



NANCY TARVERS IS TRURO'S SENIOR CITIZEN OF THE YEAR

"I have many stories about Nancy", says Susan Travers, Truro COA Director, who herself came to Truro at age 10 and lived near Nancy Tarvers. The first one that came to mind was a mental picture of "that huge VW bus of hers. We'd hear the slide of the bus door opening and jump in! All the kids wanted to go with Nancy and all were welcome...in those days there were no seat belts or car seats and it was quite a scene with kids piling in, coming on their bikes or running as fast as their legs could go. Maybe we'd head off to skate on a pond or go to Orleans... we often didn't know where we were going and it was always exciting". At this same time, Nancy and Bruce, her husband, were raising five kids of their own and she worked nights at the Cape End Manor (now Seashore Point) as a nurse while Bruce worked with Bobby Bumps in construction and later in his own carpentry business. Nancy started working at the Manor one week after arriving in Provincetown and stayed for 50 years, often taking care of several generations in the same family during her long tenure there. She smiles warmly when recalling her days at The Manor saying, "we had a lot of fun, it was like being with family." Nancy retired in 1994 only to start working there the next day as an on-call nurse until 2009.

Talking with Nancy for this article was entertaining for she laughs a lot and doesn't take herself seriously, in fact it's hard for her to understand why she was chosen for this honor. As she said in a recent story in the Provincetown Banner about her being named Senior Citizen of the Year, "...they must be getting desperate" But it doesn't take long to realize that she is the old fashioned Country Nurse. "Call Nancy" is what many Truro folks have been saying for years when faced with a situation that stumps them, especially on off hours and weekends when help is not easily available. She has always cared for people of all ages in little ways that she thinks are not important but mean the world to others. Although she says she is "not busy" since she stopped working, her connections with friends, family and neighbors who need a hand continues. Currently, she meets with a friend with limited vision and reads emails to her; she regularly drives people who need transportation; visits private homes and nursing homes to see old friends and until recently Nancy cooked breakfast on weekends for a friend in need of help. Nancy finds a way to be useful to another person, sets her sights on a specific need and she just does it without fanfare. Weaving her way in and out of people's lives, she is a true friend, a person who is on the same side with another in a struggle.

Nancy grew up in an "Irish family" in Norfolk, Virginia with her parents and three sisters. She graduated from Georgetown University with a B.S. degree in nursing and worked in the D.C. area for a year. She moved to Florida because her parents had re-located there and worked in a hospital where she and Bruce met. He was a patient for one month and at the end of his stay, they married in the hospital chapel and soon after moved to Provincetown, Bruce's home town. "Truro is home now". It's an interesting small town to her and she loves the summer season and being near the beach. Always creative, she now relaxes by quilting, reading and "sitting in my chair". Her current Big Project is downsizing. "I moved to my present home in 1994 and just took everything with me. We're pack rats and Bruce saved things for the yard sale". Bruce and Nancy were married for 48 years until his death in 2005. Two of their adult children, Christina and Mike live on the lower cape while Tracey, Karen and Pam live over the bridge. Their grandchildren are Gregory, Rebecca, Theresa, Meredith, Sarah and Nathan plus two year old great granddaughter, Clara.

By her own definition, Nancy has led an ordinary life, yet those touched by her gifts of expertise, kindness and time would add that the ordinary has been extraordinary to them.

Nancy will be honored at the Council on Aging's volunteer breakfast in April.

Written by Judy Thompson



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, April 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.

Are you having Difficulty with the loss of a loved one or a pet??

Nancy Higgins, LICSW and the Visiting Nurses Association Hospice Bereavement Coordinator will be offering FREE and confidential grief support sessions at the COA. Please take advantage of this valuable service if you are in need of help dealing with loss.

Nancy will be conducting one hour appointments on April 9 from 10:00-1:00pm.

Please call us to make an appointment.

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 well-ness 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: May 13th Call 508-487-2462 Hours 9 to noon, for transportation please call by the Friday morning before.

Provincetown SMILE Appointments: April 8th, June 10th Call 508-487-7080



THE WHITE –LINE BLOCK PRINT WORKSHOP

CONTINUES BY POPULAR DEMAND!!!

PLEASE JOIN CATHY SKOWRON AND PAT CANAVARI

EVERY FRIDAY AFTERNOON IN APRIL FROM 1:30-3:30 pm

TO PAINT AT THE “OPEN STUDIO” AT THE COA!!!

Sponsored by the Truro Group and the Truro COA



NEW PROGRAM!!

Let's Learn About the Health Benefits of “Taking Better Care of Your Spirit”

with Dee Yeater, RN from the Visiting Nurses Association On

Thursday, April 10 at 1:30 pm

COA Activities Room

Health Tips from the Town Nurse, Dee Yeater RN Another Reason to Get the Shingles Vaccine

This month I turned to the Neurology Journal, January 2014 for information

On the importance of getting the shingles vaccine.

