



TRURO LOG

OCTOBER 2012

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA



FACE OF EXPERIENCE:

Jeanne Foulke was born in Larchmont, N.Y. Her father was a Vice President in a bank in New York. He was witness to one of Al Capone's associates laundering money at night in his bank. He was threatened not to testify. As a result Jeanne and her brother were assigned a guard and the rest of the family had guards too for one and half years. A policeman always met Jeanne's father at the train station but one night he was not there. Jeanne's father went home anyway. The light was on in his garage. The policeman arrived and found and shot a man in the garage. Her dad testified and Capone's man went to jail. The family moved to Katonah, N.Y. and Jeanne went to high school in Pawling where she met George Foulke and they became sweethearts. They were married for 50 years and had 3 sons: Gordon who is a Vietnam veteran paraplegic and is in a hospital in Virginia, Bruce who works in finance in Mystic Seaport, CT, and Douglas who does both photography and woodwork also in Connecticut. She now has 8 grandchildren. George Foulke was a refrigeration

engineer and traveled all over the world for work – Jeanne sometimes accompanying him, notably to the French Riviera and Italy. Jeanne was accepted at Cornell University but her husband was concerned that he might be working elsewhere and didn't want her to enroll, so she went to Business College and worked for Pawling Rubber Company for 20 years. She was first hired as a secretary. Jeanne says that she was a "lousy typist." There was a male job estimator who made many mistakes and Jeanne caught them all and turned in corrected figures. Her boss fired the man and gave Jeanne the job. Estimating meant figuring out the cost of jobs in material and labor. The company made many rubber products – floors for submarines and Howard Johnson's floor mats. Jeanne became a radar inspector on planes during the Second World War, first in Long Beach, CA for the Army and then Oakland for the Navy. Her boss went to Hawaii and wanted her to come along which eventually would have meant Okinawa and Japan but George thought that wasn't safe so she stayed in California. She checked out the radar on a plane named the Black Widow and the pilot invited her up on its first flight. He flew over San Bernardino and nosed the plane down sharply hoping to scare Jeanne but she found it exciting. George's family had a house in Truro so they came out most summers renting a cottage or camping at the Highland Camp Area where they became friends with the Curriers. When they retired, George and Jeanne moved to Truro in 1986.

INSIDE THIS ISSUE

Truro Needlework Group
Trader Joe's
Options Counseling
Visit The Hidden Cove &
Cape Abilities Farm
SHINE

BCBS Medicare Annual
Election Period
The Truro Chamber of
Commerce Cane Presentation
Low Vision Reader
Flu Clinic
Cooking Classes
Mystery Book Club
Travel
COA Gallery
Café & Movies
October Birthdays

Jeanne is on the Friends of the Truro Council on Aging. She was on the Housing Authority for 17 years and she just resigned from the Board of Election serving since 1987. They are begging her to continue baking cookies or cake for the election workers. One of the things Jeanne did with her husband for fun was fishing on the backshore and later in a boat. Once fishing with a hand line, Jeanne hooked a tough fighting fish and she was pulling with all her might and trying to get the line in quickly. Getting tired she decided to run up the beach pulling her fish out of the water. George had waders on so he used his net and lifted the fish out of the water telling Jeanne that she had almost lost it as the hook had unbent and was almost straight. Jeanne had landed a 32" striped bass! Nowadays you can almost always find Jeanne knitting. She and several other volunteers knit sweaters, scarves, mittens, socks, hats, etc. to sell to contribute to Breast Cancer Research. They raised \$1000 last year and \$1500 this year. Way to go Jeanne!

The Truro Needlework Group

Did it again!!

During the year heading up to and including Truro Treasures, the Needlework Group works tirelessly to create beautiful things to sell. They donate the **ENTIRE** proceeds to Dana-Farber Research Institute

This year they were able to give the unbelievable amount of \$1538.50.

Thank you for your time and dedication.

If you would like to join this fantastic group, they meet on Tuesdays, 10a.m. at the COA. Call for more information, 508-487-2462

Thank You

Options Counseling

Our Options Counselors provide short-term decision-support 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 an informed choice about long term services, supports, and setting. The Options Counselor looks to identify the goal of the consumer: to transition out of the nursing home back into the community, to remain in the community with services or seeking nursing home placement. The Options Counselor then provides unbiased information about long term services and supports, the resources available to pay for the services, and assists in facilitating referrals and resources as needed.

