



Truro Times

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

www.truro-ma.gov/coa

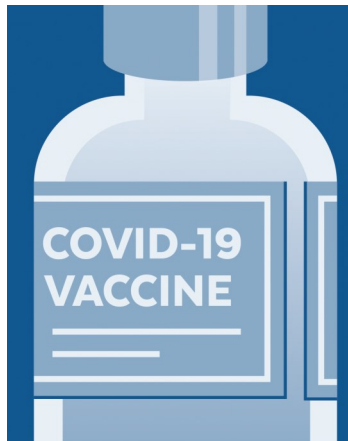
HOURS: 8:00 am - 4:00 pm MONDAY -FRIDAY

March/April 2021

As we look forward to welcoming Spring, I want to acknowledge the long, difficult year we have had to endure. An entire year has passed since we had to close the doors to the community center. It has been challenging to stay connected and while we miss the days of visiting over coffee in the activity room we have and continue to work hard to bring you a variety of virtual programing as well as use of the local cable channel. Just look inside for the wide range of program choices coming up from across the Cape COAs.

I also want to acknowledge that as we come through the darkness of Winter we are greeted by the light of Spring. With that comes hope. Hope for brighter, longer, warmer days. Hope for all things budding and blooming. We look forward to a new, innovative COA experience. One that brings us all together safely as well as continuing with some of the wonderful virtual programs we have developed over the past year. We are excited to be working toward the future at the COA and while we will keep many of the same programs we are eager to offer a variety of new programs as well. The future is before us and with each new day we are closer to that reality. So, take a look inside for all that is happening in the next two months, and enjoy the brighter days...





Stay up to date with the most recent COVID Vaccine information by going to:

- The Town of Truro Website: [CLICK HERE](#)
- The Barnstable County Health : [CLICK HERE](#) (you can sign up for email alerts here too)
- You can also call 211 for up-to date information on COVID and the COVID Vaccine.

How Energy Efficient Is Your Home?



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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



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) 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
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www.mycommunityonline.com



March/April Art Show

March

Lisa Morales

I am one of those photographers who actually used a Brownie Hawkeye camera in childhood with a huge flash and hot blue bulbs which burned my fingers. I never considered photography professionally until I retired from my prior careers. I have spent the last two years soaking up as much knowledge as I can from photographers whom I admire greatly, traveling with them and learning in the field. I enjoy participating in photo competitions as a means to hone my skills. I no longer use the Brownie but a Sony mirrorless camera.

I have a strong preference for monochrome images, my mind operates primarily in black and white. My focus is on travel photography is an effort to bring the world some semblance of interconnectedness, to show that mothers and lovers world-wide have the same joys and sorrows. I write a travel blog as well, which is heavily image-based and not a ten best list. I welcome your inquiries and would love to write about your destination, attraction or corner of our Earth. Prints available as archival inkjet or giclee limited editions.

[Click HERE to view the are exhibit.](#)

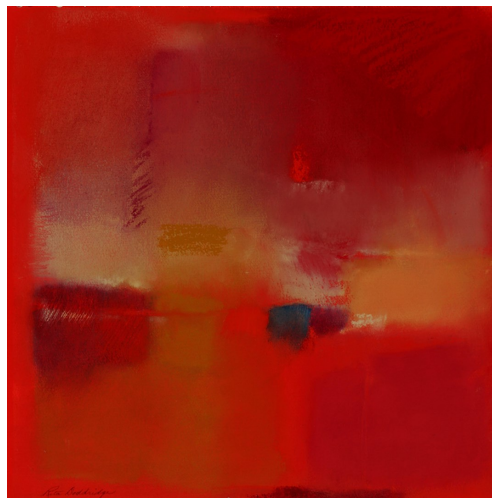
April

The Cape Cod Visual Artists Cooperative

The Cape Cod Visual Artists Cooperative is a group of local artists residing on Cape Cod. We work in all visual media and exhibit in group shows within our geographic area. We fulfill the need to support and encourage each other, find venues for exhibitions, and facilitate each other's creative needs. Our meetings are usually in person, but the pandemic has forced us to find a new presence in cyberspace. We applaud our partnership with, and facilitation by, the Truro CoA.