A British study found that having had shingles-caused by the same virus that triggers chickenpox- can raise your risk of a heart attack or stroke. People older than age 40 who had shingles were 15 percent more likely to have a mini stroke and 10 percent more likely to have a heart attack years later than those who never had the condition.

And among adults younger than 40, shingles was increased with a whopping 74 percent increase in stroke risk. Now the authors of the study, which was partly funded by vaccine maker Sanofi Pasteur, advise that anyone who has had shingles be screened for stroke risk factors.

But I always recommend you discuss this with your doctor because your doctor knows you and all of your health risks not just shingles.

BASIC COMPUTER CLASSES AT THE COA



- *Do you have laptop computer you would like to better understand?
- *Do you need help sending to email?
- *Would you like to learn all the internet has to offer?

Are you interested in a BASIC computer class? If so, this is the class for you!!

David Wennerberg is offering classes at the COA to help you. Mr. Wennerberg would like to invite you to an informal chat **on Tuesday, April 22nd at 1:30 pm** in the Activities room at the COA to get a feel for what people are interested in learning. Sign up for the presentation is required.

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



Mass. Audiology will be available by appointment only on the 2nd Wednesday of the month - April 9 at 10:30 am. This is a free service. There is no obligation to buy a hearing aid. The audiologist will be here if someone is scheduled.

Note: Free Hearing Aids are available from the Provincetown Lion's Club if you meet the income guidelines. To learn more con-

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.

WORKING AT YOUR COMPUTER-DON'T LET IT BE A PAIN IN THE NECK!

Many people experience back or neck pain while seated at a computer; this is often related to the seat design and the set-up of the computer area. The way you sit can affect the health of the spine.

There is no single ideal sitting posture; the goal is for each individual to achieve their "best" posture, which means the least amount of stress would be applied to the spine. Frequent fidgeting while seated is often a sign of discomfort due to increased postural stress. If you work at a computer or desk often, use this checklist to evaluate your seating. If you frequently have neck or back pain, or you find you are fidgeting a lot, it may be worth your while to make some adjustments. These are some general guidelines, based on information from Cornell University and OSHA (Occupational Safety and Health Administration).

- Seat height- should allow for a knee angle of 90 degrees (right angle) with feet flat on the floor. Some office chairs are adjustable. If yours is not, you may add a book or block underneath the feet if the seat is too high, or a cushion on top of the chair if the seat is too low.
- Seat depth- should allow for about 2 inches of space between the back of the knee and the edge of the chair, while leaning on the back rest. Some chairs allow you to adjust this, otherwise you may add a cushion or a back support behind you to bring you further forward on the seat
- Seat cushioning should be about 1.5 to 2 inches thick
- Seat width, should be around 20 to 22 inches, or if the chair has armrests, it should comfortably accommodate your elbow to elbow width
- Arm rests- can provide more postural support, as well as aid in standing up and sitting down. They should be padded and support the fleshy part of your forearm, not the bony point of the elbow. The elbows should be at 90 degrees, with the upper arms next to the trunk.
- Computer monitor- the top of the screen should be at or just below eye level. If you wear bifocals or trifocals, you should be able to look straight at the screen, without tipping your head backwards.
- Your table or desk should be below the level of your elbows, allowing your wrists to be straight and fingers relaxed.

Remember to take a break about every 45 minutes to get up and walk around, even good sitting posture is uncomfortable if maintained for too long.

By Kathy Stetson, Physical Therapist, Certified Health Fitness Specialist.

REMINDER- MEDICAL RELEASE FORMS

If you participate in exercise programs at the Truro Council on Aging, you should complete a medical release form upon starting the program and once a year after that. This form provides an opportunity for your physician to verify that it is safe for you to participate in an exercise program (always recommended for people over the age of 40). You do not need to make an extra appointment to see your physician to have the form signed. If you see your doctor for regular check-ups, just fill out the form and return to the COA office; it can be faxed to the doctor. If you need a form, please speak to your exercise instructor, or MaryEllen Duart in the office.

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, April 11, 12:30 pm

BOOTLEGGERS DAUGHTER by Margaret Maron

Friday, May 9, 12:30 pm

CALCULATED IN DEATH by J.D. Robb

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!!

Tuesday, April 15 at 11:00 am, Truro COA

Dan Lynch



Are you interested in playing MAHJONGG?

