUNCH AT DIPARMA ITALIAN TABLE IN WEST YARMOUTH AFTER MUSEUM

Please make sure you have the information needed by the COA when you call for a transportation reservation.

- ◆ Your name, phone & address
- ◆ Doctor's name, phone & address
- ◆ Or the address of an appointment other than medical
- ◆ Date & time of your appointment
- ◆ How long the appointment will be, if you have an idea

REMEMBER, IF HAVING A PROCEDURE, A COMPANION WILL BE REQUIRED TO ACCOMPANY YOU

A TRIP TO THE CAPE COD SYMPHONY ORCHESTRA IS BEING PLANNED FOR SUNDAY, NOVEMBER 10TH. DETAILS IN NEXT MONTH'S LOG

Voluntary Contribution Schedule for Van Service

From Truro To:

Cost

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

DON'T FORGET TO CALL AT LEAST 24 HOURS BEFORE NEEDING TRANSPORTATION

508-487-2462

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

WHAT DO YOU REMEMBER?

"I remember roller skates that needed a key, hoola hoops, Patty Play Pal, Ginny Dolls and Susie Smart." Margie Childs

"I remember the nuns letting me forsake the classroom for a couple of hours a day to run around chasing the turkeys and playing with the trains in Connecticut." Joe Connor

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 BOARD

Diane Rose, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, 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 Ingram, 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 & Log Editor; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

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 Nancy Edwards, Bobbie Sue Kane, Karen Mooney, Joan Moriarty, Helen Perry & Nancy Tarvers for their invaluable help with the bulk mailing. Thank you to Anne and Howard Irwin for their vigilant proof reading and copy editing.