



# TRURO LOG

## MAY 2012

### TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

#### FACE OF EXPERIENCE: SHEILA SILVA



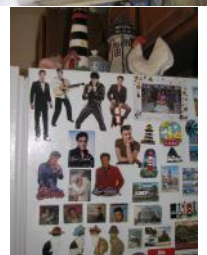
Sheila Silva was born in Somerville MA because her parents were working there at the time, but she really is part of this briar patch. She is half Portuguese from her father and half French Canadian from her mother, who was Lloyd Rose's sister.

When the family moved back to the Cape, her parents worked at the Curtain Factory in Wellfleet; they lived on West Main Street and then Gull Pond Road. Sheila's bedroom was on the third floor and she was terrified of the light sweeping through the room from the Truro Lighthouse. She made her mother go up to her room and close the curtains before she would go to bed! Now she collects images of lighthouses - sculptures, needlepoint, photographs, and paintings rivaled only by her collection of Elvis images.

After school, Sheila worked at Nelson's/Lema's Market in Wellfleet. After she was married in April 1960 she lived in Provincetown with her husband, Jerry Costa; they had 2 daughters and two sons. In 1985, she married Richard Silva with whom she moved to North Truro into a modular home brought here from New Hampshire.

Richard was head of the Provincetown Highway Department and Sheila went to work in the Treasurer's Office for two years where she had 4 or 5 months of filing to catch up on. The Town Clerk position became available and Sheila was hired as the Town Clerk and Justice of the Peace for 21 years. In that time she performed 597 weddings! The marriages that stand out in her mind are the one held in the clerk's safe (the safe door was open), Beau Buchanan's of "One Life to Live" was at the top of the Monument on a cold December day (he thought being married on the East Coast was good luck), marriages on ships and one at Long Point.

Now that she is retired, Sheila spends her time stitching plastic canvas, knitting occasionally and doing cross stitch. She says that she is, "Not a senior citizen but a senile citizen." Her other saying is, "If you can't laugh why live." She is a far cry from senile and is very good company - laughing much of the time. By Katherine Stillman



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## FALL PREVENTION AND SAFETY

*Facilitated by*

*Katrina Cannetelli, PT,*

*rehab practice manager for the VNA*

### The FREE Fall Prevention Program

addresses the many causes of falls and offers strategies to manage those factors that increase risk of falls. The session is presented by an experienced physical therapist and is very interactive. It provides attendees opportunities to share their own experiences and inquire about particular concerns. We leave plenty of time for questions and answers.

**Tuesday, May 22 at 1:30**

### 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**



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## IN MEMORIAM

**Robert Hayward**

**Sandy Turner**

**John Moriarty**

**Lucille Boyd**

**John H. Walsh**

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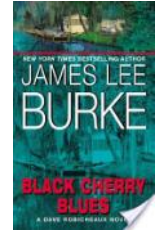
## MYSTERY BOOK CLUB

Friday, May 11

12:30

### BLACK CHERRY BLUES

James Lee Burke



### WISDOM TEETH

You can only be truly healthy if your teeth and mouth are healthy.

Do you have swelling of your face/neck or tooth pain that wakes you up at night?

Do you have trouble eating?

Are you self-conscious about your teeth?

Has it been more than a year since you have been to the dentist?

If you answered YES to any of these questions, it's time to see a dentist

Care is available.

For assistance in finding dental care that: you can afford,

you can get to,  
speaks your language,

accommodates your needs

Call The Oral Health

Excellence Collaborative

(OHEC) at 508-771-1375



### CELEBRATION

There will be a celebration in memory of

**Rossell Graham** at the COA on

**Wednesday, May 23rd at 10 A.M.**

Please come to the gathering and enjoy some company and light refreshments .

How do I learn about Massachusetts  
Uniform Probate Code Estate

Administration Under the New Law?

Attend the May presentation by

**Attorney Arthur Crooks**

at the Truro Council on Aging,

**Saturday, May 19th from 10:00 -12:00**

Free coffee and donuts!!

**L**

**A**

**W**

## MAY COOKING CLASSES AT TRURO COA

Wednesday Mornings beginning May 16<sup>th</sup> at 10am



### **Enhance your Memory: May 16**

If you have been having more of those senior moments where everyday things seem to keep slipping your mind, then this is the class for you. What you eat can play a big role in helping to enhance memory and stave off dementia or at least postpone it a bit. Learn the proper foods to eat as well as which ones you should try to avoid.

### **Using food to help Prevent Cancer: May 23**

Genes and our environment often dictate whether or not we succumb to this dreaded disease, however what we eat can also play a role in both the development and outcome of this disease. Prevention is our best ally and ensuring that we are eating the best possible foods for optimal health is a great place to start. This class is also good for survivors who are still fighting to ensure it stays in remission.

