



Truro Times

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

www.truro-ma.gov/coa

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

November/December 2021



Hello, my name is Damion Clements and I'm the Director for the Town of Truro's Recreation and Beach Department. Ms. Briscoe, COA Director, will be taken a leave of absence so I will be overseeing the Truro Council on Aging for the next couple of months. I'm excited to help out and learn more about the programs and operations of the Truro COA. Please feel free to contact me or stop by my office, which is located on the right side of the Truro Community Center.

[Damion Clements, CPRP](#)

Director – Truro Recreation & Beach Department

P.O. Box 2030

Truro, MA 02666

(508)487-1632 | dclements@truro-ma.gov

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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.



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emailed to you at
www.mycommunityonline.com



November & December Art Exhibits

November

Kat Marissal

I started painting approximately two years ago. I always had it in the back of my mind that maybe someday I would try it. When I developed some health issues that stopped me from working and doing many physical activities, I decided to give painting a try. I never even knew I had the talent and was pleasantly surprised to see what I could create. It does take a lot of practice and I love experimenting with different techniques. I am very passionate about my art work. I enjoy painting Northern Lights, seascapes, mountains, waterfalls, forests and abstracts of flowers etc. I paint on canvas, stones, and plates with acrylic paints. I especially enjoy sharing my creations with others who can enjoy them, too. Every day I am very excited to get up in the morning to see what I can create. I believe that creative expression can foster healing physical and mental well being.

~Kat Marissal



December

Lew Schwartz

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



Computer Essentials Class

Would you be interested in taking a Computer Essential Class? The Truro COA is looking to offer a course that will cover the essentials of how to use the basic functions of a personal computer, how to safely navigate the internet, how to organize electronic files, how to send and receive email, and much more. By the end of class, you'll have a foundation for using a computer and the internet to enrich your life! This course would be designed for people who have never used a computer or have very little experience and want a solid introduction. If this is a program you would be interested in, please contact Chelsea at the Truro COA and let her know 508-487-2462/cmicks@truro-ma.gov



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 **Tuesdays and Thursdays** to destinations within Barnstable county only. Appointments should be scheduled between 9:30 am and 3:00 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 **Wednesdays 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.

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.

SHINE NEWS

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

Open Enrollment 2021 and Your Serving Health Information Needs of Everyone Program (SHINE)

The time is **now** to review your Medicare coverage! By September 30th, each Medicare beneficiary receives an ***Annual Notice of Coverage*** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A visit or phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Open enrollment is **October 15 – December 7** and state certified SHINE counselor is available at the Truro COA

by appointment to help you understand health care coverage, review cost increases, and find out what's new with Medicare ***call Elton at 508-413-9508***

SHINE appointments fill up fast during this busy period so contact your local senior center to avoid making last minute decisions or staying in a plan that no longer works for you. Appointments may be in person using current COVID-19 safety protocols, over the phone or by Microsoft Teams (at the SHINE Regional Office).

Plan to have the following information available for your SHINE appointment:

- ◆ Completed SHINE Pre-Appointment Form
 - ◆ Medicare A/B card, Medigap or Medicare Advantage Card
 - ◆ Prescription Drug Plan Member Card (if you have a Part D plan)
 - ◆ List of medications and dosage which can be obtained from your local pharmacy
 - ◆ My Medicare account username and password (if you have an account created)
- this will save time as all medications and dosage information are stored and can be updated.

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on ***find a provider*** and click on the ***health and drug plan*** tab.

Helpful telephone numbers and websites:

Medicare	www.medicare.gov	800-633-4227
Social Security	www.ssa.gov	800-772-1213
Prescription Advantage	www.prescriptionadvantagemma.org	800-243-4636

OUTREACH NEWS

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



Lower Cape Outreach Council sponsors 8 food pantries on the lower Cape and makes monthly food distributions to local Councils on Aging. The pantry is open for more information contact Barbara Bond at 617-515-4342 or bbondtruro@comcast.net

Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

- ☐ Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- ☐ Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- ☐ Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- ☐ Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- ☐ Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- ☐ Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- ☐ Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- ☐ Bring pets/companion animals inside during winter weather. Move other animals to sheltered areas with non-frozen drinking water.
- ☐ Running water, even at a trickle, helps prevent pipes from freezing.
- ☐ All fuel-burning equipment should be vented to the outside and kept clear.

Don't forget to check-in with your local contractor and be prepared for winter!



TRURO COMMUNITY LUNCH

All are welcome!

