



TRURO LOG

APRIL 2012

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

FACE OF EXPERIENCE: ELAINE DEE

Elaine Evans Dee was born in Cleveland, Ohio. Elaine's grandparents owned a farm in the country, raising cows and corn and Elaine loved visiting there in the summers. Their son, Elaine's father, had bum leg which prevented him from being a farmer, so he was encouraged to attend college. He went on to a business career in Cleveland. Elaine remembers walking with her two older sisters to the art museum where they attended classes in art and music on Saturdays. The public schools they attended also had combined classes in art and music. Probably influenced by this schooling, Elaine attended Oberlin College where she received her BA in art history, and later on her Masters Degree in the same field at Harvard University. Her particular interest was in European art, especially the Italian renaissance. She also took courses in oriental art.

While at Oberlin, Elaine worked part-time as Curatorial Assistant at the Allen Art Museum. At Harvard she was Assistant Curator of Drawings and of Oriental Art. In the 1950s Elaine left Massachusetts, ending up in New Jersey. She went back to work full-time in 1961 and until 1968 was the Assistant Curator of Drawings and Prints at the Pierpont Morgan Library in New York City. From 1968 until Elaine retired she retired in 1990, she worked at the Cooper-Hewitt Museum (which is in New York but is an affiliate of the Smithsonian Institution) as Curator of Drawings and Prints. It was there, because of their collection, she added a specialty in nineteenth century American art. In Newark, Elaine became friends with a group of young artists and went to their parties and exhibition openings. At one of their parties, Elaine met artist Leo Joe Dee; they immediately fell in love and married not long after. Continued on page 2.....



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APRIL BIRTHDAYS

<p style="text-align: center;">1</p> <p>John Adams Kathleen Farley Paul Endich Arline Tatalo</p>	<p style="text-align: center;">2</p> <p>William Moran</p>	<p style="text-align: center;">3</p> <p>Diane LaFrance</p>	<p style="text-align: center;">4</p> <p>Diana Colley Susan Strand</p>	<p style="text-align: center;">5</p> <p>Ruth Jordan Raymond Marsh</p>
<p style="text-align: center;">6</p> <p>Margaret Tinkham</p>	<p style="text-align: center;">7</p> <p>Janet London Stephen Royka Richard Gidman Christine Wold</p>	<p style="text-align: center;">8</p> <p>Marla Perkel Marvin Eiger Betty Bingham</p>	<p style="text-align: center;">9</p> <p>David Travis Edward Perry Roberta Endich</p>	<p style="text-align: center;">10</p> <p>Marguerite Flores Carol Sheridan</p>
<p style="text-align: center;">11</p> <p>Walter Londergan Raymond Joseph</p>	<p style="text-align: center;">12</p> <p>George Hitchcock Dwight Russell Bruce Boleyn Brenda Boleyn Stuart Losen</p>	<p style="text-align: center;">13</p> <p>Kevin Magane David Grandel James Burrell George Ellison</p>	<p style="text-align: center;">14</p> <p>Larry Mullaney Malcolm Harris</p>	<p style="text-align: center;">15</p> <p>Mary Reis Richard Austin</p>
<p style="text-align: center;">16</p> <p>Keith Holt Patti Poe Paul Koch Linda Rogers</p>	<p style="text-align: center;">17</p> <p>Mary Robbins</p>	<p style="text-align: center;">18</p> <p>Norman Edinberg Marilyn Adams Fernando Desousa Virginia Dutra</p>	<p style="text-align: center;">19</p> <p>Roberta Schnabel Annemarie Minicucci John White</p>	<p style="text-align: center;">20</p> <p>Dennis Clark Evelyn Adler</p>
<p style="text-align: center;">21</p> <p>John Minicucci Freda Snow Barbara Collins Paula Draper</p>	<p style="text-align: center;">22</p> <p>Patricia Macara George Colley III</p>	<p style="text-align: center;">23</p> <p>Girard Smith Joan Rogers Frank Duda Andre Goyer</p>	<p style="text-align: center;">24</p> <p>David Spang Joseph Schuyler Susan Seligman</p>	<p style="text-align: center;">25</p> <p>Erika Sheldon Garrett Ormsby Helene Ducharme Peter Burnetter David Peterman Ron Weiss</p>
<p style="text-align: center;">26</p> <p>David DeKing Kathleen Hunt Keith Thurlow Judith Salzman Maryellen Kelley</p>	<p style="text-align: center;">27</p> <p>Ruby Druss Sylvia Remmy Julie Dupree</p>	<p style="text-align: center;">28</p> <p>Charles Wisbauer Malcolm Meldahl Eleanor Collins Muriel Flint Barbara Cadorette</p>	<p style="text-align: center;">29</p> <p>Kathy Murray Robert Rinkewich Lee Elman John Kolb Robert Polstein Dorothy Mowery Carol Nickerson</p>	<p style="text-align: center;">30</p> <p>Carlotta Zilliax Stephen Kandel Fred Todd</p>

