



Truro Times

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

March/April 2024	
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Deputy Director's Note:

Spring is in the air and warmer longer days to come! What better time to check out what is going on at the Truro Council on Aging. We are happy to say that all of our fitness classes are free. Back by popular demand we will be offering Beach Town Paint Party where you will be guided by instructor step by step to create your own masterpiece. No experience necessary.

We are also excited to say we will be offering this Spring Senior Planet a 10 week computer basics course for older adults offered by Elder Services in partnership with AARP. In today's digital age we realize the importance of helping older adults stay connected. One of those ways to stay connected is through technology which can be a powerful tool.

Starting on Mondays we will be offering

Game Days where **you can drop in and connect with** others who may be interested in playing. Select days we will have designated games please inquire!

The CCRTA's is offering **Free Fares on all Fixed Bus** routes throughout the Cape if you are 60 years or older or have a disability. Over the next several months, the Charlie Card will be replaced by the CCRTA developed "Go Card" for use on the CCRTA's fixed route system.

Come Join us for COA Luncheon on Thursdays 12:00pm-1:30pm. The last Thursday of each month we will be offering a Raffle and Prizes if you Dine in with us you could win a \$25 Grocery Gift Card! (Dine In only—not Grab & Go).



Michelle Peterson, MA LSW
Deputy Director of COA

TOWN OF TRURO TAX EXEMPTIONS

Assessing department offers tax exemptions for Town of Truro residents who meet certain guidelines which assist in reducing their tax burden. Seniors 65+ meeting income/ or asset guidelines may be eligible for those exemptions. Disabled veteran's, surviving spouses, and the blind may also be eligible for exemptions of their tax bill. These exemptions are in addition to the residential Exemption program that currently exists in Truro. Please contact the assessing department to inquire about these exemptions. Applications are due by April 1st, 2024.



WINTER WEATHR POLICY

When Town Hall offices are closed the Truro Community Center and the COA will also be closed. COA programming and transportation will be cancelled, however the office may remain open.



Enjoyed a nice afternoon at the Truro Council on Aging with Sandbar Quartet celebrating Valentine's Day while enjoying ice cream floats.

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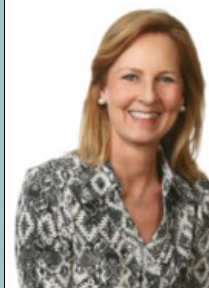


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Upcoming Events

AARP Tax Aide Program

Tuesday March 5th - April 2nd

Volunteer counselors provide tax preparation and counseling. **AARP Tax-Aide is a nationwide, volunteer run program that is administered by the AARP Foundation in cooperation with IRS. Registration required please call 508-487-2462.**



Beach Town Paint Party

Monday, March 11 2:30-4:00pm
Cost \$10 per person

An experienced painter will guide you through the creation process step by step, ensuring that you have all the necessary tools and techniques to create your masterpiece. Beginner welcome! **Please call Katie 508-487-2462 by March 8th payment required to register.**



Saint Pattie's Day luncheon

Thursday March 14th 12:00-1:30pm
Come join us for lunch cost is \$7

per person .
Enjoy Live Irish music with Billy Hardy



Sound Bath Meditation

March 21st 2:00pm-3:30pm

Join us for an hour of relaxation and healing through the sound vibration of Crystal Alchemy singing bowls, turning forks and meditative chant. · A sound bath is a meditative experience where you lie on your back and listen to various instruments and voice produce sound waves. You can experience the sound bath lying on the floor (please bring your own yoga mat if desired, or you can sit in chair) Registration required call Katie at 508-487-2462.



Fraud and Financial Scams

Thursday April 4 1:30pm-2:15pm

Representatives from Cape Cod 5 will be discussing financial scams currently affecting our community, how to best to protect yourself and what to do if you believe you have been a victim. Please reserve your seat by calling Katie at 508-487-2462.



