



## **Truro Times**

7 Standish Way, N. Truro (508) 487-2462

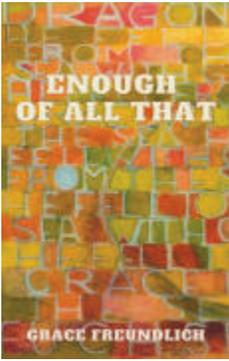
[www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)

HOURS: 8:00 am - 4:00 pm MONDAY -FRIDAY

**\*January/February 2021\***



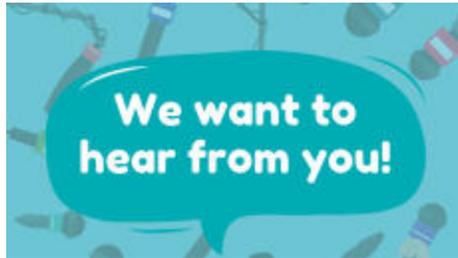
*As we head into the winter months, I find myself looking back over the last year, my first year as your director, and pause to reflect. Winter is a good time for reflection. The cold, dark months allow for a going within, a time to reassess where we have been and where we are going. This year in particular has been a difficult one and while promise is on the horizon, we still struggle to stay safer at home until we are able to gather together again. In this time where patience is running thin, loneliness is aching in our hearts, and anxious thoughts are running free in our minds, we need more than ever to ground, breathe and be still. It is in this stillness that hope awaits us. The hope for healing, for finding courage, for reaching out to one another with kindness and compassion. In connection we will find our way out of the darkness and into the light together. The COA is continuing to find new ways to stay connected so look inside to see what is happening these next months and plan to join us. We are here, and we will continue to reach out to stay connected through this time and all times to come. On a personal note, I'd like to thank you all for welcoming to the Truro community. It has been quite a first year. I am so looking forward to seeing all of you gathering together at the community center and sharing a coffee, our stories and a few laughs. I will leave you with an old Japanese Proverb, "One kind word can warm three winter months" Be kind to yourself and others. It makes all the difference. -Mary-Elizabeth*



*Congratulations!*

We would like to send a big congratulations to Grace Freundlich on her new book “Enough of All That”. Well done, Grace!

[Click here](#) to view her website about the book.



Do you prefer to receive the newsletter via mail or email? Please email [cmicks@truro-ma.gov](mailto:cmicks@truro-ma.gov) or call Chelsea at 508-487-2462 and let her know which you prefer.

## Looking for home comfort and savings?

We'd like to help.

Sign up for a **no-cost** Home Energy Assessment.



We can help you update:

- Lighting, **no cost**
- Insulation, **75-100% off project costs**
- Heating and cooling equipment, **rebates available**
- And more ...

CapeLightCompact.org  
1-800-797-6699



## #1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711  
[ExploreUHCmedicare.com](http://ExploreUHCmedicare.com)

United Healthcare

Y0066\_200813\_013109\_M

SPRJ58101





## ATTENTION TRURO PROPERTY OWNERS!

Does your home need critical structural repairs? The Housing Rehabilitation Program may be able to help! Funds will be available to help qualified homeowners pay for repairs such as: Roofs, Siding Windows, Doors, Septic Systems, Heating Systems, Lead Paint Abatement, Electrical, Plumbing & More! To learn more about this program, contact Terri Barron, Director of Housing Rehabilitation Programs at 508-240-7873, ext. 14 or [terri@capecdp.org](mailto:terri@capecdp.org)



### Hello older adults!

Did you know that Options Counseling is available through CORD? Steve Spillane, PhD will answer your calls about services that may assist you in staying in the community rather than going into a nursing home! Please call CORD at 508-775-8300 X20 and leave a message for Steve or email him at [steve@cilcapecod.org](mailto:steve@cilcapecod.org)



**LEGAL ASSISTANCE:** 60 years of age or older, by appointment. Phone conferences available during COVID. Call the Truro COA (508-487-2462) to schedule a phone session.



**1:1 Legal Consultations** Through the generosity of Cape attorneys who donate their time, WE CAN is offering to low to moderate income women a range of free legal services, including individually scheduled 30-minute appointments for women to receive targeted information and guidance on *family law or landlord/tenant law*. Please note: Attorneys do not provide representation. For an appointment, **Please call WE CAN to Register: (508)-430-8111. Free confidential childcare reimbursement available ~ Interpreter services available** Funded in part by The Massachusetts Bar Foundation (IOLTA); The Cape and Islands United Way.

