



TRURO COUNCIL ON AGING
MAY 2014
NEWSLETTER
7 Standish Way, N. Truro
508-487-2462 www.truro-ma.gov/coa

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.

**HOW TO CHOOSE A NURSING HOME
BEFORE YOU NEED ONE**

Cheryl Gayle, Elder Services Ombudsman Program Director, will be at the Council on Aging on **Tuesday, May 20 at 1:30** to talk about choosing a nursing home before you need it. She will provide a nursing home checklist to help you know what to look for and compare nursing homes. Cheryl will talk about short term versus long term care. Cheryl cannot tell you which nursing homes are best or worst. The COA will have a list of nursing homes on Cape Cod with address and phone numbers.

Please call Katherine at ext. 13 for more information and to sign up.

**SENIOR MUNICIPAL SERVICE PROGRAM
BEGINNING JULY 1, 2014 & ENDING JUNE 30, 2015**

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

Participants must meet the following requirements before they apply:

- Applicant must be 60 years of age or older
- Applicant must own property in Truro that serves as their principal residence
- Applicant has 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 FY15 at the Truro Council on Aging, 7 Standish Way, on our website truro-ma.gov or by calling 508-487-2462 for more information.

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 be held on **Wednesday, MAY 14 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.

We will be cancelling the sessions in May but will continue in June.

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

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

Truro COA and Provincetown COA are co-sponsoring a workshop on how to use simple and fun tools to better manage conflict in our lives. Cape Mediation will conduct the workshop on Monday, June 9th at 11:00 am. More information to follow in the June newsletter.



THE WHITE –LINE BLOCK PRINT WORKSHOP

CONTINUES BY POPULAR DEMAND!!!

**PLEASE JOIN CATHY SKOWRON AND PAT CANAVARI
EVERY FRIDAY AFTERNOON IN MAY FROM 1:30-3:30
pm**

TO PAINT AT THE “OPEN STUDIO” AT THE 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, May 8 at 1:30 pm

COA Activities Room



Health Tips from the Town Nurse, Dee Yeater RN

7 Steps to Understanding Your Health Care Professional

Consumer Report's on Health Chief Medical Adviser wrote an article on "How To Decipher Doctor Speak" or why DOC'S talk that way. I wanted to share it with you.

As the patient, it's your right to understand your diagnosis, your outlook, and the possible treatments in terms that are comprehensible. Here are a few tips to ensure that you and your doctor are speaking the same language.

Bring someone with you, especially if it is to discuss test results or treatments.

Take notes or ask to record the conversation.

Don't be intimidated. If you don't understand interrupt and ask for more explanation. Sometimes our emotions can interfere and we need more time to take in the information.

Never nod your head or give any other indication that you understand something if you really don't.

Ask for references or on line sources so you can read up on the diagnosis or treatment.

Repeat what you think you heard so that your doctor will know whether you're on the same page. That recap might be the most important tool you have to avoid miscommunication or misunderstanding.

Leave the door open for anything you may have forgotten by saying, "If I have any questions, I will call or use the online patient portal".

Every profession has its own lingo but clear effective communication is the key to your better health.

Estate Planning with an Elder Law Attorney

Thursday, May 22nd 2:00 pm at the Truro COA



The Annual Elder Law Education Program will be co-hosted by the Truro and Provincetown COA. Attorney Thomas C. Paquin will focus on estate planning topics: advance directives (health care proxy, wills, power of attorney), MassHealth and Medicare, and alternatives to nursing facilities. Please join us!!

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 - May 14 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 contact the Outreach Coordinator at the COA, #508-487-2462

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.

The Pause That Refreshes

Mindfulness, being intentionally aware of what is happening in the moment, without judgment, has been shown to have numerous benefits to our physical and mental health. There are ways to integrate this into our daily lives, without committing to a formal meditation practice. Here are a couple suggestions:

Choose one routine daily activity, such as washing hands, washing dishes, eating a meal, brushing your teeth, feeding the dog or cat, or anything else you want. As you do this activity, pay complete attention to the experience: notice what you are seeing, feel the texture, pressure, and temperature of things, notice and feel any movement your body is making, notice any smells or tastes, notice the sounds. The idea is to tune into the direct experience, and not what we think of it. When you notice your mind has drifted away from what your senses are experiencing (and it will drift), gently bring your attention back to the sensory experience.