### **Healthy Baking: May 30**

We know we should avoid eating refined flours and sugars but sometimes it is very hard to give up those delectable sweets, but with this class you won't have to. Learn how to use healthier whole grain and even gluten free flours and alternative all natural sweeteners to make delicious sweets that are a bit healthier for you and friends and family.

### **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**

### **Stroke of nine**

You are lifting the spoon to your mouth.  
You think, "For this price, this food should be better."  
Your neighbor bends to ask you  
"What do you think ---"  
Your arms slips down, you fall to the floor.  
Your head makes a broken sound as it hits the tile.  
Everyone but you is moving, scrambling,  
Questions.  
"Should we move him? Call the medics? Did anyone  
dial 911?"  
A moment ago you were a force,  
Someone to ask, a person whose opinions mattered.  
Now your life is in someone else's hands.  
You lie inert, hearing but not comprehending,  
Listening, but not caring.  
Too sick, you think, too sick to care.  
In an unknown second something has changed  
To never be the same.  
By Hilde Oleson

## **POETRY CORNER**

### **Travel**

I remember those trips  
The back seat howling with children  
Sometimes laughter, sometimes tears  
"Ma, he pinched."  
"She won't move over."  
Complaints, fights, crowding.  
A placid dog who felt the seat was hers,  
That children would be better on the floor.  
But over it all the memory that holds  
Lingering after years have passed.  
Is the sweet calm when they fell asleep,  
And I looked back to see,  
Sprawled on the seat in grimy disarray,  
The utter richness of my life.  
By Hilde Oleson

## Friends of the COA Annual Spring Luncheon

### Appetizers

(meatballs - cheese & crackers - chicken wings)

### Garden Salad

Home baked bread loaves

Entrees Include choice of:

Chicken Teriyaki

Baked Boston Cod

Bar-B-Q Pork Loin

Sautéed veggies/pasta

Pasta salad or potato salad

Key Lime pie

Coffee or Tea

Gratuity all inclusive \$20.00

**Sunday, June 3, 2012**

**12 noon**

Please RSVP to Martha Ingram at 508-349-9345

by Sunday, May 27th



The Whitman House  
Restaurant



## Grow your own Herbal Medicine Garden



Spring has sprung and it's time to plant some seeds. Having your own herbal medicine garden allows you to have access to a natural medicine chest in your own backyard. Growing your own herbs is a great way to connect with nature, which can be a natural stress reliever as well. Kids love to garden so it makes for a great family activity. Did you know that peppermint has many medicinal uses? Learn which herbs to grow and how to use them, creating your own herbal medicine garden. Instructor Fee \$5.00 Includes handouts & we will be making an herbal item to take home as well .  
*Lori Walsh—Wellness Practitioner*

**Tuesday, May 15, 1:15P.M.  
at the COA**

## TRURO COUNCIL ON AGING HEALTH FAIR

**DATE:** Tuesday, May 8

**TIME:** 9:30-11:30

**WHERE:** 7 Standish Way, N. Truro

Screenings will be held for Blood Pressure, Glucose, Bone Density and Colorectal.

You must make an appointment for the cholesterol/glucose screenings and bone density by calling the COA at 508-487-2462

## A Message from Martha Downs R.N./Cape Cod VNA

*The subject is Melanoma/Information provided by the American Academy of Dermatology.*

Melanoma is the fastest growing cancer in Massachusetts. Melanoma mortality is second only to leukemia in potential years lost. Melanoma is one of the most preventable cancers.

- 50% of all melanomas appear on the back and other hard to see areas.
- 50% of all melanoma deaths in the U.S. are among white men age 50 or older.
- Melanoma is the most common form of cancer in women ages 25-29.
- When discovered early, melanoma is very curable.

### MOLES:

A mole or freckle that changes can be the first sign of skin cancer. People with a few larger moles or many moles are at increased risk. Let's talk about the ABCD's of changing moles, as they may be the first signs of melanoma.

A = Asymmetry - one half of the mole is unlike the other half.

B = Border - irregular, scalloped or poorly defined borders.

C = Color - varied from one area to another, shades of tan and brown, black, or sometimes red or bluish.

D = Diameter - larger than 6mm, which is about the size of a pencil eraser.



