



# TRURO LOG

## FEBRUARY 2012

### TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

#### FACE OF EXPERIENCE: JARROD CABRAL

Jarrold Cabral is our excellent Head Custodian at the Truro Community Center. He is a graduate of Nauset High School. In high school during the summer, he worked at Hatches Fish Market so I'm sure he knows many Truro people from that time. An aptitude test that he took in his Junior year said that he should choose a job involving mechanics which is a definite need for the custodian job at the COA.

He and his wife Kate live in Wellfleet with their year old daughter Zoe Katherine. Kate, an occupational therapist came from Springfield on vacation. She proposed to Jarrod. They were married on Marconi Beach in South Wellfleet. Jarrod has a commercial fishing license and she helped him on his boat fishing for bass and blue fish. Jarrod's father was a commercial fisherman out of Provincetown. His grandmother grew up in Lisbon. Jarrod has been in the National Guard Air Force for 18 1/2 years (13 full time). Jarrod has

learned many things in the military. Some things that he has learned you might expect such as survival, escape resistance, and evasion tactics, but others are less obvious - public speaking, First Aid, CPR and a twelve week course in leadership training. The latter especially has helped in supervising others, planning work projects and creating schedules. He has been in the Middle East, Iceland, Alaska and all over the country. Jarrod is still in the National Guard and has to work elsewhere occasionally.

Before coming to work for Truro, Jarrod worked four years for the Ponderosa Landscape Company in Eastham as foreman in masonry construction where he instituted a safety program following OSHA guidelines and fire codes.

In his spare time Jarrod loves to ride on his Harley motorcycle with Kate and they have ridden all around the country! He has also completed some college credits in Military Science at the Community College of the Air Force and would like to

continue.

We are happy to have Jarrod's calm, friendly, organized presence working at the Council on Aging.

By Katherine Stillman



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The volunteers from AARP will be coming every other Tuesday beginning February 14th to help with tax returns.

Appointments are required and can be made by calling the COA at 508-487-2462.

A fact sheet of the materials you will need at your appointment, along with an Intake/Interview Review Sheet to be filled out prior to your appointment are available, to be picked up, here at the COA prior to your appointment.

## WISDOM TEETH

Be wise about oral health.

- ◆ Dental disease is a chronic progressive, disease; left untreated it gets worse.
- ◆ Dental decay can keep elders from eating, sleeping and socializing.
- ◆ There is a relationship between oral health and heart disease, diabetes and pneumonia.
- ◆ Swelling of face/neck, bleeding or pain with fever is a medical emergency.

Questions to ask yourself or others.

### State of Your Mouth

Do you have pain in your mouth or teeth?

Does it wake you up at night?

Are you limited in what you eat?

Do you have discomfort when you eat?

Are you self-conscious about your teeth?

### Access

Do you have a dentist?

Have you been to a dentist in the past year?

**What's keeping you from going to the dentist?**

Cost? Transportation? Fear?

Would you like help to make a dental

Appointment?

Call Katherine Stillman, Outreach Coordinator at 508-487-2462 ext. 11 or call Oral Health Excellence Collaborative (OHEC) at 508-771-1373.

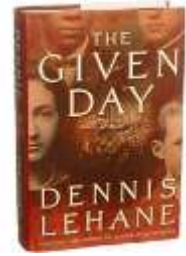
## MYSTERY BOOK CLUB

Friday, February 10

12:30

THE GIVEN DAY

Dennis Lehane



## MAKE A GOLF CLUB WITH PETER VAN STRATUM

Mr. Peter Van Stratum will lead a six week workshop beginning Tuesday, Feb. 21<sup>st</sup> and ending Tuesday, March 27<sup>th</sup> at the Truro Council on Aging, 7 Standish Way at **6:00 -8:00 pm**, on making your own golf club in a safe and professional way! Discussion will focus on the parts of the golf club, how they relate to each other, materials, different types of heads and shafts available to make the club.



Students may use Peter's professional discount to purchase their parts. **There will be a charge of \$15.00 for supplies.** Students will be taught how to make a club safely from start to finish-cut the shaft to length, install the ferule to the shaft, cement the head to the shaft, and install the grip on the club. He will also discuss making an entire set of irons and how to choose the parts.

