



TRURO LOG
TRURO COUNCIL ON AGING
JULY 2013
7 Standish Way, N. Truro
508-487-2462, FAX 508-487-0854
www.truro-ma.gov/coa



BACKYARD BEEKEEPING

Please join us for an informal discussion with local beekeeper Skip Childs

Tuesday, July 23 at 1:30 pm in the COA Activity Room

See the bees up close and personal in our observation hive

Topics will include how to care for honeybees, effects of pesticides on bee populations,

beekeeper suit and equipment, harvesting honey

and honeycomb.



White-line Block Print Workshop - Coming in August

White-Line block prints were developed in Provincetown by B. J. O. Nordfeldt in 1916 and became known as the Provincetown Print. The whole image is drawn on and printed from one block rather than a series of blocks for each color change. The popular method was practiced by many other artists through the years and continues to be popular today.

Join Pat Canavari and Cathy Skowron at the Truro COA for a series of free workshops to learn about and experiment with white-line block printing.

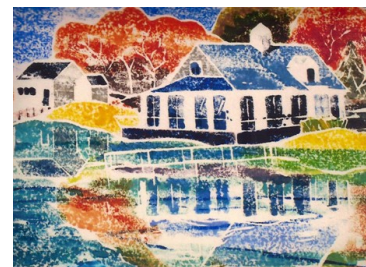
Tuesday & Thursday, August 13, 15, 20, 22 from 10-11:30.

The process is not difficult and is really fun. You will need a white pine block(s), exacto knife, watercolors in tubes, paint brushes, a spoon, and your ideas. Some materials will be available for use including finished blocks for printing.

Sponsored by The Truro Group and Truro COA. For questions please call the Truro COA at 508 487-2462.



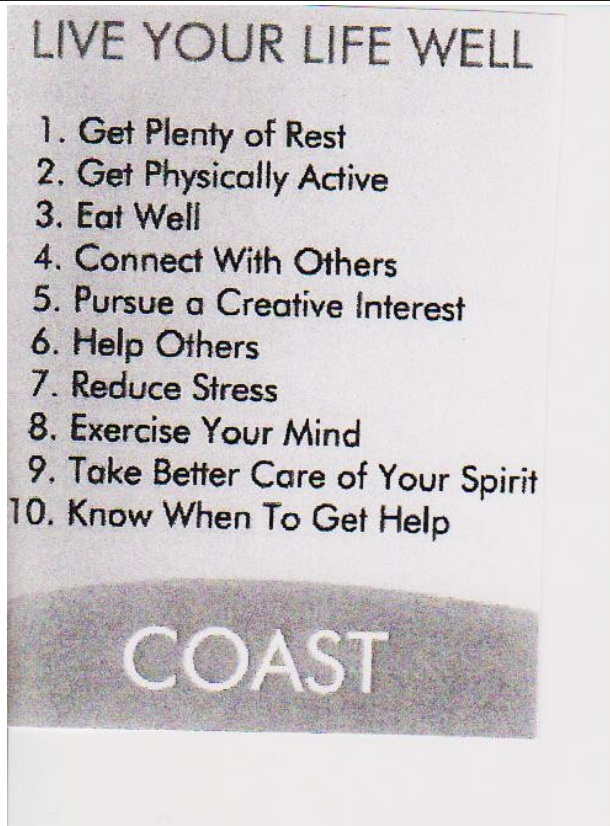
C. Skowron



P. Canavari

PROGRAMS AND SERVICES

BEREAVEMENT SUPPORT GROUP IS ON HOLD FOR JULY AND AUGUST BUT WILL RESUME ON SEPTEMBER 11 at 1-2:30 pm



COAST (COUNCILS ON AGING SERVING TOGETHER)

* To learn more about your COA check out: www.capecoast.tumblr.com.



Mass. Audiology will be available by appointment only every 2nd Wednesday of the month starting on July 10 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.

HEALTH & WELLNESS

Health Tips from the Town Nurse, Dee Yeater RN

A message from Dee Yeater RN, Town Nurse for 4th of July safety.

