



# TRURO LOG

## SEPTEMBER 2012

### TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

#### Face of Experience: Mary Fassett

Mary Fassett is a 97 year old poet, painter, potter, pianist with an indomitable gleam in her eye who is now learning the computer.

Mary was born in Boston, then her family moved to New York City for a few years, finally moving to Woodmere in the suburbs. What Mary remembers of that time is that she had a girlfriend who lived next door and they rigged a pulley to shuttle food between their houses. She also remembers hanging by her heels from a bar.

Mary's dad had a beautiful baritone voice and he had a huge repertoire of French songs that he sang for pleasure. Mary sings to herself when she is lonely. As a child she remembers singing, "Yes we have no bananas." For a while, the family lived in Sarasota Florida and her mother who was a cellist started a symphony. The school that she attended had cabins. She would visit another cabin at night to hear black singers who would sing by a fire through the night.

Mary attended Sarah Lawrence College in Bronxville, N.Y. which she says was "too easy." She received a B.A. degree in painting and also studied philosophy, especially Socrates. She can read classical Greek, Italian, Portuguese and French. Mary learned Portuguese in order to speak while in Portugal in the 30s. She had a taxi driver who would take her to bars where whores sang.

After college she went to equestrian school in Tucson, Arizona where she met her first husband. They built a

Southwestern style white adobe house that with its simple classical lines would fit in well in the Greek islands. When she married, her grandmother told her to keep her middle name, Fassett, which was her grandfathers name. He lived in Elmira, N.Y. and knew Mark Twain.

The other part of Mary's family were Crockers (not Davy) who went West in a prairie wagon and settled in California starting and doing well in a supply business for the workers. Mr. Crocker became Chief Justice of California. He bought up many famous painters work.

Mary's second husband, a "great pianist," Ernst Levy composed 13 symphonies, but he was mean to Mary so she divorced him.

Mary's third husband, Bob Heine-mann was from a family in the Chicago area and they manufactured coal stoves so he was well-off. They moved to France where they lived for 20 years, first in a small house in a small village eventually moving to a large house with a pool in Chenes in southern France. The water was piped in from the mountains - a system, according to locals, built by the Greeks.

Back in the United States, Mary left her third husband and bought a house on Buckingham Street in Cambridge where her son was born. She joined a group of women of whom she was the youngest and they read Shakespeare together. Her son went to Browne and Nichols School.

Mary's grandmother "was a giving person" and she had a house called Grey Court with 20 bedrooms in Falmouth where the family spent summers.

#### INSIDE THIS ISSUE

**Face of Experience:  
Mary Fassett  
Truro Chamber of  
Commerce Cane  
Cooking Classes  
Senior of the Year  
Beyond Store Bought:  
Eco-Chic Gift Wrapping  
Live Your Life Well  
Tai Chi  
Music & Conversation  
Sight Loss Support  
Town Nurse Wisdom  
SMP Free Workshop  
Volunteer Opportunities  
Video Workshop  
Mystery Book Club  
COA Gallery  
Café & Movies  
September Birthdays**

From Falmouth, Mary decided to find a place in Truro (She doesn't remember when) and that is where she lives now.

Mary Fassett showed me an urn that she made with her drawings on it and speaks of it being the place where her bones will rest. She also says that she sings "Old Black Joe" often - "Old Black Joe, I hear them angels calling, I'm coming, I'm coming though my head is bending low, I hear them angels calling. Old Black Joe." But don't you believe it. I still see that gleam in her eye and she has creative plans.

Katherine Stillman



**Mary  
Crocker  
Fassett**



## THE TRURO CHAMBER OF COMMERCE CANE

The Truro Chamber of Commerce cane was created in 1984, when Flora Peters celebrated her 100th birthday, and was the oldest citizen of Truro. The Boston Post cane was not available for her, having apparently gone missing several years before. As Flora had been a volunteer and strong supporter of the Truro Chamber of Commerce for most of her retirement years, the Directors of the Chamber decided it would be appropriate for the Truro Chamber to commission a cane in honor of the oldest citizen of Truro and present it to Flora, for her use. Thus a new tradition was begun.

When Flora died, her family returned the cane to the Chamber, and for some years it remained in the closet of one of the Directors.

