



## 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

**\*November/December 2020\***

### *From the Director's Desk.....*

*Fall is quickly turning to Winter here on Cape Cod. The cranberries have all been harvested, gardens put to be and tourists slowly leaving for another season. This is traditionally a time for turning inward, to embrace the coming darkness and contemplate where we have been while beginning to consider where we might go. This year as we approach the darker months, there is some anxiety as the world continues to struggle through this pandemic with more questions than answers. It has already been a long difficult string of months for all of us, and as we approach the holidays we know that this year they will be very different. Finding creative ways to celebrate while staying safer at home poses its challenges, and may even bring some loss for many of us. But in spite of all of these the difficult moments we continue to manage to thrive. We continue to be resilient. We continue to find new and creative ways to stay connected to one another. Connection is the most important aspect of our humanness. It is the foundation for all relationships. Connection sees us through the difficult times, eases our loneliness and offers hope for a better future. It is through connection that we will move through whatever the next months bring, together. Whether virtually, by phone, letter or in person we will stay connected to each other and we will move through this difficult year.*

*Here at the COA we have been working to find some fun, creative new ways to stay connected. We have new classes, talks, and activities as you will see as you read through these pages. We continue to work on new programming ideas so make sure to check our website and Facebook pages for new additions to our line-up. Until we are together in person again, we are together in connection.*

*Blessings-  
Mary-Elizabeth*





The Truro COA is excited to announce that we will be hosting a **“Seasonal Craft program”**.

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

**This is 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 Tuesday, November 17<sup>th</sup>, 2020 between 10:00 – 12:00 (please call if that time does not work for you and we can arrange another time).
- We will host the program via zoom on Wednesday, November 18<sup>th</sup>, 2020 at 1:00 p.m. (we will send the zoom invite to you the day prior) We anticipate that the class will be about 1 hour long.
- Join the zoom and let's get crafty together!

## 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:

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- And more ...

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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](mailto:terri@capecdp.org)



### Hello older adults!

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



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



**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 !

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



# November & December 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

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.**

# 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](mailto:jwseager@yahoo.com)
- **Chi– Kung**– contact Ellen Anthony at [ellen@quirkycircus.com](mailto:ellen@quirkycircus.com)
- **Memoirs Writing Group**– contact Rosalind Pace at [rpace39@gmail.com](mailto:rpace39@gmail.com)
- **Psychoeducational Support Group**– contact Mary-Elizabeth Briscoe at [mebris-coe@truro-ma.gov](mailto:mebris-coe@truro-ma.gov)
- **Ukulele Lessons with Mary Abt**– Every Friday at 9:00 a.m. via zoom. Contact Chelsea to sign up– [cmicks@truro-ma.gov](mailto: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>



# OUTREACH NEWS

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

## **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. 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
- \*Copy of 2019 taxes for 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.

If you need assistance making sure you have the correct documents please give us a call 508-413-9508 to schedule an appointment.



# OUTREACH NEWS

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

## HOME VISITS



Elton Cutler, Outreach & Resource Coordinator, is available to help you with any needs you may have. We continue to offer a friendly curbside home visit with physical distancing due to Covid-19. If you feel you would like a home visit to re-connect or keep in touch let us know. In addition, if you would like a weekly check-in call with a staff member, let us know. Let's stay connected!

## **Learn more about other services we provide**

Call us (508) 413-9508 or log on to [www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)

Health Insurance

Fuel Assistance

Financial Assistance

Medical Equipment

Counseling

Legal Assistance

Respite Care

Health Clinics

Community Referrals



# Thank you to our Veterans



## **ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD**

### **VIRTUAL WALK & GIVE FOR ALZHEIMER'S**

**The AFSC wants you to take a walk, donate \$5,  
and invite five others to do the same!**

*Together but separately we can make life better  
for families living with dementia diseases on Cape Cod.*

**To register or donate, visit our website: [alzheimerscapecod.org](http://alzheimerscapecod.org)  
call (508) 896-5170 or email [info@capecodalz.org](mailto:info@capecodalz.org) for information  
or text GIVEALZ to 44-321 to make an easy donation!**

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

***All proceeds fund free Alzheimer's services across Cape Cod***

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

***EIN: 45-5545397***



# Alzheimer's Family Support Center of Cape Cod



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

## ONLINE SUPPORT GROUP SCHEDULE

2020

Online support groups are **FREE** and run via **Zoom videoconferencing**. Zoom can be downloaded to your tablet or iPad, smart phone, or computer with audio & camera at no charge. If it is your first time attending, or require technical assistance, contact us at (508) 896-5170 or via email at [info@capecodalz.org](mailto:info@capecodalz.org). We do suggest a Zoom "test run" prior to your meeting. If you, or someone you know would like to attend, but does not have the technology, let us know!