To make a referral or get connected with a counselor, please contact the Elder Services Information and Referral Department at 508-394-4630 or info@esci.org

A Trip to The Hidden Cove Restaurant & Cape Abilities Farm

In the Hidden Cove Restaurant at Cape Cod Tech, Culinary Arts students offer a daily a la carte menu with soups and salads along with a variety of entrees, sandwiches, and desserts at very low prices. The menu changes daily so customers can enjoy different items each day of the week. The pastry and bakery kitchen provides customers with delicious desserts to enjoy with their meals, or you can visit the bakery case and take some of our delightful treats home with you.



Cape Abilities operates a farm with greenhouses and a farm stand on Route 6A in Dennis that has attracted a loyal following of people who crave high-quality, locally-grown produce. There is a working farm in Marstons Mills that features a historic home and barn but no farm stand, so produce grown there is brought to the Dennis farm stand to be sold. Between the two locations, Cape Abilities Farm provides paid employment for people with disabilities who work in every aspect of farm management. Fresh produce, healthy plants and service with a smile are hallmarks of Cape Abilities Farm. Suggested van donation is \$7. Lunch and shopping are the participants responsibility. **Wednesday, October 17**



Reservations for the trip are required by Thursday, October 11.

Meet in the Community Center parking lot at 10A.M. Lunch at the Hidden Cove will be at 11:30 and from there the van will travel to the farm for you to pick out local produce, pumpkins or flowers. We will return to Truro approximately 4P.M.

INTERESTED???

W .H. A. T. Opera Simulcast ?

Mashpee Commons ?

Let us know what you would like for a day trip or social experience.....508-487-2462

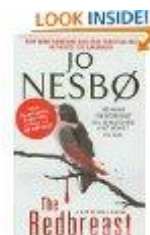
MYSTERY BOOK CLUB

Friday, October 19

12:30

The Redbreast

Jo Nesbo



IMPORTANT NOTICE FROM THE CAPE AND ISLANDS SHINE PROGRAM MEDICARE'S OPEN ENROLLMENT PERIOD IS COMING UP!

October 15th – December 7th

The annual Medicare Open Enrollment period is the time to review your Medicare plan choices. During this time you can enroll in a plan or change your Medicare coverage for 2013. If you are already enrolled in a plan, you will be receiving mail from your current provider regarding any upcoming changes for 2013. This is very important information so be sure to keep it in a safe place. There will also be a lot of information in the news and in the mail from many insurance companies as they undertake marketing efforts for 2013. Avoid confusion! Contact Truro Council on Aging 508-487-2462 if you would like assistance from a State Certified SHINE Counselor to help make your plan choices for 2013. The SHINE Program can help make the process clear and we can help you make the most cost efficient choices to fit your personal needs. You will need to provide your current plan information, your Medicare card information, any mail you have received regarding plan changes and a list of your prescription drugs. If you have specific concerns or questions, feel free to contact the Regional Office of the Cape and Islands SHINE Program at 1-800-334-9999. Remember the deadline for enrollment and changes for 2013 is **December 7th**.

Are you ready for the Medicare Annual Election Period?

A Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. Questions on the 2013 benefits can be answered! Plan information will be available for Individual plans (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue. All are welcome regardless of your insurance coverage.

Tuesday, October 23, 11A.M.

HELP!!!

We are in need of volunteers at the Truro Transfer Station to help sort bottles and cans.

Please contact Bill Worthington for more information #508-349-6907.

Thank you!

IN MEMORIAM

Anthony Rodrigues

Jerry Nelson

Eugene Luschei

John Haug

The Truro Chamber of Commerce Cane

Presentation to Mary Crocker Fassett,
**Tuesday, October 9th at
1:30p.m.** at the Community Center.

Trader Joe's

Hyannis shopping!

Friday, October 5th .

Meet in the Truro Community Center parking lot at 9A.M.

Reservations a must! Please call
508-487-2462.



Low Vision Reader

The Council on Aging has a machine to enlarge print and pictures to any size in order to read books, magazines, newspapers, letters, bills and pictures in black and white or color to help people with low vision difficulties. Come in at any time to use or take it home and borrow it. The Adapt-i-Vision machine was donated to the COA by the late Judy Howard.





SEASONAL FLU CLINICS SCHEDULED

At the Truro Community Center

Thursday, October 4th from 1-3P.M.

&

Thursday, November 8th from 3-5P.M.

For more information about the scheduled Flu Clinics, contact the Truro Health Department, 508-349-7004 ext 32 or healthagent@truro-ma.gov. Vaccine information and consent forms are available on the Town's website, Truro COA or the Truro Health Department.

