



# TRURO LOG

## JANUARY 2012

### TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

## TURTLES TURTLES TURTLES

One of our four wonderful van drivers, Nancy Braun, has many other passions besides the clients she drives. Volunteering for the Mass Audubon Wellfleet Bay Wildlife Sanctuary is one of them. During a scheduled transport Nancy had a break of about 45 minutes, which gave her plenty of time to drive to the bay, do a quick search, and low and behold when she returned to pick up her clients she had found an endangered, stranded Kemp's ridley turtle. In her excitement, she willingly shared her find with everyone that was at the COA Luncheon. She had previously called the Audubon to notify them and they were on their way here. The little guy, girl....we'll never know....was picked up and will be brought to the New England Aquarium's new turtle rehabilitation facility in Quincy and eventually released in southern, warmer waters.



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Turtles become trapped in bay waters as the Atlantic Ocean drops to a point where they cannot function. They are faced with a wall of cold ocean water and locked into Cape Cod Bay. Eventually these turtles become cold-stunned and become stranded on bayside beaches usually beginning in early November.

If you happen to be walking and find an animal, move it above the high water line to ensure it doesn't get dragged back out to sea, cover it with dry seaweed and call the Audubon for pick up at 508-349-2615.

## Carolinn Skyler on the Glass Armonica

The glass Armonica, was invented by Ben Franklin in 1762 and is a series of nested glasses which play sustained chords. Carolinn Skyler has the largest one in the world and has played in concerts throughout the US and in Germany. Ms. Skyler will play a variety of traditional, classical, and fabulous favorites. She will be here at the Truro COA following the COA Luncheon.



**Tuesday, January 24th at 1:30.**

## Bereavement Support Group

We will be suspending the monthly Bereavement Support Group for the present time. The VNA Hospice program will be starting a new 6 week Bereavement Support Group in March or April. In the meantime, if anyone would like to meet one-on-one for bereavement support, Nancy Higgins, LICSW, Bereavement Coordinator for VNA Hospice, would be available. You can contact her at 508-957-7715.

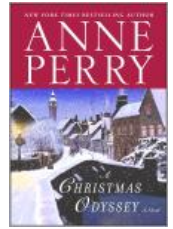
## MYSTERY BOOK CLUB

Friday, January 13

12:30

CHRISTMAS ODYSSEY

Anne Perry



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 to have with you at your appointment must be picked up **prior** to your appointment.

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## IN MEMORIAM

**Wayne McCabe**

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MADE  
HISTORY  
HCMH

## No More Colds

- ◆ Discover a homeostatic way to prevent a cold
- ◆ Learn an alternative remedy to stop head colds
- ◆ Enjoy no side effects from medications
- ◆ Know that “an ounce of prevention is worth a pound of cure.”

**Tuesday  
January 10  
1:30P.M.**



## Can I still change my Medicare Plan?

The 2011 Medicare Open Enrollment period ended on December 7, but there are still a few changes you can make, if you qualify.

### For those with a **Medicare Advantage Plan:**

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement at this time.

### For those with a **Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011:**

If you did not select a different Medicare drug plan for 2012, then you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

Trained SHINE (**S**erving **H**ealth **I**nformation **N**eeds of **E**lders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.





## INFORMATION CONCERNING THE TRURO LOG

We are changing the mailing list program.

The Truro Board of Directors has decided to try to decrease the mailing list in order to save on mailing costs. If you do not have a zip code beginning with "02", you are not in the Cape Cod area and will be taken off the mailing list unless you specifically inform us that you would like to continue to receive The Truro Log.

We will be going with the revised mailing list beginning in February, 2012.

Please remember you can find and read the Log on the web.

[www.truro-ma.gov/coa](http://www.truro-ma.gov/coa)

From this go to the left side of the web page and select Truro Log.

Use the drop down menu to select the month you would like to view. It will download as a PDF file which you can read on line or print, if you prefer.



HOW MUCH  
DO WE LOVE  
KATHERINE?



Christmas caroling with the Truro  
Central School was great!

Thank you for coming.

**JANUARY**  
**COA CAFÉ**  
**TUESDAY 12:30**  
**\$7.50**



**January 3**

Beans & Greens Pasta  
 Greek Salad  
 Garlic Bread  
**\*Soup:** Corn Chowder

**January 10**

Meatloaf w/  
 Herb Roasted Potatoes  
 Sautéed Green Beans

**\*Soup:** Curried Butternut  
 Squash Bisque

**January 17**

Baked Ham  
 Spinach Pie

**\*Soup:** Black Bean

**January 24**

Penne w/Sautéed Chicken  
 Mushrooms & Diced  
 Tomatoes  
 Green Salad  
 Garlic Bread