Veteran Officer

April 2nd 1:00pm-3:00pm

Veteran Officer Shawney Carrol will be here to assist with benefits. **Please call Katie to Register at (508)-487-2462.**

Life Aboard a Whaleship

Monday, April 8th 11:00am

Presentation about Nantucket's rich history and stories of Life Aboard a Whaleship. Sponsored by the Nantucket Historical Association at **Provincetown Senior Center. Please call to register at 508-487-7080.**

Transport available for Truro residents please inquire.

Cooking for One

Tuesday April 16th
11:00am-12:30pm

Cooking demonstrations and workshop presented by **Cape Cod Cooperative Extension Nutrition** Educators. Learn How To: Scale back recipes. Store larger recipes or leftovers for future meals. Time-saving shortcuts for when cooking is too much. Registration required please call Katie at 508-487-2462.



Senior Planet

May 22nd -July 1st 10 week course
10:30am-12:00pm

In this 10-week, PC-based course, you will learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. During the course, you will learn how to use email, search the internet for information, access sources of entertainment, and connect to people, organizations and interests that matter to you. This course is designed for people who have never used a computer or have very little experience and want a solid introduction. Registration required please call Katie at 508-487-2462.



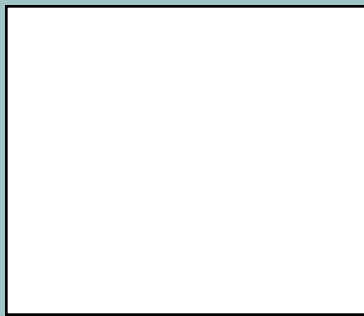
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508-487-1112
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thomasdbrown.com

Sales and Rental Team
Lucy Brown &
Kathleen Morris
508-349-2700



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508-349-1616



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06-5367

Music, Art & More

NEEDLE WORK

Wednesdays 10:30am- 12:30pm

Knitting, Crochet, Needle Point, Quilting, Fiber Art. Bring a new or unfinished project, share ideas and appreciate the crafts of others. Help yourself to a cup of coffee, tea or hot chocolate. Bring a snack if you wish.

UKULELE WITH MARY ABT

Thursdays 10:00 am- 11:00am

Join Mary Abt at the Truro COA for an hour full of ukulele JOY! Mary has been teaching basic ukulele for years. No fancy stuff, just good old fashioned fun stuff. If you have a ukulele GREAT, if you do not have one, we have some you can use!

MEMOIRS WRITING GROUP

Mondays- 10:00am - 12:30pm (via Zoom)

The Truro Memoirs Group meets Mondays 10 AM to 12:30 PM, currently on Zoom. **To register for group email rpace39@gmail.com**

Participants share their stories and receive helpful, encouraging feedback from each other and from Rosalind Pace who has been mentoring Truro Memoirs for decades. It's free and open to anyone.

OUTER CAPE WHITE LINE PRINTMAKERS & MORE

Fridays 10:30AM –12:30PM

Our group's main goal is to foster a continuing interest in white line printing but we are not limiting ourselves to that form of art. Members may also choose to work with watercolors, pen and ink, wood block prints, linoleum block print, colored pencils and pencil drawing.

Bring the materials that you will need to work on what inspires you.

NEW AND SPECIAL PROGRAMS

TECH SUPPORT CLASSES

Tuesdays, 1:00pm-2:30pm

By Appointment 30 minute time slots
Need help with your device? Bring your smart phone, table, or laptop and power cord to appt.
To schedule appt please call 508-487-2462.

FREE HEALTH SCREENINGS/ FOODS TO ENCOURAGE

Barnstable County Nurses and Cape Cod Cooperative extension will offer free blood pressure and glucose checks and nutrition demonstrations. Sponsored by Lower Cape Outreach Council. **Second Wednesday of the month**, 10:00am-11:30am in the Recreational Lounge. Please stop by!

LEGAL ASSISTANCE SCCLS

Tuesday April 2nd at 1:00pm-3:00pm at the Truro Council on Aging To speak to a pro bono Elder Law attorney, call Ms. Rasheda Dickerson directly at (774) 487-3251, Monday – Friday 9:00 am – 5:00 pm. Leave a message with your name and number. If you would like to meet with an attorney, Ms. Dickerson can arrange for an appointment at the Truro Council on Aging 7 Standish Way. Offered by appointment only and first come, first-served basis.