As the Fourth of July holiday approaches and Americans make plans to celebrate the stars and stripes with a little red glare it is important to prevent fireworks related eye injuries. Of the more than 9,000 fireworks injuries that occur in the United States each year approximately 45 percent are sustained by children age 15 and under. Eyes are among the most injured parts and one in six fireworks related eye injuries result in permanent vision loss or blindness.

Sparklers typically burn at 1,200 degrees Fahrenheit. That is nearly 1,000 degrees hotter than the boiling point of water. Out of control bottle rockets also cause some of the most severe eye injuries. So use extra caution and be aware if neighbors are having a backyard show. Never handle fireworks without protective eyewear and ensure that all bystanders are also wearing eye protection but the best advice is to skip the home show and let the professionals entertain you.

Reminder from Benny the Dog

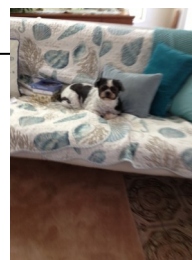
Benny reminds everyone that a fear of fireworks is very common. Let me hide if I need to or allow me to get into my crate or bed. If you can, try to drown out the sound with the TV or radio but not too loud. Just try to be yourself or it will scare me more.

Desensitization programs are available and your Vet can help with advice. Just don't force me to go near fireworks if you know I am scared. But if I need medication please ask the Vet ahead of time.

Blood Pressure Clinic RETURNS!

Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on July 1st from 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.



BENNY

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.

HEALTH & WELLNESS

FEELING HOT, HOT, HOT!

SAFETY TIPS FOR SUMMER EXERCISE

The dog days of summer are coming and that means increased heat and humidity. Under these conditions, it becomes more difficult for our bodies to maintain a normal core temperature, especially with exercise and physical activity. To stay safe and comfortable in the heat, it helps to understand how our bodies react to it.

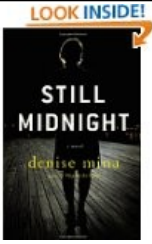
Heat stress is a combination of factors which increases body temperature, including: environmental conditions (such as heat, humidity, and wind), clothing, and activity level. When you are active, the temperature of the working muscles increases; this in turn warms your blood, which then transports the heat to the central organs, raising your core temperature. The other reactions to physical exertion in the heat are an increase in heart rate and increase in water loss through sweating. This is the major way that our bodies eliminate excess heat: through the evaporation of sweat from the skin's surface. When the weather is very humid, the sweat does not evaporate as readily. As long as the body is able to eliminate the excess heat and maintain a temperature in the normal range, we remain comfortable; problems can occur if these cooling systems are overwhelmed.

Prevention is the key to avoiding heat related illness or injury. Here are a few tips to keep in mind:

- Schedule activities and exercise to avoid extremes of heat and humidity (i.e. early in the morning, later in the evening, try to stay in the shade when possible)
- Consider water exercise for very hot days, such as swimming or water walking
- Adjust your normal activity downward, decreasing both the effort level and duration, to allow for the increased stress caused by the conditions. For example, you would want to decrease the distance and the pace of your normal walk.
- Increase the number and length of rest breaks
- Be on the lookout for signs and symptoms that your body is not tolerating the heat, such as muscle cramps, dizziness, fatigue, weakness, or dry mouth. If any of these occur, stop immediately and go to a cooler place, drink cool liquids and loosen any tight clothing
- Pay close attention to staying hydrated, by drinking lots of water before, during, and after activity
- Wear clothing made of lightweight fabric that is loose fitting. Avoid wearing extra layers and dark colored clothing when outdoors.
- It is more difficult to maintain normal body temperature for people who have neuromuscular conditions, diabetes, and congestive heart failure, so extra caution is advised with warm weather activity.

