



TRURO COUNCIL ON AGING  
JANUARY 2014  
NEWSLETTER  
7 Standish Way, N. Truro  
508-487-2462

*Cape Rep Theatre*  
**Bluestone Group**  
presents



# OUR TIME

**A New Musical Revue**

Conceived & Directed by ROBERT R. TROIE  
Musical Direction & Arrangements by ROBERT WILDER

Featuring  
CAITLIN MILLS & JARED HAGAN  
with  
ROBERT WILDER at the piano



Truro Council on Aging  
Tuesday January 28, 2014 at 6:00pm  
508-487-2462



## 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, January 8 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.

## DO YOU NEED HELP WITH YOUR DENTAL CARE?

Janice Johnson is our **SMILE** Counselor at the Truro COA. 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:** Jan 14<sup>th</sup>, March 11<sup>th</sup>, May 13<sup>th</sup> Call 508-487-2462 Hours 9 to noon, for transportation please call by the Friday morning before.

**Provincetown SMILE Appointments:** Feb 11<sup>th</sup>, April 8<sup>th</sup>, June 10<sup>th</sup> Call 508-487-7080



**Mass. Audiology will be available by appointment only on the 2<sup>nd</sup> Wednesday of the month - January 8 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.**

**HOME SAFETY CHECKLIST- PREVENT FALLS THIS YEAR**

Falls are often caused by hazards in the home. This checklist will help you evaluate each room in your home to identify potential problems and how to fix them

**FLOORS:**

- Make sure there is a clear path through each room, so that you do not have to walk around furniture
- Remove scatter rugs or secure them with double-sided tape or non-stick backing so they won't slip
- Remove paper, books, shoes, magazines and other clutter. Always keep floors clear so that you don't have to step on or over objects to walk through a room
- Coil or tape cords from lamps, phones, and computers so that you don't trip over them

**STAIRS AND STEPS**

- Remove papers, shoes, books and other objects from the stairs
- Fix loose or uneven steps and loose carpeting
- Make sure that you have overhead lights and switches at both top and bottom of the stairs, if you don't, have an electrician install them
- Replace burned out light bulbs
- Make sure that you have handrails on both sides; they should each run the full length of the stairs. Fix or replace loose handrails

**KITCHEN**

- Move frequently used items to lower shelves
- If you must use a step stool, get one that is stable, with a bar to hold onto, never use a chair as a step stool

**BATHROOMS**

- Put a non-slip rubber mat in the tub or shower
- Install grab bars next to the tub or shower and toilet

**BEDROOMS**

- Place a lamp close to the bed, where it will be easy to reach
- Install a night light along the path between your bedroom and bathroom so that you can see where you are going

**OTHER SAFETY TIPS**

- Keep emergency numbers near each phone and program them into your cell phone
- Consider an alarm device, such as Life Line, to call for help in case you fall and can't get up

By Kathy Stetson, Physical Therapist and Certified Health Fitness Specialist

**Blood Pressure Clinic**

**Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on January 6, 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. 10. Appointments can be made from 1:30 to 2:30.**

**Please call before Thursday.**

## SHINE NEWS...

### Can I still change my Medicare Plan?

The 2013 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month. Call the COA with any questions or to set up an appointment.

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

### Health Tips from the Town Nurse, Dee Yeater RN

#### Positive Thinking Can Help You Feel Better, Longer

There is power in positive thinking according to a study at the University of Texas, Galveston. The report said that positive thinking plays a part in how people age. There is a link between emotions and the onset of frailty. Frailty was measured by weight loss, exhaustion, walking speed and grip strength. The study said that positive emotions or positive thinking were measured by asking how often a person expressed the following: "I felt that I was just as good as other people",

"I felt hopeful about the future", "I was Happy", "I enjoyed life". The researchers followed older adults for seven years and found you have a choice about how you think so think positive and don't hold on to negative