NEW GAME DAY

We have a variety of games to choose from and there are no sign ups just drop in! During times we designate a single game we hope you find other players who are eager to play. During "Open Game" you can meet other players who may be interested trying out different games.

Schedule Beginning Mondays 11:00am-12:00pm

March 4th– Corn Hole

March 11th–Open Game Day

March 18th–Scrabble

March 25th–Open Game Day

April 1st– Rummikub

April 9th Open Game

April 22nd– Bridge

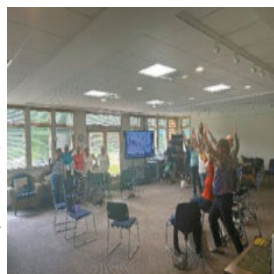
Exercise Programs

STRENGTH TRAINING

Mondays -Wednesdays & Fridays (hybrid)

9:00 - 10:00

This is an independent group, run by the class participants. There is 1 monthly visit by the instructor to offer additional instruction or modification as needed. Includes a warm-up, sitting and standing strength work with weights and elastic bands, stretching, and balance exercises.



MEN'S WORKOUT WITH KATHY STETSON Wednesdays 10:30 - 11:30

This class offers a variety of techniques and variations to accommodate different levels of fitness, from gentle to more strenuous. Includes strength, flexibility, agility and skill specific training geared to the unique needs of men.

CHAIR YOGA WITH CHRISTINE FRISCO Wednesdays 2:00 - 3:00pm

This is a one hour very gentle yoga class using a stable padded chair for sitting, as well as a prop for standing exercises. No experience is necessary, but if you are unsure about your physical condition, please do consult with your doctor before attending the class. Please wear comfortable loose

clothing. Feel free to call or email instructor Christine Frisco with your questions about the class! Phone: (508)221-8427 / Email: christineg-frisco@aol.com.

CORE & MORE WITH KATHY STETSON

Thursdays 10:30 - 11:30

This class offers a blend of sitting, standing and optional floor work with music. Includes balance, posture, core strength, and yoga-inspired stretching.

MOVE AND STRETCH WITH KATHY STETSON

Thursdays 12:00 - 1:00

This class is great for those looking for a gentle workout. Includes gentle range of motion and stretching in sitting, brief periods of standing, strength and balance, as well as exercise education. The small group setting allows for individualized instruction.

Other exercise classes are offered through Truro Recreation for more info and or to register please contact Truro Rec at 508-487-1632 or visit their them trurorec.com

Sundays 10am-11am and Tuesday 9am-10:30am \$15-\$20 Yoga with Genevieve Morin \$15-\$20 contribution suggested

Mondays Zumba 9:00am-10:00am Erin Silva esilva1@comcast.net.

Wednesdays Therapeutic & Restorative Pilates 9:00am-10:00am Dawn Snow \$10-\$20 contribution suggested donation dawnsnow369@yahoo.com.

The Truro Public Library

is pleased to offer a free delivery service for residents who are homebound. Residents who want to sign up for the service should call the Truro Public Library at 508 -487 -1125. A volunteer will contact each person to determine preferences, best delivery times, and any special requests — such as large -print books, audiobooks, DVDs, puzzles, or magazines. We have books and more for our community! CALL 508 -487 -1125 to sign up!



WOMEN'S BIRTHDAY CLUB

**March 18 @ Fanizzi's Restaurant - Provincetown 11:45AM
\$20 per person**

RSVP by March 11

**Hostess - Sue Girard-Irwin
seirwin58@comcast.net or 908-227-2064**

Senior Spotlight

Bobbie Sue Kane was born in Natchez, Mississippi, a town filled with antebellum homes. Her mother was Eva Mae Farr, who sang gospel music on riverboats, her dad was Robert Morgan Decker. She had one brother, David Morgan Decker, who passed away last year. Bobbie's mom moved to New York for nursing school where she met her husband. Robert was in the Army and was sent overseas during WWII. Which was why Bobbie was born in Mississippi. Her mom moved back to Mississippi to live with her aunt, while Robert was away. Bobbie was the first girl born into the family in 40 years. She was named after her father!

