



## 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

**\*July/August 2021\***

## *WELCOME BACK*

Welcome back has never sounded so sweet. After more than a year of virtual meetings, programs, and outreach we are finally able to open our doors and invite you to join us in person once again. As we navigate the re-opening process, we ask for your continued patience and understanding. We are eager to see each other and share our stories and at the same time we are easing into this new world upon us. You will find information and the calendar for July and August in the upcoming newsletter. Feel free to call or stop in with any questions or concerns you may have. We are happy to try and help. While we are all excited to come together again, we are also nervous. It has been a very scary time for us and being in such isolation for so long has made being back in the world and with others somewhat awkward for many of us. So, we want to acknowledge that anxiety and make this a safe place to voice any questions, concerns, or suggestions you may have as well as share the excitement you may feel at coming back together. Remember, physiologically, anxiety and excitement feel the same—it's all in how our minds interpret it. So, take care of yourselves around re-opening and please feel free to stop in when you're ready—we will be waiting for you. Our doors open July 1, 2021, 8-4. We are looking forward to seeing you. Remember, masks are required in all town buildings for everyone through the month of July. See you soon----- ~Mary-Elizabeth



The Truro Memoirs Group, led by Rosalind Pace, gave their annual spring reading on June 20, via Zoom. The program was recorded and archived, and can be accessed through the Truro COA web site: <https://www.truro-ma.gov/council-on-aging/pages/truro-memoirs-writing-group>

You can also enjoy stories from Bill Charette, Margaret Phillips, Deborah McKay, Judith Stiles and Marjorie Block, from a pre-pandemic in-person public reading, which Bill Charette filmed and posted on YouTube.



## How Energy Efficient Is Your Home?



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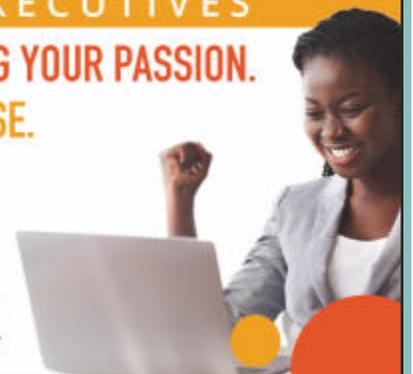
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[www.4lpi.com/careers](http://www.4lpi.com/careers)





## 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!



**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.

**The Alzheimer's Family Support Center of Cape Cod** ([www.alzheimerscapecod.org](http://www.alzheimerscapecod.org)) currently offers 47 FREE virtual support groups for caregivers, as well as for people experiencing memory loss. Please call 508-896-5170 for more info and to register for the group that best meets your needs and schedule. We also provide step-by-step phone support on how to access these groups through Zoom.

Alzheimer's  
Support Group

**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.mycommunityonline.com](http://www.mycommunityonline.com)



# July & August Art Exhibits

## July

### Donna Mahan- Mixed Media Artist and Sculptor

As long as I can remember I entertained myself by “making things.” My hands were always busy, weeding the garden as a child, setting a festive table for a dinner party or surprising my parents by painting the outside stairs. In the 7th grade I sewed my Easter coat, fully lined with bond button holes! I also learned with eight people in my family, that nothing got wasted. All of this influenced my life journey as an artist. I find excitement and curiosity in found objects that many would simply discard. Everything had possibilities of a “new life” being motivated by rich colors in textiles, glass or almost anything. Textures highlight depth and dimension as objects merge into a sculpture. All of this seems like an extension of that child entertaining herself, making and creating. History is threaded through our lives, including art. Creating with found objects brings forth a respect for those who used that object and invites me to be open to newness through the blending of the old and new.

[www.donnamahanstudios.com](http://www.donnamahanstudios.com) / [donna@donnamahanstudios.com](mailto:donna@donnamahanstudios.com) / 774-487-1195

[Click HERE to view the art exhibit](#)

**Website:** <https://www.truro-ma.gov/council-on-aging/pages/coa-art-show>

## August

### CATHERINE HAYNES EXHIBIT—OUTER CAPE LIGHT, Virtual Art Show

Ms. Haynes will display her most recent paintings which illustrate the effect of the ocean light on this small spit of land called the Outer Cape. She has been a resident of Truro for over 30 years with the opportunity to observe and paint the fleeting moments in time when the sun and saline atmosphere create a vibrancy on the land and sea.