*****Please bring a photo ID and insurance cards*****

OCTOBER BIRTHDAYS



1

Frank Caulfield
Shirley Holtz
John Hopkins
Nancy Kane

2

Paul Cutts
Guy Strauss

3

Leo Manske
Jane Ray

4

Marie Belding
John Bloom
John Power
Arthur Teubner
Richard Turner

5

Sandra Ball
Bruce De Ste. Croix
Denise Seager
Katherine Stillman
Lucinda Worthington

6

Craig Souza

7

Jon Arterton
Margaret Duarte

8

Naomi Axelrod
Kevin Shenk
Delores Whitelaw
Edwina Wright

9

Clarice Dutra
Kenneth Johnson

10

Miriam Henning
Larry Lown
Anna Smith
Carol Ann Thompson
Avis Watson
Priscilla White

11

Richard Aiken
Roy Barnhart
Janet St. Onge

12

Judith Czyoski
Rosemary Hillard
John Hyland
Sally Rice
Stanley Sigel
Ann Swanson

13

Elizabeth Haskell
Alan Marasco
Patricia Wheeler
Kathy Zimmerman

14

Patricia Goulet
Monica Kraft
Frank Thomas

15

Robert Painter
Peter VanStratum

16

Geraldine Boccio
Yvette Dubinsky
Mildred Fraser
Denise Kelly
Mary Emma Silva
Reisa Sweet

17

Audrey Stoddard
Anthony Wolff
Peter Yaremko

18

Joseph Duarte

19

Vincent Duarte
John Rice

20

Claire Carroll
Josephine Cocozello
Brendan Galvin
Maria Gauss

21

John Dubinsky
Paula Grandberg
Veronica Londergan

22

Martin Cordeiro

23

Betsi Corea
Helen Mellett
John Vankirk

24

Kay Bowden
Helen Macneil-Ashton
Jan Nelson

25

Ellen Anthony
Martha Hyams
William Rokicki
Connie Tavanis

26

27

Monica Smith

28

Alfred Gaechter
David Horton
Christine Leigh

29

Mary Cassel
Dorothy Elms
Claudia Tuckey
Ronald Nowlan

30

Matilde Bird
David Dutra
Dorothy LaFalce

31

Beverly Arnott
Graham Giese
John Magin
Cynthia McClain
Warren Roderick, Jr.
John Tetreault

OCTOBER COA CAFÉ

TUESDAY 12:30

\$7.50

Call COA to reserve by Monday noon

October 2

Pasta w/Baby Bella
Mushroom Sauce
Mixed Green Salad

October 9

Cod & Mashed Potato Gratin
Mixed Roast Vegetables

October 16

Pan Seared Pork Tenderloin
Apple Compote
Creamy Cauliflower Casserole
Green Beans

October 23

Meatloaf
Mashed Potato
Peas

October 30

Chicken Pie
w/Cornmeal Biscuit Topping
Spinach Salad
w/Maple Dijon Dressing



John Carbone's Friday at the Movies

October 5

The Proposal (2009)

Sandra Bullock & Ryan Reynolds

October 12

It's Complicated (2009)

Meryl Streep, Steve Martin & Alec Baldwin

October 19

Leap Year (2010)

Amy Adams & Matthew Goode

October 26

We Bought a Zoo (2011)

Matt Damon & Scarlett Johansson

Movie begins at 1:30

FREE POPCORN

Please call if you need any further info.
508-487-2462



SOUPS TO GO

They are returning beginning
this month!

\$4/pint



OCTOBER COOKING CLASSES AT TRURO COA

Boost Your Immune System: single session We can't always prevent every illness but we can make an effort to ensure our immune system is working as well as possible to protect us from many of the colds and flus we are exposed to. This course will focus on what foods are best to help boost our immune systems, and also addresses important information for asthma and allergy sufferers, as well as anyone diagnosed with cancer, who might be undergoing immune suppressing chemotherapy. Learn what foods are the most nutrient dense and work with our bodies to promote optimal health. **October 3**

Cooking for One: single session 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. **October 10**

Autumn Soups and Stews: single session The cooler weather makes us crave the comfort of soups and stews so why not learn how to make some delicious healthy ones that celebrate the seasons' vegetables. Soups and stews are simple to prepare, make great use of produce that might have seen better days, and are nutrient dense. Even better, their soft texture makes them ideal for anyone with teeth problems or other digestive issues. **October 17**



**\$5/per class. All sessions begin at 10a.m., run approximately 1.5 hours followed by a shared lunch. Please call the COA to reserve you space.
508-487-2462**

COA GALLERY - OCTOBER

10 Years of Adventure Travel

Marla and Buddy Perkel have been traveling to remote places in the world for many years. Over the last 10 they have gone to both Polar areas as well as Africa, India and South and Central America. The photos in this show are of people, places, animals and things that have interested them. They enjoyed selecting the pictures in it. It brought back good memories of exciting trips. They hope they interest you as well.