By Kathy Stetson, physical therapist and exercise specialist

LET US ENTERTAIN YOU



MYSTERY BOOK CLUB

Friday, July 12, 12:30 pm

Still Midnight by Denise Mina

Friday, August 9, 12:30 pm

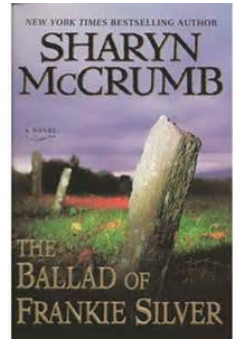
The Ballad of Frankie Silver, by Sharyn McCrumb

Friday, September 13, 12:30 pm

Gone Fishin' by Walter Mosley

Friday, October 11, 12:30 pm

The Likeness by Tana French



Let's Play Scrabble!!

Come to the air conditioned COA and play Scrabble with your friends on Friday afternoons!!

Please give us a call or stop in if you would like to play!

Fridays at 1:00 pm at the Truro COA

BRIDGE & CRIBBAGE

WEDNESDAY 1:30 pm

COME JOIN OUR GROUP

MAHJONGG

THURSDAY 1-4 pm

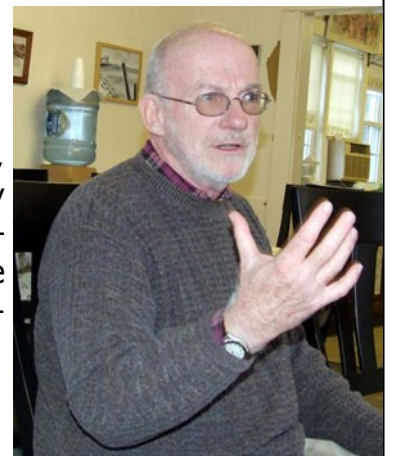
COME PLAY MAHJONGG

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



JULY BIRTHDAYS



1 Ann Courtney Elisabeth Davis George Mooney Betty Schiffenhaus Linda Traum Victor Verdina	6 Bruce Corea Robert Daglio Daniel Delgizzi Pearl Engle Linnet Hultin Ruth Marsh	11 Manuel Macara Alfred Souza	19 Bruce Cagwin	Cecile Toussaint
2 Russell Cherry William Evaul William Smith	7 Frank Korahais Roberta Lema Norman Pope Royal Shaw Susan Silvia	12 Beverly Bergstrom Wendy Horton Joyce Johnson	20 Francis Neylon	26 Robert Cardinal Miriam Collinson Diane Rose Sandra Silva
3 Sandra Block Harry Frost Caroline Herron John Keller	8 Ellen Galvin Susan Kurtzman Abigail Swan	13 Carol Cherry Meg Royka	21 Michael Bolis Dorothy Horwitz Henry Lum James Reheiser	27 Antoinette Marsh Abby Orton Eileen Thomas
4 Lorraine Rosenbaum	9 Maria Flook Barbara Geise Harry Palmer Catherine Staff Gail Stevenson	14 Joyce Garner	22 Susan Aratare Tanya Dolorme Joseph McGrahan Patrick Pepper	28 Francine Curcio David Ditacchio Olga Franco
5 Stephen Donnelly William Segal Parker Small	10 Alice Steere Joanne Williams	15 Nancy Braun Stephen Currier Eli Danikow Jacqueline Ives Margaret Toner John Zilliax	23 Carol Klass Jane Peters Ellen Smith	29 Elizabeth Daglio Clark Drasher
		16 Nancy Edwards Janice Johnson	24 Paul Krueger Delores Rose Irene Russell Jon Seager	30 Michael Peters Anne Sterling John Thornley Ron Wichowski
		17 Jere Milliken Kathleen Power	25 Richard Columbo Manuel Souza	31 Francis Silva

IN MEMORIAM

CAROL BALDWIN

LESLIE GILLETTE JACKSON

HELP GETTING HEARING AIDS, ASSISTIVE PHONES AND GLASSES

The Lions Club provides both recycled hearing aids and glasses for people who are low income. Katherine Stillman, Outreach Coordinator has the application. If you qualify, the Lions pays for the audiologist at Spaulding Rehabilitation to examine you and decide which hearing aid will help. The hearing aids and the examination are free. For glasses, an Ophthalmologist will do an examination and fit you for a pair of glasses for free.

