



## TRURO LOG

MARCH 2011

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

### FACE OF EXPERIENCE with CLAUDIA TUCKEY

Claudia Tuckey lives in Truro with her husband David and 2 Cardigan Welsh Corgis (the ones with tails). After 40 years of vacationing in Truro, they bought a house in Wellfleet in 2000. Five years ago, they sold that place and moved to a cottage in Truro. They rehabilitated this home as they have done with all their houses both here and in Rochester, N.Y. where Claudia was born and worked all her working life.

Claudia and David have one son and 2 grandchildren (6 and 4). Their son and his wife are both lawyers and they live in Helsinki, Finland, a place definitely colder than here. A high this second week of February is 12F and mostly the temperature is in the single digits or below zero. However Finland is known for sauna soaking as a way of life.

Claudia retired in 2010 and David and she moved here permanently in April. Retiring is **not exactly Claudia's style. The Truro COA has** benefited from her expertise and energy. Claudia is a new member of our Board, she has helped out transporting seniors, she volunteers in the COA Café and she works with Truro residents applying for Fuel Assistance. Claudia is also going to be trained as a S.H.I.N.E. representative this Spring to help with Health Insurance Needs of Elders.

Claudia was also a volunteer in Rochester. She was a member of GRAPE—Greater Rochester Area Partnership for the Elderly. **She also gave presentations for the Alzheimer's Association on Health Information and community resources for instance: How to Navigate the Hospital Systems.**

Claudia received her BA in 1980 in Human Resources Management at Empire State University in Rochester. While she was getting her degree, she worked for Monroe County Dept. of Social Services as a child protective services caseworker and as Supervisor of Monroe City Home Health Care Services Dept.

Claudia has a talent for balancing more than one job at a time. She worked as Director of Community Outreach where she increased the number of congregate houses from 1 to 50! annually

As the head of her own company, Comprehensive Solutions for Seniors, she found placement for 125 people and their families annually. From 1994 to 1998 she worked for Life Span as a Financial Counselor regarding Medicare, Medicaid and Long Term Care needs. At the same time Claudia was a Retirement/Long Term Care Specialist/Product Coordinator for John Hancock Financial Services.

She has taught courses on Gerontology for HCR and created curriculum on Medicare and Medicaid. She also helped in doing Medicaid and Food Stamp applications with homebound clients. The list goes on. We have an expert in many areas concerning elders volunteering here in Truro! How lucky can Truro be?

By Katherine Stillman, Outreach Coordinator

### INSIDE THIS ISSUE

COA Gallery

Café & Movies

Calendar

Educating Rita

Senior Dinner

Live Your Life Well Forum

RMV Information

Bereavement Support Group

Request for a Display Cabinet

Mystery Book Club

Wii Bowling League

Flowers By Lisa

Community Education Information

Crabby Old Man



Dave & Claudia Tuckey

## EDUCATING RITA

Richard Clark and Dianne Giammarco will be performing in this play about an English professor with more interest in liquor than in literature and a young hairdresser eager to cut her ties to the working class and become a college student. Wit, wisdom and humor mix with poignant human drama to create engaging entertainment.

Thanks goes to the Friends of the Truro COA, together with the Wellfleet and Provincetown COA Friends for making this production possible

Truro Community Center

March 22<sup>nd</sup> 1:30-3:30P.M.

## LIVE YOUR LIFE WELL FORUM

The Wellfleet Council on Aging is hosting this forum on March 11<sup>th</sup>, 10:30-1:30 on aging well and being ready for life's bumps. The forum features:

- An opportunity to learn how to build the kind of resiliency you need to age well
- Ten specific things you can do to strengthen your mental wellness
- Experts acting as conversation leaders at your table
- Display tables with take away materials
- Participation prizes
- AND LUNCH IS ON US!

We have limited space so you **MUST** register in advance. Please call the Wellfleet Council on Aging at 508-349-0313 to register. This event is hosted by the Wellfleet Council on Aging in partnership with The Truro COA and the other Cape Councils (COAST).

## MYSTERY BOOK CLUB

MARCH 11th 12:30

### **THE BEEKEEPER'S APPRENTICE**

*Laurie R. King*

## Wii BOWLING LEAGUE

The COA has purchased a Wii!

It has a scheduled play time of Thursdays at 10:30A.M. There has been some interest in starting a league. If you are interested in becoming involved in learning to play and creating a league, please call either the COA at 487-2462 or Sarah Morrison at 349-9728.



## REQUEST for a DISPLAY CABINET

The Truro COA is looking for a display cabinet. **We would like to have "special collections" offered by you! on display and** additionally, the needlework group is creating items to display, with all proceeds going to breast cancer awareness. The perfect cabinet would have a glass front with multiple shelves and lock either in front or from the back. If you have one to offer, or perhaps a suggestion as to where we might get one, please call the COA at 487-2462.



## BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will meet

on Wednesdays from 1P.M. To 2:30P.M. From March 16<sup>th</sup> to April 20<sup>th</sup> at the Truro COA.

There is no charge for this group. Pre-registration is required. For more information please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715

## RMV Information

Now that the RMV no longer sends reminders out when it's time to renew your driver's license, you might want to sign up for their free reminder service.

You can choose whether you would like to be reminded by e-mail or telephone. Register online at <http://www.massdot.state.ma.us/rmv/> or call Katherine at the COA for assistance 508-487-2462.

COA GALLERY - MARCH  
RICHARD & MARJORIE GIDMAN  
PAINTING & DRAWING

After moving to Cape Cod, both Marjorie and Richard had a latent desire to begin **painting again and together they enrolled in the senior's painting class at Castle Hill in Truro under the instruction and "gentle" critiquing of Joan Hopkins Coughlin of Wellfleet.** Throughout several years of classes, Marjorie has found painting landscapes in acrylics and oils to be her favorites. Richard started with watercolors but switched to oil pastels three years ago. The quality of paintings here is important to us, but the enjoyment of creating is most important. Richard and Marjorie are members of the Truro Group of artists. They have exhibited in the Truro Library, Wellfleet COA, Castle Hill and at Seamen's Bank in Provincetown.



Opening Reception is Sunday,  
March 6, 2-4 P.M.

*All are welcome.*



COA GALLERY - APRIL

Mason Morfit, Nancy Ellen Craig, Heather Blume,  
Michael Prodanou and Janice Allee

Janic Allee, a resident of Truro, creates figurative and landscape painting.

Heather Blume creates original sculpture, paintings and drawings concerned with the human condition.

Nancy Ellen Craig lives in Truro. For more than forty years, both in Europe and America has been painting portraits professionally.

Mason Morfit studied with Jerry Farnsworth and Helen Sawyer in North Truro and works primarily in water-color and photography.

Michael Prodanou was trained as an architect and started his figure painting and drawing career in 2000.

Opening Reception is Sunday, April 3, 2-4 P.M.

*All are welcome.*



MARCH  
COA CAFÉ

TUESDAY 12:30

\$7.50

March 1

Panko Crusted Cod Fish  
with Cranberry Sauce  
Garlicky Green Beans  
Roasted Sweet Potatoes

March 8

Chicken & Sausage Gumbo  
over Rice

March 15

Corned Beef & Cabbage

March 22

Cheese Ravioli with Sun  
Dried Tomato Sauce &  
Chicken Sausage

March 29

BBQ Chicken  
German Potato Salad



APRIL

COA CAFÉ

TUESDAY 12:30

\$7.50

April 5

Teriyaki Salmon  
Stir Fried Vegetables  
Jasmine Rice

April 12

Meatloaf  
Mashed Potatoes  
Green Bean & Parmesan  
Crusted Tomatoes

April 19

Baked Chicken with Dried Fruit  
Wild Rice Pilaf  
Vegetables

April 26

Spinach Lasagna  
with Sauce Béchamel  
Tomato Cucumber Salad

## John Carbone's Friday

at the Movies

March 4 THE PALM  
BEACH STORY (1942)

Claudette Colbert, Joel  
McCrea

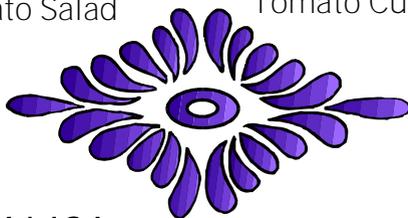
March 11 THE LADY EVE  
(1941) Barbara Stanwyck,  
Henry Fonda

March 18 GASLIGHT  
(1944) Charles Boyer,  
Ingrid Bergman, Joseph  
Cohen

March 25 EDWARD  
SCISSORHANDS (1990)  
Johnny Depp, Winona Ry-  
der, Dianne Wiest

Movie & popcorn are FREE  
and begins at 1:30P.M.

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



## FLOWERS BY LISA

Is offering a **FREE** session of  
flower arranging. Lisa  
Kavanaugh, master gardener,  
landscaper and designer,  
will walk us through the  
different flowers that  
will be used to make a  
take home  
arrangement.

**Tuesday, March 29<sup>th</sup>  
1:30P.M.**

Please call the COA to  
reserve a spot.



