



**TRURO COUNCIL ON AGING NEWSLETTER**  
**7 Standish Way, N. Truro (508) 487-2462**  
**www.truro-ma.gov/coa**  
**HOURS: 8:00 am - 4:00 pm MONDAY - FRIDAY**  
**May 2017**

**SENIOR OF THE YEAR**

**Lucie Grozier**, for years, has been an active member of nearly every volunteer group that Truro has to offer. Yet she cheerfully says, "I have to work, too, as things go up all the time- expenses, taxes...I'm pretty busy. They say it keeps you going but I don't know about that." She'll be 81 on May 20, and shows no signs of slowing down. "I do everything I can to help," Lucie says. And she does. "The telephone doesn't stop ringing."

Lucie (nee Taylor) was named after her grandmother on her father's side, grew up in Wellfleet, went to the Methodist Church there, sang in the choir, did Sunday School, and made sure her three younger brothers also got to church. Lucy Perry, who played the organ, brought Bob Grozier one Sunday, along with her son Stevie, and that's when Lucie and Bob met. When Lucie and Bob married, they settled in Truro, first at one of the cottages on Great Hollow Road that Bob's parents, Irene and Leslie Grozier, managed. Then they lived in an apartment over the store that is now Jam's but which then had auto parts, gas pumps – no food. Bob pumped gas, was on the fire squad (he had become a member when he was 16) and helped start the rescue squad.

The fire station, with two fire trucks, was across from Cobb Library where the war memorial is now. The siren on top of the station used to blow at noon and whenever there was a fire. "It was something," Lucie remembers. "I'd be standing there half-asleep when the siren went off- and the three of them – Out the door!" (Bob, and sons Bob, Jr. and Bill, who also joined the fire squad when they turned 16).

In 1956, they built a house on what is now called Truro Center Road, part of the old Route 6A, where Lucie still lives. Even with four children, Lucie became deeply involved in the life of Truro. She did fund-raising to provide jackets and equipment for the new Truro Rescue Squad. She belonged to Ladies Aid at the Christian Union Church in North Truro. "I used to drive the old ladies around because I was the only one with a license and a car...Mrs. Bell, Mrs. Thompson..."

Lucie was active helping with Boy Scouts and Girl Scouts; both Bob, Jr. and William are Eagle Scouts. That was when Jack Kelly was the scoutmaster. Lucie also worked alongside her husband, painting, carpentering, shingling. "I know how to shingle," Lucie says, "and you should see me on a roof!"

While her kids were still at home she was Superintendent of Sunday School at the Christian Union Church, then became a Trustee. The Church does a lot of outreach programs. "Oh yes!" Lucie says, "I also clean the church." She volunteered for the Food Pantry when it began at the church, and is now at the community center. "It's been for the past fifteen years or so." She's also active in Friends of the COA. For the past eighteen years she has been the Truro representative at Children's Place in Eastham, which provides emergency child care during the day and after-school care for parents in need. "It started with about eight volunteers but there are only two of us now doing this."

Lucie has been with the Truro Chamber of Commerce for so long she can't remember when she started. She was, for years, President, and is now President emeritus. She still works in the booth during the summer. "I enjoy that," she says, "telling people where to go!"

Lucie worked for many years as a chambermaid, first at Pilgrim Springs, then The Tides, and East Harbor, and then at Seascapes for eighteen years. They are all gone now, torn down or sold as condos. She still takes care of 25 houses in the winter, some with the heat on, and some not. Taking care of the houses is good work, Lucie says, but "there's nobody home!" She is happy to still be a member of The Birthday Girls, a group of about thirty Truro women averaging, Lucie thinks, age 70, who get together every month for lunch and a birthday cake. "It's been going on a long time," Lucie says. "It's something we do for each other." In addition to her four children, Bob, Jr., William, Ronnie and Deborah, Lucie has eight grandchildren and six great-grandchildren. "We try to all get together – outside! – during the summer, a cookout, but it's hard because everyone works."

Lucie mentioned they very seldom went on vacation because Bob was on the fire and rescue squads and felt a responsibility to be here. The squads were all-volunteer at the time. "He and Tammy Garran would be the ones to show up first for a call. We were brought up that way – to think of other people and the town, and to do whatever needed to be done."

When Lucie talks about her deep connection to Truro, she quotes her husband, "It was God's country and I never intend to leave it."

They have become her words as well.