Truro Council on Aging Health Fair

Date: Tuesday, May 8th

Time: 9:30-11:30 am

Where: 7 Standish Way, North Truro

What: Screenings will be held for Blood Pressure, Glucose, Bone Density and, Col-orectal

A Nutritionist & Samaritans

You must make an appointment for the cholesterol/glucose screenings and bone density by calling the Truro Council on Aging—508-487-2462.

Support to Age in Place!!



WORKSHOP FOR CAREGIVERS, CARING
FOR LOVED ONE AGING IN PLACE!!
WORKSHOP WILL INTRODUCE YOU TO
SKILL BUILDING FOR CAREGIVERS!

- Attend one 4 hour workshop, Receive
free DVD's and Tool kit
- Receive monthly support

DARLENE PERKINS: 508-771-1727
EXT. 159

CALL TO RESERVE YOUR TOOLKIT !


A Program of
Community Action Committee
Cape Cod & Islands, Inc.
Funded by Tufts Foundation

UPCOMING WORKSHOP:
WEDNESDAY APRIL 25, 10AM-2PM
TRURO SENIOR CENTER
7 STANDISH WAY NORTH TRURO

- Build up strength at your own pace
- Increase flexibility
- Increase activity level
- Food & Home Safety
- Learn to breathe & relax
- Stay in community longer

Puma Park Clean Up Day

Puma Park Clean Up Day sponsored by the Truro Recreation Commission and Friends of Puma Park will be held Saturday April 28 (rain date: April 29). We are seeking volunteers of all ages and skill levels to help with cleaning up the Park. Do you have ideas about ways to make Puma Park more appealing to people of all ages? More shade? A horseshoe pit? Shuffleboard? Let us know! Contact Truro Recreation with ideas or to volunteer. Call 508-487-1632 or email recdirector@truro-ma.gov. For more information please see www.truro-ma.gov/Recreation.



FACE OF EXPERIENCE: ELAINE DEE CONTINUED FROM PAGE 1.....

While at the Cooper-Hewitt, Elaine frequently went abroad to do research and to organize exhibitions. On one of those trips she photographed historic Italian villas for an exhibition and publication which she especially enjoyed doing.

Elaine first came to the Cape on vacation while she was at Harvard. Later she and Joe came to the Cape, encouraged by New Jersey friends who invited them to stay with them in Truro. Elaine and Joe loved it and continued to come annually, renting houses sometimes with other couples, and even tent-camped twice. When they both retired they began thinking of moving here and in due course sold their house, bought property in Truro and hired Geiger-Phillips to design their home. In 1996 they moved here permanently. They enjoyed the out-of-doors, long walks, the beach, and planted a large garden, with help and advice from Greg Morris and Howard Irwin. Joe Dee, a well-known artist, died in November, 2004.

Elaine has been a volunteer at the Truro Library and at the Truro Council on Aging. Currently, she volunteers at the Truro Historical Museum organizing and cataloging their library. She is working now on early school books and books about the history of Truro and Cape Cod.

By Elaine Dee and Katherine Stillman

SHARING STORIES: I REMEMBER going to the library and . . .

The COA Memoirs Group, in connection with the Truro Public Library and sixth graders at Truro Central School, invite you to come celebrate books, stories, and libraries, **Saturday April 14, from 1-2:30 P.M., at the Truro Library!**

Members of the COA Memoirs group, joined by sixth graders, will read their personal stories that take place, at least in part, in a library. SHARING STORIES, an inter-generational community gathering, is free and open to the public.

This event is coordinated by COA Memoirs mentor Rosalind Pace, who is also working with sixth grade teacher John Burns and his students at Truro Central School.