Please call the Truro Council on Aging to sign up for this amazing class!  
508-487-2462



# TRURO COMMUNITY GIVING THANKS







**Peter Donnelly's** music does not easily fit into any particular genre: a pinch of folk, a dash of pop, an occasional sprinkling of rock, and a whole lot of heart.

Perhaps the one consistent thing about Peter's music is that he sings about life, life as others see it, life as he sees it, and life as he would like to see it.

Among his many projects, Peter is very proud to have been one of the originators (and still the current host) of Provincetown's "Coffeehouse at the Mews." For over a decade, this weekly 'open mic' (which runs from November through May) has been providing an open stage for budding and established musicians, writers, poets and other performance artists to practice their craft in front of a live audience.

Peter's song "Road with No End" is featured on a newly released compilation CD to benefit WOMR radio. This recording features artists such as Janis Ian, Patty Larkin, Greg Greenway, Zoe Lewis and more. Another song that he wrote and recorded, "Dance All Night Long," was used in the soundtrack of the film "First Impressions," directed by Wes Horner and selected for screening at film festivals in Provincetown, Washington DC, and Barcelona, Spain. Peter, as a solo artist, takes his engaging and humorous stage performance to clubs, coffeehouses and radio shows throughout the northeast and beyond.

**Come and be entertained and sing along to some old time favorites.**

**Tuesday, February 14**

**1:15 P.M. Bring a Valentine**



## MONEY FOR PEOPLE WITH ALZHEIMERS AND CARETAKERS

The Wellfleet Alzheimer's Association has money to help fund needed care for people with Alzheimer's on the Lower Cape and respite for their caretaker or anything else they might need.

To apply for help call Katherine at 508-487-2462 ext. 11.



*Denya*  
*World Music Fiddler*

Come enjoy some multi-cultural music with the TCS children and Denya!

Denya LeVine studied classical violin in her youth for 7 years with Sheldon Rotenberg, of the Boston Symphony Orchestra. In her 20's she sang in many unusual venues while living in Europe and Asia for 4 years. At age 30 she began playing folk and ethnic fiddle music, including 2 years studying with all-Ireland fiddle champion Seamus Connolly. While still in Cambridge, MA, Denya formed the City Ladies Country Quartet with 3 friends. Since moving to Cape Cod in the early 1980's she has played with many different folk bands and continued honing her solo style. A well known singer of ethnic music in 3 languages, Denya also has a unique style of singing while playing the fiddle. The Children of Truro Central School have been invited to join us for what promises to be some lively & fun entertainment.

**Tuesday, February 21**

**1:15P.M.**

## WINTER CRUNCH?

The Truro COA Outreach Coordinator - Katherine Stillman can help with applying for Fuel Assistance, SNAP (Food Stamps), Finances from various sources, applying to the Lion's Club for glasses or hearing aides, getting USDA food or food from the Lower Cape Outreach Council pantry, applying to Elder Services for Meals on Wheels, or home care or Money Management, SHINE (Medicare and other health insurance resources), Town Nurse visits, Mental Health needs, and other meal resources. Call 508-487-2462 ext. 11 anytime.

FEBRUARY  
COA CAFÉ  
TUESDAY 12:30  
\$7.50



February 7

Seafood Scampi over Pasta  
Green Salad  
Garlic Bread  
Peach Crostada  
w/Whipped Cream

\*Soup: Tuscan Turkey

February 14

Chicken Marsala  
Orzo Salad  
Dark Chocolate Cake  
w/Raspberry Sauce

\*Soup: Corn Chowder

February 21

Classic Macaroni & Cheese  
Spinach Salad w/Blue  
Cheese & Mushroom  
Vinaigrette  
Cookie Sundae

\*Soup: Minestrone

February 28

Pork Medallions  
w/Mango Chutney  
Mashed Butternut Squash  
Garlicky Broccoli  
Bread Pudding

**\*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 popcorn



Please call if you need  
further information

508-487-2462



Hyannis Shopping  
Friday, February 17  
Meet at the Truro COA at 9A.M.  
Reservations a must. 508-487-2462