# NEVER MISS A NEWSLETTER !

Sign up to have our  
newsletter emailed to you at  
*[www.ourseniorcenter.com](http://www.ourseniorcenter.com)*



## January/February Art Show

My family has been coming to Truro since the early 1960's – we're part of a Baltimore Jewish community that included the artist Herman Maril. In 2013, I retired from being a full-time community and political organizer and asked my mother, who had studied with Maril, to teach me to paint.

Painting has become a great joy. I take classes consistently, both on and off the Cape. My main media are acrylic and watercolor. My teachers include local Cape artists Megan Hinton and Peter Chepus as well as Peter Fiore, Henry Finkelstein, Lisa Goren and Emily Passman.

In this exhibit, I focus on 2020 work, esp. my life in Truro since we came here from New York to escape COVID last March and my first trip to Jamaica (December, 2019), to meet our son-in-law's family there. Many of these are smaller watercolors I made in between phone calls for the 2020 election. Two of the paintings here are accompanied by poems by Lynne Viti, a Massachusetts poet I've known since we were teenage activists in United Nations Youth of Maryland. I have been fortunate to provide cover art for Lynne's two most recent books. Half of the sale price of these paintings will go to Truro Center for the Arts at Castle Hill. Contact for purchase or otherwise: [jeffcedarave@gmail.com](mailto:jeffcedarave@gmail.com).

Click [HERE](#) to view the art show.





**Senior Fitness Hour:**

A new “Senior Fitness Hour” is premiering on Channel 99 of Lower Cape Community Access TV for older adults in the communities of Brewster, Orleans, Eastham, Wellfleet, and Truro. This program is the result of a collaborative effort between Lower Cape TV, and the Councils on Aging in these communities. We know the pandemic has created an extended period of isolation which has been hard for seniors, and everyone is desperately missing their routines. This collaboration was an opportunity for us to work together regionally while leveraging resources to make sure all older adults could access opportunities to focus on their health and wellbeing from the safety of their homes. Every weekday there will be fitness classes featuring instructors from the various senior centers. From 10-10:30am, there will be regular senior fitness classes, and from 10:30-11am there will be chair fitness classes. See below for the schedule:

	<i>10:00 a.m.</i>	<i>10:30 a.m.</i>
<b>Monday</b>	Frank’s Funky Fitness	Chair Life Exercises with Janet
<b>Tuesday</b>	Morning Fitness with Becky	Chair Fitness with Melissa
<b>Wednesday</b>	Fitness with Melissa	Chair Life Exercises with Janet
<b>Thursday</b>	Morning Fitness with Becky	Sit Fitness with Becky
<b>Friday</b>	Gentle Yoga with Debra	Life Exercises with Janet

**Brought to you from our friends at the Orleans Council on Aging:**

**CONCERT**

**“Pete Seeger to Peter, Paul and Mary-  
Songs from the '60s Folk Music Revival!”**

*with singer, yodeler, multi-instrumentalist, Roger Tincknell*

**Broadcast on Lower Cape TV Channel 99**

Sunday, January 10, 2021 at 5pm

Saturday, January 16, 2021 at 5pm



## TRANSPORTATION NEWS

The Truro Council on Aging is pleased to assist with transportation needs to Truro residents who are at least 60 years of age or older.

**MEDICAL RIDES:** Provided **Mondays and Thursdays** to destinations within Barnstable county only. Appointments should be scheduled between 9:30 am and 2:00 pm so that the ride occurs within the business day, taking into account travel time. We are currently not providing rides for any surgical procedures or procedures involving any type of anesthesia.

**MAIL AND FOOD DELIVERIES:** as needed on **Tuesdays and Fridays**

Due to the current pandemic, only **1** passenger is allowed at a time.

**To request a ride, please call 508-487-2462 AT LEAST 2 business days in advance.**

Because we can only accommodate one rider at a time, slots will fill up very quickly.