When her dad came home from the war, he moved the family back to New York where they lived with his parents on a farm. The Duchess of De Tallerrand owned the estate, which included a castle. The farm was in Tarrytown, NY, but the estate was in Irvington. The Duchess doted on Bobbie, often bringing her gifts.

Bobbie attended Irvington High School after which she attended airline hostess training. But she never became a flight attendant. Her first job was at Time Life magazine in Manhattan, during the time of the Martin Luther King march on Washington. She worked for the art director as a secretary and met a lot of famous people. Some memorable ones were Nancy Kwan, Robert Culp, Bill Cosby and Jesse Jackson. I told my daughter "When I told my how terrified I was of meeting these famous people, he told me, 'Bobbie, they put their pants on in the morning just the way you do.' And then he hung up. Which didn't help. I was still terrified."

Bobbie also worked for banks, for lawyers, and her last job was secretary to a school principal. She met her husband Richard in New York. "When I met him, I didn't like him. But he grew on me." She has one son and one daughter

Daniel Morgan Kane is an executive chef in South Caronia, married with two children: Ava and Dublin. Her daughter Heidi Garis is a successful psychologist and lives outside Philadelphia. She and her husband Rogerio have one daughter, Tiani.

"I always worked. My mom and dad helped whenever they could. My husband was a teamster and worked for Yonkers Contracting. We bought a log home in Putnam Valley. Richard put in the plumbing and electricity. We ended up on the Cape after visiting Richard's brother in Nantucket. We liked Truro and so we bought land here. We built our house in 1989." Richard retired early because of back issues and moved to Truro in 2000. Bobbie was back and forth until she could retire and move to Truro permanently in 2005. That's when she started volunteering at the COA. She is fulfilled by her work at the COA, Thursdays and Fridays, and her work at Grace Chapel in Wellfleet, Sundays, Tuesdays and Wednesdays.

Bobbie gets her joy from serving others. She loves the people. "The COA staff are all great at what they do and are very caring." When asked for how she views her life, she says, "I am blessed!" Well, Bobbie, we are blessed have you. --**Kat Black, COA Board**



Transportation

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 or any adult living in Truro who is disabled. Rides can be requested to the Truro Community Center for all classes, programs, Community Luncheons and the Food Pantry.

SHOPPING/ERRAND DAY: On Mondays we will go up to Orleans bus leaves at 9am and will return around Noon. Call to register.

MEDICAL RIDES: Provided Monday-Fridays to destinations within Barnstable county only. Appointments should be scheduled between 9:00- and 3:00 Slots fill up quickly! Reservations must be made 48 hrs in advance.

MAIL AND FOOD PANTRY DELIVERY

On Wednesdays must call to register.

TRANSPORTATION NEWS FROM CAPE & ISLANDS VETERANS OUTREACH CENTER

The Cape & Islands Veterans Outreach Center will be offering Transportation to Veterans by appointment with 48- hour notice given. The Veteran will be required to produce a copy of their DD214 form. To secure a ride, the Veteran or their advocate makes a call to Angela Welch Transportation and Outreach Coordinator at 508-778-1590 ext 9.

RIDE HOME PROGRAM SPONSORED BY FRIENDS OF COA

Did you know if you need a ride home from the hospital? Truro has a program where any resident of Truro who is over the age of 60 can get a ride home from hospital. This program is funded by the Friends of the COA. Cards are available through Truro Fire/Rescue, Cape Cod Hospital case managers and Outer Cape Health Services (Provincetown/Wellfleet).