The MassHealth Application Process For Long Term Care Assistance

Attorney Arthur B. Crooks, Jr. will provide you with the most up to date information to help you and your loved ones with the most accurate and complete MassHealth Application possible. To register call 508-398-3037.

You are invited to join us for a **SPECIAL PRESENTATION** followed by a **FREE LUNCHEON** on the MassHealth Application process on

Saturday, April 28th from 10:00-12:00 pm at the Truro Council on Aging

Topics to be Covered

The application process
Countable and Non-Countable Assets
Allowable Expenditures and Disqualifying transfers
Types of Income and Retirement Benefits
Life Insurance
Transfers of Assets within the past five years

Ownership of Assets in Trusts
Disability of a son or daughter
Amount of Assets owned and form of ownership
Request for further verifications process
Income rules
Appeals process

Transportation

If you are being transported in one of the COA vans, and you have a **disability placard** card, you can carry it along with you and our driver can use it when parking.



It may make your "to and from" a little easier!

Needlework Update

The Truro Needlework Group has lots of yarn, needles, books, patterns and anything else you may need for a creative project! So if you don't have the time to come in on Tuesdays from 10-noon and join the group, grab what you need and help out by creating items on your own time. Any questions, please call Jeanne Foulke at 487-9034. Don't forget.....all proceeds for items sold go to Breast Cancer Research at Dana Farber Medical Center.



Free Hearing Screening

Do you keep asking "what," or ask people to repeat themselves?
Do people say your television is too loud?
Could you use a free hearing aid clean and check?
Find out the benefits of finding out about hearing loss, how we can help you and much more!

**Wednesday, April 18th,
beginning at 10A.M.**

Must call for an appointment. 508-487-2462

Annual Town Meeting

Tuesday, April 24th at 7:00 pm

Truro Community Center, 7 Standish Way

MYSTERY BOOK CLUB

Friday, April 13

12:30

A GREAT DELIVERANCE

Elizabeth George



WHAT'S NEW IN PARKINSON'S RESEARCH AND REHAB?

You are invited to attend a 2-part program in April, presented by Kathy Stetson, physical therapist. We will meet on Tuesdays: April 3rd and 10th from 1:30 to 2:30. Session 1 is an update on new research in the areas of causes, treatment and rehab. Session 2 is an exercise program; Kathy will demonstrate important exercises to address strength, flexibility, balance and we will discuss new approaches to exercise. Both sessions will allow time to address your questions. This program is geared toward people with Parkinson's, their family members and caregivers who work with them. Please call 487-2462 to pre-register.

BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will meet on **Wednesdays from 1P.M. to 2:30P.M.** beginning **April 11** and meeting for 6 weeks at the Truro COA. 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

IN MEMORIAM

Lt. Cmdr. Leroy "Roy" E. Lippincott

Eleanor Meldahl

Warren Roderick

Friends of the COA Annual Spring Luncheon

Appetizers

(meatballs - cheese & crackers - chicken wings)

Garden Salad

Home baked bread loaves

Entrees Include choice of:

Chicken Teriyaki

Baked Boston Cod

Bar-B-Q Pork Loin

Sautéed veggies/pasta

Pasta salad or potato salad

Key Lime pie

Coffee or Tea

Gratuuity all inclusive \$20.00

Sunday, June 3, 2012

12 noon

Please RSVP to Martha Ingram at 508-349-9345

by Sunday, May 27th



The Whitman House
Restaurant



A Message from Martha Downs R.N./Cape Cod VNA

Raising your level HDL (High Density Lipoprotein-"healthy cholesterol") the good Cholesterol. HDL levels are considered "normal" if between 40 to 60mg/dl and levels>60/dl offer further protection from heart disease.

Facts: Like LDL (the lousy cholesterol), HDL is a component of food. It is made by the body. We can influence the HDL and LDL levels by making positive food choices and exercise. The higher the HDL...the lower the risk of heart attack or stroke.

Lifestyle choices to increase HDL levels:

Physical activity: walking fast, jogging, bike riding, etc...

Maintain a healthy weight

Stop smoking

Cooking tips:

Broil, bake, roast or grill vs. pan frying.

Eat more chicken and fish.

Cut visible fat from meat and remove skin from poultry.

Try vegetable sprays, canola or olive oil instead of butter.

Fill your plate with vegetables and/or salad and eat a smaller portion of higher fat items.

Opt for low fat cheese and dairy products and use eggs in moderation.