**A MASK IS REQUIRED TO RIDE IN A COA VEHICLE**



### **SUGGESTED VOLUNTARY DONATION SCHEDULE FOR COA RIDES:**

Truro	\$3.00
Provincetown/Wellfleet	\$4.00
Orleans	\$6.00
Chatham/Brewster	\$7.00
Harwich/Dennis	\$8.00
Hyannis/Barnstable	\$10.00

**The Truro Council on Aging Transportation Service is grateful for the support received from the Town of Truro and the Cape Cod Regional Transit Authority and is funded in part through Elder Services of Cape Cod and the Islands, the MA Office of Elder Affairs and the Federal Administration for Community Living.**

# OUTREACH NEWS

Elton Cutler, Outreach and Resource Coordinator, 508-413-9508

## OUTREACH APPOINTMENTS

It's uncertain when the Truro Community Center building will be open again to the public. However, our Outreach department has continued to assist the needs of older adults during the pandemic. It's our mission to advocate for elders and provide them with up-to-date assistance, information and referrals for local, state and federal programs. Our Outreach and Resource Coordinator is available for mobile outreach on an appointment-only basis.

Mobile outreach provides residents the opportunity to access services without traveling or leaving their home. We offer referrals for a range of services that support veterans, older adults, families and individuals. For more information or to schedule an appointment call 508-413-9508

## Real Estate Tax Exemptions in Massachusetts

As a Truro resident, you may qualify for a tax exemption. An exemption releases an individual from the requirement to pay all or a portion of their property tax obligations. Also, Massachusetts allows you to defer your taxes if you are 65+ and meet certain income/asset, residency and ownership guidelines.

**All tax exemptions applications are due in the Assessor's Office by April 1, 2021.**

**Clause 17D - Surviving Spouse, Minor Child or Elderly Person:**

An individual must be either (1) a surviving spouse or minor child who owns and occupies the property as their domicile; or (2) a person at least 65 years old who has owned and occupied the property as their domicile for at least 5 years.

**Clause 22 - Disabled Veterans:**

An individual must have lived in MA for at least 5 years or must have been domiciled in MA for at least 6 months prior to entering the service and must be either (1) a veteran or spouse (or their surviving spouse who remains unmarried) who has a service-connected disability of at least 10% (as verified by the VA) or was awarded the Purple Heart, or (2) parent of a service member who lost their life during wartime.

**Clause 37A - Blind Persons:**

The blind individual must own the property and occupy it as their primary domicile. A certificate from the Commission for the Blind must be provided annually.

**Clause 41C - Elderly Persons:**

An individual must be 65+, have owned and occupied any property for at least 5 years, and must have been continuously domiciled in MA for at least the 10 preceding years.

\*Exemptions listed above have varying income and asset guidelines that must be met to qualify. Applications must be filed annually with the Assessor's Office.

Please call 508-413-9508 for further information or if you are interested in applying.

# OUTREACH NEWS

Elton Cutler, Outreach and Resource Coordinator, 508-413-9508



## FUEL ASSISTANCE

The Fuel Assistance Program provides low income households with help paying home heating bills. Once your application is approved, both you and your primary heating company (vendor) receive a written notification indicating the amount you have been approved for.

### **Income and assets guidelines for 2020-2021 limits:**

Single Income \$35,658      Assets \$61,580

Married Income \$51,926      Assets \$84,654

### **To apply you will need the following paperwork for filing or renewing Fuel Assistance 2020-2021      Proof of Income for each person in the household:**

Social Security benefit letters

Any pension statements

Interest and/or dividends statements

Annuity income

Wages

Any other income

### Housing costs:

If you rent - a copy of your lease showing the amount of rent

If you own - a copy of Real Estate taxes, a copy of homeowners or rental insurance for the entire year

### Utility costs:

Heating bill, (gas, electric, oil receipt, propane, wood)