To comment, ask questions or seek membership call 646-491-2004 or email info@CCVAC.art

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

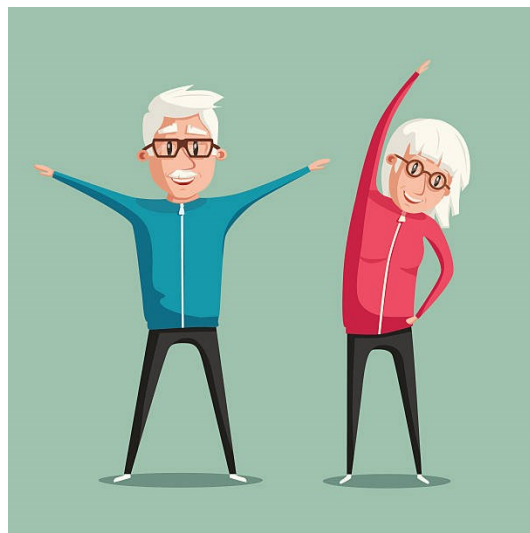




Senior Fitness Hour:

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>
Monday	Frank’s Funky Fitness	Chair Life Exercises with Janet
Tuesday	Morning Fitness with Becky	Chair Fitness with Melissa
Wednesday	Fitness with Melissa	Chair Life Exercises with Janet
Thursday	Morning Fitness with Becky	Sit Fitness with Becky
Friday	Gentle Yoga with Debra	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 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

Mashpee/Sandwich \$15.00

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



Get the Food You Need to Stay Healthy

Call Today 1-800-645-8333 - Press 2 for the dedicated Older Adult Line

The FoodSource Hotline has created a dedicated “Older Adult Line” for those interested in SNAP/ Food Stamps or who have general questions about food resources. You can call the statewide, toll-free hotline, and press 2 to be immediately connected with one of their counselors, avoiding any extended wait times. Counselors can screen callers for SNAP eligibility and start the application over the phone. A counselor will also follow-up with them throughout the process to answer any questions or concerns that might arise. Counselors are also available to answer questions from current recipients and help to ensure they are receiving the maximum benefit. To further provide assistance, during the months of February, March, and April the FoodSource Hotline has ensured extra staff to respond to callers.



VA Dental Insurance Program

VA is implementing a comprehensive national VA Dental Insurance Program (VADIP) to give enrolled Veterans and beneficiaries the opportunity to purchase dental insurance through Delta Dental and MetLife at a reduced cost. Participation is voluntary. Purchasing a dental plan does not affect Veterans eligibility for VA dental services and treatment. Covered services include diagnostic, preventative, surgical, emergency and endodontic/restorative treatment. Delta Dental and MetLife are offering multiple plans. Each participant pays the fixed monthly premiums for coverage and any copayments required, depending on the type of plan selected.

PROVIDER TOLL-FREE NUMBER & WEBSITE:

Delta Dental	1-855-370-3303	www.deltadentalvadip.org
MetLife	1-888-310-1681	www.metlife

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





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 FREE virtual programs open to you in February 2021! Registration for these programs will begin immediately.

“SONGBIRDS OF THE NORTHEAST” WITH JOHN ROOT - Wednesday March 3, 2021, at 1pm (via Zoom) This is an hour long presentation that includes recordings and images of our region’s songbirds. Supported by a MA Cultural Council grant. To register call the *Bourne COA at 508-759-0600 ext. 5300.*

“BURIALS AT SEA” - Wednesday, March 3, 2021, at 6:30pm (via Zoom) Thinking of burial at sea? This may be a more viable option than you think! Join Capt. Brad White and Funeral Director, sea burial certified Christopher P. Goulet, Sr. for this highly informative presentation. Time will be available at the end for questions for questions. To register, call Susan at the Barnstable COA at 508-862-4761 or email: susan.griffin@town.barnstable.ma.us

“COOKING WITH ALLY” - Tuesday, March 9, 2021 at 11am (via Zoom) Learn how to make easy crock pot Turkey Chili. Ingredients include 1-2 lbs of ground turkey, garlic (chopped) or garlic powder, olive oil, red and green pepper (chopped), 1 zucchini (optional), 1 onion (chopped), 2 cups of chicken broth, 1 can of beans, rinsed well. You can use kidney, white, or garbanzo beans. 1 can of stewed tomatoes or can of tomato paste, and 1 bag of frozen corn or canned. I like to add half a cup of quinoa for its fiber and many health benefits. To register call the Dennis Senior Center at 508-385-5067.

