



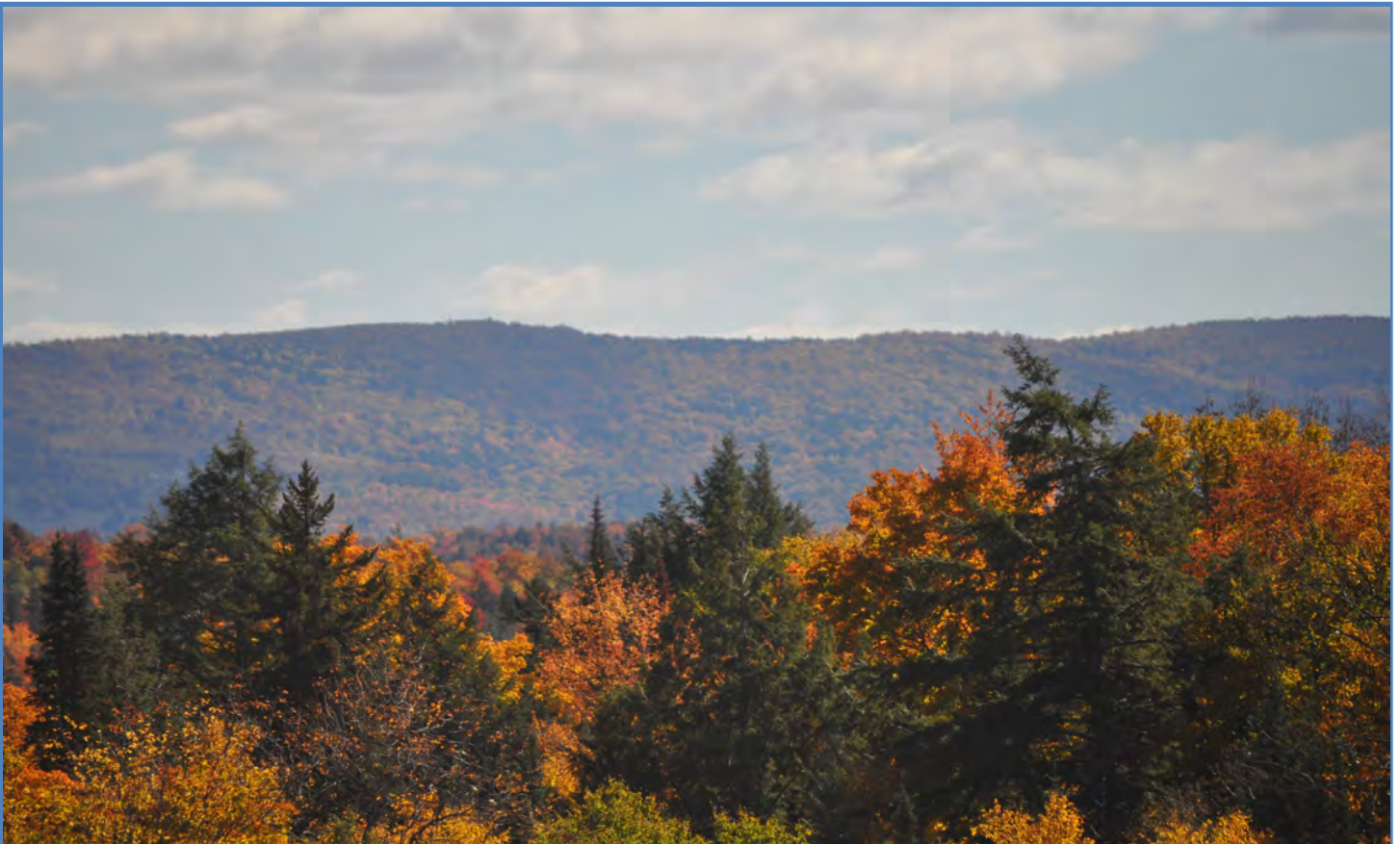
Truro Times

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

www.truro-ma.gov/coa

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

September/October 2020



—From the Director's Desk...