Opening Reception is Sunday, October 7, 2-4 P.M.

All are welcome.



Searching for tigers in India on elephant back



Close encounter with a gray whale of the Pacific coast of Baja

COA GALLERY - NOVEMBER

JOAN PEREIRA & HER "SATURDAY MORNING PAINTERS"

Joan Pereira and her "Saturday Morning Painters" will present work in oils, pastels, acrylics and charcoal.

Painting still lifes inside the COA and outside in various places in Truro and in the National Seashore, Joan Pereira, along with Joyce Johnson, Rachael Sokolowski and Ed Yaconetti have produced a variety of work reflecting their different styles and personalities.

Come see our work and enjoy some refreshments as well.

Opening Reception is Sunday, November 4, 2-4 P.M.

All are welcome.

Tuesday, October 23rd @ 1:30

DAD, I WANNA GO FISHIN

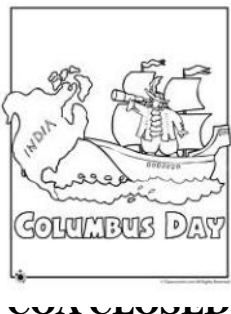

produced by Peter Cook

will be shown at the Truro Council on Aging



OCTOBER 2012



Mon	Tue	Wed	Thu	Fri
1 Strength Training 9-10 Memoirs 10:30-12:30	2 Needlework 10-Noon COA CAFÉ 12:30	3 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Tai Chi 8:30A.M. Cooking 10a.m.	4 CORE cancelled PACE cancelled Mahjongg 1-4 FLU CLINIC 1-3	5 Strength Training 9-10 FREE Friday Movie 1:30 Trader Joe's 9A.M.
8 	9 Needlework 10-Noon COA CAFÉ 12:30 Chamber of Commerce Cane Presentation 1:30	10 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Tai Chi 8:30A.M. Legal Assistance (by appointment) Cooking 10a.m.	11 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	12 Strength Training 9-10 FREE Friday Movie 1:30 *Note: Mystery Book Club meeting time moved this month only
15 Strength Training 9-10 Memoirs 10:30-12:30	16 Needlework 10-Noon Story Swap 11 A.M. COA CAFÉ 12:30	17 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Tai Chi 8:30A.M. Cooking 10a.m. COA TRIP 10a.m.	18 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	19 Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30 Foot Care (by appointment)
22 Strength Training 9-10 Memoirs 10:30-12:30 SIGHT LOSS 10-NOON	23 Needlework 10-Noon COA CAFÉ 12:30 BCBS Questions & Answers 11A.M. Dad I Wanna Go Fishin 1:30	24 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Tai Chi 8:30A.M.	25 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	26 Strength Training 9-10 FREE Friday Movie 1:30
29 Strength Training 9-10 Memoirs 10:30-12:30	30 Needlework 10-Noon COA CAFÉ 12:30	31 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Tai Chi 8:30A.M.		COA Gallery 10 Years of Adventure Travel Opening Reception: Sunday, October 7, 2-4P.M.

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**



Saturday, October 13 Catch Me If You

CanNational Tour Opens at PPAC! Based on the **hit DreamWorks film** and the incredible true story that inspired it, CATCH ME IF YOU CAN is the high-flying, splashy new Broadway musical that tells the story of Frank W. Abagnale, Jr., a teenager who runs away from home in search of the glamorous life. With nothing more than his boyish charm, a big imagination and millions of dollars in forged checks, Frank successfully poses as a pilot, a doctor and a lawyer - living the high life and winning the girl of his dreams. But when Frank's lies catch the attention of FBI agent Carl Hanratty, Carl chases Frank to the end...and finds something he never expected. This delightfully entertaining musical has been created by a Tony Award®-winning "dream team," with a book by Terrence McNally (The Full Monty, Ragtime), a swinging score by Marc Shaiman & Scott Wittman (Hairspray), choreography by Jerry Mitchell (Hairspray, Legally Blonde) and direction by Jack O'Brien (Hairspray, The Full Monty, Dirty Rotten Scoundrels). Don't miss this big-hearted musical adventure based on an astonishing real-life story of being young, in love...and in deep, deep trouble! We have orchestra seating for the 2:00 PM matinee at the Providence Performing Arts Center, with time before the show for lunch and shopping at the Providence Place Mall. **\$ 110**

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Martha Ingram, President; 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 Moriarty, Joan Holt, Martha Ingram, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; . **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.