Increase fiber intake...whole grain cereals and bread, brown rice, oatmeal, beans, fruits and vegetables (especially with skins).

Lastly, there have been studies showing the benefits of drinking cranberry or orange juice, taking calcium supplements, and having alcohol in moderation, as measures to raise the good cholesterol.

Additional information is available thru the Cape Cod Cooperative Extension or the American Heart Association.

OUR AGENDA =
ACCESSIBILITY



The Truro Commission

on Disabilities wants to help to make Truro more accessible for all and we need your help.

Are you disabled in some way? Do you use a wheelchair, walker or crutches? Are you visually or hearing impaired? Do you have a friend or family member who needs help to access all the town of Truro has to offer?

Let us know who you are and what your experiences have been, both positive and negative. We want to hear from you! Contact: Truro Commission on Disabilities/Truro Town Hall/ Box 2030/Truro MA 02666 or email Susan Howe at truromom@aol.com

Help us identify the Truro disabled population.

Help us Help you!

**APRIL
COA CAFÉ**

TUESDAY 12:30

\$7.50

Call COA to reserve by Monday
noon

April 3

Classic Macaroni & Cheese w/
Spring Vegetables & Salad

***Soup:** Tortellini Soup

April 10

Baked Ham with Spinach Pie

Honey Cornbread

Pecan Squares w/Vanilla Ice
Cream

***Soup:** Mexican Chicken Soup

April 17

Lazy Lasagna with Green Salad

Garlic Bread

Cookies and Sorbet

April 24

Seared Chicken Breasts with a
Salsa Verde

Black Bean, Corn and Tomato
Salad

Dark Chocolate Cake with Rasp-
berry Sauce

***Soup:** Lentil w/ Ham Soup

***SOUP**

Home made soup is available for
take out on Tuesdays,
following the
COA Luncheons.
\$4/pint



**John Carbone's
Friday at the Movies 1:30**

**Viewers Choice....
come in and select a movie
from our donation library
and enjoy
comfortable seating,
a large screen and free pizza or
popcorn**



Please call if you need
further information

508-487-2462

PLEASE SEND US POEMS

**"sand is always a sign of seashells nearby---
- a sunny day nearing an end---- the glori-
ous joy of God viewed through the
sand and shells--- an endless desire for
more....." By Greg Romano**

The COA has a tradition of printing poems as
space is available. Send to [coaoutreach@truro-
ma.gov](mailto:coaoutreach@truro-ma.gov) or COA Box 500, Truro, MA 02666-0500.

Truro Hiking /Walking Group

Come and enjoy a guided walk with Bob Lowe,
Club Coordinator. The distance and location vary
each week, depending on the desires of the partici-
pants. This is a great opportunity to get some
exercise, socialize with your neighbors, and enjoy
the beautiful and remote settings that Truro offers.

Tuesdays at 10A.M.




For more information go to:

www.truro-ma.gov/recreation

Any questions concerning the hikes, please call
Truro Recreation Department @ 508-487-1632.



APRIL 2012

Mon	Tue	Wed	Thu	Fri
2 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	3 Needlework 10-Noon COA CAFÉ 12:30 Parkinson's Series 1:30-2:30	4 Cooking for One - Cooking Class 10 Strength Training 9-10 Weight Loss 10 Cribbage 1:30	5 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)	6 Strength Training 9-10 FREE Friday Movie 1:30
9 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	10 Needlework 10-Noon COA CAFÉ 12:30 Parkinson's Series 1:30-2:30	11 Strength Training 9-10 Weight Loss 10 Legal Assistance (by appointment) Cribbage 1:30 Bereavement 1-	12 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	13 Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30
16 PATRIOTS DAY  COA CLOSED	17 Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon	18 Strength Training 9-10 Hearing Screening 10 Weight Loss 10 Cribbage 1:30 Bereavement 1pm	19 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	20 Strength Training 9-10 Dr. Campo Podiatrist by appointment FREE Friday Movie 1:30
23 Strength Training 9-10 SIGHT LOSS 10 am Memoirs 10:30-12:30	24 Needlework 10-Noon COA CAFÉ 12:30	25 Strength Training 9-10 Weight Loss 10 Caregivers Skills 10-2 Bereavement 1pm Cribbage 1:30	26 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	27 Strength Training 9-10 FREE Friday Movie 1:30
30 Volunteer Appreciation Strength Training 9-10 Memoirs 10:30-12:30	Elizabeth Pratt Opening Sunday, April 1 			Cherie Mittental Opening Sunday, May 6 2 to 4 pm

COA GALLERY - APRIL

ELIZABETH PRATT

Collectors have been acquiring watercolors by Copley Master Elizabeth Pratt for almost 70 years. This retrospective exhibition includes landscapes, portraits, structures, animals and her unique depictions of the world under water. While many of the scenes are inspired by Cape Cod, the show also includes work from her extensive international travels.

