



Truro Times

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

www.truro-ma.gov/coa

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

May/June 2021

The unofficial start to summer is upon us. Although judging by the traffic I have to wonder if it hasn't already begun. The promise of gardens blooming, sand beneath our toes and the lingering days that fade colorfully into night is a welcome salve to the long, dark days of winter. The time before us is hopeful with vaccines reaching people who want them and opportunities to visit and reconnect with those we love and have missed. It is in this hope that we are planning for summer at the COA. While we continue to follow COVID restrictions, and need to be flexible in our planning, it is our hope that at the very least we will offer programs out of doors adhering to the guidance from the state at the time. While it may have felt like a static year, it has and continues to be fluid and dynamic. We will honor that and do our best to go with the flow while also providing opportunities to reconnect and enjoy each other's company once again. So, stay tuned and be sure to check the website, our Facebook page or just give us a call for information on what's happening. Stay safe and well and we will be looking forward to seeing you again soon.

—Best,

Mary-Elizabeth





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.

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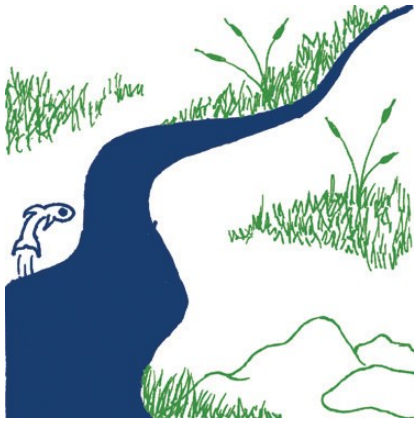
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06-5367



Friends of Herring River ***presents***

Virtual Herring River Run 5k

MAY IS CELEBRATE HERRING RIVER MONTH **JOIN US FOR THE INAUGURAL VIRTUAL HERRING RIVER** **RUN 5K.**

Here is how it works: For your \$10 registration fee, you can run, walk, swim or paddle your favorite 5k course! We are virtual this year so pick the route that you enjoy most. Want to create a team? You can do that too! Invite friends and family to run, walk, swim or paddle with you safely (6 feet apart) or virtually. Complete the 5K and we'll send you a Friends of Herring River cinch sack.

Where can I run/walk? Anywhere! This is your virtual run/walk, swim or paddle and we want you to complete it wherever and whenever you want throughout the month of May when the herring make their annual journey up the Herring River to their spawning ponds.

When do I need to complete my run? Between May 1 and May 31, 2021. You have all month to complete the 5K, so it can be done in stages over multiple days. You can log your results and complete other post-race experience actions, like downloading your personalized Finisher's Certificate, see how you rank on the leaderboard of other participants, and upload your photos.

Do I need to submit results to get my cinch sack? Yes. Your cinch sack will be mailed once you complete your run/walk, swim or paddle.

How do I track my distance and time? We accept results on the honor system, but the most accurate tracking is typically via a device with GPS tracking.

How do I join? Go to www.active.com/running/distance-running-races/virtual-herring-river-run-5k-2021

CALLING ALL RUNNERS, WALKERS, SWIMMERS AND PADDLERS!

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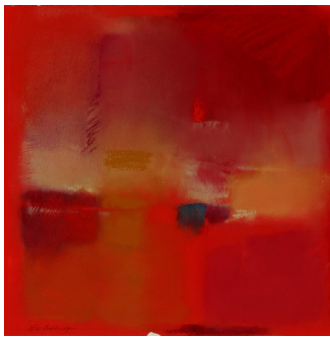


May/June Art Show

May

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](#)

June

Donna Mahan- Mixed Media Artist and Sculptor

As long as I can remember I entertained myself by “making things.” My hands were always busy, weeding the garden as a child, setting a festive table for a dinner party or surprising my parents by painting the outside stairs. In the 7th grade I sewed my Easter coat, fully lined with bond button holes! I also learned with eight people in my family, that nothing got wasted. All of this influenced my life journey as an artist. I find excitement and curiosity in found objects that many would simply discard. Everything had possibilities of a “new life” being motivated by rich colors in textiles, glass or almost anything. Textures highlight depth and dimension as objects merge into a sculpture. All of this seems like an extension of that child entertaining herself, making and creating. History is threaded through our lives, including art. Creating with found objects brings forth a respect for those who used that object and invites me to be open to newness through the blending of the old and new. www.donnamahanstudios.com / donna@donnamahanstudios.com / 74-487-1195



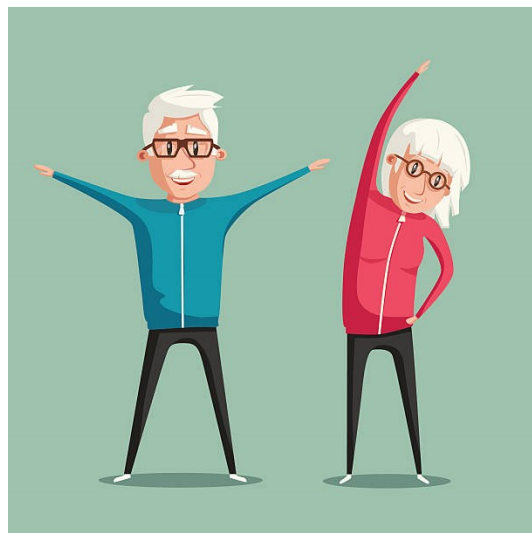
[Click HERE to view the art exhibit](#)



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 no earlier than 9:30 am and to be completed no later than 2:30 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.



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

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

Announcing FREE Fruit & Vegetable Prescriptions!

The Fruit and Vegetable Prescription program is back at Sustainable CAPE through a new partnership with Outer Cape Health Services and support from the Cape Cod Healthcare Foundation Community Benefits! Sustainable CAPE is working with Outer Cape Health to offer FREE clinician-prescribed fruits & vegetables for seniors who have cardiometabolic disease, are SNAP clients, and who may be at risk for social isolation. This project grows out of Sustainable CAPE's commitment to connect people to healthful foods available from our local farmers. Supporting neighboring harvesters not only builds health, but boosts our local economy and strengthens the resilience of our Cape Cod food system. Each prescription yields 12 weeks worth of fresh, seasonal vegetables from the vendors at the Truro Farmers' Market. Patients also have the benefit of working with our longtime collaborator, Delicious Living Nutrition, in five cooking classes to learn easy, new techniques to make the most of our local bounty. **If you know someone who may benefit from this program, please share this information and/or reach out to crnavigator@outercape.org**



The Friends of the COA have donated 2-in-1 Smoke and Carbon Monoxide Detectors with a 10-year worry-free battery-operated dual sensor. The detectors are available to Truro citizens in need of new or a replacement of non-working battery-operated detectors, please note the detectors will not work with hardwired detectors. **Contact Elton at 508-413-9508 if you have any questions or would like to participate in this FREE program.**



TAKE CONTROL OF YOUR FUTURE:

A LEGAL CHECKUP Monday, June 14th @ 2PM

Sponsored by the Massachusetts Bar Association and co-hosted by the Provincetown and Truro COA's, Attorney Lantz, who specializes in Estate Planning and Medicaid, will provide information on: health care proxies, wills, powers of attorney, Medicaid/Medicare, alternatives to nursing facilities, guardianship. Includes Q&A time. FREE, open to all.

***Participants can call the Provincetown COA to sign up at 508-487-7080 and to receive the Zoom link.**

M  M
Happy Mother's Day

OUTREACH NEWS

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



Need help with prescription drug costs?

Prescription Advantage may be your answer!

By now, some of you may have reached or are getting close to the gap or “donut hole” with your Medicare Prescription Drug Plan (Part D). In 2021, you will reach the Medicare Part D gap when the negotiated **retail** cost of your medications add up to the \$4,130 threshold. Once in the gap, you become responsible for 25% of the negotiated retail cost for both brand name and generic medications. This may be a more costly out-of-pocket change.

Prescription Advantage, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on **income only** and there is **no asset limit!**

If you are a **Massachusetts resident and eligible for Medicare, the income limits are:**

Age 65 or over- \$64,400 or less for a single person or \$87,100 or less for a married couple.

Under age 65 and disabled- \$24,214 or less for a single person or \$32,750 or less for a married couple.

There is **no charge** for joining Prescription Advantage if you have an annual income at or less than \$38,640 for a single person or \$52,260 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes.

If you are a member of Prescription Advantage, you are also allowed to change your prescription plan one time outside of the Medicare Open Enrollment.

You may also join if you are 65 years or older and **not eligible for Medicare**. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is **no income limit**.

Medicare also has a program, called “Extra Help”, which can assist with the cost of your Medicare Part D plan’s premium, deductible and co-pays.

Please call 508-413-9508 to make an appointment with Elton or for more information on these programs or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.





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.

DISABILITY PLACARD PROGRAM- Wednesday, May 5, 2021, at 10am (via Zoom)

Join us as we welcome Michele Ellicks of the Mass DOT/Registry of Motor Vehicles as she presents the Disability Placard Program. Learn how to apply for a disability placard, plate, or a disabled veteran's plate. Learn the rules and regulations concerning placards, plates and parking and learn the penalties for illegal use of placards. This will be a very informative session. *To register call Julie at the Mashpee COA at (508) 539-1440 or email coaactivitycoordinator@mashpeema.gov*

RMV'S REAL ID WORKSHOP- Tuesday, May 11, 2021, at 10:30am (via Zoom)

Understand the difference between a standard ID and a Real ID. Find out if you need a Real ID and what documents are required for it. Learn when and where a Real ID will be required. *To register call the Chatham COA at 508-945-5190.*

FALMOUTH COA BOOK CLUB...All Are Welcome!- "Indigo Girl" by Natasha Boyd- Tuesday, May 11, 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.*

BOOK CLUB – CHATHAM COA- Wednesday, May 12, 2021, at 11am (via Zoom)

Hooked on books?! Join an engaging live, online discussion of this month's selection, "The Light Between Oceans" by M.L. Stedman (2012). This novel is described as a "heart wrenching work that stays with you weeks after finishing it." *To register call the Chatham COA at 508-945-5190.*

ATTRACTING BIRDS TO THE GARDEN WITH NATIVE PLANTS- Thursday, May 13, 2021, 10am (via Zoom) By providing native plants in your yard, you can attract birds, as well as other pollinators to your home. Bird feeders can attract mice, squirrels, chipmunks and even rats, but native plants provide needed habitat and sustenance specifically for birds. This program includes ideas about choosing your plants, planning your bird habitat, and selecting specific native plants that do well on Cape Cod. Presenter: Leslie Altman, Master Gardener. *To register call the Barnstable COA at 508-862-4761 or email susan.griffin@town.barnstable.ma.us*

MASTER GARDENER: LIFELONG GARDENING - Monday, May 17, 2021, at 10am (via Zoom) Gardening is a restorative hobby for many of us. When life experiences affect our ability to garden, we do not need to eliminate that living connection to the earth. Adaptations can be made to allow us to continue gardening even as our flexibility and resilience changes. *To register call the Chatham COA at 508-945-5190.*

PREPARING TO SELL- Tuesday, May 18,2021, at 1pm (via Zoom)- Presented by Allison Beavon Thinking of downsizing and selling your home? Realtor, Allison Beavon, will share her expertise and tips for selling your home with as little stress as possible. Learn what to do and not to do to get ready. An enlightening step-by-step process will be presented. *To register call the Orleans Senior Center at 508-255-6333.*

CAPE WILDLIFE CENTER- Tuesday, May 18, 2021, at 1pm (via Zoom) Zak Mertz is a licensed wildlife rehabilitator, and along with talking about the biodiversity on Cape Cod, he will go over what to do if you come across a wild animal, and some tips to help fauna thrive in your own backyard. *To register call the Chatham COA at 508-945-5190.*

BATTLE OF IWO JIMA- Wednesday, May 19, 2021, 1pm (via Zoom) Join us as we welcome Joe Yukna, co-founder of the Cape Cod Military Museum, as he presents a virtual lecture on the Battle of Iwo Jima. The Battle of Iwo Jima was an epic military campaign in the Pacific Campaign during World War II. The iconic picture of the US Marines raising the American flag on Mount Suribachi, Iwo Jima, came from that event. Mr. Yukna, a well-known military historian, will share little-known facts about the battle. *To register call Julie at the Mashpee COA at (508) 539-1440 or email coaactivitycoordinator@mashpeema.gov*

“MAKE YOUR MONEY LAST”: FINANCIAL PLANNING WEBINAR- Wednesday, May 19, 2021, 1pm (via Zoom) With Sandy Childs, Financial Advisor from Edward Jones. *To register call the Bourne COA at 508-759-0600 ext. 5300.*

MAY IS MENTAL HEALTH AWARENESS MONTH- Wednesday, May 19, 2021, at 1pm (via Zoom) Join us for an educational presentation as we discuss reducing anxiety and depression due to isolation and the impact of Covid-19. This program is presented by Debbie Bratcher from NAMI Cape Cod and the islands located in Hyannis. NAMI Cape Cod and the Islands building support, education and advocacy for Mental Wellness. *To register call the Yarmouth Senior Center at 508-394-7606 X1333 or email: lnoferi-hoff@yarmouth.ma.us*

HOLLYWOOD HISTORY BACK TO THE 50s: AN EVENING WITH JAMES DEAN AND MARILYN MONROE- Wednesday, May 19, 2021, 7pm (via Zoom) Though they never starred together in a film, James Dean and Marilyn Monroe remain two of Hollywood's biggest icons of the 1950s. Hear about their struggles as actors, enjoy clips of some of their finest moments in film, learn about their meteoric rises to fame, and their tragic and untimely deaths that all led to their indelible Mark on Hollywood, American culture, and celebrity. Not to be missed! Presenter: Frank Mandosa. *To register call the Barnstable COA at 508-862-4761 or email susan.griffin@town.barnstable.ma.us*

“Celebrating New England: Songs and Stories for Everyone” with Davis Bates- Thursday, May 20, 2021, at 10:30am (via Zoom) Celebrate spring and regional cultural traditions with this program of community-oriented interactive entertainment. The program will include oral history tales, Native American stories, family tales, and songs about sea, farming, maple sugaring, and more. There will be sing-a-longs, and even a short lesson on playing music with spoons from the kitchen drawer! *To register, call the Harwich COA at (508)430-7550.*

ENGAGING THE SELF: DEMYSTIFYING MINDFULNESS- Thursday, May 20, 2021, 7-8pm & Sunday, May 23, 2021, 6-7pm (via Zoom) Join Mindfulness Meditation leader, Pete Cormier, and The Awareness Project for a free one-hour Zoom event featuring a short film of dialogue with the self, a guided mindfulness and movement meditation, followed by journaling and voluntary sharing. Participants will get the chance to get up and move, engage each other and embody mindfulness. Come for either date. *To register call the Sandwich COA at 508-888-4737 or the Barnstable COA at 508-862-4761.*

PLAY BALL! CAPE COD BASEBALL LEAGUE & CHATHAM ANGLERS- Tuesday, May 25, 2021, at 10:30am (via Zoom)

Baseball is back! Join John Garner, Director of Broadcasting, and Mike Geylin, Chatham Anglers GM, for a fascinating presentation on the Cape Cod Baseball League. Topics include league history, current operations, as well as specifics about Anglers' recruiting and activities. *To register call the Chatham COA at 508-945-5190.*

"ATTRACTING NATIVE BIRDS"- Wednesday, May 26, 2021, at 1:30pm (via Zoom)

Migrant birds are arriving, and nesting will be underway in May. Join Stephanie Ellis, Wild Care's Executive Director, for this fun and informative presentation that covers attracting a variety of species of birds to your yard throughout the year, what to do if you find a baby bird or a bird strikes your window, and tips on how we can all better co-exist with our feathered friends. *To register call the Provincetown COA at 508-487-7080.*

ESTATE PLANNING BASICS...With Attorneys from Patricia Mello & Associates, P.C.- Wednesday, May 26, 2021, at 1:30pm (via Zoom) This highly interactive presentation will discuss the importance of disability planning documents such as Durable Power of Attorney and Health Care Proxy versus what and when a guardianship may be the chosen alternative to such disability planning documents; who needs to create a Last Will and Testament and how probate administration of your estate can be avoided; what a Revocable Trust is and for whom it may be appropriate. *To register call the Falmouth COA at 508-540-0196.*

WRITING TOGETHER WORKSHOP- Tuesdays, beginning June 1, 2021, at 10am (via Zoom)

Join Lorraine Gilmore on Tuesdays for a session of "Writing Together". Lorraine will provide writing prompts and each person will spend twenty minutes writing and then sharing their story (or essay or poem) with the group. Each member will comment on the writing - sharing thoughts about its structure or dialogue. Comments are supportive and kind. *To register call the Yarmouth Senior Center at 508-394-7606 X1333 or email: lnoferi-hoff@yarmouth.ma.us*

WOODS HOLE OCEANOGRAPHIC INSTITUTE (WHOI) VIRUTAL TOUR - Thursday, June 3, 2021, at 9:30am (via Zoom)

Expert presenter Paul Daigle will take his audience on a virtual tour of one of Cape Cod's most renowned organizations, Woods Hole Oceanographic Institute. WHOI scientists are committed to understanding all facets of the ocean as well as its complex connections with Earth—including humanity. *To register call the Chatham COA at 508-945-5190.*

“COOKING WITH ALLY”- Tuesday, June 8, 2021, at 11am (via Zoom)

Learn how to make an American Flag Cake! **Ingredients:** 6 ¼ sticks unsalted softened butter, 3 cups sugar, 6 extra large eggs, 1 cup sour cream, 3 teaspoons pure vanilla extract, 3 cups flour, 1/3 cup cornstarch, 1 teaspoon kosher salt, 1 teaspoon baking soda, 1 ½ pounds softened cream cheese, 1 pound sifted confectioners’ sugar, 2 half-pints blueberries, and 3 half-pints raspberries. *To register call the Dennis Senior Center at 508-385-5067.*

FALMOUTH COA BOOK CLUB...All Are Welcome!- “The Girl with the Louding Voice” by Abi Dare- Tuesday, June 8, 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.*

JOINT REPLACEMENT HEALTH TALK- Wednesday, June 9, 2021, at 10am (via Zoom)

The experts from Kindred Healthcare will present valuable information regarding joint replacement including surgical preparation, rehabilitation and up to date care information on physical therapy. Presenter: Joanne Burbank, Kindred Health. *To register call the Barnstable COA at 508-862-4761 or email susan.griffin@town.barnstable.ma.us*

BOOK CLUB – CHATHAM COA- Wednesday, June 9, 2021, at 11am (via Zoom)

Skilled facilitator, COA Volunteer Librarian Liz Walker, will lead the Book Club through a story of courage, friendship, and romance with June’s selection, “The Paris Library: A Novel” (2021) by Janet Skeslien Charles. *To register call the Chatham COA at 508-945-5190.*

UNDERSTANDING TRUSTS / PLANNING FOR LONG-TERM CARE- Wednesday, June 9, 2021, at 1:30pm (via Zoom)

Attorneys from Patricia Mello & Associates will help teach about Revocable, Irrevocable, Marital, Special Needs, and Testamentary Trusts, and how these documents can: (1) avoid probate; (2) save on death taxes; (3) provide for disabled children; and (4) protect certain beneficiaries against creditors. Attorneys from the Patricia Mello & Associates, P.C. explain in plain English what a Trust is and how it can be customized to meet your unique estate needs. The second part of this presentation will explain Medicaid law in Massachusetts, and how you and your family can plan for possible care in the future while taking steps to ensure that assets are preserved for you and your family. *To register call the Falmouth COA at 508-540-0196.*

BASICS OF ESTATE PLANNING- Thursday, June 10, 2021, at 1pm (via Zoom)

This presentation covers the basics of estate planning: powers of attorney, healthcare proxy, wills and trusts, probate of estates, estate taxation, and asset protection from nursing home concerns. Presented by Attorney Michael L. Lavender. *To register, call the Harwich COA at 508-430-7550.*

LET'S TALK ABOUT TOMORROW - Thursday, June 17, 2021, at 9am (via Zoom)

This info session, presented by the Homeless Prevention Council (HPC), is designed to create awareness about senior housing on the Lower Cape, to encourage attendees to work with case managers to apply as soon as possible, and to connect residents to the many local resources available. This information is crucial for older adults who are considering either applying for affordable senior housing or aging in place. All are welcome! *To register call the Chatham COA at 508-945-5190.*

TREK ON THE CAMINO de SANTIAGO- Thursday, June 17, 2021, at 10:30am (via Zoom) Join Pete Cormier to hear the story of his 2016 trek on the Camino de Santiago or The Way of St. James: A Pilgrimage of Medieval Origin. Accompanied by photos, journaling, incredible quilted scenes of photos of the journey and poetry relating to his journey, Peter will tell the story of his 4 week/460-mile trek along the route ending at the Cathedral of Santiago de Compostela in Galicia, Spain. The Camino de Santiago is listed as a UNESCO World Heritage site for its role in encouraging culture exchanges between people from all over the world for many centuries. *To register please call the Sandwich COA at 508-888-4737.*

“HEALTHCARE & YOUR RETIREMENT”: FINANCIAL PLANNING WEBINAR- Wednesday, June 23, 2021, 1pm (via Zoom) With Sandy Childs, Financial Advisor from Edward Jones. *To register call the Bourne COA at 508-759-0600 ext. 5300.*



Alzheimer's Family Support Center

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

On Monday, May 24 from 1:30 to 3:00 p.m., the Alzheimer's Family Support Center (AFSC) will present a free virtual workshop entitled **“COVID-19 and Your Cognitive Health: Challenges and Strategies for Re-integrating Post-Pandemic”**. Dr. Molly Perdue, PhD, Executive Director of the AFSC, will be the presenter.

By any measure it's been an unprecedented year for all of us. And while it's clearly too early to celebrate an end to COVID-19, many are beginning to think about life after the pandemic: what it will look like, what it will feel like, and how we will endeavor to re-enter the world that shut down so abruptly in March of 2020.

In this 90-minute Zoom workshop, Dr. Perdue will discuss cognitive challenges posed by the isolation, loneliness, and anxiety of life during COVID-19, unraveling the past year and finding ways to maintain cognitive health as we move forward. The workshop is suitable for professional as well as family caregivers, people living with early cognitive loss, and any interested members of the community.

COVID-19 and Your Cognitive Health: Challenges and Strategies for Re-integrating Post-Pandemic with Dr. Molly Perdue, MS, PhD- Monday, May 24, 1:30-3:00 p. m. via Zoom

Registration is required. To register email info@capecodalz.org or call 508-896-5170. Please provide your name, the names of those who will be joining you, your phone number and email address, and the physical address you will be attending from. If you need assistance with Zoom, please call or email at least one day prior to the workshop and an AFSC staffer will schedule a time to walk you through.

The Alzheimer's Family Support Center of Cape Cod provides an array of free, comprehensive services to the Cape's Alzheimer's/dementia community. Call (508) 896-5170; email support@capecodalz.org; or visit our website: www.alzheimerscapecod.org

Welcome to the **TEAM**

The Truro COA welcomes Mike Tarvers to our team. Mike will be working in our Transportation department, so when you schedule your medical rides with us, Mike will deliver you safely to and from. We are grateful to have him with us and are certain you will enjoy his kind, relaxed, caring manor.

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PERMIT #1

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

FRIENDS OF THE TRURO COUNCIL ON AGING

Jim Brown, President; Brian Trainor, Vice President & Treasurer; Joan Moriarty, Secretary. Board Members: Lucie Grozier, Liz Haskell, Ed Yaconetti, Cathy Staff

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