There is an application for assistive phones too. Come in and pick up the application from Katherine. The client needs to make out part of the application and a doctor must complete the second half. Both parts are easy. If your income is less than 50,000, whichever phone you need is free. Ask if your income is higher. These phones are for those who have sight loss, are hard of hearing, deaf, blind, or with motion or cognitive disability. Call 508-487-2462 ext. 13.

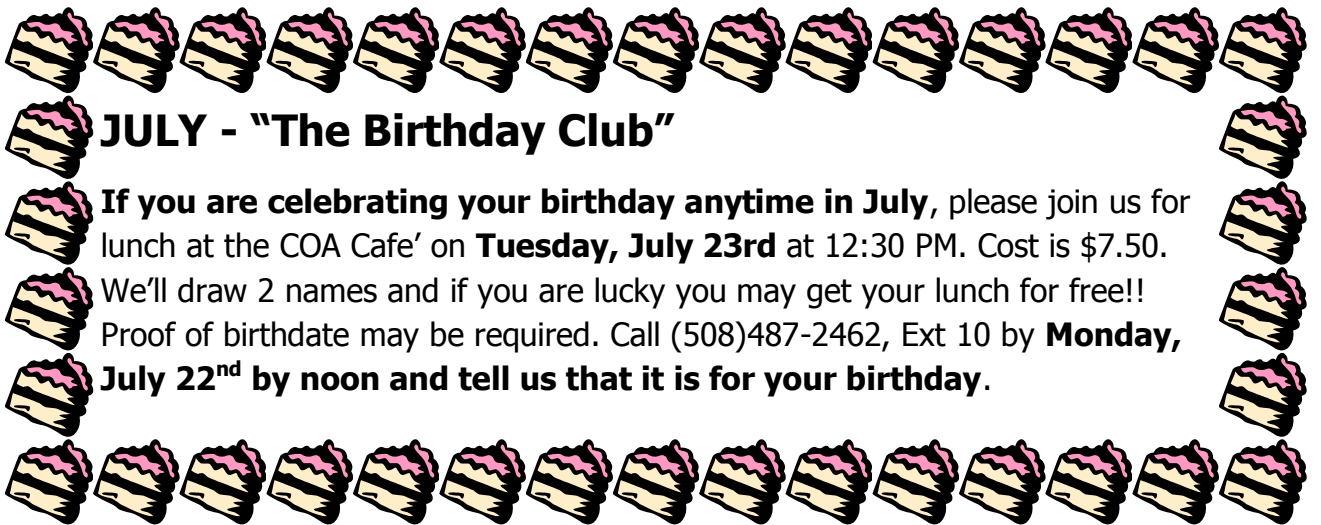
WHAT'S COOKING AT THE COA

TRURO FARMERS MARKET

**Monday, July through September (excluding Labor Day)
8 TO NOON**

Truro Veterans' Memorial Park

This farmers market will be on an educational model, teaching actions to take to support the local food system, to help our own health and the environment. It will involve all areas of the community with school children helping with signage and grandparents volunteering. There is plenty of opportunity to volunteer. Go to info@sustainablecape.org for more information www.sustainablecape.org. Parking is across from Cobb Memorial Library.



JULY - "The Birthday Club"

If you are celebrating your birthday anytime in July, please join us for lunch at the COA Cafe' on Tuesday, July 23rd at 12:30 PM. Cost is \$7.50.

We'll draw 2 names and if you are lucky you may get your lunch for free!!

Proof of birthdate may be required. Call (508)487-2462, Ext 10 by Monday, July 22nd by noon and tell us that it is for your birthday.

THANK YOU TO OUR FRIENDS AT THE PROVINCETOWN PORTUGUESE BAKERY!!

We really appreciate all of the FREE bread provided by the Provincetown Portuguese Bakery in Provincetown.