### FAMILY CAREGIVER SUPPORT GROUPS

<b>OUTER CAPE</b> ( <i>Provincetown, Truro, Wellfleet, Eastham</i> )	1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of the month	11 am – 12 pm	Molly Perdue
<b>BREWSTER</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of the month	1 pm - 2 pm	Molly Perdue
<b>HYANNIS</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays of the month	11 am – 12 pm	Vaughn Harding, LICSW
<b>YARMOUTH/HYANNIS</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of the month	11 am – 12 pm	Maureen Corrigan, LICSW
<b>ORLEANS/CHATHAM</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays of the month	11 am – 12 pm	Molly Perdue
<b>CAPEWIDE</b> <i>Men's Caregiver Groups</i>	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays of the month 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays of the month	11 am – 12 pm 1:30 pm - 2:30 pm	Vaughn Harding, LICSW
<b>HARWICH</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays of the month	11 am – 12 pm	Maureen Corrigan, LICSW

### EVENING FAMILY CAREGIVER SUPPORT GROUPS

<b>EVENING #1- Adult Children</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the month	5 pm – 6 pm	Molly Perdue
<b>EVENING #2</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month	5 pm – 6 pm	Molly Perdue

### SUPPORT GROUPS FOR PERSONS LIVING WITH COGNITIVE LOSS

<b>WOMEN'S AD GROUP</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays of the month	11 am- 11am - 12 pm	MELM Melanie Braverman
<b>PERSONS LIVING WITH COGNITIVE LOSS</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays of the month	12pm - 1 pm – 2pm	Melanie Braverman

### BEREAVEMENT GROUPS

<b>BEREAVEMENT GROUP 1</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Monday of the Month	11 am 11am -12 pm	Ann Geagan, LICSW
<b>BEREAVEMENT GROUP 2</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Monday of the month	11 am 11am -12 pm	Ann Geagan, LICSW







If you have any ideas for programs, or ways the COA can best meet the needs of the community, please contact us at 508-487-2462 or email [cmicks@truro-ma.gov](mailto:cmicks@truro-ma.gov) . We would love to hear your ideas!



[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.



We are excited to announce that our “Sweet Treat” drive through will be starting on Tuesday, November 3rd, 2020 from 1:00 p.m.—2:00 p.m. Hosted out front of the Truro Community Center weekly, we will be passing out day-old baked goods from the Provincetown Stop & Shop.



# We're here to help

**[CLICK HERE](https://www.truro-ma.gov/council-on-aging/pages/stay-connected)** 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, December 7th, 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](mailto:lcoc@lcoutreach.org) or calling 508-240-0694.

**Support Group with Mary-Elizabeth:** Psychoeducational Support Group– contact Mary-Elizabeth Briscoe at [mebriscoe@truro-ma.gov](mailto:mebriscoe@truro-ma.gov) if you have any questions or would like to sign up.

**Dialogue with the Director:** This is held on "Facebook Live" every Monday, Wednesday and Friday. You can join live or you can watch the recordings at your leisure. Here is the link to our facebook page: <https://www.facebook.com/trurocoa>

**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.

**Ukulele Lessons with Mary Abt:** Always wanted to learn to play the ukulele? Or are you looking for someone to play with? Fridays at 9:00 a.m. join in with the one and only Mary Abt who will be hosting the one hour Ukulele lessons. All levels welcome and please contact the COA if you need to borrow a ukulele or if you would like to sign up- [cmicks@truro-ma.gov](mailto:cmicks@truro-ma.gov)

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

**LGBTQ Coffee Hour-** Tuesdays at 10:00 a.m. Please email [mebriscoe@truro-ma.gov](mailto:mebriscoe@truro-ma.gov) for more details.





We wish you all a  
very happy holiday  
season!



The Truro COA would like to thank The Newcomb Hollow shop in Wellfleet for their generous donation towards our “Trick-or-Treat drive-through”.



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**TRURO, MA 02666**

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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 existing services within our community.

### **COA Staff Members**

Mary– Elizabeth Briscoe, Director  
Elton Cutler, Outreach & Resource Coordinator  
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 Affairs, and the Friends of the Truro Council on Aging. Thank you!***