**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](http://www.truro-ma.gov/recreation)

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



# FEBRUARY 2012



Mon	Tue	Wed	Thu	Fri
<p>Opening reception Sunday February 12 2-4 P.M. 4-TEEN <i>All are welcome.</i></p>		<p>1 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30</p>	<p>2 <b>Men's Group</b> 9-10 CORE 11-NOON PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)</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 COA CAFÉ 12:30 Needlework 10-Noon .</p>	<p>8 Strength Training 9-10 Weight Loss 10a.m. Legal Assistance (by appointment) Cribbage 1:30</p>	<p>9 <b>Men's Group</b> 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p>10 Strength Training 9-10 FREE Friday Movie 1:30 Mystery Book Club 12:30</p>
<p>13 Strength Training 9-10 Memoirs 10:30-12:30</p> 	<p>14 COA CAFÉ 12:30 Needlework 10-Noon Music with Peter Donnelly 1:15p.m.</p>	<p>15 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30</p>	<p>16 <b>Men's Group</b> 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p>17 Strength Training 9-10 FREE Friday Movie 1:30 Hyannis Shopping 9A.M.</p>
<p>20</p> 	<p>21 Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon Denya LeVine, Fiddler 1:15p.m. Golf Club 6-8P.M.</p> 	<p>22 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30</p>	<p>23 <b>Men's Group</b> 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 COA CAFÉ 12:30 Needlework 10-Noon Golf Club 6-8P.M.</p>	<p>29 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30</p>	<p><i>Judy Schmitt</i> <i>Pat Canavari</i> <i>Charlotte Guertin</i> <i>COA Artist Gallery</i> <i>Opening Reception Sunday</i> <i>March 4, 2-4P.M.</i></p>	

## COA GALLERY - FEBRUARY

### 4-Teen

**4-Teen** is the title of the Provincetown High School Photo-Essay Project .

This exhibit celebrates the fact that Provincetown High School is still alive and well and that there are currently fourteen juniors and seniors remaining. Each student fills a highly specialized niche as reflected in the collection of images and personal essays in **4-Teen**. Truro residents and Provincetown High School juniors, Mairead Hadley and Salena Smith are sharing the lead on this project. Ms. Smith serves as the photographer and Ms. Hadley coordinates the writing. It's a courageous challenge for Smith and Hadley to organize their classmates and get everyone to take an emotionally mixed look at themselves and the role each other plays in a school rich in tradition and pride. Tired of hearing that many people think Provincetown High School is already closed, these intelligent and spirited young women have joined together to send the message that they're still here, they have their good and bad days like most teens, and that they've learned a great deal about making important life choices by choosing to graduate from Provincetown High School.

Opening reception is

Sunday, February 12, 2-4 P.M.

*All are welcome.*



## COA GALLERY - MARCH

JUDY SCHMITT

PAT CANAVARI

CHARLOTTE GUERTIN

### UNDER THE INFLUENCE

Under the influence of Steve Kennedy, artists Judy Schmitt, Pat Canavari and Charlotte Guertin have grown over the past several years.

Judy faces her subject matter straight on with her own unique and distinctive style. She has recently been spending more time painting "en plein air", enjoying the challenge of capturing the immediacy of the light, be it cloudy or sunny.

From the lady slipper to the lily pad, Pat's love of floral themes is evident in her paintings. Her carefully observed color and compositions of intimate views blossom in her work. She cultivates other subjects that draw her fancy as well.

Charlotte's forte is the sea and sky. Subtle variations in hue and value are her hallmark. Her luscious seascapes often include a distant boat. She also welcomes new subjects that sail into her repertoire from time to time.

Opening reception is

Sunday, March 4, 2-4 P.M.

*All are welcome.*



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**



**RI Flower Show** Friday, February 24 Enjoy a break from the winter weather to see dazzling floral exhibits and take in the sweet fragrances of the displays at the Rhode Island Flower Show! The 2012 show is bound to live up to its reputation as an utterly creative, and uplifting experience - a tonic for winter blues. At

a time when life is hectic, this show provides a welcome alternative. **This year's theme "Simple Pleasures"** will evoke images of those moments in our lives that we recall as the special ones - **memories of childhood, in Grandma's garden, bursting with daisies, roses, delphinium.....**perhaps a longing to return to the Zen garden we enjoyed on our last holiday, or teasing out a plan to create our own meditation garden. There will be landscape gardens, discovery gardens, speakers, and demonstrations. The flower show is at the Rhode Island Convention Center, which also has indoor access to the Providence Place Mall, where there are plenty of options for lunch and shopping. A sure cure for "cabin fever!" **Even if you're not a gardener, join us for a breath of springtime & shopping at Providence Place Mall! \$ 55**

### FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Girard Smith, Acting Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, 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 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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