**\*Soup:** Lentil

**January 31**

Chicken \*Satay  
 \*Peanut Sauce  
 Thai Noodle Salad

**\*Soup:** Tortellini

**\*SOUP**

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



**John Carbone's**  
**Friday at the Movies**

**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, January 20**

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 11A.M.**

<b>January 3</b>	<b>Old Truro Air Force Base</b> <b>Old Dewline Road, Truro</b>
<b>January 10</b>	<b>Ryder Beach Parking Lot</b> <b>Ryder Beach Road</b>
<b>January 17</b>	<b>Pilgrim Heights Trail</b> <b>Route 6, North Truro</b>
<b>January 24</b>	<b>Provincetown Visitors</b> <b>Center</b>
<b>January 31</b>	<b>Head of the Meadow</b> <b>National Seashore</b> <b>Parking Lot</b>

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

# JANUARY 2012

# A HAPPY NEW YEAR

Mon	Tue	Wed	Thu	Fri
<b>2</b> COA CLOSED 	<b>3</b> COA CAFÉ 12:30 Needlework 10-Noon	<b>4</b> Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30	<b>5</b> Men's Group 9-10 CORE 11-NOON PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)	<b>6</b> Strength Training 9-10 FREE Friday Movie 1:30
<b>9</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>10</b> COA CAFÉ 12:30 Needlework 10-Noon <b>Homeopathic Presentation</b> 1:30 	<b>11</b> Strength Training 9-10 Weight Loss 10a.m. Legal Assistance (by appointment) Cribbage 1:30	<b>12</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>13</b> Strength Training 9-10 FREE Friday Movie 1:30 Mystery Book Club 12:30
<b>16</b> COA CLOSED 	<b>17</b> Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon	<b>18</b> Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30	<b>19</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>20</b> Strength Training 9-10 FREE Friday Movie 1:30 Hyannis Shopping 9A.M.
<b>23</b> Strength Training 9-10 Memoirs 10:30-12:30 <b>Sight Loss</b> 10-Noon	<b>24</b> COA CAFÉ 12:30 Needlework 10-Noon <b>Music on the Glass Armonica</b> 1:30p.m.	<b>25</b> Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30	<b>26</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>27</b> Strength Training 9-10 FREE Friday Movie 1:30
<b>30</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>31</b> COA CAFÉ 12:30 Needlework 10-Noon		Mason Morfit & Friends Photography Opening reception Sunday, January 8, 2-4P.M. <i>All are welcome.</i>	

**COA GALLERY - JANUARY**  
**MASON MORFIT & FRIENDS**  
**PHOTOGRAPHY**

**Paul Cezanne**

High Dynamic Range, photography compresses the image to include information in both the lightest light and darkest dark areas. Details emerge that the eye saw but that traditional photography loses. His goal is not to re-create the scene, but to rather enhance the scene. His laptop is his darkroom. The abandoned Air Force Station symbolizes the Cold War we won while the failure of these 30+ homes represents both the financial, emotional and human life costs of that war. Paul is represented by the Charles Baltivik Gallery, at 432 Commercial St, Provincetown and his work can also be seen at *NotTheDead-PaulCezanne.com*

**Marty Hassell**

Marty is the Dean of Students and History of Photography Instructor at New England School of Photography in Boston, where she has, for 31 years, been happily at work. A photographer for 38 years, she focuses on wildlife, the visual relationship between things, and "Photography as a Spiritual Practice" (the title of a photography workshop she has authored and taught). Provincetown is her base camp.

**James Mack**

James majored in art in high school, where his concentration was on watercolor. He finds living on Cape Cod is, itself, a spiritual practice and one of the best ways he can share the love and peace he finds here is through his photography. All the photographs in the exhibit were taken from his home with a HTC EVO 3D cell phone, some utilizing apps available for download from the Android market.

**Mason Morfit**

Mason was Jerry Farnsworth's monitor for two summers in 1962 & 1963. He received his BFA in visual communication from Pratt Institute in 1964. He taught art in private schools for three years, was a partner in a Cambridge graphic design firm for ten years, and was president of Mason Morfit, Inc., a commercial photography studio for thirty years where his clientele included Fortune 500 companies and leading international graphic design firms. His commercial photography can be seen at *masonmorfit.com*.

**James Zimmerman**

James studied at Carnegie-Mellon University where he was a student of painter Gandy Brodie. In 1987 he was hired by PAAM as full time photographer, archivist, collections manager and installer of exhibitions. He works primarily with a high resolution digital camera photographing the Art Association collection and installations as well as shooting work privately for artists and galleries in the community. Occasionally he returns to his old large format film and pinhole cameras to maintain contact with his past.

Opening reception is

**Sunday, January 8, 2-4 P.M.**

*All are welcome.*

**COA GALLERY - FEBRUARY**  
**NANCY FLASHER**

Opening reception is

**Sunday, February 5, 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, Bernard Robbins, Kitty Stevens, Claudia Tuckey.

**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**

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