FALMOUTH COA BOOK CLUB...All Are Welcome! - “The Vanishing Half” by Brit Bennett - Tuesday, March 9, 2021 at 1:30pm (via Zoom) Come join our live book club on Zoom, led by Susan Weliky. In our live book club conversations, readers will come together to connect and have some great discussions. To register call the Falmouth COA at 508-540-0196.

“WILL THE TRAVEL INDUSTRY RECOVER FROM COVID-19” - Thursday, March 11, 2021, at 1pm (via Zoom) Presented by Marie C. Clougher, Esq., Executive Director, Consumer Assistance Council. Get ready for vaxageddon and other travel warnings. Tune in for solid advice on the travel industry for 2021, and potential pitfalls to avoid when planning your next trip. To register call the Yarmouth Senior Center at (508)394-7606 x 1333.

“BUILDING OUR CONNECTIONS WITH PLANTS” - Monday, March 15, 2021, at 1pm (via Zoom) This class is designed to celebrate and support many ways we can learn and grow from connecting with plants. For anyone who's noticed they live among plants, for novice or seasoned gardeners, or even armchair naturalists, this class offers ideas to think about how you pay attention to plants and why it might matter to you! We will discuss seeds, flowers, trees, shrubs growing outside your door, both native and non-native. In these isolating and challenging times, creativity and curiosity is a pre-requisite to a more peaceful existence. Join in the discussion and share your plant stories. Herbalist and Mental Health Counselor, Alyssa Doolittle, MS, shares some of her thoughts and ideas in hopes to spark your curiosity and creativity towards building or deepening your own connection with plants. Alyssa is an avid plant lover and has spent countless hours collecting data in forests of the pacific northwest, farming in Vermont, wild-crafting, making medicine, and enjoying time with plants. To register call the Truro COA at 508-487-2462 or email cmicks@truro-ma.gov

“VOYAGE OF THE PILGRIMS” WITH RICHARD NICHOLS- Tuesday, March 16, 2021, at 10am (via Zoom)

Join us for an engaging discussion on the Pilgrims Journey to America. To register call the *Bourne COA at 508-759-0600 ext. 5300.*

“CELEBRATION OF SONG” WITH JOHN ROOT - Tuesday, March 16, 2021, at 1pm (via Zoom)

John sings, a cappella or accompanying himself on the piano, and plays the flute, clarinet, and saxophone. His diverse repertoire features the best-loved songs of the first five decades of the twentieth century. Everyone is invited to sing along, and requests for favorite selections are welcome. To register call the Chatham Senior Center at 508-945-5190.

“CELEBRATE ST. PATRICK’S DAY” - Wednesday, March 17, 2021 at 1pm (via Zoom)

Dave Hickey and Sean Brennan will be singing all your favorite Irish songs to celebrate St Patrick’s Day in style. Join in the fun to hear Dublin Balladeer Dave Hickey and his Irish American partner Sean as they belt out the Irish hits from the Wild Rover to Finnegan’s Wake for a Happy St Patrick’s Day! This program is sponsored by Friends of Yarmouth Council on Aging. To register call the Yarmouth Senior Center at (508) 394-7606 x 1333.

“DIVERSITY, EQUITY & PROTECTION OF COMMUNITY” - Thursday, March 18, 2021, at 1pm (via Zoom)

This is, “An Oh-So Ordinary Tale with an Extraordinary Ending”. Come meet Robert Barrows, who will speak about his personal experiences with the criminal justice system as a young person and the lessons learned as he eventually moved into law enforcement. Chief Barrows is a former member of the Special State Police and a former member of the Massachusetts National Guard. For the past eleven years, he has served as the Chief of Police for Bunker Hill Community College. He recently completed YW Boston, a leadership program focused on eliminating racism, empowering women, and promoting social equity. He brings with him a rich history of community service and dedication to the rehabilitation of those who have been incarcerated. To register call the Orleans Senior Center at 508-255-6333.