Written by Rosalind Pace

# EDUCATION & INFORMATION

## SHINE NEWS... \*\*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 2017, you fall into the Medicare Part D gap when the negotiated **retail** cost of your medications reach \$3,700. Once in the gap you are now responsible for 40% of the negotiated retail cost for brand name medications and 51% for generics.

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- \$60,300 or less for a single person or \$81,200 or less for a married couple.

Under age 65 and disabled- \$22,673 or less for a single person or \$30,531 or less for a married couple.

There is **no charge** for joining Prescription Advantage if you have an annual income at or less than \$36,180 for a single person or \$48,720 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes.

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 to make an appointment with SHINE counselor, Elton Cutler, (508) 487-2462 (ext.313) for more information on these programs or assistance with any Medicare issue.

**SHINE (Serving Health Insurance Needs of Everyone)** offering free, confidential counseling on all aspects of Medicare and related health insurance programs.

## Lecture and Discussion Series

Come join us to learn what it was like to live in ancient times from the earliest recorded beginnings to the Middle Ages. We are presenting a series of recorded lectures from Robert Garland, Professor of the Classics, Colgate University. **The sessions are at 10:30 AM on Mondays and Fridays at the COA.** Each session will feature two 30 minute lectures regarding what it was like to live as an ordinary person in various periods and cultures of the ancient world. Topics such as: “Growing up Greek”; “Being an Egyptian Worker”; “Being a Roman Slave” and “Being a Celt in Ancient Britain” are included. While the series generally runs in chronological order, the lectures are discrete topics so that you can miss some and still enjoy the ones you attend.

The professor uses stories and graphics to present daily life in a wide range of civilizations from the viewpoint of someone other than the kings and queens, generals and other so called important people. No need to memorize names, dates and battles! Just enjoy the presentation.



Happy Mother's Day  
To All Mothers In The World

# FOR YOUR INFORMATION

**TOWN OF TRURO**  
**SENIOR MUNICIPAL SERVICE PROGRAM**  
**BEGINNING JULY 1, 2017**  
**ENDING JUNE 30, 2018**

The Town of Truro is offering an abatement to its senior residents for services provided to the town. It is an opportunity for a Truro senior resident to share a skill they have with the our community and also receive a real estate tax reduction on their Truro property.

Participants must meet the following requirements:

- Applicant must be 60 years of age or older
- Applicant must own property in Truro that serves as their principal residence
- Applicant has been a full-time resident of Truro as of July 1<sup>st</sup> of the previous year
- Applicant must be the current occupant of property for which abatement is requested

Applications are available for the Senior Municipal Service Program for the FY18 at the Truro Council on Aging, 7 Standish Way, North Truro or call #**508-487-2462** for more information.

## *Cooking Classes*

**Come and Cook with Chef Heather Bailey at the Truro COA**

**Celebrate the Flavors Spring, Thursday, May 18th at 10:00 AM**

Spring is in the air and as the earth re-awakens fresh produce from Florida and California starts arriving. We begin to shift away from soups and stews and salads become a larger part of our diet. Learn some delicious new recipes that celebrate these fresh flavors and enhance their health benefits all at the same time. \$5.00 per class.

**Enhance your Memory, Thursday, May 25th at 10:00 AM**

If you have been having more of those senior moments where everyday things seem to keep slipping your mind than this is the class for you. What you eat can play a big role in helping to enhance memory and stave off dementia or at least postpone it a bit. Learn the proper foods to eat as well as which ones you should try and avoid. \$5.00 per class.

Please call us and sign up for both or one of the classes at 508-487-2462.

# HEALTH & WELLNESS PROGRAMS

## WOMEN'S REFLECTIONS

Come to explore or discover your own path, direction, and purpose through spirituality. Spirituality is found through different forms of expressions. A walk in the woods, music, conversation, readings, kindnesses, meditation, gardening, even doing the dishes. This would be an opportunity to share your own sacred journey, a time to be quiet, reflect, listen and learn from other's experience of their own practice. Together we will discover new paths.

Join us on Tuesday evenings, 6:30 pm at the Council on Aging and bring a friend! For more information please call Carol Bishop, 508-487-0014.



## **COA EXERCISE SPOTLIGHT- MOVE AND STRETCH CLASS**

Move and Stretch meets on Thursdays from 12:30-1:30 in the COA Living Room. This gentle class features movement, balance, and flexibility. The group is small, so there are plenty of opportunities for individual attention. Here's what a couple of our regulars have to say about the class:

"I really like the stretching, I feel looser and I have more energy afterwards. Sometimes, I might be in a bad mood, but then I come in and see everyone and pretty soon I'm smiling and feeling better." Diana Colley

"It's much easier to move after I've done the exercises. Everyone is really friendly; I look forward to seeing them every week." Judy Stetson

So, if you're looking for a fun, gentle exercise class give, Move and Stretch a try! We'd love to see you there.

