



**TRURO LOG**  
**JUNE 2012**  
**TRURO COUNCIL ON AGING**  
 WWW.TRURO-MA.GOV/COA



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**THANK YOU  
 TO ALL OUR  
 VOLUNTEERS!**

**WE HOPE YOU  
 ENJOYED THE  
 BRUNCH!**



**FUN HAPPENINGS AT THE COA**



**THIS YEARS  
 HEALTH FAIR  
 WAS A HUGE  
 SUCCESS!**



**THE STRENGTH  
 TRAINERS ALWAYS  
 FIND TIME TO  
 CELEBRATE!**



## Free Memory Screening by Alzheimer's Services of Cape Cod & the Islands

Memory screening uses a brief cognitive test for people who do not have a prior diagnosis of dementia. The goal is to identify people with potential problems who may need more extensive evaluation, possibly leading to earlier diagnosis of dementia. Secondary goals include education and reassurance of adults with mild age-associated changes in their memory, who may worry that they have a dementia. Please note that you will not receive a diagnosis in our screenings, but rather an indication of whether or not symptoms of memory loss are present and should be evaluated further. Screenings take 30 minutes and you **must register** by calling 508-775-5656 **Tuesday, July 10, 1–4 P.M.**



### **Options Counseling**

***Options Counseling is a short-term decision support process to assist consumers of any income (elders age 60 or over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make informed choices about their long term services, supports and setting.***

***Options Counseling is a FREE service provided by Elder Services of Cape Cod and the Islands.***

***For more information, or to be connected to a counselor, please contact the Information and Referral Department at: 1-800-394-4630.***

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## IN MEMORIAM

**Paula Draper**

**Daniel Sullivan**

**Eleanor Garms**

**George Ellison**

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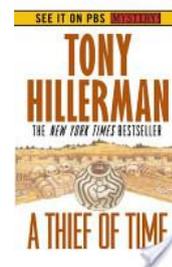
## MYSTERY BOOK CLUB

Friday, June 8

12:30

A THIEF OF TIME

Tony Hillerman



## OUR AGENDA = ACCESSIBILITY

The Truro Commission on Disabilities wants to help make Truro more accessible for all and we need your help.



Are you disabled in some way? Do you use a wheelchair, walker or crutches? Are you visually or hearing impaired? Do you have a friend or family member who needs help to access all the town of Truro has to offer?

Let us know who you are and what your experiences have been, both positive and negative. We want to hear from you! Contact: Truro Commission on Disabilities/Truro Town Hall/Box 2030/Truro MA 02666 or email Susan Howe at [truromom@aol.com](mailto:truromom@aol.com)

### Help Us Help You



We are pleased to announce there is now a manual wheelchair with elevated leg rests available at the Highland Light Gift Shop. All are welcome to use it.

## MEMOIRS READING

Members of the Memoir Writing class, taught by Rosalind Pace, will present excerpts from their new work on Sunday afternoon **June 10** from 2-4 P.M. at the Truro Council on Aging.

Refreshments will be served.

It is **free** and open to the public.

## COOKING CLASS

Wednesday Morning at 10am

### Cooking for One: June 6

It can be a real challenge adjusting to cooking for just yourself, especially when it is so easy to heat up a can of soup or microwave a frozen dinner, often with not much difference in cost. However the cost is hidden in the fact that most processed foods are harmful to our health with high doses of sodium and chemical additives and preservatives. Focus will be placed on keen menu planning to ensure you use up the perishable foods you have purchased in a variety of simple and healthful preparations.

Sessions run approximately 1.5 hours, followed by a shared Lunch. **\$5 fee per class**



### TAKE A TRIP TO SANDWICH with US

**Heritage Museums & Gardens** will present a major exhibition of iconic American illustrator Norman Rockwell's work titled "**Norman Rockwell: Beyond the Easel**".

Featuring more than 150 artworks by the famous illustrator, visitors will be able to appreciate the realism of Rockwell's works by seeing the two-dimensional representation alongside a real-life, three-dimensional example. You might want to bring a bagged lunch or visit the Café on the grounds for lunch or snacks.

**Friday, June 22, 10A.M.**

Meet at the Community Center parking lot. We will leave from there and return approximately by 5P.M. The cost to the Museum & Gardens is \$15. A donation of \$15 for the van service is suggested. **Reservation required, call 508-487-2462.**

### ALZHEIMER'S SERVICES Presents MUSIC & CONVERSATION with Denya LeVine

**Truro Council on Aging  
Tuesday, June 19th at 1:30P.M.**



When the signs of memory loss become apparent, the ability of a person to understand and respond to music can still be appreciated on an emotional level and be a gateway to past stories and memories. In fact, research shows that stimulation through music can help facilitate past memories and enhance conversation among individuals who have a dementia. Participants engage not only with the music but also with other members of the group. Alzheimer's Services facilitators are sensitive to the disease and they are trained to understand both the losses in the brain as well as the parts that still work. Through the process of sharing in discussion and positive reinforcement, participants have the opportunity to bond with others in their group, promoting a sense of well-being and reducing stress.