Take three minutes, three times a day (or at least aim for this) for the following 3-step exercise: Step 1: Become aware of your inner experience: what thoughts are going through your mind? Acknowledge what they are. Then turn your attention to your emotions; what feelings are you noticing? Acknowledge their presence. Then notice what body sensations you are having right now. Scan your body and acknowledge any sensations. You don't need to change anything, just notice it.

Step 2: Direct your attention to your natural, automatic breathing. Notice the physical sensation of either your chest or belly expanding and contracting, or the feel of the air above your lip or coming through your nose. Pay close attention to the sensation. If your mind wanders, gently bring your attention back to the breathing.

Step 3: Expand your awareness to your whole body, including your posture and position and your facial expression. If you notice any physical discomfort, bring your awareness there and breathe into it on the inhale and breathe out from it on the exhale.

While doing these, if you find yourself being critical, bored, or having any other thoughts, feelings, or judgments, try to accept all of this as ok, and refocus your attention back to the activity.

After you've done these exercises, notice how you feel, and if you make this a daily or regular routine, notice over time how you feel. Mindfulness can reduce stress, anxiety, and depression, and promote a sense of well-being.

If stress, anxiety, or depression is feeling too strong, or happening too often or for too long, don't hesitate to call Gosnold at 508-487-2449 or 1-800-444-1554 X 5159 for a confidential therapy appointment.

Georgia Neill, LICSW, Program Manager



SMILE PROGRAM: Dental Information Appointments Available

Make an appointment with a SMILE Counselor from the Oral Health Excellence Collaborative. Receive information about local resources for dental care and learn about helpful affordable care options including assistance programs, insurance and discounts. Get a free toothbrush plus other dental care products. Please call the COA to book your appointment.

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, May 9, 12:30 pm CALCULATED IN DEATH by J.D. Robb

Friday, June 13, 12:30 pm THE DIRTY SECRETS CLUB-Meg Gardiner

Friday, July 11th, 12:30 pm Hand in Glove-Ngaio Marsh

Friday, Augst 8th, 12:30 pm Bee Balm Murders-Cynthia Riggs

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, May 20 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

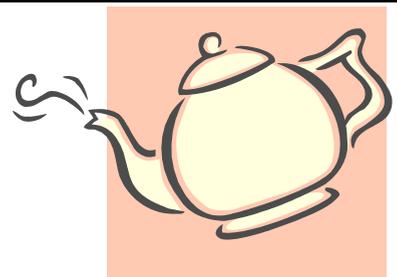
Free coffee and treats

TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS IN MAY

AT

1:30 pm in the Activities Room



LET'S GO SWIMMING at the BEACH POINT HEALTH AND SWIM CLUB!

The Friends of the Truro COA have prepaid 20 memberships at the Health and Swim Club for residents 60+ years old living in the towns of Provincetown, Wellfleet and Truro. Memberships cost \$180.00 for 30 visits. Stop by the Truro COA to sign up for your new or existing membership.

NEW WALKING PROGRAM FOR TRURO RESIDENTS!!

FOR MORE INFORMATION-READ THE HEALTH FAIR FLYER INSERT IN THIS NEWSLETTER!

SHINE News...

Need help with prescription drug costs? Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many elders and disabled pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

Those who are a **Massachusetts resident, eligible for Medicare**, AND:

65 years or older with an annual income at or less than \$58,350 for a single person or \$78,650 for a married couple

OR

under 65 years and disabled, with an annual income at or less than \$21,940 for a single person or \$29,572 for a married couple.

Those who are 65 years or older and **not eligible for Medicare** can also join and there is **no income limit.**

There is **no charge** for joining Prescription Advantage if your annual income is at or less than \$35,010 for a single person and \$47,190 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

If you would like more information or assistance with the application please call the Senior Center to make an appointment with a SHINE (Serving the Health Insurance Needs of Everyone) counselor. Trained SHINE counselors are volunteers who offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

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.

Truro COA Café Menu

Tuesday, 12:30-1:30PM

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

Truro Community Center, 7 Standish Way

- May 6th - Baked Cod with Piccata Sauce, Rice Pilaf and Green Salad
- May 13th - Shepard's Pie and Green Salad
- May 20th - Chicken Rollatini with Zucchini Noodles and Herb Glaze and Orzo, Spinach Tomato Salad
- May 27th - COOKOUT!! Hamburgers, Hotdogs, Potato Salad, Chips and Pickles

*\$7.50 includes meal, beverage, and dessert

Katherine Stillman's last day as the
Truro Council on Aging

Outreach Coordinator is **Friday, May 30th**

Please come in and bid a fond farewell to Katherine
before she leaves us!