Reminders for Riders:

- *Transportation is strictly door to door service, meaning that the driver is not allowed to go into anyone's home or provide physical assistance.*
- *Transportation will not be provided to anyone who has received any form of anesthesia*
- *COA drivers are not permitted to attend medical appointments with client, provisions for such attendance are the responsibility of the client, family, or caregiver.*
- *Access to and from your home should be free of obstacles and cleared during bad weather.*
- *There are no unscheduled stops.*
- *Rides are often shared, waiting may be necessary*
- *A donation per round trip is most appreciated*



Cape Cod
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DART DIAL A RIDE

CCRTA provides door-to-door shared ride, ride by appointment transportation service. Drivers will assist you to and from the first floor outside door of your house or apartment complex, but are not permitted to enter your house or apartment. Call 1(800)-352-7155. Reservations 1 weekday before.

BOSTON HOSPITAL TRANSPORTATION (BHT)

CCRTA provides medical transportation services to Boston Hospitals. Pick-ups are in Wellfleet departs Dunkin Donuts at 7:00am and returns from Boston at 3:00pm. (by Dunkin Donuts), Eastham and Orleans. Call 1(800) 352-7155 to make a reservation in advance. Cost \$30 roundtrip.

ADA Paratransit

services: Provides door-to-door shared ride transportation for passengers who meet ADA eligibility requirements and whose disability prevents them from using CCRTA's accessible fixed route buses.

Understanding Loneliness in Older Adults-And a tailoring a Solution.

For years, Dr. Linda Fried offered older patients who complained of being lonely what seemed to be sensible guidance. “Go out and find something that matters to you,” she would say.

But her well-meant advice didn’t work most of the time. What patients really wanted were close relationships with people they care about, satisfying social roles and a sense that their lives have value.

And this wasn’t easy to find.

“Assuaging loneliness is not just about having random human contact; it’s about the quality of that contact and who you’re having contact with,” said Dr. Vyjeyanthi Periyakoil, an associate professor of medicine at Stanford University School of Medicine.

A one-size-fits-all approach won’t work for older adults, she and other experts agreed. Instead, varied approaches that recognize the different degrees, types and root causes of loneliness are needed.

Why it matters: Loneliness isn’t always negative, and seniors shouldn’t panic if they sometimes feel this way. Often, loneliness motivates people to find a way to connect with others, strengthening social bonds. More often than not, it’s inspired by circumstances that people adjust to over time, such as the death of a spouse, close family member or friend; a serious illness or injury; or a change in living situation.

Types of loneliness. Loneliness comes in different forms that call for different responses. According to a well-established framework, “emotional loneli-

ness” occurs when someone feels the lack of intimate relationships. “Social loneliness” is the lack of satisfying contact with family members, friends,

Neighbors or other community members.

“Collective loneliness” is the feeling of not being valued by the broader community.

Some experts add another category: “existential loneliness,” or the sense that life lacks meaning or purpose.

Why it matters: Listening to older adults and learning about the type of loneliness they’re experiencing is important before trying to intervene. “We need to understand what’s driving someone’s loneliness situation before suggesting options,” Perissinotto said.

Root causes of loneliness. One of the root causes of loneliness can be the perception that other people have rejected you or don’t care about you. Frequently, people who are lonely convey negativity or push others away because of perceived rejection, which only reinforces their isolation.

She recommends that older adults take mental stock of the extent to which they feel lonely or socially isolated. Am I feeling left out? To what extent are my relationships supportive? Then, they should consider what underlies any problems. Why don’t I get together with friends? Why have I lost touch with people I once spoke with?

“When you identify these factors, then you can think about the most appropriate strategies to relieve your discomfort and handle any obstacles that are getting in the way,” Holt-Lunstad said.

COA RECIPE CORNER

Basil Tomato Soup

Ingredients:

Two (28 ounces) cans of crush tomatoes

One (14.5 ounces) can of chicken broth

18 fresh (or dried) basil leaves, minced

1 teaspoon sugar

1 cup of 2% milk

2 tablespoons of butter

5 shakes of Italian seasoning

1 cup of lentils (optional)

Instructions:

In a large saucepan, bring the tomatoes and broth to a boil. Reduce heat; cover and simmer for 10 minutes. Add basil and sugar. Reduce heat to low; stir in milk and butter. Cook until butter is melted.

Optional: add lentils

Serve with crusty bread.