*2nd and 4th Friday of the month- call to reserve your spot by 4:00 p.m. of the Wednesday prior. * 508-487-2462* Lunches are available "to-go" only. If you have a reservation for lunch, please come to the Community Center on Friday between 12:00-1:00 to pick up your meal.*

Menu

November 12, 2021

Shepard's Pie



November 26, 2021

Truro Community Center is Closed

December 10, 2021

Grilled Cheese with Tomato Soup



December 24, 2021

Truro Community Center is Closed

This is a great time to start a new routine. Check out some of the exercise classes here at Truro COA:

STRENGTH TRAINING ~ MON-WED-FRI 9:00-10:00 AM

This is an independent group, run by the class participants. There are 2 monthly visits 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.

CORE & MORE ~ THURSDAY'S 10:30-11:30AM

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 ~THURSDAY'S 12:00-1:00 PM

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

MEN'S WORKOUT ~ WEDNESDAY'S 10:30-11:30 AM

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.

For more information contact me, Kathy Stetson, at 508-907-0213 or kathystetson@verizon.net

Kathy Stetson is a licensed physical therapist as well as a certified exercise physiologist.

Her teaching approach emphasizes safe, effective and fun fitness for older adults. She has practiced in health care and community health and fitness for 25 years.

Try a class with her at COA soon; she looks forward to meeting you!



Photo by Elspeth Hay, for the Provincetown Independent.

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Strength Training 9:00-10:00- ZOOM Memoirs Writing Group 10:00—12:30- ZOOM	2 Game Time 1:00—3:00	3 Strength Training 9:00-10:00 Men's Exercise 10:30-11:30	4 Ukulele with Mary Abt 10:00-11:00 Core & More 10:30-11:30 Move & Stretch 12:00-1:00	5 Strength Training 9:00-10:00 Coffee Hour 10:00-11:00
8 Strength Training 9:00-10:00- ZOOM Memoirs Writing Group 10:00—12:30- ZOOM	9 Game Time 1:00—3:00	10 Strength Training 9:00-10:00 Men's Exercise 10:30-11:30	11 CLOSED	12 Strength Training 9:00-10:00 Coffee Hour 10:00-11:00 Community Lunch 12:00—1:00
15 Strength Training 9:00-10:00- ZOOM Memoirs Writing Group 10:00—12:30- ZOOM	16 Game Time 1:00—3:00	17 Strength Training 9:00-10:00 Men's Exercise 10:30-11:30	18 Ukulele with Mary Abt 10:00-11:00 Core & More 10:30-11:30 Move & Stretch 12:00-1:00	19 Strength Training 9:00-10:00 Coffee Hour 10:00-11:00 Dr.Campo (By appointment only)
22 Strength Training 9:00-10:00- ZOOM Memoirs Writing Group 10:00—12:30- ZOOM	23 Game Time 1:00—3:00	24 Strength Training 9:00-10:00 Men's Exercise 10:30-11:30	25 CLOSED	26 CLOSED
29 Strength Training 9:00-10:00- ZOOM Memoirs Writing Group 10:00—12:30- ZOOM	30 Game Time 1:00—3:00			Times and dates of these programs are subject to change.

December 2021

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<p>27</p> <p>Strength Training 9:00-10:00- ZOOM</p> <p>Memoirs Writing Group 10:00—12:30- ZOOM</p>	<p>28</p> <p>Game Time 1:00—3:00</p>	<p>29</p> <p>Strength Training 9:00-10:00</p> <p>Men's Exercise 10:30-11:30</p>	<p>30</p> <p>Ukulele with Mary Abt 10:00-11:00</p> <p>Core & More 10:30-11:30</p> <p>Move & Stretch 12:00-1:00</p>	<p>31</p> <p>CLOSED</p>

It's Soup Season!



Soups are back! We now have homemade soups in the freezer and available for purchase Tuesday-Friday from 8am-4pm. Please feel free to call and check what kinds we have available— 508-487-2462. They are \$4 per cup.



UKULELE

We happy to announce Mary Abt is back with her Ukulele class on Thursday's at 10:00 AM. All levels are welcome to participate! We do have extra Ukuleles if you need to borrow one.



The art shows are back to being displayed inside the COA. Come on down Tuesday-Friday 8:00 a.m.—4:00 p.m. to check out the display.



Please don't forget to sign in at the kiosk when attending a program at the COA. This helps us get funding for programs, keep track of who is in the building as well as contact trace if ever needed. Thank you for your cooperation!

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MISSION STATEMENT

The mission of the Truro Council on Aging is to identify the needs and interests of the community's older adults; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.

COA Staff Members

- Mary– Elizabeth Briscoe, Director
- Elton Cutler, Outreach & Resource Coordinator
- Chelsea Micks, Office Assistant
- Michael Tarvers, Driver

FRIENDS OF THE TRURO COUNCIL ON AGING

Jim Brown, President; Joan Moriarty, Secretary., Lucie Grozier, Liz Haskell, Ed Yaconetti, Cathy Staff

COUNCIL ON AGING BOARD MEMBERS

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

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you!