**Please join us in the Conference Room at the COA every
THURSDAY from 1:00-4:00 pm**



**PLEASE JOIN US FOR COFFEE AND CONVERSATION AT THE
COA**

WEDNESDAYS 10:00 am

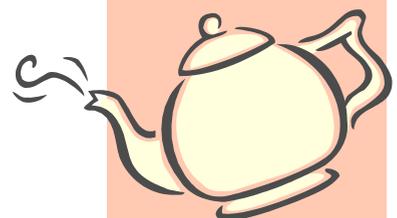
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS IN APRIL

AT

1:30 pm in the Activities Room



FALL PREVENTION PRESENTATION

Katrina Cannatelli, Rehab Practice Manager, for the VNA of Cape Cod will be presenting a Fall Prevention Program on Tuesday, April 15th at 1:30 p.m.

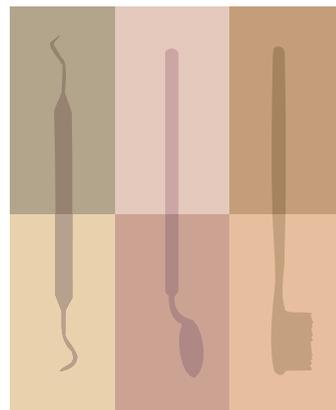
The program will address the many causes of falls and offer strategies to manage those factors. A self-assessment tool will be provided to help you identify your own fall risk factors. Recommendations to manage those factors will be provided. It will be informative and interactive.



Visiting Nurse Association of Cape Cod
Member of Cape Cod Healthcare

DENTAL PROGRAM

Dr. Scott A. Allegretti and the Dental Team from Provincetown Dental Arts will present a program on “Dental Health & Well Being” on **Thursday, April 17th at 2PM** in the COA Activities Room. Topics will include State of the Art Dentistry, Oral Health & Diet, Periodontal Disease, Dental Implants, Cerec Restorations, Cosmetic Procedures, Facial Esthetics, and Sedation Dentistry. A question & answer period will follow. Refreshments will be served.



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 cancelled on Weds. April 2 & 9

SHINE NEWS...

*****Hospital Observation Stays and Original Medicare*****

Hospitals are increasingly admitting patients under observation status. Patients under “observation” are considered outpatients even though they may stay in a hospital bed for many days. For those with Original Medicare, outpatient stays at a hospital could result in increased costs. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under “observation” in a hospital will not count toward that three-day minimum.

In addition, a Medicare Supplement (Medigap) **will not** cover any of the costs of the skilled nursing care if Medicare has not paid first. So patients with Original Medicare who have been under observation status, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home, because they are unable to cover the costs.

Medicare Advantage plans **will** cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial.

Currently, there are bills filed in both houses of Congress (the Improving Access to Medicare Coverage Act of 2013) requiring that time spent in “observation” be counted towards meeting the three-day prior inpatient stay that is necessary to qualify for Medicare coverage in a skilled nursing facility. All members of the Massachusetts delegation support this pending legislation.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center.

SAFE RETURN

The Truro Police Department and the Truro Council on Aging are involved in a program called SAFE RETURN which is available to the community. This program is set up to assist people that have memory impairments such as Alzheimer’s. SAFE RETURN is a 24 hour a day database registry operated by Alzheimer’s Association. To register, you or a family member may call the Truro COA at 508-487-2462. After you are registered a member of the Truro Police Department will follow up with your family. For more information on SAFE RETURN please contact the Truro COA or Communications Supervisor Heidi Dyer at the Truro Police Department 508-487-8730.