### 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 Stacey at Day Break #508-280-8863 for more information.

***MYSTERY BOOK CLUB***

**Friday, January 10, 12:30 pm**

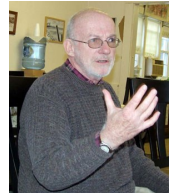
**Cold Cruel Winter by Chris Nickson**

**Friday, February 14, 12:30 pm**

**The Angel of Darkness by Caleb Carr**

**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**



**MAHJONGG**

**THURSDAY 1-4 pm**

**COME PLAY AT THE**

**COA!!**

**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!**

**2014**



<b>1</b>	<b>10</b>	<b>16</b>	<b>26</b>
Ronald Camara	James Ashley	Sarah Morrison	Joseph Corea
Anne Keenan	Martha Magane	Jennifer Shannon	Arthur Hultin
<b>2</b>	Michael McDonnell	Marie Tetreault	Bruce Mason
Gladys Bateman	<b>11</b>	<b>17</b>	Marilyn Monks
Mary Hoey	Robert Bateman	Joan Boudreau	Charles Niewenhous
Brenda Horowitz	Elaine Dee	Barbara Marin	<b>27</b>
Maurice Gonsalves	Joseph Shanahan	<b>18</b>	Deborah McCutcheon
<b>3</b>	<b>12</b>	Maria Kuliopulos	David Sawicki
Nancy Thornley	Ingeborg Hutchinson	<b>19</b>	<b>28</b>
<b>4</b>	Bernadette Mainz	Mary Abt	Henry Morfit
Alan Efromson	Naomi Perry	Georgia Neill	<b>29</b>
<b>5</b>	Joanne Sinacori	Marsha Weiss	Forrest Critchley, Jr.
Stuart Carduner	Peter Swanson	<b>20</b>	<b>30</b>
Suzanne Nickerson	<b>13</b>	Donald Horton	Leo Childs
<b>6</b>	Kenneth Joseph	<b>21</b>	Philip Cole
Peter Gilson	Mary Ryan	Natalie Roderick	Polixeni Lambrou
Lynne Milliken	<b>14</b>	Jerome Thompson	Betty Morris
<b>7</b>	Mary Artruc	<b>23</b>	<b>31</b>
Mark Lambrou	Marian Averback	Charles Bardwell	Frederic Ambrose
Sandra Moss	Emily O'Brien	Dolores Silano	Marcia Ambrose
Catherine Reissman	<b>15</b>	<b>24</b>	Virginia Bardwell
<b>8</b>	Paul Donahue	Barry Wartenberg	Cynthia Days
Catherine Shute	Margaret Weeks	Sally Woods	John Ives
<b>9</b>	Dorothy Langlais	<b>25</b>	Lynne Rae Tudor
Edward Yaconetti		Hannah Shrand	

**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. Classes are on Wednesdays, 8:30 am at the Truro Community Center.

**TRURO SPECIAL TOWN MEETING  
WEDNESDAY, JANUARY 15, 2014  
6:00 PM  
TRURO COMMUNITY CENTER  
7 STANDISH WAY**

**WE WOULD LIKE TO THANK THE FOLLOWING BUSINESSES & ORGANIZATIONS  
DURING THIS HOLIDAY SEASON!**

**The DEXTER KEEZER FUND  
HOME INSTEAD  
HAIRBENDERS  
FRIENDS OF THE TRURO LIBRARY  
RAINIE AND LARRY BROWNELL  
THE PROVINCETOWN LION'S CLUB  
PROVINCETOWN STOP & SHOP  
PROVINCETOWN PORTUGUESE BAKERY**

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

***IN MEMORIAM***

**JANE BULLOWA  
LUCINDA BOWDITCH WORTHINGTON  
Marilyn Stott Hornbaker**

**Truro COA Luncheon Menu**

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**Tuesdays, 12:30-1:30 pm**

**Truro Community Center, 7 Standish Way**

**RESERVATIONS REQUIRED BY 12 pm MONDAY**

**508-487-2462 ext. 10**

**\$7.50 includes Beverage and Dessert**

**January 7<sup>th</sup>**

Baked Ham with a Spinach Pie  
Green Salad with a Balsamic Vinaigrette  
Chocolate Bread Pudding

**\*Soup for sale: Corn Chowder**

**January 14<sup>th</sup>**

Chicken Satay with a Thai Noodle Salad  
Green Salad with a Sesame Ginger Vinaigrette  
Key Lime Pie

**\*Soup for sale: Lentil**

**January 21<sup>st</sup>**

Turkey Meatloaf with Cauliflower & Potato Puree  
Garlicky Green Beans  
Cookie Sundae with Caramel