Susan Dowd , sister-in-law of Ann Courtney

Outreach Corner



Spring is right around the corner and the warmer weather is coming, **Are you ready to spring ahead?** Daylight savings time 2024 begins Sunday Morning March 10th. Spring cleaning begins in some homes inside and outside. As you get older these things can get harder to accomplish and accidents / falls can happen. Clutter/Area rugs/ ladders are a huge reason that people fall.. Think about these things before doing them and have a plan, take your time and ASK FOR HELP! With the nicer weather also can bring family/friends to visit you on Cape Cod. Let them know what you need, “Many hands make light work”. We have a Spring Safety Checklist for Seniors here at the COA, stop by or I can come to you.

If anyone wants information regarding a safety pendant or wrist pendant. Please call Georgette at the COA and I can review the different products for extra safety in your home. As always it is a pleasure to serve all the senior residents of Truro and I wish you all a Happy St. Patrick's Day , Happy Easter and Happy Passover! *Georgette Ducey*

~The Outreach Coordinator is to provide senior residents with information that can help them resolve issues. The Coordinator is available to make home visits or to meet seniors and their families at the Center to answer their questions while maintaining privacy. The range of issues is broad and may include housing, Truro tax exemption forms, financial issues, medical insurance, fuel assistance, S.N.A.P., HIP (Healthy Eating Incentive Program) homemaker services, caregiver information, and local & zoom support groups. Feel free to contact Georgette 508-413-9508 to make an appointment.

Food and Meal Resources

TRURO FOOD PANTRY & HOMEBOUND DELIVERY PROGRAM *Lower Cape Outreach Council* hosts a food pantry at the Truro Community Center, located at 7 Standish Way in Truro, on TUESDAY and WEDNESDAYS from 10:00am-12:30am. Walk ins welcome. For more information or to make an appointment please call Barbara Bond (617) 515-4342. **Food can be delivered.**

MEALS ON WHEELS: Meals on wheels brings meals to people aged 60 and older who are homebound and unable to prepare their own meals. For more information, please call Elder Services at 508-394-4630 and ask for information and referrals or call Truro Council on Aging at 508-487-2462.

DELIVERED COA LUNCHEON MEALS: We also can offer a Thursday Luncheon meal delivery program for vulnerable homebound seniors. This will allow us to connect and be visible to those who may need additional support. Please call Georgette at 508-413-9508

TRURO COMMUNITY KITCHEN Tuesdays: Meals are available to anyone in need during this challenging time. We recognize that need can mean many different things at this time, and we will never ask you to qualify yourself for a meal. If you think you're a good candidate for a free meal, we'd love to deliver to you. To register call/text Eli at (973) 868-7526 or see Georgette Ducey 508-487-2462

FOODS TO ENCOURAGE/FREE HEALTH SCREENING: ONCE A MONTH: Blood Pressure and Glucose checks with Pop Up Food Nutrition and receive a bag of fresh fruits and vegetables. Sponsored by Lower Cape Outreach Council. **Second Wednesdays** of every month, 10:30am-11:30pm in the Lobby Please stop by!

BAKED GOODS TUESDAYS & THURSDAYS• Typically, after 10:00 am Tuesday & Thursdays, COA Staff deliver donated “day old” baked goods. Stop by and help yourself!

Outreach Corner

Fuel Assistance SSCAC

The Fuel Assistance Program provides seniors with a low income household to help pay home heating bills. The program runs from **November 1st until April 30th**. Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, electricity, propane, kerosene, wood or coal. Also, if you are living in nonsubsidized housing and your heat is included in your rent, Fuel Assistance can reimburse you for a portion of your rent. If you are renting an apartment that is subsidized and the cost of heat is included in your rent, you may not be eligible for Fuel Assistance; however, you may wish to apply to be enrolled in a Massachusetts utility discount program strictly based on income.

To apply you will need the following:

- Proof of income for all household members , Social Security Benefit letter.
- Copy of 2022 taxes **IF** self-employed
- Electric bill
- Heating bill
- Mortgage, homeowner’s insurance, real estate tax and lease
- Photo ID
- Social Security cards and birthdates for all household members.

