



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

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.

Victrola Society Inc, of Cape Cod

Invites you to attend an afternoon of entertainment with their performance of the concert:

"Sentimental Journey"

Co-Hosted by the:

Truro and Provincetown Council on Aging

Thursday June 9th @ 1:30 PM

Truro Community Center

7 Standish Way

North Truro, MA 02652



Medicare's Free Preventive Services

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of the free services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then Annual Wellness Visits in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans (HMOs, PPOs). For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the Senior Center to schedule a SHINE appointment.

SHINE news... When Can You Enroll in a Medigap (Supplement) Plan?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies that are sold now do not cover prescription drugs. A separate Medicare Part D plan would be needed if you have no other creditable prescription coverage.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to schedule an appointment with a SHINE counselor.

BEREAVEMENT SUPPORT GROUP WILL NOW BE OFFERING TWO SESSIONS

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 June 8 & 22, from 1:00-2:30 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.



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.



SENIOR MUNICIPAL SERVICE PROGRAM

BEGINNING JULY 1, 2016

ENDING JUNE 30, 2017

The Town of Truro is offering an abatement to its senior residents for services provided to the town. It is an opportunity for a Truro senior resident to share a skill they have with our community and also receive a real estate tax reduction on their Truro property.

Participants must meet the following requirements:

- Applicant must be 60 years of age or older
- Applicant must own property in Truro that serves as their principal residence
- Applicant must have been a full-time resident of Truro as of July 1st of the previous year
- Applicant must be the current occupant of property for which abatement is requested.

Applications are available for the Senior Municipal Service Program for the FY 2016 at the Truro Council on Aging, 7 Standish Way, North Truro, or on the web truro-ma.gov/coa or call **508-487-2462** for more information.



ADULT COLORING CLASS

WEDNESDAY MORNINGS

10:00 AM

Please join us and have some fun!!



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.

Stopping a Nose Bleed Mayo Clinic Health Letter May 2016

Most people experience a nosebleed at one time or another. Bleeding often results from a cold, a sinus infection, dry air, a scab being dislodged or use of certain medications, such as nasal steroids. Most nosebleeds are easily treated with these steps:

Sit up – this decreases the pressure in the veins of your nose, which slows the flow of blood. Leaning slightly forward will help you avoid swallowing blood.

Blow --- Very Gently blow your nose once or twice to remove any clotted blood

Pinch—Pinch the front, soft part of your nose with your thumb and index finger and breathe through your mouth. Do this for about 5 minutes. The pressure should stop the flow of blood. Repeat for 10 minutes if needed.

To keep the bleeding from starting again, don't pick or blow your nose for a few days and don't strain or bend down for several hours. Seek prompt medical care if the bleeding resulted from a head injury or if it doesn't stop after 30 minutes.

To help prevent future nosebleeds, keep the interior lining of your nose moist. Regularly apply petroleum jelly inside your nose and use a humidifier to moisten the air in your home.

If you have recurring nosebleeds, talk to your doctor about steps you can take to avoid them. Your doctor may want to take a closer look at your nasal passages or refer you to an ear, nose and throat specialist. If you're on a blood thinner, your doctor may recommend adjusting the dose.

Dee Yeater RN, BA Public Health nurse

**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 3:00 pm to 4:30 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

**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



MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

June 10th “Final Judgement”-Richard North Patterson

July 8th “The Butterfly Cabinet” by Bernie McGill

August 12th “The Boy In The Suitcase” by Lene Kaaberbec

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, June 15 at 11:00 am, COA

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



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



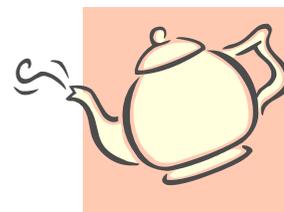
PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE COA
WEDNESDAYS 10:00 am
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