“COGNITIVE HEALTH”- Monday, March 22, 2021, at 11am (via Zoom)

Dr. Molly Perdue, Co-founder and Executive Director of Alzheimer’s Family Support Center of Cape Cod, will discuss the impact of loneliness and isolation on cognitive health, especially during the pandemic. This conversation is open to all and will be particularly important for people living with Alzheimer’s Disease or dementia and their caregivers. To register call the Provincetown Senior Center at 508-487-7080.

“BIRDS, BEES, BUTTERFLIES & POLLINATORS” - Tuesday, March 23, 2021, at 1pm (via Zoom) Presented by Fran Raleigh

Fran Raleigh will explain why we should care about these creatures that share our ecosystem, what threats they face, and how we can support them in our own yards and neighborhoods with beautiful plants. Fran grew up watching birds and bugs in her backyard. She majored in Biology at Marietta College in Ohio, then earned her Ph.D. in Plant Science (Ecology) from the State University of New York College of Environmental Sciences and Forestry in Syracuse. After teaching ecology and other college biology courses for more than 30 years, she retired in 2018 and moved to Cape Cod. A member of the Master Gardener class of 2019, she is eager to share her knowledge and enthusiasm for nature and gardening. Her primary focus in gardening is to celebrate native plants and create habitat. *To register call the Orleans Senior Center at 508-255-6333.*

“TICK TALK” - Wednesday, March 24, 2021, at 1:30pm (via Zoom)

Lyme Disease is the most prevalent infectious disease in Massachusetts and is now considered a public health crisis. Larry Dapsis, entomologist, Cape Cod Cooperative Extension, will teach you how to protect yourself, your loved ones and your pets. To register call the Provincetown Senior Center at 508-487-7080.

“CAPE COD VET CENTER AND VETERANS AFFAIRS COMPREHENSIVE ASSISTANCE FOR FAMILY CAREGIVERS” - Wednesday, March 24, 2021, at 1pm (via Zoom)

Vet Centers are community-based counseling centers located in easily accessible neighborhoods near Veterans, Service members, survivors, and their families which ensure confidential counseling and reduce barriers to care. The Program of Comprehensive Assistance for Family Caregivers (PCAFC) offers enhanced clinical support for caregivers of eligible seriously injured Veterans. Learn about changes to the PCAFC program including expanded eligibility, legal and financial services for designated Primary Family Caregivers of eligible Veterans in 2021, and more. Qualified applicants are Veterans who incurred or aggravated a serious injury (including a serious illness) in the line of duty in the active military, naval, or air service on or after September 11, 2001, or on or before May 7, 1975. Learn more about these services by joining Dr. Jocelyn Howard (Director of the Cape Cod Vet Center), Kathy Langford (Caregiver Program Support Manager at the Providence VA Medical Center) and Adam Doerfler (Cape Cod Vet Center Outreach Specialist) for this informative presentation. To register call the Chatham Senior Center at 508-945-5190.

“MARITIME GHOSTS AND SEAFARING SPIRITS” - Wednesday, March 24, 2021 at 1pm (via Zoom) Some of the most dramatic legends and ghosts come from New England’s seafaring history and maritime past. This presentation takes guests on a voyage all along the scenic New England Coast, from points in Rhode Island to the beaches of Cape Cod and north to the rockbound landscape of New Hampshire and Maine. Tales of incredible shipwrecks and pirates from Colonial days are also included, as well as dramatic accounts of haunted lighthouse, fierce storms, lonely ghost ships and mysterious forgotten islands are told on this virtual tour. Set sail with this presentation for a ghostly adventure! Presented by Roxie Zwicker and New England Curiosities. To register call the Sandwich COA at (508) 888-4737.

“AWARENESS INSPIRES CONSERVATION” - Wednesday, March 24, 2021, 2pm (via Zoom)

Join Kristen Kibblehouse to learn about the work of the Atlantic White Shark Conservancy. She’ll talk about the public perception of sharks, the role sharks play in our marine ecosystem, and the ongoing research and conservation efforts taking place right here on Cape Cod. The program wraps up with a discussion on how the presence of white sharks close to the shore has specifically affected the Cape community. There will also be time for Q&A! *To register* call the Harwich COA at (508)430-7550.

