



TRURO LOG

AUGUST 2012

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA



William Worthington
Senior of the Year

He is newly on the Provincetown Water and Sewer Board which because of the new North Unionfield well site, requires 3 members from Truro. Truro has leased this well site - Provincetown does not own it which is a different set-up from the other Truro well sites. Bill is also on the Truro Water Resources Oversight Committee. They are working on a comprehensive water management plan concerning nitrate intrusion.

Bill is on the Energy Committee, and for a while he was Truro's representative to the Cape Light Compact. He has been on the Building Committee and the Truro Democratic Town Committee.

Bill is still working hard, too, at the Bottles and Cans Shack at the Truro Transfer Station, especially because some of the volunteers have had to stop for a while. But Bill named other stalwarts - Sebastian Davis, Jack Besemer, and Richard Courtney. The money from the sale of the bottles and cans benefits the Friends of the Truro Council on Aging. The bottles and cans are picked up by Champ House in Hyannis which is a safe house for young people so their sale benefits two organizations.

William Worthington has contributed much to the quality of life in Truro and The Friends of the Truro Council on Aging and the Truro Council on Aging Board are proud to name him as **Senior Citizen of the Year.**

The reception will be held on

Saturday, September 15 from 2 to 4 pm

at the Truro Council on Aging in the Community Center.

The ceremony begins at 2:30.

William "Bill" Worthington explained to me the reason that he volunteers is because of the example of his parents. In the 60's his father inherited some money and with it he built the Pamet Harbor Yacht Club and the floats. He bought a power launch, too. He and Charlie Francis also built the small house nearby. He got some boats and hired someone to teach sailing. Harriet Hobbs was one of the first students. Bill remembers that they tied knots on rainy days.

In the 80's Ansel Chaplin and Charles Davidson created the Conservation Trust and Bill's mother was on the Board. Both parents also volunteered in Connecticut.

Almost as soon as Bill moved out here in 2001, Ansel Chaplin suggested that he join the Planning Board. He was Chair for a little while and is still on the Board.

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Painting in the COA Garden

Please feel free to come to the COA and paint in the beautiful garden....the colors and the wide variety of flowers are amazing!

FTC CONSUMER ALERT Scammers Out to Profit on U.S. Supreme Court's Ruling on the Affordable Care Act!



It's enough to make you sick.

No sooner had the U.S. Supreme Court ruled on the Affordable Care Act than scam artists began working the phones. Claiming to be from the government, they're saying that under the Affordable Care Act, they need to verify some information. For example, they might have the routing number of the person's bank, and then use that information to get the person to reveal the entire account number.

Other times, they have asked for credit card numbers, Social Security numbers, Medicare ID, or other personal information.

The Federal Trade Commission, the nation's consumer protection agency, cautions you not to give out personal or financial information in response to unsolicited phone calls, emails, or knocks on your door. Scam artists want your information to commit identity theft, charge your existing credit cards, debit your checking account, open new credit card, checking, or savings accounts, write fraudulent checks, or take out loans in your name.

If you get a call from someone who claims to be from the government and who asks for your personal information, hang up. It's a scam. The government and legitimate organizations with which you do business have the information they need and will not ask you for it. Then, file a complaint at ftc.gov or call toll-free, 1-877-FTC-HELP. If you think your identity's been stolen, visit ftc.gov/idtheft or call 1-877-ID-THEFT. You also can file a complaint with your state Attorney General.

For more information about the federal health care law, visit HealthCare.gov.

Tai Chi and Chi Kung

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental and physical balance and general well being, with an emphasis on "mindfulness" – remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, tai chi, chi kung, and meditation for seven years on Cape Cod. He currently teaches in Wellfleet, Orleans, and Harwich.

**Beginning Wednesday, September 12
8:30-9:30A.M. @ The Community Center**

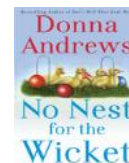
MYSTERY BOOK CLUB

Friday, August 10

12:30

NO NEST FOR THE WICKET

Donna Andrews



OUR AGENDA = ACCESSIBILITY



The Truro Commission on Disabilities wants to help 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 Help You

We are pleased to announce there is now a manual wheelchair with elevated leg rests available for use at the Highland Light Gift Shop.
All are welcome to use it.

Beyond Store Bought: Eco-Chic Gift Wrapping

Learn new and attractive ways to wrap gifts with eco-friendly materials – brown paper, shopping bags, newspaper, cloth and more! Illustrated talk with demonstrations.

Reena Kazmann is a crafts designer/teacher/lecturer who started www.eco-artware.com, the web's first gift store carrying only designs made from recycled, reused and natural materials by independent designers in 1999.



Tuesday, September 4 @ 1:30
following the luncheon.

FYI

*July was the last month for Pedicare with Nancy Hosmer

*Dr. Campo will be coming on a monthly basis.

*Diane “Dee” Yeater is our new Town Nurse from the VNA.

* Don't forget to share any collections you may have . We have a beautiful display cabinet. Just let us know and we'll help you set up!

History of the Boston Post Gold Headed Cane

In August 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post, a newspaper, forwarded to the Board of Selectmen in 431 towns (no cities included) in New England a gold-headed ebony cane with the request that it be presented with the compliments of the Boston Post to the oldest male citizen of the town, to be used by him as long as he lives (or moves from the town), and at his death handed down to the next oldest citizen of the town. The cane would belong to the town and not the man who received it.

J.F. Fradley and Co., a New York manufacturer made all the canes from ebony shipped in seven-foot lengths from the Congo in Africa. They were cut to cane lengths, seasoned for six months, turned on lathes to the right thickness, coated and polished. They had a 14-carat gold head two inches long, decorated by hand, and a feruled tip. The head was engraved with the inscription, --- Presented by the Boston Post to the oldest citizen of (name of town) --- "To Be Transmitted." The Board of Selectmen were to be the trustees of the cane and keep it always in the hands of the oldest citizen. Apparently, no Connecticut towns were included, and only two towns in Vermont are known to have canes.

In 1924, Mr. Grozier died, and the Boston Post was taken over by his son, Richard, who failed to continue his father's success and eventually died in a mental hospital. At one time, the Boston Post was considered the nation's leading standard-sized newspaper in circulation. Competition from other newspapers, radio, and television contributed to the decline of the Post and it went out of business in 1957.

The custom of the Boston Post Cane took hold in those towns lucky enough to have canes. As years went by some of the canes were lost, stolen, taken out of town and not returned to the Selectmen or destroyed by accident.

In 1930, after considerable controversy, eligibility for the cane was opened to women as well.

Truro has lost track of it's Boston Post Cane. If anyone knows of its whereabouts, we at the COA would love to reinstate the tradition. Give us a call with any info at 508-487-2462.

IN MEMORIAM
Henry Block, Jr.
Andrea Adeson



Check Out COA Log Insert

Live Your Life Well Forum

Reservations required by Friday, September 7th.

Call the COA @ 508-487-2462.

COA BEACH FIRE

The Provincetown Council on Aging Board is happy to invite our Truro neighbors and Truro Council on Aging Board, Friends and staff to our 3rd annual COA Beach Fire.

Wednesday, August 8 at 6:30 pm (rain date August 9)

Herring Cove Beach: end of the right side parking lot

Bring warm clothes, chair or blanket, drinks or snacks for yourself and a flashlight for walking back to your car.

COA Board will build the fire and provide marshmallows and makings for s'mores

Enjoy an evening of stories (with Dan Lynch), song, conversation as the sun sets.

Everyone welcome! Carpools recommended



🌸🌸🌸🌸🌸 AUGUST BIRTHDAYS 🌸🌸🌸🌸🌸

1

William Aikman
Dennis Greenwald
Normand Scherer
Chuck Zimmer

2

Judith Dutra

3

Warren Hassmer
Caroline Marseglia

4

Patricia Canavari
Stephen Kinzer
John Matejka
John Reimer

5

Candice Collins-Boden
Margaret Gilson
Donna Leombruno
Michael McGuinness

6

Judith Hansen
Linda McCormick

7

Alan Bergman
Paul LaFrance
Shaun Pfeiffer
Dorothy Sanderson
Robert Weinstein

8

Beverly Brazil
Pamela Wolff
Albert Haversat
Peter Morris
Diane Troiano

9

Mike Bothun
Louise Magill
John Roderick

10

Robert Carlson
Gail Fields

11

William Burney
Bobbie Sue Kane
Elaine O'Keefe
Arline Shapiro
Alan Wagg
Ellyn Weiss
Steven Sollog