IN MEMORIAM

A. SCOTT DEERING

LEONARD A. PECCE



Introducing a brand-new Medicare Interactive

The Medicare Rights Center is excited to share with you a brand-new Medicare Interactive (MI) website. [You can create a free MI profile today!](#)

Some features include:

- **New and improved resources.** MI's new design and features ensure you'll find the answers you need quickly-- through smart links to relevant MI pages and case examples, a roll-over glossary, and other helpful resources.
- **MI Pro: A web-based curriculum.** For those looking to dig deeper into Medicare, please check out the Medicare Interactive Pro (MI Pro) learning curriculum, which will evolve further in the coming months. As an MI Pro subscriber you'll access exclusive in-depth Medicare content, quizzes, and printable learning tools.

Free Medicare Interactive profiles. By [creating your free MI profile](#), you can bookmark your favorite pages, manage newsletter subscriptions, access free exclusive links/downloads, and receive notices about key Medicare dates. As an initial thanks for registering you'll receive a welcome e-packet from Medicare Rights, complete with a *New to Medicare Guide*.

To get started with Medicare today and learn more about your Medicare coverage choices, call Elton at (508) 487-2462 X13 to schedule an appointment.



Health Care Proxy

Health Care Proxy - Having a health care proxy is vital to how you will be treated by medical personnel. **IT IS VERY IMPORTANT THAT YOU ASK SOMEBODY TO BE YOUR HEALTH CARE PROXY.** In the event you are unable to make your health care decisions, your proxy will make them for you. The individual you designate as the proxy should be made aware of the directives YOU desire, rather than leaving them to second guess what they should do. Make sure the individual you choose is someone you communicate with and trust to follow your directives.

Complete a Health Care Proxy form; a verbal agreement is not adequate. Ensure that contact information for your health care proxy can be located in an emergency. Your loved ones should know where to find it should they need it, and your doctor should be given a copy.

S.H.I.N.E.

S.H.I.N.E. Serving Health Information Needs of Everyone...on Medicare.

Free help with health insurance questions by appointment with our Certified SHINE Counselors

Call Elton (508) 487-2462 x13 to schedule an appointment.

Do you need a ride to Boston?

Please consider the following options.

TRANSPORTATION OPTIONS FROM TRURO TO BOSTON MEDICAL FACILITIES**CAPE COD REGIONAL TRANSIT AUTHORITY**

Boston Hospital Transportation (BHT) 800-352-7155 for reservations. Medical appointments must be between 10:00AM & 2:00PM. Bus leaves Dunkin' Donuts in Wellfleet at 7:00AM and leaves Boston for return at 3:00PM.

DEPARTMENT OF HEALTH AND HUMAN SERVICES

MassHealth provides transportation services to and from a MassHealth provider for a MassHealth-reimbursable service. Forms for this service are generated by your health care provider.

HELPING OUR WOMEN (HOW)

Provides transportation for women diagnosed with chronic, life threatening or disabling conditions. All services are free and confidential. (508)487-4357. Helpingourwomen.org

AMERICAN CANCER SOCIETY

Patients must be travelling to an appointment required to begin or complete cancer treatment. Patients must be ambulatory. 800-227-2345 www.cancer.org

SOUTH SHORE COMMUNITY ACTION COUNCIL

SSCAC, Inc. is an authorized vendor of the Commonwealth of MA Division of Medical Assistance (DMA). Transportation services are provided for a small fee.

Transportation Coordinator, (508)747-7575x6229 www.sscac.org

CALIBER/MEDEX PATIENT TRANSPORT

(508)744-3760 for information and fee schedule.

CAPE AIR**State Residential Fare**

\$82.00 each way. Fly out of Provincetown to Boston on Tuesday, Wednesday, Thursday, Friday.

(800)227-3247 for reservations. You must show proof of Cape Cod residency.

CAPE & ISLANDS VETERANS OUTREACH CENTER AND GRACE VETERANS PROGRAM

(508)778-1590 or (774)470-4971 for more information on transport for veterans.

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.**

COA CAFE

THE COA CAFÉ IS CLOSED UNTIL FURTHER NOTICE DUE TO OUR CHEF HEATHER BAILEY LEAVING FOR THE SUMMER. WE WILL NOTIFY EVERYONE AS SOON AS WE FIND A NEW CHEF! THANK YOU FOR YOUR PATIENCE.

FRIENDS OF THE COUNCIL ON AGING
SPRING LUNCHEON @ MONTANO'S
SUNDAY, JUNE 5, 2016
12:00 NOON

\$25.00 PER
PERSON
INCLUDES TAX
AND TIP



APPETIZERS
CLAMS CASINO
CHICKEN WINGS
CAESAR SALAD

ENTREES:

PRIME RIB
FLOUNDER STUFFED WITH CRABMEAT
FRESH PASTA BOLOGNESE
EGGPLANT PARMESAN

INCLUDES:

DESSERT
COFFEE
TEA

FOR RESERVATIONS PLEASE CALL JOAN AT 508-487-1508 BY MAY 31

Mon	Tue	Wed	Thu	Fri
<p>Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:30 LIBRARY</p>	<p>Men's Exercise Class 10:45-</p> <p>Women's Reflections 6:30</p>	<p>1</p> <p>Tai Chi 8:30</p> <p>Strength Training 9:00-10:00</p> <p>Coffee Hour 10:00 Adult Coloring Class 10:00</p>	<p>2</p> <p>CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p>3</p> <p>Strength Training 9:00-10:00</p> <p>White Line will resume in the Fall.....</p>
<p>6</p> <p>Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:30 LIBRARY</p>	<p>7</p> <p>Men's Exercise Class 10:45-</p> <p>Women's Reflections 6:30</p>	<p>8</p> <p>Tai Chi 8:30</p> <p>Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1-2:30 Free Legal Assistance (By Appointment)</p>	<p>9</p> <p>CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p> <p>VICTROLA SOCIETY 1:30</p>	<p>10</p> <p>Strength Training 9:00-10:00</p> <p>Mystery Book Club 12:30-1:30</p>
<p>13</p> <p>Strength Training 9:00-10:00</p> <p>Memoirs Writing Group Truro Public Library 10:30</p>	<p>14</p> <p>Men's Exercise Class 10:45</p> <p>Women's Reflections 6:30</p>	<p>15</p> <p>Tai Chi 8:30</p> <p>Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Story Swap 11:00</p>	<p>16</p> <p>CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p>17</p> <p>Strength Training 9:00-10:00</p> <p>Dr. Campo (Appointment only)</p>
<p>20</p> <p>Strength Training 9:00-10:00</p> <p>Memoirs Writing Group Truro Public Library 10:30</p>	<p>21</p> <p>Men's Exercise Class 10:45</p> <p>Women's Reflections 6:30</p>	<p>22</p> <p>Tai Chi 8:30</p> <p>Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1-2:30</p>	<p>23</p> <p>CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p>24</p> <p>Strength Training 9:00-10:00</p>
<p>27</p> <p>Strength Training 9:00-10:00</p> <p>Memoirs Writing Group Truro Public Library 10:30</p>	<p>28</p> <p>Men's Exercise Class 10:45</p> <p>Women's Reflections 6:30</p>	<p>29</p> <p>Tai Chi 8:30</p> <p>Strength Training 9:00-10:00</p> <p>Coffee Hour 10:00 Adult Coloring Class 10:00</p>	<p>30</p> <p>CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30</p>	<p>Art Gallery Opening</p> <p>Sunday,</p> <p>2:00-4:00 pm</p>

Amanda Reed

As a photographer, **Amanda Reed** has a passion for two distinctly different forms of photography: nature photography and iPhoneography. Birds are the primary subjects of her nature images. Photographing birds is challenging since the subjects rarely stand still, keeping their distance from human beings. Nature photography requires patience and endurance, which in turn is rewarded with beautiful images and a satisfying connection with the natural world. iPhoneography, which utilizes the iPhone and iPad to capture and process images is a completely different photographic experience. Using the iPhone to capture images gives Amanda the flexibility to capture images everywhere she goes. There is not limit to particular subjects, locations, time of day, light or the lack there of. Image processing is done using a myriad of apps designed to promote artistic creativity and experimentation. Reed is a member of the iPhone 9, iPhoneography Arts Collaborative, Cape Cod Viewfinders Camera Club, The Truro Group and CamNats.