By Kathy Stetson, Physical Therapist, Certified Exercise Physiologist



## **MEN'S WORKOUT CLASS**

The Men's Workout program will continue to meet weekly, on Tuesdays from 10:45 am to 11:45 am. This free class is a blend of strength, flexibility, agility and balance geared specifically to the needs of men. If you have any questions, please call instructor Kathy Stetson at 508-397-5324

## **Dramatic Rise In Skin Cancer In Mature**

Mayo Clinic April 2017

Skin cancer risk might seem like a concern for younger sunbathers on the beach or in a tanning booth. However, older adults are one of the most likely age groups to develop, and die of, skin cancer. This includes melanoma, which can be a deadly type of skin cancer, especially if not caught early. Melanoma is the 5<sup>th</sup> most common cancer in men, the 6<sup>th</sup> in women.

A recent study by Mayo Clinic researchers indicates that melanoma rates in older adults have risen dramatically in the past 40 years. In men age 61 and older, melanoma rates were 11 times higher in 2009 as in 1970. In women aged 61 and older, rates were 4 times as high over that same time period. Most people in this study were white in the same county from Minnesota. Results may not apply to non-whites, as fair skin is a risk factor for skin cancer, and more new cases of skin cancer among white people in the general population than any other ethnic group.

Important steps you can take to prevent skin cancer development or to reduce your risk of becoming seriously ill or dying of skin cancer include:

*Minimizing sun exposure-* sun exposure through-out life, even as an older adult, can lead to damage of skin cell DNA, which can lead to mutation of genes that can turn a normal cell into a cancerous one. Take steps to reduce sun exposure: Avoid mid-day sun, wear protective clothing, such as shirts, hats and sunglasses. Apply sunscreen SPF 30 when going outdoors and avoid tanning beds. If you're concerned about not getting enough vitamin D from sunlight, oral supplements are an equally effective, inexpensive and widely available alternative.

*Checking skin-* Examine your skin often for new skin growths or changes in existing moles, freckles, bumps and birthmarks. Ask your doctor to perform a skin check, and ask how often you should have your skin checked by a doctor. Catching skin cancer early increases the odds of successful treatment. One piece of good news from the study is that the melanoma survival rate is better than in the past. In the 1970's, the melanoma survival rate at five years after diagnosis was 73%, in the 2000's, survival rate is 95%.

**BE WELL! LIVE STRONG! LIVE LONG!**

Charles Altieri, RN  
Public Health Wellness Nurse

# MONTHLY PROGRAMS/SERVICES

**MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm**

**May 12 "Waxwork" by Peter Lovesey**

**June 9 "The Face of Deception" by Iris Johansen**

**July 14 "Pursuit" by Karen Robards**



**Please feel free to join our Mystery Book Club in the Activities Room of the COA. The books are available at the Truro Public Library. For more information please call Joan Rogers, 508-487-9196.**

## **STORY SWAP**

We are fortunate to have our very own Master Storyteller, Dan Lynch, come to the Truro COA to listen and tell stories!! It's a spirited gathering where you will hear folktales and legends, along with the most fascinating and entertaining personal stories told by our attendees! Listen or tell a personal story for the group!!

**\*\*The Third Wednesday of the Month at 11:00 am, Truro COA**



## **BEREAVEMENT SUPPORT GROUP**

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a spouse or partner. The group will be held on **Wednesday, May 10th & 24th at 1:00 pm to 2:30 pm** at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.

## **GRAB AND GO BAGS!**

We have "Grab and Go Bags" for seniors to use in the event of an emergency trip to the hospital or a shelter. The bags contain personal care items and a File of Life packet which provides emergency contact information and any medications that you are presently taking.

If you would like a "Grab and Go" bag please stop by the Council on Aging.

Monday-Friday 8:00 am-4:00 pm

## **TRURO COA'S MEMOIRS PROGRAM**

Our Memoirs program meets regularly Monday morning from 10:30 am-12:30 pm, year-round. Mentor Rosalind Pace has been conducting Memoirs in Truro since 1988. Participants work on writing their life stories, sharing them with each other and the community. Memoirs is funded by a grant from Truro Treasures.

Please feel free to join us!

## **Beach Point and Swim Club is OPEN!!**

New Memberships are \$180.00 for 30 visits to the club.

Please stop in and sign up at the COA



## **Are you interested in playing MAHJONGG?**

**Please join us in the Conference Room at the COA**

**THURSDAYS from 1:00 pm to 4:00 pm**



# OUTREACH NEWS

**Elton Cutler, Outreach and Resource Coordinator, ext. 313**



**Did you know about these three silent indicators of heart disease?**

## **Do you feel tired all the time?**

Your energy can be low for many different reasons, but constant, extreme fatigue could be an early sign that your heart is struggling to get oxygen to your body. Dizziness, or light-headedness, during physical activity could also mean that your heart is having a hard time keeping up, and your blood pressure could be dropping as a result. While blood pressure can drop due to dehydration during exercise or other intense exertion, if your head starts spinning or you feel lightheaded, consider a checkup. Additionally, if you feel disproportionately short of breath during activities that weren't a problem for you before, you could be experiencing fluid build-up in the lungs caused by a struggling heart.

## **How are your legs and feet?**

Swollen feet can be an early sign of heart failure. Typically, if heart-related, shortness of breath and fatigue accompany the swelling. If your legs cramp when you walk or exert yourself, the arteries in your legs could be blocked which, in turn, could indicate blockages in the arteries in your heart. Foot swelling, legs cramps and calf pain should be medically evaluated.

## **Finally, how is your head?**

Depression is not a direct sign of heart trouble, but mental well-being is very much related to the physical. Please seek help if you feel depressed. Like depression, migraines are not directly related to heart disease, but patients with heart disease are much more likely to have migraines than those without it. Though not fully understood yet, migraines may have some connection to an ailing heart.

## **Know your risk factors**

Risk factors are conditions or habits that make a person more likely to develop a disease. They can also increase the chances that an existing disease will get worse. Important risk factors for heart disease that you can do something about are:

- High blood pressure
- High cholesterol
- Diabetes and prediabetes
- Smoking
- Being overweight or obese
- Being physically inactive
- Having a family history of early heart disease
- Unhealthy diet

You can make changes gradually, one at a time. But making them is very important.

(Information courtesy of the National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention.)

# INFORMATION



## WOULD YOU LIKE TO PLAY CANASTA AT THE COA?

We need two or three players to join us and play this fun card game.  
Please stop by or call the COA to sign up. 508-487-2462

### **“Million Letters Campaign”**

**Thursday, June 1**

**7pm – 8pm**

**Truro Highland House Museum**

**6 Highland Light Road, North Truro**

**508-487-3397**

The Highland House Museum is hosting the “Million Letters Campaign” to honor and remember our nation’s service members and veterans.

The “Million Letters Campaign” is seeking out and preserving at least 1,000,000 wartime correspondences. Andy Carroll will be traveling the country and speaking at public libraries, historical societies, museums, veterans’ organizations, military academies, places of worship, and similar venues to spread the word about why these correspondences are so important and, ideally, to encourage people to share their own letters and emails.

In 1998 Mr. Carroll launched a nationwide initiative—“The Legacy Project”—to save America’s war letters. Over the past 19 years, tens of thousands of veterans, active duty troops, and military families have shared with him countless letters written during every conflict in U.S. history, from the Revolution up to Iraq and Afghanistan. The whole point is to preserve these correspondences so that this generation and those to come will better understand the sacrifices made by those who serve, as well as their loved ones on the homefront. These are their words, and Mr. Carroll believes that nobody can tell their stories better than they can. Andy donated the whole collection of wartime correspondences to Chapman University because they seemed to share his passion for this effort and not only agreed to archive the letters we’ve already acquired, but would work to seek out more letters and grow the collection exponentially. (the project has been re-named, and it’s now called the “Center for American War Letters,” or “CAWL” for short).

Andy Carrol will be bringing some truly extraordinary original letters from the collection, and from past experiences, he has seen how these letters can literally cause entire audiences to gasp at once when they realize how remarkable and irreplaceable they are.

Please join us!