Happy Retirement Katherine!!

Mon	Tue	Wed	Thu	Fri
<p>COA ART GALLERY Opening for Four Friends In Art Sunday, May 4 2:00-4:00</p>	<p>COA ART GALLERY Opening for Cyndi Welch Photography SUNDAY, June 1 2:00-4:00</p>		<p>1 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>2 Strength Train 9:00-10:00 White Line Open Studio 1:30-3:30</p>
<p>5 Strength Training 9:00-10:00 Memoirs Writing Group 10:30</p>	<p>6 COA CAFÉ 12:30</p>	<p>7 Tai Chi Strength Training Individual Counseling 10:00-1:00 Coffee Hour 10:00</p>	<p>8 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>9 Strength Training 9:00-10:00 Mystery Book Club 12:30 White Line Open Studio 1:30-3:30</p>
<p>12 Strength Training 9:00-10:00 Memoirs Writing Group 10:30</p>	<p>13 COA CAFÉ 12:30 Town Election Health Fair 9-11:30 Bereavement Counseling (Cancelled)</p>	<p>14 Tai Chi 8:30 Strength Training 9:00-10:00 Kathy Stetson Mass Audiology 10:30 Coffee Hour 10:00 Legal Assistance (By Appointment) Bereavement 1:00</p>	<p>15 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 (CANCELLED) Tea Time 1:30</p>	<p>16 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30</p>
<p>19 Strength Training 9:00-10:00 Memoirs Writing Group 10:30</p>	<p>20 COA CAFÉ 12:30 Board Meeting 10:00 Story Swap 11-12:00 Choosing a Nursing Home 1:30</p>	<p>21 Tai Chi 8:30 Strength Training 9:00-10:00 Weight Loss 10:00 Coffee Hour 10:00</p>	<p>22 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1:00-4 Ask A Nurse 1:30 Tea Time 1:30 Estate Planning 1:30-2:30</p>	<p>23 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30 Dr. Campo </p>
<p>26 MEMORIAL DAY COA CLOSED</p>	<p>27 COA CAFÉ 12:30</p>	<p>28 Tai Chi 8:30 Strength Training 9:00-10:00 Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00</p>	<p>29 CORE 11-Noon Pace 12:30-1:30 Mahjongg 1:00-4 Ask a Nurse 1:30 Tea Time 1:30 Medicare Program 1:30</p>	<p>30 Strength Trainers 9:00-10:00 White Line Open Studio 1:30-3:30</p>

COA GALLERY SUNDAY, May 4, 2014 2:00-4:00 pm

Four Friends in Art

Judy Schmitt

Charlotte Guertin

Pat Canavari

Christine Martin



COA GALLERY OPENING - SUNDAY, June 1, 2014 2:00-4:00 PM



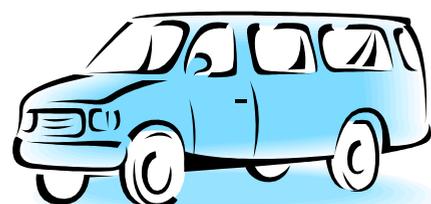
CYNDI WELCH PHOTOGRAPHY

Cyndi Welch specializes in capturing the SPIRIT of nature. "I like to go for walks and see what nature wants to show me. Then I try to express that spirit through the images nature give to me". As a Massage Therapist and a Reiki Master, I use color as a healing modality in the energy work that I do. My photographs are an extension of that. Cape Cod generously offers a variety of colors, wildlife and landscapes.

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.

SUMMER TRAFFIC*****REMINDER*******FOR THE MONTHS OF JUNE****JULY AND AUGUST****PLEASE SCHEDULE ALL
ON-CAPE APPOINTMENTS****BEFORE****1PM AND****BOSTON APPOINTMENTS****NO LATER THAN NOON.****NO BOSTON TRIPS****ON****FRIDAYS****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

**WE HAVE HAD AN INCREASE IN
TRANSPORTATION REQUESTS.****WE NEED A MINIMUM OF 24
HOURS****NOTICE TO SCHEDULE THE VAN
FOR
APPOINTMENTS.**

TRURO COUNCIL ON AGING

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 BOARD

Diane Rose, President; 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 Duarte, 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..