Rachael Sokolowski

A year round resident of Truro, Rachael Sokolowski works visually in both photography and mixed media. She combines digital images shot on on her iPhone with other physical media by printing to paper, metal, wood or canvas and adds pastels, ink, or water-based oils.

Rachael is a member of the Truro Group, the iPhoneography Arts Collaborative and the iPhone 9, a study group that meets once a month to share ideas, information and inspiration about spontaneous and creative photography captured and processed on the iPhone. Her images have been shown at a number of group shows at different locations on the Cape and online. Three have won awards: "Botany Bay" at Cape Cod Art Association Trees Competition in May of 2015, "Brant Point" at the 2014 Coast Guard Photography Exhibit and "Highland Light" at the the 2013 Coast Guard Photography Exhibit. Her work was also featured in Cape Cod Magazine's March 2015 article "*The Camera in Your Pocket*". More information is available at www.rachaelsokolowski.com.



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 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



EFFECTIVE MAY 1, 2016

BLUE FORD FLEX:

Monday	Hyannis	Appointments must be between 10AM and 2PM
Tuesday	Hyannis	Appointments must be between 10AM and 2PM
Wednesday	Hyannis	Appointments must be between 10AM and 2PM
Thursday	PLYMOUTH	Beth Israel Deaconess Medical Center and/or Sandwich
		Appointments must be between 10AM and 1PM

Friday Orleans Appointments must be between 9:30am AND 1PM

WHITE FORD ECO VAN:

Monday Local errands and Outer Cape Health Provincetown and Wellfleet
NOON TO 4 PM ONLY

Tuesday COA programs

Thursday COA programs

Friday Local errands and Outer Cape Health Provincetown and Wellfleet

IN ORDER TO ACCOMMODATE EVERYONE, THERE ARE NO EXCEPTIONS TO APPOINTMENT TIMES

PLEASE BE SURE TO INFORM YOUR PHYSICIAN'S OFFICE THAT YOU ARE RELYING ON THE COA FOR TRANSPORTATION SO YOU NEED AN APPOINTMENT TIME THAT CONFORMS TO OUR SCHEDULE

ALL RIDES ARE SUBJECT TO AVAILABILITY OF A CAR AND A DRIVER



Transportation for Medical Appointments

Helping Our Women (HOW) provides rides for medical appointments on-Cape at no cost to women with chronic or life-threatening health conditions.

Rides to Boston for medical appointments are available weekdays with the Cape Cod Regional Transit Authority (CCRTA) Boston Hospital Bus **at no cost to clients**. Arrangements are made by HOW directly with the CCRTA. We will arrange taxi transportation if needed to the van and home again after the van ride. The van departs from Wellfleet Dunkin' Donuts at 7 a.m. or Eastham Superette at 7:15 a.m. daily and leaves Boston no later than 3 p.m. (appointments must be scheduled from 10 a.m. to 2 p.m.).

To arrange a ride and become a HOW client, please call the HOW office at 508-487-4357. We usually need at least one week's notice to arrange a ride. Please be prepared with the location and time of your appointment when you call.

TRURO COUNCIL ON AG-
ING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

FRIENDS OF THE TRURO COUNCIL ON AGING MEMBERS

Diane Rose, President; , Bill Worthington, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Lucie Grozier, Brian Trainor and Jeanne Foulke, Ed Yaconetti, Jim Brown.

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, Joan Moriarty, Claudia Tuckey, Hannah Shrand, Marla Perkel. **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, David Peterman, 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.