



**TRURO LOG**  
**TRURO COUNCIL ON AGING**  
**FEBRUARY 2013**  
**WWW.TRURO-MA.GOV/COA**



**FREE AARP TAX PREPARATION**

Two trained AARP volunteers will be at the Truro COA to prepare your taxes for free starting on Wednesday, Feb. 13, 2013. Please call MaryEllen for an appointment -508-487-2462 ext.10. They will be available every other Wednesday. The last day is April 10, 2013. You will need to pick up, and fill out initial paperwork and a sheet informing you as to what you need to bring to your appointment.

**MENDED HEARTS** - A PRESENTATION GIVEN BY

PETER VAN STRATUM

At the TRURO COA

TUESDAY, FEBRUARY 19, 1:30

Peter is the Cape Cod Chapter President and a heart attack survivor.

Mended Hearts, Inc. is a national, non-profit organization comprised of cardiac patients dedicated to providing support and inspiring hope in heart patients and their families. Founded in Boston in 1951 by four heart surgery survivors, Mended Hearts currently has over 20,000 members nationwide and close to 300 chapters in the US and Canada.

Volunteers are heart patients themselves who share a common goal of helping others see that life with heart disease can be full and rewarding.

Peter tells me that Cape Cod Hospital is listed as 3rd in the nation for cardiac care and that their speakers for the chapter are topnotch cardiac specialists and fascinating.

## HYPOTHERMIA

### Recognizing Hypothermia -

#### Warning Signs:

#### Adults

- ♦ shivering, exhaustion
- ♦ confusion, fumbling hands

- ♦ memory loss, slurred speech

- ♦ drowsiness

#### Infants

- ♦ bright red, cold skin
- ♦ very low energy

**If you notice any of these signs, take the person's temperature. If it is below 95\*, get medical attention immediately!**

**If medical care is not available, begin warming the person:**

- ♦ Get the victim into a warm room or shelter.
- ♦ If the victim has on any wet clothing, remove it.
- ♦ Warm the center of the body first-chest, neck, head and groin-using an electric blanket, if available. Use skin-to-skin contact under loose, dry layers of blankets, clothing, towels or sheets.
- ♦ Warm beverages can help (not alcohol) increase body temperature. Don't try to give liquids to someone who is unconscious.
- ♦ After body temperature rises, keep the person dry and wrapped including the head and neck.
- ♦ Get medical attention as soon as possible.

**A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. Even if the victim appears dead, CPR should be provided and continued while the person is being warmed until medical aid becomes available.**

**From Dee Yeater, Town Nurse**

## *MYSTERY BOOK CLUB*

FRIDAY, FEBRUARY 8, 12:30 - 1:30 pm

The Informationist by Taylor Stevens

FRIDAY, MARCH 8, 12:30-1:30 pm

A Grave Talent by Laurie R. King

Friday, April 12, 12:30-1:30 pm

Fire and Ice by Dana Stabenow

## Need Help With Prescription Drug Costs? Learn About Prescription Advantage

Prescription Advantage is a state program that helps many Massachusetts residents access prescription drug coverage and may provide assistance with prescription drugs costs. The benefits for most participants are as follows:

- The opportunity to obtain prescription drug coverage by **joining** a Medicare Part C or Part D plan if you don't already have one. No waiting for Open Enrollment.
- The opportunity to change prescription drug coverage by **changing** a Medicare Part C or Part D plan if you already have one. No waiting for Open Enrollment.
- Assistance with co-pays if you hit the coverage gap (donut hole) and/or help after reaching an annual out-of-pocket maximum.

### Who can join?

- Massachusetts residents not receiving Mass Health Standard benefits.
- 65 years or older (or disabled and under age 65)
- Up to moderate income levels with no limit on assets.

The program is FREE for most people. At higher income levels a \$200 annual enrollment fee may apply.

Call Prescription Advantage today for an application form and information. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You can also call Katherine at the Truro COA at 508-487-2462.

### How Can SHINE Help You?

We can provide you with an application form and we can help you complete it. We can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. We may also be able to save you money through other public assistance programs.

The SHINE Program (Serving the Health Information Needs of Elders) is a statewide program that provides free confidential counseling on all aspects of health insurance for Medicare beneficiaries of all ages and their family members or caregivers. Call your Truro COA and ask for an appointment with a Certified SHINE Counselor – either Katherine or Claudia..