**\*Soup for sale: Tuscan Turkey**

**January 28<sup>th</sup>**

Coconut Curry Chicken and Vegetables  
Rice Pilaf  
Sorbet and Cookies

**\*Soup for sale: Sweet Potato Bisque**

**\*SOUP**

**Healthy Low Sodium Homemade**

**Soup is for sale on Tuesdays following the lunches.**

**\$4.00 per pint**

**\*\*Please let us know if you have a food allergy**






# January

# 2014



Mon	Tue	Wed	Thu	Fri
<b>COA GALLERY</b> <b>January</b> <b>Photographer</b> <b>Elliott Carr</b>	<b>COA GALLERY</b> <b>February</b> <b>The Truro</b> <b>Group</b>	<b>1</b> New Year's Day  COA CLOSED	<b>2</b> <b>CORE 11-Noon</b> PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1:00-4 Ask A Nurse 1:30	<b>3</b> <b>Strength Train-</b> <b>ing</b> 9:00-10:00
<b>6</b> <b>Blood Pressure</b> 9:00-10:00  Strength Training 9:00-10:00  Memoirs 10:30	<b>7</b> <b>COA CAFÉ</b> <b>12:30</b>	<b>8</b> <b>Tai Chi 8:30</b> Strength Training w/Kathy Stetson Weight Loss 10:00 Mass Audiology Legal Assistance (By Appointment) Bereavement 1:00	<b>9</b> <b>CORE 11-Noon</b> PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30	<b>10</b> <b>Strength Train-</b> <b>ing</b> 9:00-10:00 Mystery Book Club 12:30
<b>13</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b>  Memoirs 10:30	<b>14</b> COA CAFÉ 12:30 <b>SMILE Dental</b> <b>Program</b> (By Appointment)	<b>15</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Weight Loss 10:00	<b>16</b> <b>CORE 11-Noon</b> PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30	<b>17</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b> <b>Dr. Campo by</b> <b>Appointment</b>  
<b>20</b>  <b>Martin Luther</b> <b>King Day</b>  <b>COA CLOSED</b>	<b>21</b> <b>COA CAFÉ</b> <b>12:30</b> <b>Story Swap 11</b>	<b>22</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 w/Kathy Stetson Weight Loss 10 Cooking Class 10:00	<b>23</b> <b>CORE 11-Noon</b> PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30	<b>24</b> <b>Strength Train-</b> <b>ing</b> 9:00-10:00
<b>27</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b>  Memoirs 10:30	<b>28</b> <b>COA CAFÉ</b> <b>12:30</b> <b>"OUR TIME"</b> <b>MUSIC REVUE</b> <b>6:00 PM</b>	<b>29</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Weight Loss 10:00 Cooking Class 10:00	<b>30</b> <b>CORE 11-Noon</b> PACE 12:30-1:30 Mahjongg 1-4 Ask A Nurse 1:30	<b>31</b> <b>Strength Train-</b> <b>ing 9:00-10:00</b>

**WINTER BIRD PHOTOGRAPHS**

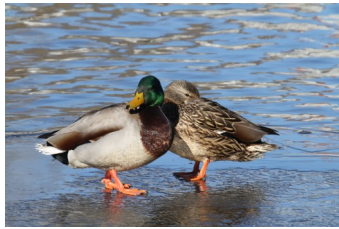
By Elliott Carr

**OPENING RECEPTION - TUESDAY****JANUARY 5, 2014, 1:30 to 3:30**

Since moving to the Cape in 1982, Elliott Carr has never described himself as either a birder or a photographer. He does not maintain a lifetime bird list. But, facilitated by the timely advent of digital photography, he has devoted considerable time to photographing Cape Cod water-related birds, trying as much to learn more about bird species and their role in the environment as to create art.

Carr has published two photography books: **In the Beginning: An Osprey Family Story** and **Herring Run: Life and Death at Stony Brook**. His photographs have been exhibited at numerous Cape Cod museums and libraries.

Appropriate to the season, Carr's January display in Truro will feature **Birds in Winter**.

**COA GALLERY - FEBRUARY 2014**

Truro Group shows at COA in February 2014

In 2006 the Truro Group was formed in "recognition of the need for Truro artists to have opportunities to show and sell their work while creating a sense of community among artists and art lovers in a shared appreciation for the arts." More than 40 artists who make Truro their home for at least part of the year and who work in a variety of visual media are members of the group.

This February "come in from the cold" and join us on **Sunday February 9, 2014 from 2-4** as we kick off our eighth exciting year. The exhibition runs through February with workshops and artists talks scheduled through-out the month. For information on the show or to join the Truro Group call Cathy Skowron 508 487-0980 or email [cathyskowron@comcast.net](mailto:cathyskowron@comcast.net).



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.

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**

**VAN TRANSPORTATION WILL BE PROVIDED FOR THE CAPE COD SYMPHONY ON**

**SUNDAY, JANUARY 19  
CALL THE BOX OFFICE  
AT 508-362-1111 FOR TICKET  
INFORMATION. CALL THE COA  
TO RESERVE YOUR SEAT ON  
THE VAN**

**Voluntary Contribution Schedule for Van Service**

**From Truro To:**

**Cost**

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

**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

**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 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 & 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, & Nancy Travers for their invaluable help with the bulk mailing. Thank you to Anne and Howard Irwin for their vigilant proof reading and copy editing.*