As the Summer turns to Fall, the temperatures begin to drop, crowds begin to thin, and leaves begin to change their color. Transitions. Bridges from one season to the next. As we lean into this next transition we are welcoming a new Town Manager and saying goodbye to another. We ready for a national election and all that it will bring. We embrace new ways of connecting and we adjust to the everchanging world around us. There is possibility with transition and great hope. We have the power to be counted in our Census which is so important on so many levels, including funding for the COA. We have power in raising our voices by voting, in person, by mail, however we are safest to make our choices known. We have new and exciting ways for you to engage with one another, learn a new skill, practice a new hobby-look inside for all the fun activities available virtually. We are entering another transitional time, a bridge from what was to what will be and while the uncertainty may cause some worry, know that there is hope and that we will continue to work to stay connected, healthy, happy, and well, until we can gather together once more in community.

Be well,

—Mary-Elizabeth

The COA recently learned of the passing of a former staff member of the COA, Katherine Stillman who served as the Outreach Coordinator and Leo "Skip" Childs who was a volunteer at the COA and husband of Margie Childs who was the Transportation Coordinator and Assistant to the COA Director. Our thoughts are with you and your families.



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
ExploreUHC Medicare.com

United
Healthcare

Y0066_200813_013109_M

SPRJ58101



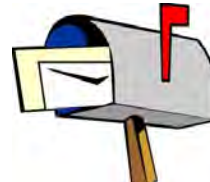


Cape Cod & The Islands have the lowest 2020 Census Response in the state.

Without a complete count, we lose out on critical federal funding for schools, roads and healthcare— and put our political representation at risk.

Ten minutes today will impact our region for ten years to come! Make sure everyone counts on Cape Cod.

Respond today by phone, online or by mail.



[Click HERE](#) to take the 2020 Census or visit: 2020census.gov

NEVER MISS A NEWSLETTER !

Sign up to have our
newsletter emailed to you at
www.ourseniorcenter.com



September Art Show

I paint because I love to: the process, the colors, textures, smells, and – most of all – ownership. As much as I enjoy it, making art can be isolating. There's a peculiarly immersive, insular relationship that often occurs between my canvas and myself, so it's a pleasure when others enjoy looking at things I've made. It's a tremendous honor and joy when someone chooses a painting to live with. Knowing something I've made is becoming part of someone else's home completes the circle, drawing me back to the world outside my studio.



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

October Art Show

White Line Block Prints

The white line block print, also known as the 'Provincetown Print', was developed in Provincetown around 1915 by a group of artists who had settled here when the outbreak of World War I prevented their usual travel to Europe. Rather than using the traditional method of applying ink with a roller to a series of blocks to produce various colors, they came up with an idea of using a single block. Cutting grooves in the wood to separate areas of color, and then rubbing the color onto paper with a silver spoon produces a unique style that incorporates the resulting white lines into the design. Using this approach, although a block may be used for multiple prints, each print is an "original" due to the variations of color application.

Outer Cape White Line Printmakers

Our group was inspired by a workshop given at the C.O.A. by Pat Canavari and Kathy Skowron. As interest grew, and people from diverse backgrounds joined, it has evolved into a weekly sharing of ideas, advice and comradery. Each member has his/her own distinct style and approach to white line print.

The group has begun showing work at various venues on the lower Cape.



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

TRANSPORTATION NEWS

Shawn Grunwald, Transportation Coordinator and Program Benefits & Resource Assistant 508-487-2462

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

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.

Helpful Information

<https://www.medicare.gov/medicare-coronavirus>

<https://www.ssa.gov/coronavirus/>

<https://2020census.gov/>

<https://www.medicare.gov/coverage/coronavirus-disease-2019-covid-19-tests>

<https://www.healthline.com/health-news/how-to-keep-daily-routine-during-covid19-shelter-in-place>

https://atlas-myrmv.massdot.state.ma.us/myrmv/_/#1

OUTREACH NEWS

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

SHINE NEWS....

Open Enrollment is just around the corner so don't delay!

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice**- it will explain the changes (premiums, copays, tiers) to your plan for **2021**.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan. This change takes effect January 1, 2021. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).



Fuel Assistance

The Fuel Assistance Program provides low income households with help paying home heating bills. New applications are available beginning September 15th. Outreach can help assist you in filling out the forms and submitting them to South Shore Community Action Council. Call Elton Cutler to schedule an appointment at (508) 413-9508.

Learn more about other services we provide

Call us (508) 487-2462 or log on to www.truro-ma.gov/coa

Health Insurance

Fuel Assistance

Financial Assistance

Medical Equipment

Counseling

Legal Assistance

Respite Care

Health Clinics

Community Referrals

OUTREACH NEWS

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



Are you spending too much for your prescription drugs?