Number in household Maximum annual Income

1 person \$45,392

2 person \$59,359

Please call us at 508-487-2462 (Press Option 3) for more information or to schedule an appointment with Georgette.

Please review if you did not qualify for SSCAC Fuel Assistance.

Salvation Army Good Neighbor Fund Program

These programs financially assist households with help on their winter heating bills and is based upon gross income and the number of people residing in the home. The income parameters are more generous. Number in household Maximum annual Income

1 person 45.392-\$60.523

2 person \$59,359-\$79,145

TELEPHONE REASSURANCE PROGRAM

Do you live alone? Are you concerned about an elder? We have a reassurance program where you have a daily check in with someone. If we do not hear from you by ten o'clock am someone will go over to the house and check on you. For more information, please call Truro Council on Aging at 508-487-2462.

ELDERS OF SPECIAL CONCERN

Upon returning home from the hospital or rehabilitation center be sure to contact our Outreach Department for any support or resources you may need, such as medical equipment, meals on wheels or in-home supports. Also, you can be added to our list in the case of a predicted storm. Participants of the Elders of Special Concern Program will be contacted to determine if they have adequate supplies in preparing for possible power outages, etc. If you live alone, are disabled, use oxygen, other special medical equipment or feel you could benefit from this program, please call (508) 413-9508 to sign up.

FILE FOR LIFE What is File For Life?

Lunch & Learn April 25, 12:30

The File For Life* is a way for you to provide vital medical information to emergency responders (paramedics, police, firefighters, etc.) should you ever be sick or injured at home and unable to speak for yourself. It consists of a vinyl envelope with a medical information form (which you need to fill out) inside, which you can stick in clear sight on your refrigerator for emergency responders to find if needed. Please call Georgette if you need a File for Life Card. 508-413-9508



MEDICAL EQUIPMENT LOANS

We gratefully accept donations of equipment that is in good, usable condition, BUT IT MUST BE CLEAN. Equipment is quarantined and then sanitized before it is loaned out to Truro residents. We will continue to accept and loan wheelchairs, walkers, rollators, canes, shower seats, tub transfer benches, and bed rails. Medical equipment is for short term use and will only be loaned out to non-residents if an adequate supply exists. All borrowers must sign a liability waiver.



Community Lunch

Community Lunch

The COA Community Luncheons are held on Thursdays from 12:00pm-1:30pm and are located in our COA Activity room. Volunteer Chef Stan Bratskeir volunteer chef. Please call (508)-487-2462 to sign up! Cost is \$7 per person. **If you need a ride to Community Luncheon please call Truro Council on Aging by Tuesday at 4:00pm to request a ride. We also have live music on select dates.**

MARCH MENU

March 7: Avocado salad, Fred's famous chicken salad with roasted carrots

March 14: Green salad, corned beef, cabbage and boiled potatoes.
Live Music with Billy Hardy

March 21: Green salad, roast salmon with asparagus and white rice,

March 28: Salad, baked ham with mashed potatoes and Brussel sprouts



APRIL MENU

April 4: Fruit salad, roast cod with red potatoes and green beans,

April 11: Green salad, steak sandwich with French fries,

April 18 : Homemade potato pancakes, roast chicken with cranberries

April 25: Fresh fruit, roast salmon with mashed potatoes and carrots



We would like your help with the following:

- **Please call to make reservations by 4pm on Tuesdays**
- **Please arrive for lunch and be seated by 12:15pm**
- **To go lunches will be available after 12:30pm**
- **minute walk ins for lunch**
- **If you need to make a change please before 10:30am day off**



PROGRAM COMMENTS CORNER



CCRTA Travel Training Presentation

“Extensive options to travel Cape Cod. I would find it very convenient just to leave my car at home and let someone else do the driving. Eco friendly, great presentation by the RTA and Truro COA!”

~Carol Bishop

“I have two wonderful takeaways from the excellent recent Travel Training program at the COA. I found out about the bus that leaves from Wellfleet and goes to Boston for medical appointments and returns. I also found out about the Shuttle that I can use to avoid traffic and parking costs to spend weekend evenings in Provincetown. I recommend that you pick up a schedule and ask questions”.