“LEARN THE SIGNS AND SYMPTOMS OF SEPSIS” - Tuesday, March 30, 2021, at 10am (via Zoom)

This information session is presented by Gerry Bedard from the Sepsis Awareness Alliance. Gerry lost his wife to Sepsis several years ago. Gerry has dedicated his time to educating folks on this subject. Sepsis is the body’s overwhelming response to infection, which can lead to tissue damage, organ failure, amputation, and death. Sepsis is a medical emergency that requires urgent attention and rapid treatment for survival. To register call the Dennis Senior Center at 508-385-5067.

“BASICS OF ESTATE PLANNING” WITH ATTORNEY MICHAEL L. LAVENDER - Tuesday, March 30, 2021, 10am (via Zoom)

This presentation covers the basics of estate planning; powers of attorney, healthcare proxy, wills and trusts, probate of estates, estate taxation, asset protection, and nursing home concerns. Conversation will include what the Covid-19 crisis has taught us about timely estate planning. To register call the Yarmouth Senior Center at (508)394-7606 x 1333.

“EXOTIC TURNEFFE ATOLL, BELIZE “ - Wednesday, March 31st, 2021 at 10:30am (via Zoom)

Escape to the exotic nature of this remote tropical island chain off the coast of Belize. Beyond the second largest barrier reef in the world lies Turneffe Atoll. Away from the cruise ships of the mainland soar magnificent frigate birds and red footed boobies. Winter migrants, including warblers and hummingbirds, can also be seen on these remote islands. Some of the locals, such the golden fronted woodpecker and spiny iguana, can even be seen competing for space on the same tree! From above the water, dolphins can be seen frolicking in the waves while manatees slowly cruise along feeding on sea grasses. Under the crystal clear waters are beautiful scenes of colorful reef fish and corals with even the occasional turtle or spotted eagle ray. Join us for images of this beautiful place. Our guide, naturalist Joy Marzolf, leads our virtual tour and will take live questions. To register call the Sandwich Council on Aging at (508) 888-4737.

“HOW TO HELP YOUR LOVED ONE IN THE HOSPITAL” - Monday, April 12, 2021, at 10am (via Zoom)

When a family member is in the hospital, it's overwhelming but you can make a big difference. Beth Suereth, Certified Caregiving Consultant and Founder and CEO of Caregiving Pathways will share what to expect during a family member's hospital stay. Get practical tips and tricks for managing the hospital experience, and hear the care-giving story of a Certified Care-Giving Consultant. You'll learn how to: keep track of all the details, prevent common hospital mistakes, and plan for care at home after the hospital stay. To register call the Brewster Senior Center at 508-896-2737.

“SOUND DUNES SWING COMBO” - Tuesday, April 13, 2021, at 1pm (via Zoom)

Join us for a mix of sing, Dixieland, Country, Latin, Jazz, and Rock n Roll music for your listening, singing and dancing pleasure. Brought to you in the comfort of your home (where no one can hear you sing or watch you dance!). To register call the Yarmouth Senior Center at (508)394-7606 x 1333.

“EARTH RHYTHMS: SONGS FOR THE ENVIRONMENT” WITH ROGER TINCKNELL-

Tuesday, April 13, 2021, at 1:30pm (via Zoom)

From rain forests to recycling, conservation to compost, Earth Rhythms travels from our backyard to around the world celebrating and teaching environmental awareness and responsibility. Captivating songs, stories, legends and facts are accompanied by the Native American rainstick, Incan Charango and flute, Russian bala-laika, African Achika drum, as well as guitar, mandolin, banjo and harmonica. Older adults, school-aged children and everyone in between are welcome! To register call the Chatham Senior Center at 508-945-5190.

FALMOUTH COA BOOK CLUB...All Are Welcome! “American Dirt” by Jeanine Owens - Tuesday, April 13, 2021 at 1:30pm (via Zoom) Come join our live book club on Zoom, led by Susan Weliky. In our live book club conversations, readers will come together to connect and have some great discussions. To register call the Falmouth COA at 508-540-0196.

“GET YOUR GARDEN READY” - Friday, April 16, 2021, at 1pm (via Zoom)

Presented by Donelle Denery, Barnstable Master Gardener, this program will focus on the proper steps to get your garden ready in anticipation of your planting season. Flower, vegetable and container garden preparation will be discussed. Properly preparing your garden in early spring sets you up for a successful growing season! To register call the Orleans Senior Center at 508-255-6333.