**MAY**  
**COA CAFÉ**  
**TUESDAY 12:30**

**\$7.50**

Call COA to reserve by  
Monday noon

**May 1**

Roast Chicken Breast  
w/Marsala Sauce  
Egg Noodles w/Parmesan  
Green Beans

**May 8**

Summer Squash  
& Couscous Gratin  
Caesar Salad

**May 15**

Greek Shrimp Scampi  
Greek Salad  
Rice Pilaf

**May 22**

Oven Fried Chicken  
Potato Salad  
Corn & Tomato Salad

**May 29**

Mediterranean Vegetable  
& Cheese Pie  
Spinach Salad  
w/maple Dijon Vinaigrette

**\*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

**The Truro Group Art Show**

The Truro Group is a group of some 40 artists including painters, photographers, sculptors, and jewelry makers. The group has been showing together for several years. They hold two shows a year, one in the spring and one in the fall. The art work will be on display through the month of June at the Truro Library.

Opening: Sunday, June 3

2:00-4:00

At the Truro Library

**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 participants. 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.



# MAY 2012



Mon	Tue	Wed	Thu	Fri
<b>COA Gallery Cherie Mittenal Opening Reception May 6, 2-4P.M. All are welcome</b>	<b>1</b> Needlework 10-Noon COA CAFÉ 12:30	<b>2</b> Strength Training 9-10 Weight Loss 10 Cribbage 1:30 Bereavement 1pm	<b>3</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)	<b>4</b> Strength Training 9-10 FREE Friday Movie 1:30
<b>7</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	<b>8</b> Needlework 10-Noon COA CAFÉ 12:30 <b>HEALTH FAIR 9:30-11:30 COA Board Meeting Cancelled</b>	<b>9</b> Strength Training 9-10 Weight Loss 10 Legal Assistance (by appointment) Cribbage 1:30 Bereavement 1pm	<b>10</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>11</b> Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30
<b>14</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	<b>15</b> Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon <b>Herbal Garden 1:15</b>	<b>16</b> Strength Training 9-10 Weight Loss 10 Cribbage 1:30 Bereavement 1pm <b>Cooking Class 10A.M.</b>	<b>17</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>18</b> Strength Training 9-10 FREE Friday Movie 1:30
<b>21</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>22</b> Needlework 10-Noon COA CAFÉ 12:30 <b>FALL PREVENTION 1:30</b>	<b>23</b> Strength Training 9-10 Weight Loss 10 Cribbage 1:30 Rossell Graham Celebration 10A.M. <b>Cooking Class 10A.M.</b>	<b>24</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>25</b> Strength Training 9-10 FREE Friday Movie 1:30
<b>28</b> COA Closed for Memorial Day	<b>29</b> Needlework 10-Noon COA CAFÉ 12:30	<b>23</b> Strength Training 9-10 Weight Loss 10 Cribbage 1:30 <b>Cooking Class 10A.M.</b>	<b>31</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>COA Gallery Tor Hansen Opening Reception June 3, 2-4 P.M. All are welcome</b>

## COA GALLERY - MAY

### CHERIE MITTENTAL

Through my experience as a book and printmaker I enjoy the exploration of process. Today I utilize a variety of materials in my work to express fluidity, density, and the visible effects of light through pigment. Over the last seven years I have been working predominately in wax or encaustic paint while integrating tar, marble dust, pigment sticks, dry materials, graphite and miscellaneous mediums.

My recent work explores the ritual of layering. I love the sense of the unexpected, the sensation of scent, and the anticipation evoked by moving wax, while also scraping and carving through the wax. Marrying image and medium is what I am most interested in.

**Opening reception is Sunday, May 6, 2-4 pm**

*Everyone is welcome.*



## 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.*



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**

### **New York City with the National September 11 Memorial & Museum Sunday, June 10**

Commemorate the tragic attacks on our country with a visit to the **new 9/11 Memorial**, which opened this past September, a tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001, as well as the six people killed in the World Trade Center bombing in February 1993. The Memorial's **twin reflecting pools are each nearly an acre in size** and feature the largest manmade waterfalls in the North America. **The pools sit within the footprints where the Twin Towers once stood.** The names of every person who died in the 2001 and 1993 attacks are inscribed into bronze panels edging the Memorial pools, a powerful reminder of the largest loss of life resulting from a foreign attack on American soil and the greatest single loss of rescue personnel in American history. We will also visit the **9/11 Museum Preview Site** located across the street from **St Paul's Chapel**. The 9/11 Museum, set to open in late 2012 has opened the **preview site** to allow guests to view the still growing collection of artifacts, photographs, personal effects and memorabilia & remembrance honoring the victims of the terror attacks. You will have free time to **explore St Paul's Chapel** and the **Wall Street financial district** before returning to the Cape. Maps & suggestions will be provided. **\$ 75**

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

Martha Ingram, 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 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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