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 between the hours of 8:00-4:00 pm to pick some up!!!

Free Baked Goods from Days' Market in North Truro

Come in any day of the week. We get them several days a week thanks to Days' and a volunteer.

TRURO COUNCIL ON AGING CAFÉ -JULY 2013

7 STANDISH WAY- NORTH TRURO

RESERVATIONS REQUIRED BY 12 pm MONDAY

508-487-2462 ext. 10

\$7.50 includes Beverage and Dessert

Tuesday July 2, 12:30

Chicken Satay with Asian Slaw

Thai Noodle Salad

Key Lime Pie



Tuesday, July 9, 12:30

Seared Chicken Breast with Salsa Verde

Black Bean, Corn and Tomato Salad

Brownie Sundae

Tuesday, July 16, 12:30

Traditional BBQ cookout

Hot Dogs & Hamburgers

Pasta Salad, Coleslaw

Berry Shortcakes

Tuesday, July 23, 12:30

BIRTHDAY LUNCH!

Chicken Piccata with an Orzo Spinach and Tomato Salad

Cake

Soup: Tuscan Turkey

Tuesday, July 30, 12:30

Roasted Garlic and White Bean Dip with Crostini

Basil, Corn and Tomato Pasta with Chicken Sausages

Seasonal Fruit Crostada

Soup: Mexican Chicken










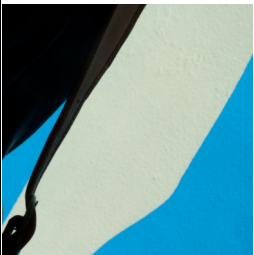


TAKE OUT available, Call COA by Noon Monday

OPEN TO ANYONE OF ANY AGE

JULY 2013



Mon	Tue	Wed	Thu	Fri
1 Farmers' Market Blood Pressure 9-10 Strength Training 9-10 Memoirs 10:30-12:30	2 COA CAFÉ 12:30 	3 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Bridge 1:30 	4 HOLIDAY Community Center Closed 	5 Strength Training 9-10  Scrabble 1
8 Farmers' Market 8-12 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	9 COA CAFÉ 12:30 	10 Tai Chi 8:30 Strength Training 9 w/Kathy Stetson Weight Loss 10 Legal Assistance Bridge 1:30 Mass Audiology 11	11 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4 	12 Strength Training 9-10 Mystery Book Club 12:30 Scrabble 1
15 Farmers' Market 8-12 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	16 Story Swap 11 COA CAFÉ 12:30 BBQ Cookout 	17 Tai Chi 8:30 Strength Training 9-10 Weight Loss 10 Bridge 1:30	18 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4	19 Strength Training Dr. Campo by Appointment  Scrabble 1
22 Farmers' Market Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	23 COA CAFÉ 12:30 Birthday Lunch Beekeeping Talk 1:30	24 Tai Chi 8:30 Strength Training 9 w/Kathy Stetson Weight Loss 10 Bridge 1:30	25 CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4	26 Strength Training 9-10 Scrabble 1
29 Farmers' Market Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	30 COA CAFÉ 12:30 	31 Tai Chi 8:30 Strength Training 9-10 Weight Loss 10 Bridge 1:30		Truro COA Gallery Sunday, July 7 2-4 Grace Hopkins Photographs