~Lisbeth Wiley Chapman, age 80

COA BOARD NEWSLETTER CORNER

Happy New Year from your COA Board!!! We've been working on our Board's goals and objectives for 2024/2025 based on the feedback from the focus group sessions held in 2022 and 2023. Thank you for your input. As soon as our review is complete, these goals and objectives will be available on the COA Board's website.

We invite you to connect with us through our new email coaboard@truro-ma.gov. Susan Girard-Irwin

ATTENTION TRURO SENIORS: *The Board of the Friends of the Truro Council on Aging is seeking new members. The position is a volunteer one. The Board normally meets once a month, but has recently been meeting on an "as needed" basis. The responsibility of the Board is to raise and allocate funds to assist the Council on Aging. The funds are distributed at the request of the Council's Deputy Director to fund programs and individual senior needs. All seniors are welcome to become members of the Friends.*

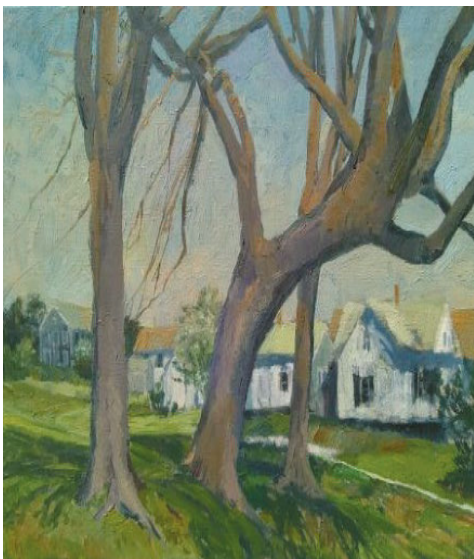
MARCH ART EXHIBIT

Places and People” features oil paintings by artist Catherine Hess, a year-round Wellfleet resident. Almost all were done from life- landscapes painted largely onsite on the Outer Cape and people painted at local artists’ studios, primarily Paul Schulenburg’s studio. Catherine is inspired by the challenges of painting our ever changing and still wild landscape, as well as human forms and faces. Along with marshes, shores and dunes, this highlights a few people who live and work on the Cape. See more work at www.CatherineHessArt.com Reception will be on **March 8th 4-5:30pm at Truro Council on Aging.**



APRIL ART EXHIBITION

Valerie Isaacs, painting on Cape Cod since 2016, is represented by Hammock Gallery in Provincetown. She studied Architecture at Penn State, drawing and etching in Spain, and painting at the Fleisher Art Memorial (Philadelphia) and with Douglas Balentine (Charleston SC). She has been painting professionally and exhibiting since 1990. <http://www.valerieisaacs.com/>





Truro Central School students at the Truro Council on Aging making Valentine's Day Cards with Seniors.

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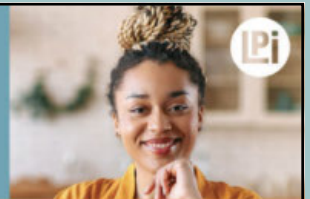
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MISSION STATEMENT

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

- Michelle Peterson, Deputy Director
- Outreach Coordinator, Georgette Ducey
- Office Assistant, Katie Thibodeau
- Michael Tarvers, Driver
- Annemarie Palheiro, Driver
- Samantha Keenan, Driver
- Alan Olszewski, Driver

FRIENDS OF THE TRURO COUNCIL ON AGING

Jim Brown, President; Catherine Staff, Vice President; Ed Yaconetti, Secretary; Christine Roderick, Treasurer; Lucie Grozier, Director; Patricia Wheeler, Director; Joan Moriarty, Director

COUNCIL ON AGING BOARD MEMBERS

Board Members: Katherine Black, Clerk; Dan Schreiner, Chair; Susan Girard-Irwin, Vice Chair; Apryl Shenk; Carol Bishop, Barbara Bond, Kevin Grunwald, and Deborah Simulian