The current Officers and Directors of the Truro Chamber of Commerce are excited to once again be honoring the eldest member of the Town of Truro with this cane, and hope to continue this tradition, with the partnership of the Truro Council of Aging, staff and Board Members.

We pledge to endeavor never to lose track of this cane, its monetary value is less than that of the original Boston Post Cane, but the honor that it carries is equal.

The Truro Chamber of Commerce, and all the business people involved, the Truro Council of Aging, and the Town of Truro itself honors its eldest citizen, and encourages all to congratulate the recipient, **Mary Crocker Fassett, Tuesday, October 9th at 1:30 PM** at the Community Center, when she is presented with the cane.

## SEPTEMBER BIRTHDAYS

**1**

Ronald Hyams  
John McCormick

**2**

Carol Baldwin  
David Brady  
Irene Goshen  
Stanley Hudson  
Emy Ricadela  
Barbara Wood

**3**

Americo Franco  
Harriet Rubin  
Rebecca Whiting

**4**

Mary Bredemeir  
Carl Brotman  
Dorothy Olson

**5**

Rella Rice  
Cynthia Slade  
Dee Springer

**6**

Sharon Ormsby  
Linda McCormick

**7**

Chuck Arnott  
Lucinda Browne  
John Colley  
Bill Curcio  
John Hotchkiss  
Carmen Rose

**8**

Jannarius  
Cocozello  
James Downey  
Kenneth Guild  
Nancy Hotchkiss  
Lawrence Petterson

**9**

Julie Brown  
Brian Davis

**10**

Charles Leigh  
Phillip Smith

**11**

Elizabeth Eastman  
Charles Gareau  
Anna Panetta  
Naomi Rorro

**12**

Jeanluc Brylinski

**13**

Tony Hodgin  
Amdrea Niewenhous  
Malcolm Rose

**14**

Kathleen Stevens

**15**

Francis Johnson, Jr.  
Earl Salzman

**16**

Edgar Ducharme  
Moniz Rose

**17**

Rafael Marin  
Isaiah Snow

**18**

Pamela Coelho  
Carol Manta

**19**

Judith Gaechter  
Patricia Ward

**20**

Boyd Haff  
Eleanor Kendrick  
Frank Smith

**21**

Shari Schulz

**22**

Patrick Falco  
Daniel Sanders  
William  
Worthington

**23**

Diane Cummings

**24**

Dolores Filardi  
Maria Mafia  
Bette Shapiro

**25**

Marjorie Corea  
Janet DeWilde  
Robert Rice  
Katherine  
Schmalbach

**26**

Dave Bishop  
Robert Horton  
Lucy Perry

**27**

Sebastian Davis  
Daniel Duarte  
Henry Hautanen  
Jim O'Halloran  
Betty Sano

**28**

Peter Annese  
Lillian Howard  
Paula Noons

**29**

John Comerford

**30**

Marylou Crimmins  
Patricia Roderick  
Philip Secrest



## MYSTERY BOOK CLUB

Friday, September 14

12:30

### A HEARTBEAT AWAY

**Michael Palmer**



## *Senior Citizen of the Year*

The reception for **William Worthington**, Senior of the Year, will be held on Saturday, September 15th from 2-4P.M. at the Truro Council on Aging in the Community Center. The actual presentation will be at 2:30P.M.



## Free Informational Workshop

### **How to Detect, Protect and Report Healthcare Errors, Fraud and Abuse**

Healthcare errors cost billions of dollars annually. Become an educated healthcare consumer and protect yourself and your loved ones against Medicare fraud and deceptive marketing tactics.

**Truro Council on Aging**

**7 Standish Way**

**North Truro, MA 02652**

**Tuesday, September 11, 2012**

**1:15 p.m. – 2:15 p.m.**

Consumer awareness and action safeguards Medicare and protects us and our loved ones. Join this growing movement of educated healthcare consumers. Your input is crucial!

**Sponsored by Truro Council on Aging**



## *Town Nurse Wisdom*

### **Five Water-Rich Foods to Keep You Hydrated!**

It's hot out there! When the mercury rises, so does your need for water. To prevent dehydration and to function properly, your body needs an ongoing water supply throughout the day—especially in extreme temperatures. And while nothing beats a tall glass of water to quench your thirst, foods can also supply some of your daily water needs. Enjoy some of these water-rich choices to beat the heat.