Let SHINE help you find the right Medicare drug plan.

***Medicare Open Enrollment
October 15 – December 7***

SHINE provides *free & unbiased* health insurance counseling over the phone for Medicare beneficiaries of all ages

Call 508-413-9508 to schedule an appointment.

DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast!



November 20th Turkey Distribution 10am-12pm

The Lower Cape Outreach Council in collaboration with St. Vincent de Paul Society, St. Joan of Arc Church in Orleans, Nam Vets, Nauset New-comers and many local businesses will be offering a Thanksgiving turkey. However this year you will need to call and sign up with Lower Cape Outreach Council 508-240-0694 to receive a free Turkey.

More information will follow as we get closer to Fall, Don't forget to call and sign up...

VIRTUAL CLASSES

Some of the programs from the COA have started hosting virtual classes. Here is a list of the classes and how to sign up:

- **Strength Training**– contact Jon Seager at jwseager@yahoo.com
- **Chi– Kung**– contact Ellen Anthony at ellen@quirkycircus.com
- **Memoirs Writing Group**– contact Rosalind Pace at rp39@gmail.com
- **Psychoeducational Support Group**– contact Mary-Elizabeth Briscoe at mebriscoe@truro-ma.gov
- **Ukulele Lessons with Mary Abt**– Every other Thursday at 10:00 a.m. via zoom. Contact Chelsea to sign up– cmicks@truro-ma.gov or 508-487-2462. We have Ukuleles if you need to borrow one.

Never used Zoom? Here are some helpful links to check out:

- **Joining a Zoom Call for the First Time, Fun and Easy Online Connection** (8 minutes) <https://www.youtube.com/watch?v=9isp3qPeQ0E>
- **How to Host a Zoom Call for the First Time – Fun and Easy Online Connection** (12 minutes) <https://www.youtube.com/watch?v=hI32Xk2Va7M>
- **How to Use Zoom Safely – Simple Zoom Tips** (18 minutes) <https://www.youtube.com/watch?v=PGW6I2-KXZs>

Fun Links to Try:



<https://www.capecodbirdclub.org/wordpress/zoom-meetings/>

If you enjoy birdwatching and discussions, check this out!

<https://www.theartstudiony.com/online-classrooms/>

Enjoy art or want to try something new? Check out what classes they have to offer.

<https://www.greatseniorliving.com/articles/crafts-for-seniors> -

All kinds of activities and information for seniors

<https://www.hyanniscountrygarden.com/events/>

Like to garden? This one is for you.



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 Thanks!



- **Kangen Water Demo: presented by Melissa Wheeler. What PH water and how it works:** [Click Here to View](#)
- **Tick Borne Diseases in Older Adults with Rita Mitchell- A public health nurse for the Barnstable County Health Department. If you have any questions, please contact:** Deirdre Arvidson 508-375-6617, Mass Department of Public Health: [Click Here to View](#)
- **Educational talk with Kathy Stetson, physical therapist and certified exercise physiologist-** [Click Here to View](#)
- **Educational talk with Larry Dapsis ,Entomologist – Cape Cod Cooperative Extension- *Pollination Ecology – How Can We Help Bees?*** Honeybees, both locally and nationally have been suffering catastrophic losses. This program will review honey bee biology and the factors responsible for this problem. In addition, we will review the state of wild pollinators like bumble bees and the things residents can do to help them. Many of the fruits and vegetables we eat require pollination. The current situation with murder hornet in the US will be discussed.: [Click Here to View](#)
- **Educational talk with Larry Dapsis, Entomologist – Cape Cod Cooperative Extension- *Insect Evolution-*** Insects are the most numerous and diverse group of animals on the planet representing over 25% of all forms of life on the planet. A series of examples will be showcased to show structural adaptations for protection including changes triggered by manmade events like pollution. There are evolutionary adaptations in behavior to enhance protection from natural enemies and to enhance predation ability...fireflies present a stunning example here.: [Click Here to View](#)
- **Donna Mahan from Donna Mahan Studio-** This is a one on one discussion with Donna about her amazing art she creates and a peek of her studio where she creates it: [Click Here to View](#)

- **Educational talk with Larry Dapsis, Entomologist – Cape Cod Cooperative Extension- *Edible Insects, an Introduction to Entomophagy!***- Insects are part of many diets around the world with the exception of North America and Europe. There are a number of valid reasons to consider rethinking our attitude about insect-based foods including sustainability and nutrition. Don't be faint of heart for this exciting tour of culinary treats. [Click Here to View](#)



[CLICK HERE](#) to check out the new “*Stay Connected*” page on the Truro Town Website or visit it at **<https://www.truro-ma.gov/council-on-aging/pages/stay-connected>**.

