

Town of Truro

Town Manager's Weekly Report

March 13, 2020

Announcements:

- All program activities at the Council on Aging and Recreation and Library have been suspended.

This week's activities of note from the Town Manager's Office:

- The focus this week is about the Corona virus pandemic and making plans to protect our citizens and visitors and to limit the spread of the virus. Please watch our website for more updates and if you have not signed up for AlerTruro, please do. You can sign up by clicking on the red triangle at the top of the home page. We will continue to provide information both through the website and through AlerTruro.

Upcoming Meetings:

- March 17, 2020-Truro Board of Health @ Truro Town Hall at 4:30 pm.
- March 18, 2020-Truro Planning Board @ Truro Town Hall at 5:00 pm.
- March 19, 2020-Local Comprehensive Plan Committee @ Truro Town Hall at 4:00 pm.

Department News:

DPW

- DPW crews prepped Snows Field parking area and ball field for the upcoming t-ball and softball seasons.
- To combat the Corona virus, custodians continue to take special care of all entry ways, and commonly used areas. Additional surface and hand sanitizer products have arrived, we also expect additional supplies to arrive next week.
- DPW Director Cabral worked with mosquito control once again, to improve drainage along the Little Pamet water shed area. Positive results could be seen as far up stream as Longnook Road.
- DPW Director Cabral and the COA director have coordinated a schedule to sanitize the COA minivan and RTA, bus when returning from high risk areas.

Assessing

- Exemption Deadline is April 1st, 2020
 - Just a reminder that Wednesday, April 1st, is the deadline for all applications for Fiscal Year 2020 Statutory and Residential Exemption Applications to be received in the Assessor's Office. Statutory exemptions include the Blind, Seniors who meet income and Asset limits, surviving spouses of some qualified Veterans/Police/Fire personnel, as well as Veterans who have a Service-Connected disability. Residential Exemptions are for those residents that were domiciled in the Town of Truro as of January 1, 2019 for Fiscal Year 2020. Please don't hesitate to contact the Assessor's Office with any questions at 508.349.7004 x117. Thank you.

Harbor Master/Shellfish Constable

- The Harbor Master took water samples throughout Pamet River with Department of Marine fisheries.
- Big tides all week allowed for good shellfish assessment as we move toward the end of the season.
- There was a good turn-out for shell fishing over the weekend.
- The Harbor Master met with Environmental Police to review chapter 90 B.

Recreation/Beach

Recreation

- Director Clements attended meetings concerning COVID-19.
- Department cancelled upcoming self-defense class due to COVID-19.
- Director Clements and Assistant Director Nunes met with Food 4 Kids program to discuss Summer Rec Youth Program.
- Department sent Seasonal Employee paperwork to returning staff.
- Director Clements and Assistant Director Nunes attend a meeting of the Lower Cape Recreational

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League to discuss and plan for youth sports and recreational activities.

- Department is preparing to attend the Nauset Job Fair.
- Community Center staff will be participating in Walk Massachusetts to earn money for the COA.
- Director Clements and Assistant Director Nunes are taking trainings to offer the following programs:
 - The Walk with Ease Program is an effective, evidence-based program that helps people with arthritis or other related conditions reduce pain, and increase their balance, strength and walking pace. Walk with Ease Program Leaders help arthritis pain sufferers build confidence in their ability to be physically active and show them how they can make physical activity part of their everyday lives. Leaders learn how to train others about the relationship between arthritis, exercise, and pain, and how to develop and implement a personal walking plan with realistic goals. Leaders are trained in how to share proven strategies and resources about how to maintain a long-term exercise routine. Leaders of the Walk with Ease program receive an Arthritis Foundation Certification, a Manual filled with exercise illustrations, health education information and other resources. The Walk with Ease program includes 6 weeks of 3 sessions per week. Group sizes ideally range from 10-15.
 - The Matter of Balance Program is an effective program that reduces the fear of falling and increases activity levels among older adults. Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. The MOB program includes 8 weekly 2-hour sessions for a small group of 8-12 participants led by trained facilitators (the MOB Coaches).
- Department is working with Fire Department to schedule CPR/1st Aid/Stop the Bleed training for seasonal staff.

Ongoing Activities

- Walking Group – Tuesdays at 9:00 am
- Indoor Walking: Various times at the Truro Community Center
- Zumba Fitness: Tuesdays & Thursdays, 8:30 am – 9:30 am at the Truro Community Center
Saturdays, 9:00 am – 10:00 am at the Truro Community Center
- Community Pickleball – Mondays 4:00 pm – 6:00 pm, Truro Community Center, Thursdays 2:00 pm – 4:00 pm at the Truro Community Center, Fridays 5:30 pm – 7:30 pm, Truro Central School, and Saturdays 10:30 am – 1:30 pm, Truro Community Center
- Adult Indoor Soccer – Mondays, 6:30 pm – 8:30 pm, Truro Community Center
- Community Volleyball – Wednesdays, 6:30 pm – 9:30 pm, Truro Community Center

Beach

- The Truro Beach Office is currently closed and will reopen on June 13, 2020.
- For inquiries about the beaches, please call (508)487-1632.
- Beach stickers are no longer required to access Truro beach parking lots. Beach stickers will be required on June 20, 2020.
- Truro ORV stickers can be purchased at the Licensing Desk at Truro Town Hall, 24 Town Hall Rd.
- Truro beach fire permits can be obtained by contacting the Truro Fire Department at (508) 487-7548

Council on Aging

- Regular staff meetings
- Individual staff meetings
- Program development meeting
- COA Board Meeting
- Ongoing Activities
 - Dialogue with the Director
 - Art Gallery-March Gallery-Nikki Nunes and Barbara Kearney
 - Chair Yoga
 - Ki Chung Exercise class

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- High Dunes Bistro Community Luncheon
- Ukelele Class
- Grief and Loss Support Group
- Core & More
- Dr. Campo Foot Care Clinic
- OCHS Navigator
- Memoirs
- Men's Exercise Class
- Move & Stretch
- Strength Training
- Transportation
- White Line Open Studio
- Book Nook
- Puzzle/Games drop in
- March Birthday Celebration

Library

- Feeling nostalgic for the old school days of typing a term paper? The library has a vintage typewriter available for anyone to try out.
- On Wednesday, March 18th, the Friends of the Truro Library will host a concert by Aine Minogue, an Irish harpist, singer, composer, and arranger. Her ethereal music borders traditional Celtic themes with New Age and World music styles.
- The Children's organic garden group are thrilled with the unseasonably warm weather we have been having. When they meet on Thursday afternoon, March 19th, they are hoping to spend the time out of doors, getting the garden ready for planting.
- On Friday, March 20th, the Truro Library Board of Trustees will hold their monthly meeting at the library. The meeting begins at 9:30 a.m.

Attachments

1. Big Tides at Harbor