#### **Crisp Lettuce**

Crisp lettuce tops the list: it's 96% water. In addition to assisting in hydration needs, lettuce is also a source of potassium, folate, antioxidants and smaller amounts of vitamins C and K. So load up! A nice big salad sounds mighty refreshing for a hot day.

#### **Watermelon**

Surprised? There's a reason watermelon is a staple at picnics and cookouts. It's tasty and refreshing! But it's also made up of about 91% water and is a source of vitamins A and C and contains lycopene, fiber and potassium. So basically, it's a win-win summer food.

#### **Grapefruit**

Cool down with grapefruit. This tropical fruit is about 90 percent water. Grapefruit is also low in calories and a good source of phytonutrients and vitamin C. Pink and red varieties also provide vitamin A and lycopene. Try it chilled for an energizing and hydrating addition to breakfast.

#### **Broccoli**

Broccoli might not be the obvious choice, but this cruciferous veggie packs a wallop of water, coming in at about 89 percent water. In addition, it includes vitamin C, calcium, fiber, iron and beta carotene (which is converted to vitamin A by the body). Try it tossed with Greek yogurt, nuts and raisins for a simple, tangy treat.

#### **Low-Fat Milk and Yogurt**

Low-fat dairy can add protein, phosphorus, potassium and vitamins A and D to your diet, but guess what? It's also a source of water! Low-fat milk and yogurt rank high on the list of water-rich foods, at 89 percent and 85 percent water, respectively. So eat your recommended three cups today!

## Beyond Store Bought: Eco-Chic Gift Wrapping



Learn new and attractive ways to wrap gifts with eco-friendly materials – brown paper, shopping bags, newspaper, cloth and more! Illustrated talk with demonstrations.

Reena Kazmann is a crafts designer/teacher/lecturer who started [www.eco-artware.com](http://www.eco-artware.com), the web's first gift store carrying only designs made from recycled, reused and natural materials by independent designers in 1999.

**Tuesday, September 4 @ 1:30**  
following the luncheon.

## SIGHT LOSS

### Self Help Support Group

Sight Loss Services will be hosting a monthly meeting beginning **September 24<sup>th</sup>** from **10-Noon**. They will meet every fourth Monday until June 2013. If you are a Truro resident, would like to attend and need transportation, please let us know by calling 508-487-2462.

## NEUROPATHY SUPPORT GROUP MEETING

Wednesday, September 26, 2012

2:00 pm - 4:00 pm

Orleans Council on Aging

150 Rock Harbor Road

Guest Speaker

**John M. Bete, DO; MD**

Physical Medicine and Rehabilitation

Cape Cod Hospital Pain Center, Hyannis

## Nuts and Bolts of Neuropathic Numbness and Neuropathic Pain No reservations required

For more information, call

Andree Yager @ (508) 240-0859

---

## IN MEMORIAM

**Jean Burgess Mackay**

**William Johnson, Jr.**

**Miriam Aaron**

---

**HELP!** The Truro Needlework Group is in need of volunteers for Truro Treasures Weekend. If you can spend 2 hours at the groups craft table, please call the COA at 508-487-2462.

**All** proceeds from the sales goes to Breast Cancer Research.

## Alzheimer's Services

*Presents*

### Music & Conversation

*with Denya LeVine*



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.**

***Tuesday, September 18 @ 1:30***

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.*

## Tai Chi and Chi Kung

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental and physical balance and general well being, with an emphasis on "mindfulness" – remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, tai chi, chi kung, and meditation for seven years on Cape Cod. He currently teaches in Wellfleet, Orleans, and Harwich.

**Wednesday, September 12**      \$5 pp/per class  
**8:30-9:30A.M. @ The Community Center**



## SEPTEMBER

### COA CAFÉ

TUESDAY 12:30

\$7.50

Call COA to reserve by  
Monday noon



#### **September 4**

Eggplant Parmesan w/Pasta  
Mixed Green Salad

#### **September 11**

Baked Chicken Breast  
w/Lemon & Oregano  
Lemon Potatoes  
Green Beans

#### **September 18**

Fresh Cod Fish Cakes  
Cole Slaw  
Baked Bean Casserole

#### **September 25**

Chicken Vegetable Stir Fry  
Steamed Rice

### **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, September 11, 1:15 P.M.**

**OPPORTUNITY** Volunteer as an AARP/IRS Tax-Aide Counselor and work with eligible Cape Cod residents in preparing their tax returns. Basic computer skills and some experience in filing your own tax returns are important, along with a willingness to make a significant time commitment to this worthy effort. Training is provided. An internet search on "Tax-Aide Volunteer" will lead you to the procedure for joining this invaluable team. Please don't hesitate to contact me if you have any questions. Ann Lieber Cape Cod & Islands Recruiting Coordinator.

Email: [ann.lieber@lammb.com](mailto:ann.lieber@lammb.com) Ph: 508.398.8811

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

#### **September 7**

**The Bridges of Madison County**  
(1995) Clint Eastwood & Meryl Streep

#### **September 14**

**The Birdcage** (1996)  
Robin Williams & Nathan Lane

#### **September 21**

**The Devil Wears Prada** (2006)  
Anne Hathaway & Meryl Streep

#### **September 28**

**The Notebook** (2004)  
Gena Rowlands & James Garner

Movie begins at 1:30

**FREE POPCORN**

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



**The Truro Group** is holding their second exhibit of the year at the Truro Library during the month of September.

September is a busy month in Truro with both the Ag Fair and Truro Treasures Weekend, but we hope you will still take the time to come out and support Truro artists and see the show.

**The opening is Sunday,  
September 9th from 2-4P.M.**



## COA GALLERY - SEPTEMBER

### JOAN HOPKINS

Joan Hopkins is co-owner of Golden Cod Gallery in Wellfleet, MA. She is a graduate of the Rhode Island School of Design. The figure in the landscape, as well as in the still life, has been prominent in her work. Throughout her career she has often worked on a large scale, painting expressive landscapes based on many different places: Cape Cod dunes and marshes, Western Massachusetts farmland, Scottish mountains, and Florida wetlands. It wasn't until she first returned to Jamaica in 1980 that she began painting specifically Caribbean themes, starting with large images based on memories of her grandmother's garden at Blue Mountain. Rather than providing a simple tourist point of view, her paintings describe intimately familiar, material qualities of daily life in the tropics.



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

*All are welcome.*

## 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

# SEPTEMBER 2012



Mon	Tue	Wed	Thu	Fri
<b>3</b> <b>COA Closed</b>  <b>LABOR DAY</b> 	<b>4</b> Needlework 10-Noon COA CAFÉ 12:30 <b>Eco-Chic Gift Wrapping 1:30</b>	<b>5</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30	<b>6</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>7</b> Strength Training 9-10 FREE Friday Movie 1:30 <b>Last day to register for Live Your Life Well Forum</b>
<b>10</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>11</b> Needlework 10-Noon COA CAFÉ 12:30 <b>FREE HealthCare Workshop 1:15</b> 	<b>12</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 <b>TAI CHI 8:30A.M. Legal Assistance (by appointment)</b>	<b>13</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>14</b> Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30
<b>17</b> Strength Training 9-10 Memoirs 10:30-12:30 	<b>18</b> Needlework 10-Noon <b>Story Swap 11 A.M.</b> COA CAFÉ 12:30 <b>Music &amp; Conversation w/Denya LeVine 1:30</b>	<b>19</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 <b>LIVE YOUR LIFE WELL FORUM 10:30-1:30</b>	<b>20</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>21</b> Strength Training 9-10 FREE Friday Movie 1:30 Foot Care (by appointment) 
<b>24</b> Strength Training 9-10 Memoirs 10:30-12:30 <b>SIGHT LOSS 10-NOON</b>	<b>25</b> Needlework 10-Noon COA CAFÉ 12:30 <b>FREE Video Workshop 1:15</b>	<b>26</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 <b>TAI CHI 8:30A.M.</b>	<b>27</b> Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>28</b> Strength Training 9-10 FREE Friday Movie 1:30

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

*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.*