12

Harold Eastman
John Hutton

13

Carla Ferrari-Sacco
Marjorie Gidman
Barbara Sollows-Davis

14

Carmen Cicero

Diane Eib
Ilse Sakheim
Nancy Trainor

15

Jerome Costa
Vera Giordano
Paul Resika
Mary Lou Santos
Fred Scheidler

16

Paul Kiernan
Michael Snell
Terry Snider

17

Emmy Bobola
Toby Olson

18

Gloria Burhoe
Stanley Grzywoc
Maureen Cronin

19

Miriam Honey
Barbara Oswalt
Dianne Peters

20

Owen Hart
David Kelly
Robert Langlais

21

Evelyn Currier

Johanna Fullam
Kathleen Horton
Martin Rosenbaum

22

Shirley Dasconio
David Farkas
Paula Gilman
Patricia Reid
David Sheldon

23

Mona Marcoullier-
Antonuzzo
John Marksbury

24

Barbara Austin
Elizabeth Sluzis
Gwendolyn Spang
Barbara Willis

25

Carol Bishop
Carol Collins
Barbara Golding
Carol Mooney
Sheila Silva

26

Rita Burke
Richard Mackay
Edward Oswalt
John Rogers
Phyllis Wolitzer

27

Walter Bingham
David Townsend

28

Susan Stinson

29

Anna Avellar
Mona Dukess
Carol Seibert

30

David Gilman

31

Katherine Nagle
Kathryn Smith



AUGUST
COA CAFÉ
TUESDAY 12:30
\$7.50



Call COA to reserve by
Monday noon

August 7

Roast Chicken Breast
w/Olives & Oven Roasted Tomatoes
Garlic Couscous
Sautéed Swiss Chard

August 14

Roast Vegetable Salad
w/Lime Cumin Vinaigrette
Lentil Salad

August 21

Potato Salad
w/Shrimp & Feta Cheese
Marinated Zucchini Salad

August 28

Chicken & Orzo Salad
w/Cucumbers & Lemon
Tomato Salad

John Carbone's
Friday at the Movies



August 3

Billy Elliot (2000)

Jamie Bell & Jean Hayward

August 10

Rain Man (1988)

Tom Cruise & Dustin Hoffman

August 17

The Sixth Sense (1999)

Bruce Willis & Haley Joel Osment

August 24

Black Swan (2010)

Natalie Portman & Mila Kunis

August 31

The Help (2011)

Emma Stone & Viola Davis

Movie begins at 1:30

FREE POPCORN

Please call if you need any further
info. 508-487-2462

CAPE COD CENTRAL RAILROAD

The COA van will be taking us up to Hyannis to board the Luncheon Train! Whether you've done it before or never before, it will be lots of fun to go with a group of friends. A delicious three-course meal is served on white linens with fresh flowers while you take in views of Cape Cod's most hidden scenery, accessible only by the rails. Luncheon includes Marinated Grilled Breast of Chicken served on a bed of field greens, with grilled asparagus, cucumber, roasted peppers, tomatoes, basil and three cheese striped raviolis. Seafood Chowder, Coffee/Tea with Chef's Choice of Dessert is also included.

Wednesday, August 15

Cost \$39.95 + tax for the Train and Luncheon, and a suggested donation of \$10 for the van service.

Meet at the Community Center parking lot at **10 A.M.**

Reservations Required.

Call 508-487-2462



Wellfleet
Alzheimer's
Association serving
the Lower Cape
11th Annual



Reception and Charity Auction

Sunday, August 12, 2012, 3-7 P.M.
Sweet Seasons at the
Inn at Duck Creeke
70 Main Street, Wellfleet
Wine and Elegant Nibbles, Raffles,
Silent Auction, Live Auction
Suggested donation \$10 more or
less as desired

Shuttle service from the pier will be
provided

100% of the proceeds to benefit
families on the Lower Cape who are
impacted by Alzheimer's disease

Call 508-737-3328

for more information.

COA GALLERY - AUGUST

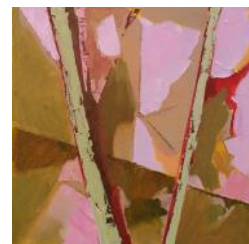
JOHN KOCH

Most of my adult life I have been immersed in the arts – but as newspaper writer, critic and editor, not practicing artist. In Boston newspapers, including 25 years at the Globe, I headed the Arts section, reviewed films, and wrote hundreds of interviews (many of artists). All the while, I nursed but deflected a deep, nagging urge to make art. I doodled and took two or three beginning drawing courses.

Artists don't so much choose art; I believe it chooses us. It's in the blood: passion, infection, powerful message bottled in the DNA, a mysterious command. When I retired from journalism in 2005 I was reborn as an artist. Painting is a need, a joy, a struggle, a form of prayer and a celebration of the natural world and the imagination. For me, the best art achieves some balance between the two, an amalgam of representation and abstraction, of what you see and how, idiosyncratically, you see it.

Work exhibited and sold beginning 2009:

Members Open and Benefit Exhibits at the Truro Center for the Arts at Castle Hill; several Cambridge Art Association juried shows including Blue (2009) and Red (2011); 10 Miller Street Open Studios (2010) and other venues.



Opening Reception is Sunday, August 5, 4-6P.M.

All are welcome.



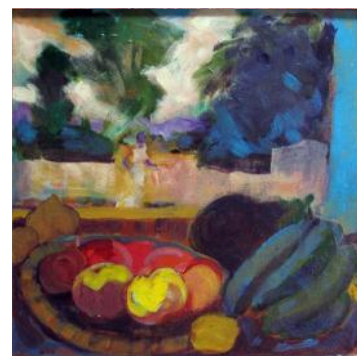
COA GALLERY - SEPTEMBER

JOAN HOPKINS

Joan Hopkins is co-owner of Golden Cod Gallery in Wellfleet, MA. She is a graduate of the Rhode Island School of Design. The figure in the landscape, as well as in the still life, has been prominent in her work. Throughout her career she has often worked on a large scale, painting expressive landscapes based on many different places: Cape Cod dunes and marshes, Western Massachusetts farmland, Scottish mountains, and Florida wetlands. It wasn't until she first returned to Jamaica in 1980 that she began painting specifically Caribbean themes, starting with large images based on memories of her grandmother's garden at Blue Mountain. Rather than providing a simple tourist point of view, her paintings describe intimately familiar, material qualities of daily life in the tropics.

Opening Reception is Sunday, September 2, 2-4P.M.






All are welcome.





AUGUST 2012



Mon	Tue	Wed	Thu	Fri
<p>Don't forget to make your reservation for the Cape Cod Railroad Luncheon Trip Wednesday, August 15</p>  <p>Call the COA @ 487-2462</p>		<p>1 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30</p>	<p>2 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p>3 Strength Training 9-10 FREE Friday Movie 1:30</p>
<p>6 Strength Training 9-10 Memoirs 10:30-12:30</p>	<p>7 Needlework 10-Noon COA CAFÉ 12:30</p>	<p>8 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Legal Assistance (by appointment)</p>	<p>9 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p> 	<p>10 Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30</p>
<p>13 Strength Training 9-10 Memoirs 10:30-12:30</p>	<p>14 Needlework 10-Noon COA CAFÉ 12:30</p> 	<p>15 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30</p>	<p>16 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Foot Care (by appointment)</p>	<p>17 Strength Training 9-10 FREE Friday Movie 1:30</p>
<p>20 Strength Training 9-10 Memoirs 10:30-12:30</p> 	<p>21 Story Swap 11 A.M. Needlework 10-Noon COA CAFÉ 12:30</p>	<p>22 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30</p>	<p>23 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p>24 Strength Training 9-10 FREE Friday Movie 1:30</p>
<p>27 Strength Training 9-10 Memoirs 10:30-12:30</p>	<p>28 Needlework 10-Noon COA CAFÉ 12:30</p>	<p>29 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30</p>	<p>30 Men's Group 9-10 NO CORE NO PACE Mahjongg 1-4</p>	

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**

Providence's Waterfire

Saturday, September 15



Waterfire has become a true New England summer classic. Nearly **100 bonfires** illuminate the waters of **Providence River** during this magical outdoor event. Walk the cobbled riverbank walkways leading to Waterplace Park as the **fire-stokers glide through the water in gondolas, lighting the wooden fires**. The dramatic fires dance on the waters and fill the air with the scent of burning cedar logs as **music from a variety of cultures and rhythms echo from the Venetian-style bridges**. Enjoy a **guided bus tour of Providence**, including historic Benefit Street, and time for dinner (on your own) either at **Federal Hill** or **Providence Place Mall**. **\$ 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: Joan Moriarty, Joan Holt, Martha Ingram, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; . **Staff:** Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duart, 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**

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