COA GALLERY - JULY

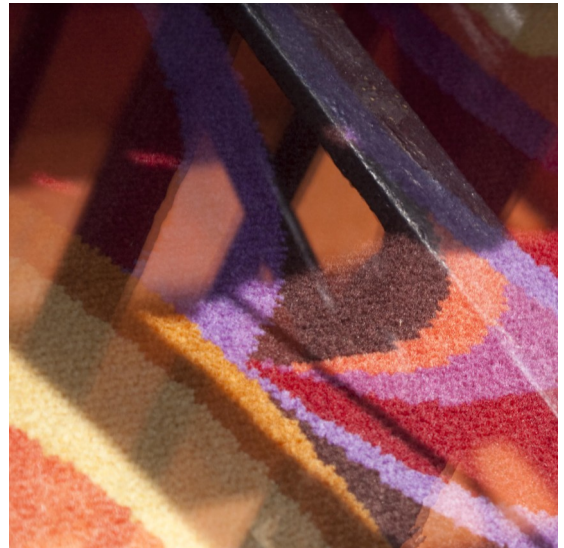
GRACE HOPKINS - PHOTOGRAPHS

My artworks fall somewhere between photography and painting. Technically they are straight photographs not manipulated or layered, but one image plainly shown. Emotionally they are all about painting. I search out paint, shadow, light, color and bring them together onto a canvas.

Color is crucial to me. I believe in the power of color and how it affects mood. I want people to walk into a room of my photographs and feel surrounded by the color and the warmth that emanates from them. In addition, I want people to have the bold composition of color, shadow, lights and blacks challenge them to find their footing within the picture. I want to make my viewers dizzy.

OPENING RECEPTION - SUNDAY, JULY 7, 2013, 2 to 4 pm.

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



COA GALLERY - AUGUST

LINDA TUROCZI & CATHY SKOWRON

2 VISIONS

Light and Color

August 1-30, 2013

Truro COA

Opening Reception Friday, August 2nd , 5:00-7:00 pm



LINDA TUROCZI



CATHY SKOWRON

WHAT'S NEW IN TRANSPORTATION

**DUE TO THE GENEROSITY OF THE VOTERS AT TOWN MEETING
AND THE TOWN ELECTION, THE TRANSPORTATION COORDINATOR'S OFFICE IS
NOW STAFFED FROM 8AM TO 4PM MONDAY THROUGH FRIDAY.**

**PLEASE CALL MARGIE CHILDS AT (508) 487-2462 EXT 20 TO SCHEDULE TRANSPORTATION.
PLEASE REMEMBER TO CALL AT LEAST 24 HOURS IN ADVANCE OF YOUR APPOINTMENT.**

**FOR THE MONTHS OF JULY & AUGUST:
PLEASE SCHEDULE ALL APPOINTMENTS
BEFORE 1:30 PM TO FACILITATE TRAVEL
IN SUMMER TRAFFIC**

*****MONDAY VAN TRIP*****

****BEGINNING JULY 8TH THROUGH AUGUST 26TH ****

**WE WILL BE PROVIDING TRANSPORTATION TO
THE TRURO FARMERS' MARKET AT 9AM.**

**WE WILL CONTINUE ON TO THE POST OFFICES,
THE BANK, STOP AND SHOP IN PROVINCETOWN ,
AS WELL AS COMCAST, CUMBERLAND FARMS,
AND THE HARDWARE STORE AS NEEDED**

PLEASE CALL FOR YOUR RESERVATION

(508)487-2462 EXT 20

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**

The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions are appreciated to help defray the vehicle costs to the town. The service is designed as an "on demand" service for any purpose based on rider need and scheduling from Monday through Friday. Please call Margie Childs at (508)487-2462 Ext 20.

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 DO YOU REMEMBER?

"I remember playing jacks and I was pretty good at it. I remember playing French jump Rope done with two ropes which we jumped either side. I remember roller skating right in the middle of the street because there were so very few cars." Lucie Grozier

"I remember having fun as a majorette and learning how to twirl a baton in school. We were dancing majorettes and we traveled to Daytona Beach to perform. I remember doing acrobatics on the beach in Florida and people came over to watch." Hannah Shrand

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

Martha Ingrum, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary;

Board Members: Stephen Currier, Lucie Grozier, Diane Rose, Brian Trainor.

Council on Aging Officers: Bonnie Sollog, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingrum, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, 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; James Paul Ludwig, 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**

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 Naz Basmajian, Nancy Edwards, Bobbie Sue Kane, Carol Mooney , Joan Moriarty, Helen Perry & Nancy Tarvers for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.