The Truro Community Center is closed to the public- Our COA Staff have designated office hours and are working remotely, checking emails and continuing to assist and positively support all seniors in the Town of Truro available Monday-Friday 8 AM to 4 PM.

Outreach Services: The Truro Council on Aging Outreach Program provides information and referral, as well as direct services for seniors.

Coffee Hour with COA staff on Wednesdays @ 10:00 a.m: Please contact the COA for details on how to join 508-487-2462.

Legal Assistance: South Coastal Counties Legal Services, Inc. will be accepting phone appointments on Monday, October 5th, 2020 from 3:00 p.m. to 4:00 p.m.- please call the COA to schedule an appointment 508-487-2462.

Pantry Curbside Food Pick-Up: The Lower Cape Outreach Council continues to be committed to providing food for seniors and families in need especially during this period of insecurity. The Truro curbside food pantry is on every other Friday from 11 AM to 12:30 PM. You must register if you would like to join the pantry by email at **lcoc@lcoutreach.org** or calling 508-240-0694.

Activity Packets: Available for pick-up at anytime in the bin out front of the Community Center. Word search puzzles, crossword puzzles and find the difference pictures and a new recipe to try.

Live dialogue with the director: Monday, Wednesday and Friday at 10:00 a.m. on Facebook live.

Grocery Curbside Pick-up: Available Wednesdays and Fridays- please call the COA to set up. Here are a few places that are doing online ordering:

[Jams](#), [Salty Market](#), [J&E Fruit and Produce](#), [Ring Brothers Marketplace](#), [Friends' Marketplace and Garden Center](#), [Stop & Shop \(Orleans\)](#), [Wellfleet Marketplace](#)

Educational talks coming soon on zoom!



- **Talk led by Jan Taylor, Health & Fitness Coach and owner of Get Lively®: Health & Fitness** -“We’ve got to keep LIVING: How to Stay Positive and Lively During the Age of the Coronavirus”
- *Please call the Truro COA if you would like to join in on this discussion live-*
- **"Shellfish in the Home" with Abigail Archer from Cape Cod Cooperative Extension-**
Safe harvesting, storage, preparing, and cooking of shellfish.
- **Nutritional Education with Sue Bourque from Cape Cod Cooperative Extension**

Please let us know if there is something you would like us to do an educational discussion on! We would be happy to look into it. Contact Chelsea at 508-487-2462.



[CLICK HERE](#) to Like us on Facebook!

Stay up to date with things happening at the Truro COA on our Facebook page., we are constantly posting to keep you connected.



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 .

THOMAS D. BROWN
REAL ESTATE ASSOCIATES



300 Route 6, Truro, MA

Be Well.



Nick Brown, *Owner/Broker*
508-487-1112 | nick@thomasdbrown.com

www.thomasdbrown.com

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Susanne Carpenter to place an ad today!
scarpenter@lpseniors.com or (800) 477-4574 x6348

**JOSEPH'S
RUBBISH REMOVAL**

Quality local services
Serving Truro since 1965



Trash Removal
Clean Outs • Recycling
Snow Plowing & Sanding
Year Round - Reliable Services

P.O. Box 836
22 Shore Rd., Truro, MA 02666

508-487-1895

josephsrubbishremoval.com



TRURO COUNCIL ON AGING
P. O. BOX 500
TRURO, MA 02666

BULK RATE
U.S.
POSTAGE
PROVINCETOWN, MA
02657
PERMIT #1

[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

COA Staff Members

Mary– Elizabeth Briscoe, Director
Elton Cutler, Outreach & Resource Coordinator
Shawn Grunwald, Transportation Coordinator & Program & Benefits Assistant
Chelsea Micks, Office Assistant
Van Drivers: Nancy Braun & Tom Jansen

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

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder