



**TRURO LOG**  
**TRURO COUNCIL ON AGING**  
**NOVEMBER-DECEMBER 2013**  
7 Standish Way, N. Truro  
508-487-2462, FAX 508-487-0854  
[www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)



**JOIN US FOR SHOPPING IN NOVEMBER**

**Friday, November 8th, Trader Joe's or the Cape Cod Mall, Hyannis**

**Friday, November 15th, Market Basket & Christmas Tree Shop at the Sagamore Bridge**

**Friday, November 22<sup>nd</sup>, Kohl's, Kmart, Michael's Craft Store, Bed Bath & Beyond, Hyannis**

**GET AN EARLY START ON YOUR HOLIDAY SHOPPING**

**Call Margie Childs to reserve a space on the van 487-2462 ext. 20**

**Meet at the COA at 9 am**

**HO HO HOpe that you can join us for some Holiday Fun**

**Tuesday, December 3<sup>rd</sup>, 1:30 pm, Help us decorate the Christmas Tree**

**Refreshments will be served**

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**Wednesday, December 4<sup>th</sup> Christmas Recital & Sing-a-Long**

**Mary Abt's Community Education Class will be performing at the COA at 6:30 PM**

**Refreshments will be served**

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**Help us find the "Elf on the Shelf"**

**He will be appearing at the COA in a new location daily**

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**Truro Central School Art Opening and Children's Choir**

**Tuesday, December 17<sup>th</sup>, 1:30 PM**

**We have Wi-Fi at the Community Center!!!**

**Please feel free to come in out of the weather and check your email all at the same time at the Truro Community Center!**

## **PROGRAMS AND SERVICES**

### **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 **Wednesday, November 13 and December 11, from 1 pm to 2:30 pm** and once a month thereafter 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.

The Truro COA has a SMILE Counselor available to talk with you.

Appointments Are Available – Improve Your Dental Care

The Truro COA is pleased to welcome Janice Johnson as our new SMILE Counselor. Janice is a Truro resident and had worked in the Provincetown school system for many years. She is a community volunteer who brings a sincere desire to promote wellness and provide dental education. Appointments are available in both Truro and Provincetown (see below).

Talking with a SMILE Counselor will help you set in place a plan of action toward better dental care. Information includes local resources for treatment and affordable care options including insurance and assistance programs. Please pick the day and location that works best for you and call the respective senior center to book your appointment:

Truro SMILE Appointments: **Nov 12<sup>th</sup>**, Jan 14<sup>th</sup>, March 11<sup>th</sup>, May 13<sup>th</sup> Call 508-487-2462

Hours 9 to noon, for transportation please call by the Friday morning before.

Provincetown SMILE Appointments: **Dec 10<sup>th</sup>**, Feb 11<sup>th</sup>, April 8<sup>th</sup>, June 10<sup>th</sup> Call 508-487-7080

**Mass. Audiology will be available by appointment only on the 2<sup>nd</sup> Wednesday of the month November 13 and December 11 at 11 am. This is a free service. There is no obligation to buy a hearing aid. The audiologist will be here if someone is scheduled.**



### **Exercise Class for People with Parkinson's disease**

The Truro COA has indoor walking to music with gentle stretching and balance. Rhythmic movement with music has been shown to be a very effective mode of exercise for people with Parkinson's. **This class would also work well for other people with neurological issues, or those seeking a gentle, low-impact workout.** The class will be led by Kathy Stetson, PT and Certified Health Fitness Specialist. The class will meet Mondays and Thursdays from 10:15 to 11 in the Truro Room. The cost is \$5 per class. If you are interested, or have questions, please call Kathy at 508-397-5324.

## **HEALTH & WELLNESS**

### **Health Tips from the Town Nurse, Dee Yeater RN**

**Announcing a new program to attend  
Meet with the town nurse Dee Yeater RN to discuss Health and Wellness Topics**

**Let's have lively discussions and learn the latest health information**

**November 21<sup>st</sup> – Rest and sleep – a good night's sleep myths and facts**

**Thursday at 1:30 -2:30**

**December 12 – Winter's arrived – how to stay physically active and**

**Fuel your body with the right stuff.**

**Thursday at 1:30 -12:30**

**Location: the activity room at the COA**

## **MUSIC PROGRAM**

- **November 14th 1-2PM**
- **Wellfleet Public Library**

**We cordially invite patients with Alzheimer's or other memory deficiencies and their caregivers to a music program with Ken Roscoe playing familiar piano pieces .**

Anthony Palmer, composer, inspired all he encountered with his belief that music helps everyone transcend the challenges of each day. Music, he wrote in an article for Philosophy of Music Education Review, "serves superbly as the bridge between the outer and inner worlds."

Trends emerging from research show that music exposure -- whether through casual listening or more formalized music therapy -- can help reduce the incidences of behavioral issues and generally calm dementia patients, said Beth Kallmyer, vice president for constituent services at the Alzheimer's Association([wcvb.com/health/Can-music-stave-off-dementia?-9/2013](http://wcvb.com/health/Can-music-stave-off-dementia?-9/2013))

## **MOVIE ABOUT ELDER CHAMPION ATHLETES**

You are invited to the Provincetown Council on Aging for a free movie showing of the "Age of Champions". The film is the inspiring story of a group of athletes-a 100 year old tennis champion (from Cape Cod), an 86 year old pole vaulter, a pair of swimming brothers and a team of basketball grandmothers-all chasing the gold at the National Senior Games. The movie will be shown on **Wednesday, November 20<sup>th</sup> at 1:30 pm.**

## HEALTH & WELLNESS

By Kathy Stetson, Physical Therapist and Certified Health Fitness Specialist

IT'S GETTING COLDER, A GREAT TIME TO TRY INDOOR WALKING!

As we move into fall and winter, it gets more difficult to walk outdoors, but we still need to get our exercise. This is a perfect time to try indoor walking! As this is a new program, I have been doing some experimenting to meet the needs of the class. Based on the feedback I have received so far, the new modified format includes continuous walking or intervals (short spurts of walking separated by sitting rest breaks), new music, and extended time for stretching and balance exercises. Class time has been extended to 45 minutes, Monday 10:15-11 am. Drop-ins are \$5 per class, or get a 5-class card for \$15. Please call me at 508-397-5324 if you have any questions or concerns. Hope to see soon! - Kathy Stetson

1	John Petyo	John Snow	Nancy Veara	30
Sheila Colburn	Judy Wimer	Judith Thompson	24	Eleanor Kelly
Alice Furlaud	Marie Yaconetti	16	Anthony	31
William Souza	9	Chandler Clark	Chiarappo	Gerald Rood
Albert Tinkham	William Charette	Kathy Goodbody	Richard Kane	
2	Helen Dukes	Gunter Hanelt	Joseph McKniff	<b>DECEMBER</b>
Joseph Days	Frederick Olson	Anne Dunn Harris	Miriam Olson	<b>BIRTHDAYS</b>
Dennis W. Cole	10	Marilynn Trafton	25	
3	Paul Asher-Best	John Wynne	26	
Nancy Pease	Linda Decker	17	Janice Allee	
4	11	Anne Ditacchio	Dusty Miller	
William Costa	John Skoyles	Joel Searcy	27	
Earl O'Brien	12	18	Barry Blue-	
Diane Reinhardt	Nicole Areson	19	stone	
5	Scott Deering	Patricia Burke	John Gordon	
Michael Berlin	Richard Fenno	Robert Hassett	Robert Holt	
Donna Mahan	Gwyn Korahais	20	Judy Marceau	
Sharon Ross	Rosalind Pace	Janice Parky	Carol McCabe	
Dennis Santos	13	Bernard Robbins	Linton Watts	
6	Roger Dias	21	28	
Anne Chaplin	David Sanford	Bertram Perkel	Kenneth Hnis	
Veronica Farrell	14	22	Raymond	
Margaret Foster	William Reich	Peter Manso	L'Heureux	
Janice Zimmer	Philip Smith	23	Louise Rice	
7	Beverly Wolff	Carol Eiger	29	
Paula Key	15	Marcia Medeiros	William Gately	
8	Brian Plummer	Royston Peart	Kai Hansen	



## LET US ENTERTAIN YOU

### *MYSTERY BOOK CLUB*

Friday, November 8, 12:30 pm

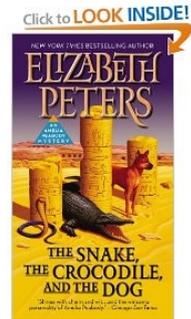
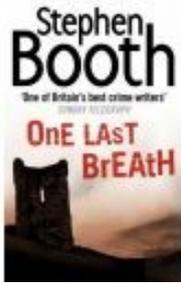
#### The Snake, The Crocodile, and the Dog

By Elizabeth Peters

Friday, December 13, 12:30 pm

#### One Last Breath

By Stephen Booth



**STORY SWAP** We are fortunate enough to have our very own Master Storyteller, Dan Lynch, come to the Truro COA the third Tuesday of every month at 11:00 am 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!!

**Third Tuesday of the month at 11:00 am, Truro COA**



### COA OUTREACH

The COA Outreach Coordinator, Katherine will not be here from Monday, October 28 until Wednesday, November 20. If you need help, Susan Travers will be here at 487-2462 ext. 11. For Fuel Assistance or SHINE concerns Claudia is a trained volunteer. Call the COA office and ask for an appointment 508-487-2462.

### BRIDGE & CRIBBAGE

**WEDNESDAY 1:30 pm**

**COME JOIN OUR GROUP**

### MAHJONGG

**THURSDAY 1-4 pm**

**COME PLAY MAHJONGG**

**Friends of the Truro COA Luncheon - Sunday, December 8, 2013, Noon  
Montano's Restaurant**

**Cash Bar - Hot Appetizers**

**Luncheon: Garden Salad, Home Baked Bread Loaves**

**Entrees:**

**Chicken Parmesan w/Pasta**

**Eggplant Parmesan w/Pasta**

**Crabmeat Stuffed Sole w/Baked Potato**

**Prime Rib w/Baked Potato**

**Dessert and Coffee**

**\$23.00**

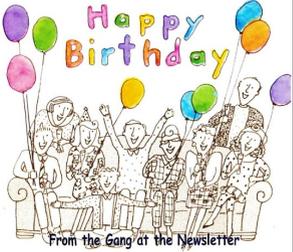
**Please call Joan Moriarty @ 508-487-1508**

**For reservations and menu choice**

**Please call before Friday, November 29.**



## NOVEMBER BIRTHDAYS

<b>1</b> Kay Cassill James Childers Thomas Dickey Martin Shapiro	Cynthia Paternoster Carol Whalen	Bonnie Weiner <b>16</b> Verna Burrell Ruth Hollander Stan Kasanovich Paula Vogel Janet Worthington	Linda Maloney- Tarvers Joyce Nemeth <b>21</b> Paul Bergstrom Tor Hansen Jacqueline Hasday Geraldine Spinella	<b>26</b> Paulette Kolb Santina Smith <b>27</b> Michael Christopher
<b>2</b> Mary Abell Janice Chingos Ellen Schiereck	<b>9</b> Paul Colburn Debbie Peters Harold Shapiro Bartlett Smith Nancy Tarvers	<b>17</b> Charlotte Jerace Carol Pesiri Phyllis Poulos Greg Romano Patricia Wisbauer	<b>22</b> Kirsten Bakken Jim Bisceglia Virginia Gibson Axel Schmidt	<b>28</b> Peter Graham John Hutchinson Elizabeth Reheiser Catherine Skowron
<b>3</b> AnnMarie Boni Thomas Gold Virginia McKniff Frederick Slade	<b>10</b> Linda Hassett Robert Jackson	<b>18</b> Elisabeth Correia Lillian Grozier Anne Marshall Gary Palmer Susan Patterson Sonja Soderberg	<b>23</b> Alfred Flint Joseph Trovato, Jr.	<b>29</b> Cathryn Carabetta Rudelle Falkenburg
<b>5</b> Dennis Cadorette	<b>11</b> Judith Carlson Mary Costello	<b>19</b> Todd Henning Joseph Martin	<b>24</b> Robert Bednarek Margaret Forgione Ruth Sigel Beryl Smith	<b>30</b> Ralph Andrews Paul Cezanne Arthur Gauss Pat Pajaron
<b>6</b> Edyth Roderick	<b>12</b> Susan Grace Elizabeth Theriault Joyce Wichowski	<b>20</b> Bonnie Brown- Bonse Irene Gibbs-Brady Melvin Horwitz	<b>25</b> James Brown Nadine Kerr	
<b>7</b> Nicholas Brown Monica O'Brien Carol Silva Jesselyn Tobin	<b>13</b> Marcia Meigs Priscilla Pazolt Carol Rawson			
<b>8</b> Thomas Days Kent Dzivasen William Goodbody	<b>14</b> Stephen Darcy David Oliver James Rudd Lorraine Speros			
	<b>15</b>			

### Blood Pressure Clinic RETURNS!

**Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on Nov. 4 & December 2, 9-10 am. For more information please call 508-487-2462 x10. Please stop by and visit with us!!!**

**Truro Rescue will also do BP checks at the Safety Facility anytime.**

### ASK OUR TOWN NURSE!

If you would like to speak to Dee Yeater, our town nurse, about your medications, special concerns, or just get your blood pressure taken, make an appointment with her on any Thursday by calling the COA at 508-487-2462 ext. 13. She will be at the COA from 1:30 to 2:30. Please call before Thursday.

## WHAT'S GOING ON IN TRURO

### **SERVING HEALTH INFORMATION NEEDS OF ELDERS S.H.I.N.E.**

**Medicare Open Enrollment starts on October 15 and ends on December 7th!**

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to re-view your options EVERY year to make sure you have the plan that works best for you.

Some Medicare Part D and Medicare Advantage plans are leaving and some new ones are entering. If you are a member of a plan that is leaving, you need to make certain that you have a new plan for January 2014.

Volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare or who is about to get Medicare. Call the Truro COA at 508-487-2462 and ask for a SHINE appointment.

**Fuel Assistance available call Katherine or Claudia at 508-487-2462 for an appointment.**

**Free Baked Goods from the  
Stop and Shop in  
Provincetown**  
On Mondays and Thursdays we  
have FREE Baked Goods at the  
Truro COA! Feel free to stop in be-  
tween the hours of 8:00-4:00 pm  
to pick some up!!!

**FREE LUNCH @ TRURO CENTRAL SCHOOL  
for SENIORS**  
**TUESDAY, NOVEMBER 26 at NOON, CALL FOR  
RESERVATIONS 487-1558 ext. 0**

### ***IN MEMORIAM***

**BYRON C. DARLING, JR.  
EUGENE GERVAIS**

### **SHINGLES (Zoster) VACCINE**

A single dose of shingles vaccine is recommended for adults 60 years of age and older. Shingles is far more common in people 50 years of age and older than in younger people. It is also more common in people whose immune systems are weakened because of a disease such as cancer, or drugs such as steroids or chemotherapy. At least 1 million people a year in the United States get shingles. The Visiting Nurse Association will discuss the Shingles Vaccine on Tuesday, November 12 at 1:30 pm in the Activities Room. If you need the vaccine, would like to ask questions about the vaccine, or just want to know if your health insurance plan covers it please come to the COA.

# TRURO COUNCIL ON AGING CAFÉ -NOVEMBER 2013

7 STANDISH WAY- NORTH TRURO

Tuesday, November 5, 12:30

Chicken & Pasta w/Artichoke Hearts, Kalamata Olives & Feta

White Bean & Roasted Garlic Hummus w/Crostini

Seasonal Fruit Crisp

Soup: Portuguese Kale Soup

Tuesday, November 12, 12:30

Ginger Sesame Chicken w/Thai Noodle Salad & Asian Slaw

Key Lime Pie

Soup: Black Bean

Tuesday, November 19, 12:30

Lazy Spinach Lasagna

Caesar Salad & Garlic Bread

Brownie Sundae

Soup: Butternut Squash Bisque

Tuesday, November 26

COA CAFÉ' CLOSED - FREE LUNCH @ TRURO CENTRAL SCHOOL NOON

**TAKE OUT** available, Call COA by Noon Monday

**OPEN TO ANYONE OF ANY AGE**

**RESERVATIONS REQUIRED BY 12 pm MONDAY**

**508-487-2462 ext. 10**

**\$7.50 includes Beverage and Dessert**

## \*SOUP

Homemade Soup is available

For take out on Tuesdays

Following the COA luncheons.

\$4/pint.



# TRURO COUNCIL ON AGING CAFÉ - DECEMBER 2013

7 STANDISH WAY- NORTH TRURO

**Tuesday, December 3**

**Classic Macaroni & Cheese, Spinach Salad w/Blue Cheese & Mushroom Vinaigrette**



**Cookie Sundae**

**Soup: Minestrone**

**Tuesday, December 10**

**Chicken Piccata w/ an Herbed Orzo Parmesan Pilaf**

**Garlicky Green Beans**

**Chocolate and Caramel Bread Pudding**

**Soup: Corn Chowder**

**Tuesday, December 17**

**Seafood Scampi over Pasta, Green Salad & Garlic Bread**

**Dark Chocolate Cake w/ Raspberry Sauce**

**Soup: Portuguese Kale**

**Tuesday, December 24 & 31**

**NO COA CAFÉ' HALF DAY HOLIDAYS**

**TAKE OUT available, Call COA by Noon Monday**

**OPEN TO ANYONE OF ANY AGE**

**RESERVATIONS REQUIRED BY 12 pm MONDAY**

**508-487-2462 ext. 10**

**\$7.50 includes Beverage and Dessert**

## **\*SOUP**

Homemade Soup is available

For take out on Tuesdays

Following the COA luncheons.

\$4/pint.



**November Shopping Trips**

**Please note our shopping trip schedule on the front page**

**All trips leave COA at 9AM**

**Trips open to Truro residents only, no exceptions**

**Call 508-487-2462, ext. 20 for reservation**

Please make sure you have the Information needed by the COA when you call for a transportation reservation.

- ◆ Your name, phone & address
- ◆ Doctor's name, phone & address
- ◆ Or the address of an appointment other than medical
- ◆ Date & time of your appointment
- ◆ How long the appointment will be, if you have an idea

**REMEMBER, IF HAVING A PROCEDURE, A COMPANION WILL BE REQUIRED TO ACCOMPANY YOU**

**CAPE COD SYMPHONY ORCHESTRA/  
HYANNIS**

**SUNDAY, NOVEMBER 10TH**

**3PM**

**“STRAIGHT FROM THE HEART”  
SYMPHONY NO. 8 BEETHOVEN  
CELLO CONCERTO NO. 1 HAYDN  
MOZART A LA HAYDN SCHNITTKE**

**WE WILL BE PROVIDING TRANSPORTATION  
TO THIS CONCERT**

**CALL THE BOX OFFICE AT 508-362-1111 FOR  
TICKET INFORMATION**

**CALL MARGIE AT 508-487-2462, EXT 20 TO  
RESERVE YOUR SEAT**

**DON'T FORGET  
TO CALL  
AT LEAST 24  
HOURS IN  
ADVANCE FOR  
TRANSPORTA-  
TION  
RESERVATIONS**

**\*A NOTE AS WINTER WEATHER APPROACHES\***

**VANS GENERALLY DO NOT RUN WHEN THE  
TRURO CENTRAL SCHOOL IS CLOSED DUE TO  
INCLEMENT WEATHER. THE COA DIRECTOR MAY ALTER  
THIS IF WEATHER CONDITIONS  
IMPROVE/PERMIT**

**COA GALLERY - NOVEMBER**  
**JOAN PEREIRA'S PAINTING GROUP**



***JOAN PEREIRA AND HER  
SATUDAY MORNING  
PAINTERS***



Every Saturday morning Joan Pereira, Joyce Johnson, Rachael Sokolowski, and Ed Yaconetti meet in Truro to paint the beauty we see.

Our work reflects our different personalities, as we paint scenes outdoors in Truro and Provincetown, or then during the colder months, we stay inside the COA and paint still lives.

Please join us at 2:00-4 pm on Sunday, November 3rd at the Truro COA, to see some of our work, and to meet the painters.

**OPENING RECEPTION - , November 3, 2013, 2 to 4 pm.**  
**Refreshments are served**  
**and all are welcome!**

**COA GALLERY - DECEMBER**  
**Truro Central School Students Art**

**OPENING RECEPTION - TUESDAY**

**December, 2013, 1:30 to 3:30**

**Refreshments are served and all are welcome! Come to our Tuesday chef's lunch beforehand. Call by Monday before noon to reserve a seat - 508-487-2462 - ext. 10.**



Diana - Grade 3



Thor - Grade 5



Lily - Grade 1



Matthew - Grade 2



Savannah -Grade 6

**TRURO COUNCIL ON AGING**

**P. O. BOX 500**

**TRURO, MA 02666**

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

**What is your favorite Christmas carol?**

**Joan Moriarty - "I'm Dreaming of a White Christmas", Susan Travers - "Joy to the World", Katherine Stillman - "Silent Night", Alexandra MacDonald - "Away in the Manger", Martha Ingram - "Little Drummer Boy".**

**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.**

**FRIENDS OF THE TRURO COUNCIL ON AGING BOARD**

Diane Rose, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Brian Trainor, Bill Worthington.

**Council on Aging Officers:** Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingram, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Hannah Shrand, Paul Wisotzky, Selectman Liaison. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; David Wennerberg, Web Master, and Nancy Braun, Jim Downey, 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 Nancy Edwards, Bobbie Sue Kane, Karen Mooney, Joan Moriarty, & Nancy Travers for their invaluable help with the bulk mailing.*