# WHAT'S COOKING AT THE COA CAFÉ?

## OUR MENU FOR MAY

Heather Bailey, Cook

**May 2<sup>nd</sup>**

Chicken Marsala with a Roasted Vegetable medley

**May 9<sup>th</sup>**

Greek Shrimp and Chicken Scampi over Pasta  
Caesar Salad

**May 16<sup>th</sup>**

Classic Summer BBQ  
Burgers, Hot Dogs, Potato Salad and  
all the fixins

**May 23<sup>rd</sup>**

Pesto and Cheese Stuffed Chicken Breasts  
with Orzo, Spinach and Tomato Salad

**May 30<sup>th</sup>**

Roasted Garlic and White Bean Dip with Crostini  
Poached Salmon over Mixed Greens  
with a Cucumber Dill Dressing

- **Please call and make your reservations on Mondays by 12:00 pm.**  
**508-487-2462, ext. 310**
- **Meals include: coffee, tea, juice and dessert**
- **“To Go Soup” is \$4.00 pint /Frozen Soup \$3.00**
- **Want to pick up a “To Go Meal” please order by Monday at 12:00 pm  
& pick it up on Tuesday between 1:00-4:00 pm.**





Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>Strength Training 9:00-10:00</b> <b>Memoirs Writing Group 10:30</b> <b>Lecture &amp; Discussion Series 10:30</b>	<b>2</b> <b>Men's Exercise Class 10:45</b> <b>COA CAFÉ 12:30</b> <b>Women's Reflections 6:30</b>	<b>3</b> <b>Strength Training 9:00-10</b> <b>Coffee Hour 10:00</b> <b>Adult Coloring Class 10:00</b>	<b>4</b> <b>CORE 11-12:00</b> <b>MOVE AND STRETCH 12:30-1:30</b> <b>Mahjongg 1:00-4</b>	<b>5</b> <b>Chi Kung 8:30</b> <b>Strength Training 9:00-10:00</b> <b>Lecture &amp; Discussion Series 10:30</b> <b>White Line Open Studio 1:30-3:30</b>
<b>8</b> <b>Strength Training 9:00-10:00</b> <b>Memoirs Writing Group 10:30</b> <b>Lecture &amp; Discussion Series 10:30</b>	<b>9</b> <b>Board Meeting 10:00</b> <b>Men's Exercise Class 10:45</b> <b>COA CAFÉ 12:30</b> <b>Women's Reflections 6:30</b>	<b>10</b> <b>Chi Kung 8:30</b> <b>Strength Training 9:00-10:00</b> <b>Coffee Hour 10:00</b> <b>Adult Coloring Class 10:00</b> <b>Bereavement 1:00-2:30</b> <b>Free Legal Assistance (By Appointment Only)</b>	<b>11</b> <b>CORE 11-12:00</b> <b>MOVE AND STRETCH 12:30-1:30</b> <b>Mahjongg 1:00-4</b>	<b>12</b> <b>Chi Kung 8:30</b> <b>Strength Training 9:00-10:00</b> <b>Lecture &amp; Discussion Series 10:30</b> <b>Mystery Book Club 12:30-1:30</b> <b>White Line Open Studio 1:30-3:30</b>
<b>15</b> <b>Strength Training 9:00-10:00</b> <b>Memoirs Writing Group 10:30</b> <b>Lecture &amp; Discussion Series 10:30</b>	<b>16</b> <b>Men's Exercise Class 10:45</b> <b>COA CAFÉ 12:30</b> <b>Women's Reflections 6:30</b>	<b>17</b> <b>Chi Kung 8:30</b> <b>Strength Training 9:00-10:00</b> <b>Coffee Hour 10:00</b> <b>Adult Coloring Class 10:00</b> <b>Story Swap 11:00</b>	<b>18</b> <b>CORE 11-12:00</b> <b>MOVE AND STRETCH 12:30-1:30</b> <b>Mahjongg 1:00-4:00</b>	<b>19</b> <b>Chi Kung 8:30</b> <b>Dr. Campo –Podiatrist (By Appointment Only) 8:30</b> <b>Strength Training 9:00-10:00</b> <b>Lecture &amp; Discussion Series 10:30</b> <b>White Line Open Studio 1:30-3:30</b>
<b>22</b> <b>Strength Training 9:00-10:00</b> <b>Memoirs Writing Group 10:30</b> <b>Lecture &amp; Discussion Series 10:30</b>	<b>23</b> <b>Men's Exercise Class 10:45</b> <b>COA CAFÉ 12:30</b> <b>Women's Reflections 6:30</b>	<b>24</b> <b>Chi Kung 8:30</b> <b>Strength Training 9:00-10</b> <b>Coffee Hour 10:00</b> <b>Adult Coloring Class 10:00</b> <b>Bereavement 1:00-2:30</b>	<b>25</b> <b>CORE 11-12:00</b> <b>MOVE AND STRETCH 12:30-1:30</b> <b>Mahjongg 1:00-4:00</b>	<b>26</b> <b>Chi Kung 8:30</b> <b>Strength Training 9:00-10:00</b> <b>Lecture &amp; Discussion Series 10:30</b> <b>White Line Open Studio 1:30-3:30</b>
<b>29</b> <b>HOLIDAY</b>  <b>MEMORIAL DAY</b>	<b>30</b> <b>Men's Exercise Class 10:45</b> <b>COA CAFÉ 12:30</b> <b>Women's Reflections 6:30</b>	<b>31</b> <b>Chi Kung 8:30</b> <b>Strength Training 9:00-10</b> <b>Coffee Hour 10:00</b> <b>Adult Coloring Class 10:00</b>		