**These groups are free, safe and confidential allowing for freedom of self-expression and open conversation. Registration is required.**

**To register please call Alzheimer's Services at 508.775.5656**



This program is sponsored in part by a grant from the Truro Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

# JUNE BIRTHDAYS

**1**  
Lynda Clare  
Carole Davis  
Anton Kolz  
Steven Phillips

**2**  
Stuart Miller  
Claire Perry  
Rosamond Secrest  
Natalie Small

**3**  
James Kyed  
Eleanor Snyder

**4**  
Elizabeth Adler  
Michael Delvisco

**5**  
Brian Dunne  
Lois Foerster

**6**  
Harriet Bee  
Glen Pasanen  
James Schermerhorn

Ronald Singer  
**7**  
Jonathan Peters

**8**  
June Harris  
Barbara Scherer  
Robin Kappler

**9**  
Nancy Berlin  
Judith Clark  
Curtis Hartman  
Ralph Sano  
Victor Wolitzer

**10**  
Mary Jo Dorman  
Christiana Haversat

**11**  
Pauline Goedicke  
Diane Greene  
Garry Neal

**12**  
Ansel Chaplin  
Kathleen Gonsalves  
John Hutton  
George Sakheim

Gail Sparks  
Sally Lun

**13**  
Susan Baker  
Peter Burgess  
Elaine Thomas

**14**  
Mildred Garran  
Diana Goldstein  
Elizabeth Kean  
John Strand  
Kenyon Wheeler

**15**  
Maria Bento  
Claudia Ann Sutton  
Richard Whalen

**16**  
John Tutalo

**17**  
Richard Burhoe  
Robert Hanson  
Paul Horowitz  
Eugene Luschei  
Ronald Martin  
Patricia Power

**18**  
Maria Diaz

**19**  
Frank Dickerson III  
David Gibson  
Zaroohy Seed  
Donald Silva

**20**  
Douglas Asher-Best  
Sally Boleyn  
Raymond Elman  
Dennis Mooney

**21**  
Calvin Jensen

**22**  
Nancy Ambrose  
Dana Cutts  
Argirios Kuliopulos  
Gregory Morris  
Barbara Sass

**24**  
Marie Brundy  
Robert Fritz  
Jeanne Woodes

**25**  
Joaquim Bento  
Vincent Bonaviri

**26**  
Joyce Edinberg  
Michael Jerace  
Marina Matricardi  
Jerome Perry

**27**  
Alice Amsden  
June Hopf

**28**  
Francis Rego

**29**  
Tomothy Carroll  
Micheael Elms  
Lila Hochberg  
Richard Silva

**30**  
Paul Fenichel  
Linnell Nickerson  
Kathleen Nunes



EVERYONE  
HAD FUN AT  
THE POLICE  
STATION!!  
(FOR LUNCH)



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



Call COA to reserve by  
Monday noon

**June 5**

Baked Cod w/ Lemon Caper Sauce  
Baked Rice w/Spinach & Cheese

**June 12**

Vegetarian Lasagna Rolls  
w/Roast Red Pepper Sauce  
Mixed Green Salad

**June 19**

Roast Stuffed Chicken Breast  
w/Spinach, Feta Cheese & Pine Nuts  
Mixed Roast Vegetables

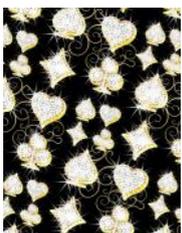
**June 26**

Fettuccini & Vegetable Alfredo  
Tomato Salad

**\*SOUP**

Soup is on hold for the summer.

We will be offering it again  
once the weather has a chill!



**BRIDGE**

Anyone interested in  
coming in and playing  
non-competitive, just for  
fun BRIDGE, is welcome  
to come and join us on

**Wednesdays from 1:30-3:30**

**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



We will be scheduling a trip up  
to Hyannis with the main focus  
of shopping! Trader Joe's &  
Christmas Tree Shop are in the  
plaza. **Friday, June 15**

Call for a reservation on the van.

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.  
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.



## COA GALLERY - JUNE

### TOR HANSEN

Tor searches for natural compositions in nature, and highlights appealing landscapes, seascapes, and more specifically birds, butterflies and creatures in nature's awesome realm of color, shape and energizing forms. Life forms hold a key as to how the forces of nature and environment shape biological diversity and elemental atmosphere reveals an integrity in earthen forms.