Electric bill

### Other items needed:

Photo Identification Card

Social Security Cards and Birth Certificates for each person in the household



# JANUARY

# 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p><b>CLOSED</b></p> 
<p>4</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Memoirs Writing Group</b> 10:00-12:30- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p>5</p> <p><b>Sweet Treats</b> 1:00 p.m.-2:00 p.m.</p> <p><b>Mail Delivery- Call COA to arrange</b></p>	<p>6</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p>7</p> <p><b>Drive-Through Coffee</b> 10:00-11:00</p> <p><b>Psychoeducational Support Group</b> 10:00-11:00</p>	<p>8</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Ukulele- ZOOM</b> 9:00-10:00</p> <p><b>Food Pantry 11:00-12:30</b></p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>
<p>11</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Memoirs Writing Group</b> 10:00-12:30- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p>12</p> <p><b>Sweet Treats</b> 1:00 p.m.-2:00 p.m.</p> <p><b>Mail Delivery- Call COA to arrange</b></p>	<p>13</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p>14</p> <p><b>Drive-Through Coffee</b> 10:00-11:00</p>	<p>15</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p> <p><b>Ukulele- ZOOM</b> 9:00-10:00</p> <p><b>Dr.Campo</b></p>
<p>18</p> <p><b>CLOSED</b></p> 	<p>19</p> <p><b>Sweet Treats</b> 1:00 p.m.-2:00 p.m.</p> <p><b>Mail Delivery- Call COA to arrange</b></p>	<p>20</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p>21</p> <p><b>Drive-Through Coffee</b> 10:00-11:00</p> <p><b>Psychoeducational Support Group</b> 10:00-11:00</p>	<p>22</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Ukulele- ZOOM</b> 9:00-10:00</p> <p><b>Food Pantry 11:00-12:30</b></p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>
<p>25</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Memoirs Writing Group</b> 10:00-12:30- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p>26</p> <p><b>Sweet Treats</b> 1:00 p.m.-2:00 p.m.</p> <p><b>Mail Delivery- Call COA to arrange</b></p>	<p>27</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p>28</p> <p><b>Drive-Through Coffee</b> 10:00-11:00</p>	<p>29</p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p> <p><b>Ukulele- ZOOM</b> 9:00-10:00</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>1</b></p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p> <p><b>Legal Assistance</b> 3:15-4:00- By appointment</p>	<p><b>2</b></p> <p><b>Sweet Treats</b> 1:00 p.m.-2:00 p.m.</p> <p><b>Mail Delivery- Call COA to arrange</b></p>	<p><b>3</b></p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p><b>4</b></p> <p><b>Drive-Through Coffee</b> 10:00-11:00</p>	<p><b>5</b></p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Ukulele- ZOOM</b> 9:00-10:00</p> <p><b>Food Pantry 11:00-12:30</b></p> <p><b>Dialogue with the Director - Facebook live</b> 10:00-10:30</p>
<p><b>8</b></p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p><b>9</b></p> <p><b>Sweet Treats</b> 1:00 p.m.-2:00 p.m.</p> <p><b>Mail Delivery- Call COA to arrange</b></p> <p><b>Pick up craft supplies</b> 10:00-12:00</p>	<p><b>10</b></p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p> <p><b>Craft Time- 1:00-2:00</b></p>	<p><b>11</b></p> <p><b>Drive-Through Coffee</b> 10:00-11:00</p>	<p><b>12</b></p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director - Facebook live</b> 10:00-10:30</p> <p><b>Ukulele- ZOOM</b> 9:00-10:00</p>
<p><b>15</b></p> <p><b>CLOSED</b></p> 	<p><b>16</b></p> <p><b>Sweet Treats</b> 1:00 p.m.-2:00 p.m.</p> <p><b>Mail Delivery- Call COA to arrange</b></p>	<p><b>17</b></p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Dialogue with the Director- Facebook live</b> 10:00-10:30</p>	<p><b>18</b></p> <p><b>Drive-Through Coffee</b> 10:00-11:00</p>	<p><b>19</b></p> <p><b>Strength Training</b> 9:00-10:00- ZOOM</p> <p><b>Ukulele- ZOOM</b> 9:00-10:00</p> <p><b>Food Pantry 11:00-12:30</b></p> <p><b>Dialogue with the Director - Facebook live</b> 10:00-10:30</p> <p><b>Dr.Campo</b></p>
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## **COASTAL CONNECTIONS**

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education. Below is a list of virtual programs open to you in January and February 2021! Registration for these programs will begin on December 30<sup>th</sup>.