## Art Gallery



Lydia Mann is a self-taught artist. Drawing on her love of the outdoors she works on images sketched and recalled from some of her favorite places: the lower Cape (Welfleet to Provincetown), the Greek Islands of Hydra and Santorini, New York City's Central and Riverside Parks. Though photos are often referenced, each piece becomes a portrait of her physical, emotional and psychological state, not a direct representation of the geographic place. She relies on making these artworks to provide ballast, comfort and a means of integrating and comprehending life while making a living the bulk of her time on a computer in her New York City home.

While earning degrees in graphics and early childhood education from Parsons School of Design and Empire State College (part of NYS University) Lydia worked as a freelance sign painter, graphic and web designer. She spends a third of each year traveling with her boyfriend, Leslie Kaminoff, who teaches anatomy to yoga teachers all over the world. Their partnership has produced a wide range of anatomical illustrations, also represented in this show, which reflect both whimsy and appreciation of the human body as a work of art. This is her first solo show.

### OUTER CAPE WHITE LINE PRINTMAKERS OPEN STUDIO

**MEETS ON FRIDAYS FROM 1:30 pm-3:30 pm in Activities Room at the COA**



White-Line Block prints were developed in Provincetown by B.J.O. Nordfeldt in 1916 and became known as the Provincetown Print. The whole image is drawn on and printed from one woodblock rather than a series of blocks for each color change. The popular method was practiced by many other artists through the years and continues to be popular today.

**Join Joan Rogers, Pat Canavari or Cathy Skowron at the Truro COA and bring a new project or work on a print in progress!**

# TRANSPORTATION NEWS

**Marjorie Childs, Transportation Coordinator/Assistant to the Director, ext. 320**

**The Truro Council on Aging van transportation services are for Truro residents age 60 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions are appreciated to help defray the vehicle costs to the town. The service is available based on rider need and scheduling from Monday through Friday.**

We publish birthdays of residents 60 and older every month in our newsletter. This is information that we obtain from the annual street listing and is considered public information. If you choose not to have your birthday listed, please call Margie at extension 320 and we will not include you in the birthday calendar.



**WE NEED THE FOLLOWING INFORMATION WHEN  
REQUESTING A RIDE FROM THE COA:**

**MEDICAL FACILITY NAME**

**MEDICAL FACILITY ADDRESS**

**MEDICAL FACILITY PHONE NUMBER**

**ESTIMATED DURATION OF APPOINTMENT**

\*\*\*\*\*

**YOU MUST HAVE A COMPANION ACCOMPANY YOU IF  
ARE HAVING A PROCEDURE**

\*\*\*\*\*

**REMEMBER**

**WE MUST HAVE**

**AT LEAST 24 HOURS' NOTICE TO**

**SCHEDULE TRANSPORTATION**

## **VOLUNTARY CONTRIBUTION SCHEDULE**

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
Plymouth	\$25.00

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

#### MISSION STATEMENT

The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; 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.

#### IN MEMORIAM

Barbara Collins

Walter Londergan, Jr.

Dorothy Russo

#### FRIENDS OF THE TRURO COUNCIL ON AGING MEMBERS

Diane Rose, President; Bill Worthington, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary. Board Members: Lucie Grozier, Brian Trainor and Ed Yaconetti, Jim Brown.

#### COUNCIL ON AGING BOARD MEMBERS

Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Joan Moriarty Secretary, Board Members: Stephen Royka, Joan Holt, Claudia Tuckey, Hannah Shrand, Marla Perkel, Susan Grace, Lucy Brown, Alternate.

*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! And thanks to our newsletter helpers for their invaluable help with the bulk mailing.*