Tor uses a digital Canon Xti with Tamron wide angle and telephoto lenses, formerly film camera Minolta X-1, Kodachrome 25, 64 & 200 slide & print film to capture the presence of exciting and beautiful forms, such as singing birds, nectaring butterflies, creatures on the go and oceanic rhapsody in the waves in motion. A favorite theme is moths emerging from cocoons in metamorphosis, and herons in awesome flight, stressing aerodynamics and sheer avian poetry in motion.

Today Tor Hansen combines his skills in drawing, illustration, painting and photography to make DVD's on assorted topics in nature, involving an array of birds, insects and butterflies compiled to tell a story on how nature's biological diversity is shaped and created according to evolution and the forces of nature. These stirring DVD's reflect a keen sense of how the diversity is evolving and what we as stewards can do to preserve and replenish, so to enhance biological life on Earth.

Website: [www.prometheaandluna.com](http://www.prometheaandluna.com) & [torhansen@comcast.net](mailto:torhansen@comcast.net)



**Opening reception is Sunday, June 3, 2-4 P.M.**

*Everyone is welcome.*

## COA GALLERY - JULY

### PEG REYNOLDS

Charles Hawthorne once said that it is our job as an artist to be of some use in the world by adding to the sum total of beauty in it. This is my intention with the scenes I choose, the colors I apply and with each brush stroke I touch to the canvas: It is my reason for painting.

"The only way to learn to paint," Hawthorne said, "is to paint." And this is what I have done. Four years ago, after living in Provincetown for ten years, I picked up a brush and began to paint. Inspired by the natural beauty and lighting of Provincetown, I strive to capture moments of "awe" and replicate them in my landscapes, seascapes, and skyscapes.

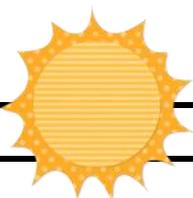
My work is represented in Provincetown at Thanassi Gallery.

**Opening Reception is Sunday, July 8, 2-4P.M.**

*All are welcome.*



# JUNE 2012



Mon	Tue	Wed	Thu	Fri
<p><b>COA Gallery Tor Hansen Opening Reception June 3, 2-4 P.M. All are welcome</b></p>		<p><b>Foot Clinic</b> (by appointment) Will be on <b>Wednesday, June 6</b>, rather than the normal Thursday schedule.</p>		<p><b>1</b> Strength Training 9-10 FREE Friday Movie 1:30</p>
<p><b>4</b> Strength Training 9-10 Memoirs 10:30-12:30</p>	<p><b>5</b> Needlework 10-Noon COA CAFÉ 12:30</p>	<p><b>6 Cooking Class 10A.M.</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Bereavement 1pm</p>	<p><b>7</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>8</b> Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30</p>
<p><b>11</b> Strength Training 9-10 Memoirs 10:30-12:30</p>	<p><b>12</b> Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon</p>	<p><b>13</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Legal Assistance (by appointment)</p>	<p><b>14</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>15</b> Strength Training 9-10 FREE Friday Movie 1:30 <b>Trader Joe's 9A.M.</b></p>
<p><b>18</b> Strength Training 9-10 Memoirs 10:30-12:30</p>	<p><b>19</b> Needlework 10-Noon COA CAFÉ 12:30 <b>Music &amp; Conversation 1:30</b></p>	<p><b>20</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30</p>	<p><b>21</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>22</b>Strength Training 9-10 FREE Friday Movie 1:30 <b>Trip to Sandwich Heritage Museum 10a.m.</b></p>
<p><b>25</b> Strength Training 9-10 Memoirs 10:30-12:30</p>	<p><b>26</b> Needlework 10-Noon COA CAFÉ 12:30</p>	<p><b>27</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30</p>	<p><b>28</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>29</b> Strength Training 9-10 FREE Friday Movie 1:30</p>

**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**



**Tall Ships Viewing Cruises** Sunday, July 1 or Tuesday, July 3  
(please specify date when booking)

Join us for one of our day trips into Boston to see the Tall Ships docked at Boston Harbor. On each trip, we will take an **80-minute narrated cruise** around the harbor to view the ships at dock. You'll learn about the history, age and origin of each ship and its crew, and many interesting facts and tales about tall ships from our expert narrator on board. We'll also have time for lunch (on your own), **time to enjoy the 1812 Celebration Sail Boston Festival**, and to **board the Tall Ships at dock. \$85**

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

Martha Ingrum, Chair; Jeanne Foulke, Vice Chair; 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 Moriarty, Carol Green, Joan Holt, Martha Ingrum, 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**

*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 Kane, Joan Moriarty, & Karen Mooney for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.*