### **MASTER GARDNER PRESENTATION: “Continuous Color”**

Monday, January 11, 2021 at 1pm (via Zoom)

While we all enjoy the exuberance of the summer garden there are plants that enhance our gardens throughout the year. This talk incorporates some basic landscaping principles and features plants that bring splashes of color to our gardens throughout the seasons. Some of these will be familiar favorites and others might bring some new ideas to your year-round garden. Presented by Cherie Bryan, current President of the Barnstable County Master Gardeners program. In becoming a master gardener, she was delighted to learn that the lessons she learned as a child following her father in the family garden were backed up by the science-based approach of the Master Gardening program. She enjoys continuous learning in the program. Her current gardening interests are roses, a salad garden in raised beds, and nurturing the shrubs, trees and flower beds around her home in Orleans. To register call the Chatham COA at 508-945-5190.

### **INSECT EVOLUTION**

Wednesday, January 13, 2021 @ 1:30 pm (via Zoom)

We welcome back Larry Dapsis, Cape Cod Cooperative Extension entomologist, for this fascinating presentation with plenty of time for Q&A. Insects are the most numerous and diverse group of animals on the planet representing over 25% of all forms of life. A series of examples will be highlighted to show structural adaptations for protection, including changes triggered by human-made conditions like pollution, as well as evolutionary adaptations to enhance protection from natural enemies. To register call the Provincetown COA at 508-487-7080.

### **CHATHAM COA BOOK CLUB...All Are Welcome!**

“A Piece of the World” by Christina Baker Kline

Wednesday, January 13, 2021 at 11am (via Zoom)

Come join our newly formed live book club on Zoom, led by Liz Walker. In our live book club conversations, readers will come together to connect and discuss thoughts and ideas. Our first selection is “A Piece of the World” by Christina Baker Kline. Available in paperback, Kindle and Audible editions on Amazon and at local CLAMS member libraries. To register call the Chatham COA at 508-945-5190.

### **CBD IS HERE TO STAY...WHAT YOU NEED TO KNOW**

With: Kay Cooney RN, GCNS, APRN

Tuesday, January 19, 2021, at 1pm (via Zoom)

CBD is here to stay and it’s a supplement you might want to learn more about. Let’s talk about the benefits, how to safely choose a brand and what CBD can do for you! We will address uses with pain, anxiety, sleep and more. To register call the Orleans Senior Center at 508-255-6333.

## **LEGENDS, LORE AND HISTORY OF THE WENTWORTH BY THE SEA**

Tuesday, January 19, 2021, at 1:00 pm (via Zoom)

Join author and historian Roxie Zwicker for a presentation on one of New Hampshire's most legendary properties, the Wentworth by the Sea. Step back in time and take a virtual tour of the property, learn about the robber baron Frank Jones, and how he created a Victorian hotel in all its opulent glory. Hear stories about the legendary guests, parties and goings-on from over 100 years of history. Review the years when the hotel's future was in peril and how it was resurrected with spirits from the past. Roxie has interviewed members of the Wentworth staff, former guests and the locals for an assemblage of tales you won't soon forget. To register call the Sandwich COA at 508-888-4737.

## **USSR – Russia Myths, Mysteries and Spying**

Wednesday, January 20, 2021 at 1pm (via Zoom)

A one-hour plus presentation based on local author Henry Quinlan's 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. This presentation will entertain and educate you! It starts in 1986 with the Chernobyl incident disaster and carries through to 2018. Additional topics to be covered include – The collapse of the Soviet Union, the emerging of the new Russia, the Summit of 1991, publishing of the book "Make Way for Ducklings" in Russian, erecting the Make Way for Ducklings statues in Moscow, the Russian Mafia, tanks in the street, the FBI and spying, the remarkable story of Father Cizek, SJ, the Vatican spy who spent 20 years in prison in Siberia, and secrets of the Soviet Space agency revealed to Wally Schirra and Henry. He will present his remarkable videos and photos of the Hermitage, Kremlin Museum and the Pushkin Museum and discuss Putin and the new Russia. To register call the Sandwich COA at 508-888-4737.

## **ONLINE SAFETY**

Tuesday, January 26, 2021 at 10:30am (via Zoom)

Most American seniors are now online. As of 2018, nearly 66% of Americans over 65 were Internet users, according to a Pew Research Center survey. That number is getting bigger all the time, and for good reason. The Internet is a great way to read the latest news, stay in touch with family, get medical information and manage appointments, renew prescriptions, and access medical records. It's how many of us shop and bank without leaving our homes. For an increasing number of older adults, it's a way to stay in the workforce and even launch a new career or business. Learn how to keep yourself safe online! Join Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, for a presentation on online safety. Learn about the Office and what they do. Robin will also cover how to be safe online whether it be on your smart device, social media or online banking, phishing emails, and general protection from scams and identity theft. To register call the Chatham COA at 508-945-5190.