One of her recent oil paintings (shown here), “Golden Hour,” illustrates the fleeting yellow glow of the setting sun on the Racepoint Lighthouse and its environs. The painting, rather than depict the actual sunset, guides the observer to view the warmth and golden glow of the setting sun on the opposing landscape.

Her work has been featured in galleries throughout New England, including on Newbury Street in Boston where she exhibited with celebrated American artist Wolf Khan. She travelled extensively with Lois Griffel, impressionist painter and past director of the Cape Cod School of Art and later led artists from around the country to paint on the Amalfi coast.

Ms. Haynes is the featured artist for this season at The Top of Pot Gallery located in the iconic Lobster Pot Restaurant in Provincetown. Her work was recently featured at Exuma Gallery this July and will be on view at the Woodruff Art Gallery in Mashpee through September 6, 2021.

[Click HERE to view the art exhibit](#)

**Website:** <https://www.truro-ma.gov/council-on-aging/pages/coa-art-show>



## Senior Fitness Hour:

A “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:

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

***10:00 a.m.***

Frank’s Funky Fitness

Morning Fitness with Becky

Fitness with Melissa

Morning Fitness with Becky

Gentle Yoga with Debra

***10:30 a.m.***

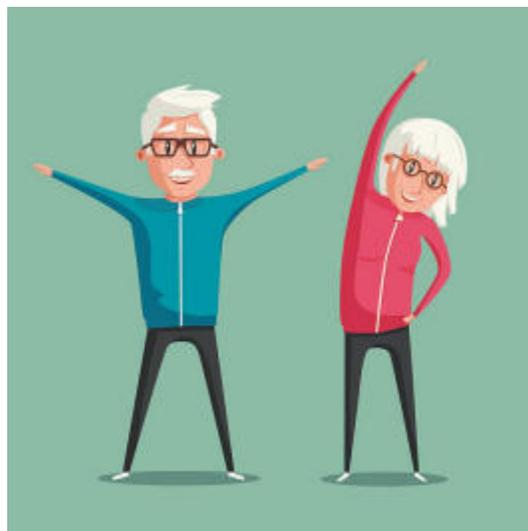
Chair Life Exercises with Janet

Chair Fitness with Melissa

Chair Life Exercises with Janet

Sit Fitness with Becky

Life Exercises with Janet



## 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 **2** passengers are 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



## Celebrating Our Independence

No matter what our circumstances, we are all just now emerging from a grueling period of fear, loss, isolation, polarization and shock. We are finally able to come out of our homes to participate in the life of the community.

One of my enduring memories of working through the pandemic would be the simple act of backing my car into my parking space at the Community Center. When the wind was blowing in the right direction I could see the beautiful American flag flying high across the parking lot next to the library building. Seeing the flag soaring over my workplace helped me start the day with hope, in spite of the legitimate fears about personal health and safety while working full-time during the pandemic. I hope you'll take a moment on this 4th of July to appreciate "Old Glory" and the Constitution that has guided our nation for the past 245 years.

The social services mission of the COA has been front and center for the last 15 months. From helping you access food, making friendly phone calls and curbside visits, finding vaccination appointments, completing housing, fuel assistance, SNAP benefits applications, tax relief and working diligently to help and support people ages 60 and over. The balancing act between independent living and finding the right resources to help you reach your goal of independence is not always easy. We continue to be here to help you with your decisions and needs. July brings ocean breezes, heat, humidity and time spent at the beach. It also brings new opportunities as we re-open to join us as we continue to be a valuable place and space for those who enjoy being part of the lively Truro community! Happy Fourth of July! Elton R. Cutler, Outreach & Resource Coordinator



### **Are you or someone in the community in need of help?**

The Outer Cape Health Services Community Resource Navigator (CRN) program is here to help Truro residents with unmet medical, behavioral health, and human service needs. The program's "Navigator" can help to identify support networks and services to get residents in crisis the care they deserve toward leading healthier and more secure lives in the community. Referrals for the CRN program can be made by residents, family members, service providers, or community members.