Sonja Brewer, Regional Director, Cape & Islands SHINE Program

### HAVE FUN - MAKE VALENTINES

WEDNESDAY, FEB. 6, 10 am

with Katherine

Bring scissors, glue, magazines, markers, crayons, colored paper. Some materials will be here.



Happy  
Valentine's  
Day



# FEBRUARY BIRTHDAYS



1 Leonard Goldstein	8 Joseph Manta Bernard Nunes Paula Phillips	14 Jane Andrews Virginia Cole Kenneth Dutra Joseph Francis Jr. Joan Marshall Marion Meberg-Rogow	18 Louis Lopes, Jr. Virginia Souza Nancy Spillane Mary Ellen Walsh	24 Carla Cristofels Judith Glassman Richard Nagle
2 Marne Hodgins	9 Lois Lessard Helen Perry	15 James Brizzi Anna Duart Barbara Kislak Joel Tandler Robert Walsh	19 Muriel Crisara Ellen Junger Madeline Miller Alex Zawaduk	25 Carolyn Miller Marilyn Miller
3 Marjorie Childs Beverly Rose	10 Maureen Burgess James Whitelaw	16 Thomas Dawley John Garran, Sr. Edwin Higgins, Jr.	20 Ruth Ann Donaldson Sophie Nurczynski	27 Brackett Clark Marjorie Roderick Dimitry Thornton
4 Joseph Cook Joanne Criscitelli John LaForte	11 Marion Joseph Ronney Weiss	17 Mark Bittman David Lund Charles Rogers James Zimmerman	21 Estelle Masson Richard Quintin	28 Joseph Duch Joan Hogan Kevin Kimball Dianne Schermerhorn
5 Paula Charette	12 Gail Morrison Franja Sanders Carl Sawyer Michael Speros Arthur Staff		23 Anita Currier Nancy Silva	29 Graham Ashton Martha Nagy
6 Christine Lavenets	13 Carolyn Weiszmann			
7 Anne Kandel Mary Morley				

## Welcome to MARGIE CHILDS - NEW ASSISTANT TO THE DIRECTOR AND TRANSPORTATION COORDINATOR



## 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 from 1P.M. to 2:30P.M. February 6** 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

## **FEBRUARY**

### **COA CAFÉ**

**TUESDAY 12:30**

**\$7.50**

Call COA to reserve by Mon-  
day noon

February 5

Curried Chicken, Sweet

Raisin Rice, Vegetable

February 12

Baked Stuffed Shells

(vegetarian)

Mixed Green Salad

February 19

Zucchini Moussaka

Greek Salad

February 26

Baked Salmon w/orange

Maple Glaze, Mashed Sweet

Potato, Vegetable

## **SOUPS TO GO**

**Friday, February 8-**

**ITALIAN MEATBALL W/  
ORZO**

**Friday, February 22 -**

**MINESTRONE**

Home made soup is ready to  
**take out** on Friday @ noon

**\$4/pint**



**John Carbone's**

**Friday at the Movies 1:30**

**February 1 Illusionists 2010, 80 min.  
Jean -Claude Dunda, Eilidh Rankin, Dun-  
can MacNeil**

**February 8 Murder with Mirrors 1985  
100 min., Helen Hayes, Bette Davis, John  
Mills**

**February 15 Painted Veil 2006, 125 min.  
Naomi Watts, Edward Norton, Live  
Schreiber**

**February 22 Good Will Hunting 1997, 109  
min., Robin Williams, Matt Damon, Ben  
Affleck**

Free popcorn is served.

All are welcome.