## **STROKE PREVENTION EDUCATION**

Friday, January 29, 2021, at 11am (via Zoom)

Join us for a stroke prevention educational program and learn about... what a stroke is, recognizing symptoms, and increasing awareness of risk factors and treatment options. To register call the Falmouth Senior Center at 508-540-0196.

## **CLIMATE CHANGE, CLEAN ENERGY & CAPE COD**

Tuesday, February 9, 2021, at 1pm (via Zoom)

In this presentation Mon Cochran, Vice President of the Cape Cod Climate Change Collaborative, will summarize the causes of climate change on Cape Cod and the primary ways of reducing carbon pollution on the Cape and Islands. He will then describe examples of major clean energy projects currently under way in the region. Mon will also talk specifically about steps the homeowner can take to reduce the family carbon footprint. He will be happy to answer questions from participants. To register call the Orleans Senior Center at 508-255-6333.



## “Seasonal Craft program”

**There will be a 10-person maximum for each craft.** Please call the COA to sign up at: 508-487-2462 or email Chelsea at [cmicks@truro-ma.gov](mailto:cmicks@truro-ma.gov)

### How it works:

- We will provide the items that you will need for the craft and you can pick them up at the Community Center (we can deliver too- please call the COA to arrange) on the scheduled day below between 10:00 a.m.—12:00 p.m.
- We will host the program via zoom. We will email the zoom invite the day prior to class. Classes are held at 1:00 p.m. and we anticipate them to be about 1 hour.
- Join the zoom and let’s get crafty together!

<b>Craft Theme:</b>	<b>Register By:</b>	<b>Supply Pick Up:</b>	<b>Craft Time:</b>
Valentines Day	February 1st	February 9th	February 10th
Spring Craft	March 22nd	March 30th	March 31st



You might want to try the virtual Crafting sessions organized by Chelsea Micks. I made a Snow Globe that now sits on a shelf in my kitchen. I absolutely love turning it upside down and seeing the sparkling snow drift down over the little Christmas tree inside. Sign up. It's so much fun.

~Beth Chapman~

The COA is holding a drive-through coffee and pastry program on Thursday's from 10:00 a.m.—11:00 a.m.

Come by the Community Center, say hello and grab a coffee, hot chocolate or tea and pastry to enjoy. We will be right out front for your convenience to pull right up and have us bring your items to you.

Please wear a mask as will the staff handing out the items.



### “Sweet Treats”

Come by the Truro Community Center on Tuesday's from 1:00 p.m. – 2:00 p.m.. and grab some treats. Each week will be different so be sure to come on down to check it out. We ask you please wear a mask as will the staff handing out the treats and maintain a safe distance from each other.

A special Thank You to Stop & Shop of Provincetown for their generous donations.



THOMAS D. BROWN  
REAL ESTATE ASSOCIATES



300 Route 6, Truro, MA

# Be Well.

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**TRURO COUNCIL ON AGING**

**P. O. BOX 500**

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[Click HERE](#) to view the “Truro Times” newsletter. - There are printed copies in a bin out front of the Community Center. We deliver too! Just call us and we would be happy to bring you one 508-487-2462.

### **MISSION STATEMENT**

The mission of the Truro Council on Aging is to identify the needs and interests of the community's older adults; 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.

### **COA Staff Members**

Mary– Elizabeth Briscoe, Director  
Elton Cutler, Outreach & Resource Coordinator  
Chelsea Micks, Office Assistant

### **FRIENDS OF THE TRURO COUNCIL ON AGING**

Jim Brown, President; Brian Trainor, Vice President & Treasurer; Joan Moriarty, Secretary. Board Members: Lucie Grozier, Liz Haskell, Diane Rose, Ed Yaconetti, Cathy Staff

### **COUNCIL ON AGING BOARD MEMBERS**

Ron Boyles, Chair; Claudia Tuckey, Treasurer;  
Board Members: Hannah Shrand, Denise Seager, Katherine Black, Dan Schreiner, Susan Girard-Irwin

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