★
★ THE COA IS CELEBRATING 40 YEARS!! ★
★ ANNIVERSARY PARTY DETAILS ARE INSIDE ★
★ THIS NEWSLETTER! ★
★
★

IN MEMORIAM
IRENE GIBBS BRADY
BETTY MORRIS

Truro COA Luncheon Menu

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Tuesday, 12:30-1:30PM

Reservations Required by 12pm Monday 508-487-2462 ext 10

Truro Community Center, 7 Standish Way

April 1st

Seared Chicken Breasts with a Salsa Verde

Black Bean Corn and Tomato Salad

Guacamole and Chips

Mexican Chocolate Mousse

***Soup:** Mexican Chicken

April 8th

Chicken and Pasta with Artichoke Hearts, Kalamata Olives and Feta

White Bean & Roasted Garlic Hummus

With Crostini

Season Fruit Cup

***Soup:** Spring Pea

April 15th

Roast Pork Loin w/Mango Chutney

Butternut Squash Ravioli w/Sauteed

Greens

Bread Pudding

***Soup:** Butternut Squash Bisque

April 22nd

Sausage and Spinach Lazy Lasagna

Caesar Salad and Garlic Bread

Sorbet

April 29th

Meatloaf with Brown Gravy

Mashed Potatoes

Peas

Strawberry Shortcake

***Healthy Low Sodium Homemade Soup is sold separately at the COA \$4 pint**

Mon	Tue	Wed	Thu	Fri
<p>COA ART GALLERY Opening for Christie Andresen Sunday, April 6 2:00-4:00</p>	<p>1 COA CAFÉ 12:30</p>	<p>2 Tai Chi (CANCELLED) Strength Training Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00</p>	<p>3 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30</p>	<p>4 Strength Train 9:00-10:00 White Line Open Studio 1:30-3:30</p>
<p>7 Strength Training 9:00-10:00 Memoirs Writing Group 10:30</p>	<p>8 COA CAFÉ 12:30 Board Meeting 10:00 AARP TAX PREP. Bereavement Counseling 10:00 SMILE 9:00</p>	<p>9 Tai Chi (CANCELLED) Strength Training Mass Audiology Legal Assistance (By Appointment) Individual Counseling 10:00-1:00 Bereavement 1:00 Coffee Hour 10:00</p>	<p>10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Wellness Talk w/ Dee Yeater 1:30 Tea Time 1:30</p>	<p>11 Strength Training 9:00-10:00 Mystery Book Club 12:30 White Line Open Studio 1:30-3:30</p>
<p>14 Strength Training 9:00-10:00 Memoirs Writing Group 10:30</p>	<p>15 COA CAFÉ 12:30 Story Swap 11:00 Fall Prevention 1:30</p>	<p>16 Tai Chi 8:30 Strength Training 9:00-10:00 Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00</p>	<p>17 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 (CANCELLED) Tea Time 1:30</p>	<p>18 Strength Training 9:00-10:00 Dr. Campo White Line Open Studio 1:30-3:30</p> 
<p>21 HOLIDAY PATRIOT'S DAY</p>	<p>22 COA CAFÉ 12:30 New Computer Class 1:30</p>	<p>23 Tai Chi 8:30 Strength Training 9:00-10:00 Weight Loss 10:00 Coffee Hour 10:00</p>	<p>24 CORE & PACE (CANCELLED) Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30</p>	<p>25 Strength Training 9:00-10:00 SHOPPING TRIP 9:00 White Line Open Studio 1:30-3:30</p>
<p>28 Strength Training 9:00-10:00 Memoirs Writing Group 10:30</p>	<p>29 COA CAFÉ 12:30</p>	<p>30 Tai Chi 8:30 Strength Training 9:00-10:00 Weight Loss 10:00 Coffee Hour 10:00</p>		<p>COA ART GALLERY Opening for FOUR FRIENDS IN ART SUNDAY, MAY 4 2:00-4:00</p>

Artists Statement- Christie Andresen**Taqwa Glassworks**

I have enjoyed the art of working with a variety of media since I was very young. These skills have allowed me to approach a unique style of glass crafting that weaves together these mediums, and I have enjoyed the process of experimentation, ultimately finding a balance of each media in the different sets of panels I make.

By using skills learned from years of jewelry making, leather working, metal crafting, technical design and traditional stained glass application, I have been able to hone my skills, creating stained glass panels with hand sculpted brass and copper wire, enameled repose copper, fused elements, hand painted and kiln fired glass, and relief motifs.

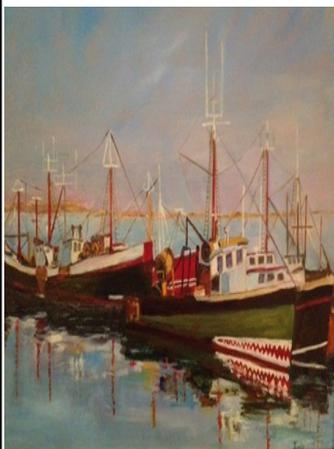
The open work, or lacunae, in my panels, along with intricately filled areas, allows me to create designs in the negative space, creating a balance of sculptural negative/static positive.

Movement is created within and on the glass. Kiln worked and fused glass, along with painted and fired enamels allow me to experiment with more intricate and abstract concepts, while harnessing the beauty of transient light.

The sculptural aspect of layered glass creates surface texture and along with ambient light plays an important part in the finished pieces, as does the journey of reflected sunlight during the day keeping the panel in a constant state of flux.



Four Friends in Art

*Judy Schmitt**Charlotte Guertin**Pat Canavari**Christine Martin*

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**

TRADER JOE'S SHOPPING TRIP

FRIDAY, April 25th

Bus leaves COA at 9AM

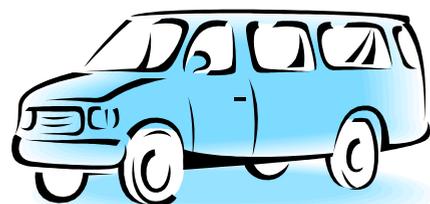
Return at 1PM

Call Margie at 508-487-2462

To reserve your seat

**Voluntary Contribution Schedule for
Van Service**

<u>From Truro To:</u>	<u>Cost:</u>
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



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, President; 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; 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 our newsletter helpers for their invaluable help with the bulk mailing..