“CREATIVE JOURNALING CLASS” WITH ALEXANDRIA TYBER - Tuesday, April 20, 2021, at 1pm (via Zoom)

Creative Journaling is a wonderful way for you to express your thoughts, wish lists, gratitude and all of your creative ideas using words, pictures or simple sketches can help to clarify your feelings and ideas. Expressing the things you truly desire, as well as, what you appreciate really gets the positive energy flowing and can help shift your vibe from dark to light. We begin this class with a simple guided mindful meditation technique to help us relax, focus and feel centered. Then we CREATE! Using paint, collage, markers and other materials you'll express yourself on the front & back covers of these hard covered journals creating a work of art that's “YOU!” Supplies you will need: hardcover journal (recommended purchase at Michael's <https://www.michaels.com/black-hardcover-dot-journal-by-artists-loft/10532092.html>). You can purchase or use supplies lying around your house such as: pens, pencils and colored markers, all-purpose glue, scissors, old magazines/cards/wrapping paper/napkins/tissue paper or fabric to cut up for collage, watercolor paint and a brush or can paints, glitter, stickers, stamps and ribbon. To register call the Yarmouth Senior Center at (508) 394-7606 x 1333.

“A BIOGRAPHY OF THE CONSTITUTION” - Wednesday, April 21, 2021, 10:30 AM-12 PM (via Zoom) Join Jane Scarborough for a survey of the United States Constitution. Jane will cover the history and meaning of our nation’s founding document, beginning with the intentions of the Framers, exploring its development over the following 230+ years, and culminating in a discussion of the current Roberts’ Court. Amidst our current state of political turbulence, there is no more important time to examine this defining document and its articulation of the values and principles we hold in common. Jane holds a B.A. in American History from Rice University, an M.A. in American Studies from Purdue University, a Ph.D. in American Constitutional History, and a J.D. from Northeastern University School of Law. She has served in a myriad of private sector and academic positions, including as a full-time professor of Constitutional Law at Northeastern University School of Law. **To register** call the Harwich COA at (508)430-7550.

“AMAZING ANIMAL AMBASSADORS” - Thursday, April 22, 2021 at 9am (via Zoom) We’d like to introduce you to Bethany Boucher owner of Amazing Animal Ambassadors. Bethany has a background in Captive Wildlife Care and Education, teaching with animals for over 15-years since beginning her business on Cape Cod in 2013. You will meet and learn educational details about some of her most popular animals including: Milo, the Fennec Fox; Buttercup the Skunk; Cali the Cockatoo; Jasper the Red Tailed Hawk; Shelly the Sulcata Tortoise, and more. Enjoyment for the entire family! This program is sponsored by Friends of Yarmouth Council on Aging. Please call the Yarmouth Senior Center to Register at (508)394-7606 x 1333.

“CBD IS HERE TO STAY: WHAT YOU NEED TO KNOW” WITH KAY COONEY, RN, GCNS, APRN - Wednesday, April 28, 2021, at 1pm (via Zoom) CBD is here to stay and it’s a supplement you might want to learn more about. The program will discuss 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 Sandwich COA at (508) 888-4737.

“PAUL NEWMAN: STAR OF STAGE, SCREEN & SALAD DRESSING” - Wednesday, April 28, 2021, at 7pm (via Zoom) Join Frank Mandosa as we take a star struck look at the life and career of this screen legend and Hollywood icon that starred in classics such as Cat on a Hot Tin Roof, The Hustler, Hud, Cool Hand Luke, and Butch Cassidy and the Sundance Kid. You may remember him for his blue eyes and striking good looks, but Paul Newman was a multi-faceted man and philanthropist who lived a rich life beyond the screen. You may be surprised at what you will learn about one of Hollywood’s great actors. To register, call Susan at the Barnstable COA at 508-862-4761 or email: susan.griffin@town.barnstable.ma.us

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

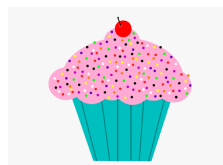
Come by the Community Center, say hello and grab a coffee, hot chocolate or tea and pastry to enjoy. We will be right out front for your convenience to pull right up and have us bring your items to you.

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.



“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

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!

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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

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

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Board Members: Hannah Shrand, Denise Seager, Katherine Black, Dan Schreiner, Susan Girard-Irwin