**CRN will now hold drop-in office hours at the Truro COA every Friday from 1pm-4pm.**

Alternatively, appointments can be scheduled at another safe and confidential location by contacting:

**Brianne Smith at [CRNavigator@outercape.org](mailto:CRNavigator@outercape.org) or calling 774-209-3222.**

# OUTREACH NEWS

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



Community  
Housing  
Resource  
Inc

*Preserving Community Through Affordable Housing*

## RENTAL HOUSING OPPORTUNITIES

**PROVINCETOWN  
TRURO  
WELLFLEET**

COMMUNITY HOUSING RESOURCE IS BEGINNING A NEW PRE-APPLICATION PROCESS TO ESTABLISH A WAIT LIST FOR YEAR-ROUND RENTAL HOUSING AS VACANCIES OCCUR IN THE FUTURE

Efficiency and One-Bedroom Apartments  
One-, Two-, and Three-Bedroom Townhomes  
Maximum combined income per household limits apply.

### PLEASE NOTE

**IF YOU PREVIOUSLY APPLIED FOR HOUSING, YOU MUST SUBMIT A NEW PRE-APPLICATION NOW. ALL PAST APPLICATIONS AND WAIT LISTS ARE NOW EXPIRED.**

Pre-Applications received after the deadline will be accepted on a rolling basis and will be added to the end of the Wait List. This lottery process does not include new developments, as they are required to have a separate application process

E-mail: [info@chrgroup.net](mailto:info@chrgroup.net) or Call 508-487-2426, ext. 0

Leave your contact information and they will mail an application to you.

The applications is also available at any time at the CHR Office at 36 Conwell Street in Provincetown. Resident selection is based on objective review of applications, scored based on uniformly applied criteria in compliance with all Fair Housing Laws. **Complete pre-applications must be submitted by August 16, 2021.**



## Funding for Eye Exams, Eyeglasses & Hearing Devices

The Lions club is a nonprofit organization with a mission to help others in numerous ways. They can help with funding for eye exams, eyeglasses as well as hearing devices.

If you are in need of assistance, call Elton to schedule an appointment.

## **Don't forget to stay hydrated this Summer**

Dehydration occurs when the body loses water and essential salts. Older adults are particularly prone to dehydration due to a decline in total body fluid, lower thirst response, decreased kidney function, other health conditions and certain medications.

Dehydration is more likely if someone is experiencing nausea or diarrhea, exposed to heat and humidity or engaging in strenuous physical activity.

Symptoms of dehydration include: thirst, less frequent urination, dry skin, fatigue, headache, dizziness, confusion, dry mouth, increased heart rate and breathing.

Try these tips from the National institute on Aging to get enough fluids:

- Do not wait until you are thirsty to drink water or other fluids.
- Take sips of water, milk or juice between bites during meals.
- Have a cup of low fat/low sodium soup or broth to increase fluids.
- Drink a glass of water before exercise or heat exposure.
- Do not stop drinking fluids due to concerns of urinary control, speak with your doctor about treatment.
- If you have been told to limit fluids due to a health condition, please speak with your doctor about your fluid goal and how to avoid dehydration.
- If you drink alcoholic beverages, do so in moderation (no more than one drink daily for women and two for men).
- If you find it difficult to consume enough water, try adding flavor with fresh or frozen fruit.

Taking steps to prevent dehydration can help you feel better and prevent this dangerous condition. We have waited long enough for summer on Cape Cod, I hope everyone can enjoy it to the fullest!





# Alzheimer's Family Support Center of Cape Cod

*created by caregivers*

## **THE SAVVY CAREGIVER EDUCATIONAL PROGRAM**

A free six-session educational training for **active family caregivers** of people living with Alzheimer's or other dementia-related diseases

***Caring for a person living with Alzheimer's or related dementia is specialized work. To do this successfully, caregivers need special skills, knowledge, good self-care, and a positive attitude. This six-session course provides caregivers with the skills and knowledge they need to provide the highest level of care for loved ones, as well as for themselves.***

The Savvy Caregiver program covers:

*The pathology of dementia diseases*

*Strategies for caregiver self-care*

*Dementia stages*

*Developing contented involvement for someone with dementia*

*How to recognize options to optimize decision making*

*Making the most of family resources*

### **Next Session Starting in July:**

**Wednesdays 10 AM-12 PM Starting 7/14– 8/18/21  
(All times are Eastern Standard Time)**

**For More Information or To Register:**

**Email: [info@capecodalz.org](mailto:info@capecodalz.org) or 508 896 5170**

**Please include: your first and last names, physical & mailing addresses, phone number, and relationship to the person with the disease**

[www.alzheimerscapecod.org](http://www.alzheimerscapecod.org) • [info@capecodalz.org](mailto:info@capecodalz.org)

# July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Times and dates of these programs are subject to change.			1	2 Strength Training 9:00-10:00  Coffee Hour 10:00—11:00
5 <b>CLOSED</b>	6 Game Time 1:00—3:00	7 Strength Training 9:00-10:00	8	9 Strength Training 9:00-10:00  Coffee Hour 10:00—11:00  LCOC Food Bags 11:00—12:00
12 Strength Training 9:00-10:00  Memoirs Writing Group 10:00—12:30	13 Game Time 1:00—3:00	14 Strength Training 9:00-10:00	15	16 Strength Training 9:00-10:00  Coffee Hour 10:00—11:00  Dr.Campo <b>(By appointment only)</b>
19 Strength Training 9:00-10:00  Memoirs Writing Group 10:00—12:30	20 Game Time 1:00—3:00	21 Strength Training 9:00-10:00	22	23 Strength Training 9:00-10:00  Coffee Hour 10:00—11:00  LCOC Food Bags 11:00—12:00
26 Strength Training 9:00-10:00  Memoirs Writing Group 10:00—12:30	27 Game Time 1:00—3:00	28 Strength Training 9:00-10:00	29	30 Strength Training 9:00-10:00  Coffee Hour 10:00—11:00

# August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:00—12:30</p>	<p>3 Game Time 1:00—3:00</p>	<p>4 Strength Training 9:00-10:00</p>	<p>5</p>	<p>6 Strength Training 9:00-10:00</p> <p>Coffee Hour 10:00—11:00</p> <p>LCOC Food Bags 11:00—12:00</p>
<p>9 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:00—12:30</p>	<p>10 Game Time 1:00—3:00</p>	<p>11 Strength Training 9:00-10:00</p>	<p>12</p>	<p>13 Strength Training 9:00-10:00</p> <p>Coffee Hour 10:00—11:00</p>
<p>16 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:00—12:30</p>	<p>17 Game Time 1:00—3:00</p>	<p>18 Strength Training 9:00-10:00</p>	<p>19</p>	<p>20 Strength Training 9:00-10:00</p> <p>Coffee Hour 10:00—11:00</p> <p>LCOC Food Bags 11:00—12:00</p> <p>Dr.Campo <b>(By appointment only)</b></p>
<p>23 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:00—12:30</p>	<p>24 Game Time 1:00—3:00</p>	<p>25 Strength Training 9:00-10:00</p>	<p>26</p>	<p>27 Strength Training 9:00-10:00</p> <p>Coffee Hour 10:00—11:00</p>
<p>30 Strength Training 9:00-10:00</p> <p>Memoirs Writing Group 10:00—12:30</p>	<p>31 Game Time 1:00—3:00</p>			<p>Times and dates of these programs are subject to change.</p>

# ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD



## WALK FOR ALZHEIMER'S

Lunch by Cosmos Catering, music  
and dancing by the Sound Dunes

*You don't have to give to walk,  
and you don't have to walk to give!*



Sunday, October 17, 2021  
PROVINCETOWN TOWN HALL



Festivities begin at 11:00 a.m.  
Walk begins at 12 p.m.

All proceeds fund free Alzheimer's services across Cape Cod

Please pre-register for the walk  
by scanning this QR code:



call (508) 896-5170 or email  
info@capecodalz.org for more  
information

*Until there's a cure, there's community*





We look forward to seeing you soon!

THOMAS D. BROWN  
REAL ESTATE ASSOCIATES



300 Route 6, Truro, MA

**Be Well.**



Nick Brown, *Owner/Broker*  
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### **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
- Michael Tarvers, Driver

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

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

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

Board Members: Katherine Black, Dan Schreiner, Susan Girard-Irwin

***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!***