Elizabeth said, "To enhance the effects of the renowned Cape Cod light, my colors are strong and my contrasts strong. Fluid and transparent, watercolor allows me to spontaneously capture the motion of the waves and currents that surround this peninsula. The expanses of sky, the reflections of the sky in the water, the natural flow of the wind, all lend themselves to the free expression afforded by this medium. I am truly pleased that this show will be mounted in Truro, in an area surrounded by abundant natural beauty."

Elizabeth had the first of over 50 solo shows at the Spectrum Gallery in Washington, D.C., where she was a founding member. Ms. Pratt's work has been acquired by many government agencies, courts, corporations and collectors. She has juried membership in Audubon Artists, New York City and the New England Watercolor Society, and has taught at the Truro Center for the Arts, Castle Hill; the Creative Arts Center; the Cape Museum of Fine Arts; and the Cahoon Museum. Elizabeth studied at the Dayton Art Institute and earned her B.A. in Fine Arts at William and Mary. She completed workshops with nationally-known watercolorists and studied the masters of painting in Europe's great museums.

Her work has been featured in many periodicals including American Art Collector, Artist Magazine, Cape Cod Times, Cape Codder, Arts & Antiques, Boston Magazine, Review Magazine and Cape Arts Review. Her spontaneous style and techniques have been covered in books including The Art of Watercolor by Charles LeClair, The Best of Watercolor by Betty Lou Schlem and Tom Nicola, and nine others.

Opening Reception is

Sunday, April 1

2-4 p.m.



COA GALLERY - MAY

CHERIE MITTENTAL

Through my experience as a book and printmaker I enjoy the exploration of process. Today I utilize a variety of materials in my work to express fluidity, density, and the visible effects of light through pigment. Over the last seven years I have been working predominately in wax or encaustic paint while integrating tar, marble dust, pigment sticks, dry materials, graphite and miscellaneous mediums.

My recent work explores the ritual of layering. I love the sense of the unexpected, the sensation of scent, and the anticipation evoked by moving wax, while also scraping and carving through the wax. Marrying image and medium is what I am most interested in.



Opening reception is Sunday, May 6, 2-4 pm

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

TRAVEL The Truro Council on Aging will be advertising trips that are offered through Funtastic Getaways . The organization is out of Falmouth, but they have a pick up for day trips as close as Patriot Square in Dennis. If you're interested in a particular trip, **call Funtastic Getaways directly for additional information and reservations toll free 866-518-6877**

Arnold Arboretum Lilacs & the Swan Boats Tuesday, May 15



The Arnold Arboretum of Harvard University is the oldest public arboretum in North America and one of the world's leading centers for the study of plants. A link in Boston's Emerald Necklace of parks, the Arboretum is a unique blend of respected research institution and beloved public landscape. There are over 422 lilac plants of approximately 194 different varieties in the Arnold Arboretum collections. Together they provide a season of color and scent that extends over five weeks each spring. They may be known for their lilacs, but the arboretum features plants of all kinds from azaleas to magnolias. Our knowledgeable guide will take us on a fascinating walking tour of the arboretum sharing their horticultural knowledge along the way. Afterwards we'll head to Quincy Market where you will have some free time for lunch & shopping. Cap the day off with a relaxing ride on Boston's iconic Swan Boats in the Public Gardens. Come with us and enjoy the best of springtime in Boston! Please note this is a walking tour, please wear comfortable shoes and come dressed for the weather. \$60

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Martha Ingram, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary;

Board Members: Stephen Currier, Lucie Grozier, Carol Nickerson, Florence Johnson, Diane Rose.

Council on Aging Officers: Rotating Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Carol Green, Joan Holt, Martha Ingram, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Judy Thompson. **Staff:** Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duarte, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

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 Naz Basmajian, Nancy Edwards, Bobbie Kane, Joan Moriarty, & Karen Mooney for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.