Please call if you need further information

508-487-2462

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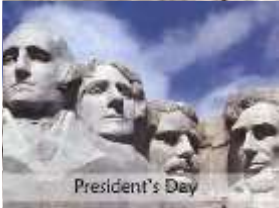
## **IN MEMORIAM**

**FRAN BELL  
STANLEY W. POTTS  
DAVID SANDERSON  
KATHY ZIMMERMAN**

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# FEBRUARY 2013

Mon	Tue	Wed	Thu	Fri
<b>COA GALLERY HELEN GRIMM</b>  <b>PAINTINGS SUNDAY FEB. 3 2 to 4 pm OPENING</b>	<b>COA GALLERY MEGAN O'LEARY PHOTOGRAPHS SUNDAY, MARCH 3, 2-4 OPENING</b>	<b>FEBRUARIE</b> 		<b>1</b> Strength Training Laughing Yoga 10 FREE Friday Movie 1:30 Saskia 4 & 4:30
<b>4</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	<b>5</b> COA CAFÉ 12:30 Curried chicken, raisin rice, veg. .	<b>6</b> Strength Training 9 Weight Loss 10 <b>Make Valentines 10 Bereavement 1-2:30</b>	<b>7</b> <b>NO CORE NO PACE</b> Mahjongg 1-4	<b>8</b> Strength Training Mystery Book Club 12:30 FREE Friday Movie 1:30 Saskia 4 & 4:30
<b>11</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	<b>12</b> COA CAFÉ 12:30 Baked Stuffed Shells - vegetarian	<b>13</b> Strength Training 9 -10 Weight Loss 10 Legal Assistance (By appointment)	<b>14</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 	<b>15</b> Strength Training 9-10 Dr. Campo by Appointment FREE Friday Movie 1:30 Saskia 4 & 4:30
<b>18</b>  <b>CLOSED</b>	<b>19</b> Story Swap 11 COA CAFÉ 12:30 Zucchini Moussaka, Greek Salad <b>Mended Hearts 1:30 Talk</b>	<b>20</b> Strength Training 9 -10 Weight Loss 10	<b>21</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>22</b> Strength Training 9-10 FREE Friday Movie 1:30 Saskia 4 & 4:30
<b>25</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	<b>26</b> COA CAFÉ 12:30 Baked Salmon w/ orange maple glaze, mashed sweet potato, veg.	<b>27</b> Strength Training 9 -10 Weight Loss 10	<b>28</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>March 1</b> Strength Training 9-10 FREE Friday Movie 1:30 Saskia 4 & 4:30

COA GALLERY - FEBRUARY  
**HELEN GRIMM - PAINTINGS**

I am blessed to live amongst the rich and varied landscapes that constitute the Outer Cape. Painting the essence of the wild places here sustains me creatively. I paint dune and forest landscapes from life and I keep sandy scrubby hollows and vistas in my heart to access from my studio after dark.

While investigating scale and amplifying size I focus on the atmosphere within landscape and environment. Color, form and texture keep me grounded in the natural world yet compel me to explore the abstract. I enjoy discovering the interaction of forms with one another and with the surrounding atmosphere in which they are locked. Each painting is a breath of spirit representing the essence of individual place, be that place large or tiny.

OPENING RECEPTION - SUNDAY,  
FEBRUARY 3, 2 to 4 pm.

Refreshments are served and all are welcome.



helen grimm

provincelands

COA GALLERY - MARCH  
**MEGAN O'LEARY - PHOTOGRAPHS**

**OPENING RECEPTION -SUNDAY, MARCH 3, 2 to 4 pm.**

**Refreshments are served and all are welcome!**

Megan O'Leary became a Cape Cod resident when she entered Kindergarten at The Henry T. Wing School in Sandwich, and it was during her third grade year that the Blizzard of '78 hit. Since then, Megan has been fascinated with all things weather related. In 2005, she joined a Weatherbug team to chase tornadoes through Tornado Alley, and in 2007 she sailed with NOAA's Teacher at Sea program on the Stratus Cruise through the Panama Canal and into the Equatorial Pacific. Photographing weather has always been a hobby that she enjoys sharing with friends, and in doing so her photographs have been seen on WBZ, Fox News, and NECN. She is also has participated in WeatherWise's Photo Contest each year since 2010, winning honorable mentions in 2010 and 2012, and the Grand Prize in 2011. Megan is currently a 5<sup>th</sup> grade teacher in Truro, Massachusetts.

If you are interested in purchasing one of Megan's photographs, contact her at:  
[MeganOLEary1@gmail.com](mailto:MeganOLEary1@gmail.com)

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

## A HOLLY JOLLY TIME!



### FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Martha Ingram, Chair; Jeanne Foulke, Vice President; 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 Holt, Martha Ingram, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Bonnie Sollog, Alternate; Hannah Shrand. Staff: Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman and Chuck Zim-mer, Van Drivers.

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

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