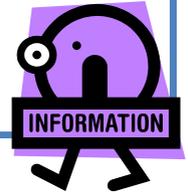
## SENIOR DINNER

The members of the Truro Police and  
Fire Department will be holding  
their annual senior dinner again  
on **Sunday March 27 2011 at 1PM.**  
This year, it will be held at the pub-  
lic safety facility. There will be a  
stuffed chicken dinner prepared and  
served with all the fixings by the  
members of the police and fire de-  
partments. Door prizes will be avail-  
able. **If you're a Truro Senior, please  
feel free to join us as you have before.**  
Please call the police station at  
508-487-8730 to register. There is a  
limit of 80 people.

**Please register by March 22, 2011....**

## TRURO COA GENERAL INFORMATION

If more information is needed, please call the COA @ 487-2462



**PACE**—People with Arthritis Can Exercise. Slow paced, chair exercise instructed by Kathy Stetson, Certified Physical Therapist. FREE

**CORE CONDITIONING** - Intermediate level workout for the back, abdominals and hips are performed in a variety of sitting, standing and on the floor. Instructor Kathy Stetson, Certified Physical Therapist. \$5/per class

**STRENGTH TRAINING**—Chair exercises using hand and leg weights. Some standing using strengthening bands. Go at your own pace. FREE

**MEMOIRS**—A group setting of writers who read, write and critique the work of the group members. FREE

**MEN'S GROUP**—A group setting to discuss politics, current events, world happenings or what's important to you. FREE

**COA CAFÉ**—Weekly luncheon, open to all. Reservations **MUST be made by Monday's** at noon by calling the COA. \$7.50

**MAHJONGG**—Weekly gaming open to all that have some experience. FREE

**STORY TELLING** with Dan Lynch—Share your favorite memories and listen to Dan and participants reminisce. 3rd Tuesday of each month. FREE

**FRIDAY MOVIE**—Join some friends or make new ones at the FREE Friday Flick here at the COA. Popcorn provided.

**Wii**—Bowling and other sports available to try out. FREE

**HOW**—Helping Our Women with support for women with chronic illness. Open to all women with any type of chronic and life threatening/disabling condition. First Thursday of the month 9:30-11:30. Call for more information 487-4357.

**SIGHT LOSS**—Support group meeting is the 4th Monday, September through June, 10 A.M.-Noon. Transportation available. Call the COA for additional information.

**PEDICARE**—Non-medical foot care by appointment at the COA. First Thursday of each month. Reservations required.

**PODIATRIST**— All foot care problems, as well as routine care. Fridays, every other month. Reservations required.

**LEGAL SERVICES**—Legal services of Cape Cod & Islands Specializing in Elder Services. 2nd Wednesday of each month. Appointment required by calling the COA @ 487-2462.

**WEIGHT LOSS**—Wednesdays, immediately following Strength Training at 10A.M. Free

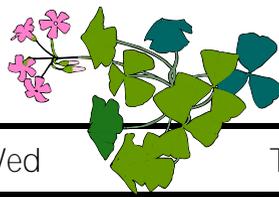
Check out the Calendar section of the Log to find out more information about dates and times.

Transportation is available by reservation by calling

508-487-2462



# March 2011



Mon	Tue	Wed	Thu	Fri
<p><i>Richard &amp; Marjorie Gidman</i></p> <p><i>Opening Reception Sunday, March 6 2-4 P.M.</i></p>	<p>1</p> <p>COA CAFÉ 12:30</p> <p>Needlework</p> <p>10-Noon</p>	<p>2</p> <p>Strength Training 9-10</p> <p>Weight Loss 10-10:30</p>	<p>3</p> <p>Wii 10:30</p> <p><b>Men's Group 9-10</b></p> <p>CORE 11-Noon</p> <p>PACE 12:30-1:30</p> <p>Mahjongg 1-4</p> <p>Foot Clinic (by appointment)</p> <p>HOW 9:30-11:30</p>	<p>4</p> <p>Strength Training 9-10</p> <p>FREE Friday</p> <p>Movie 1:30</p>
<p>7</p> <p>Strength Training 9-10</p> <p>Memoirs 10:30-12:30</p>	<p>8</p> <p>COA CAFÉ 12:30</p> <p>Needlework</p> <p>10-Noon</p>	<p>9</p> <p>Strength Training 9-10</p> <p>Weight Loss 10-10:30</p> <p>Legal Assistance (by appointment)</p>	<p>10</p> <p><b>Men's Group 9-10</b></p> <p>CORE 11-Noon</p> <p>PACE 12:30-1:30</p> <p>Mahjongg 1-4</p> <p>Wii 10:30</p>	<p>11</p> <p>Strength Training 9-10</p> <p>FREE Friday</p> <p>Movie 1:30</p> <p>Live Your Life Well Forum 10:30-1:30</p>
<p>14</p> <p>Strength Training 9-10</p> <p>Memoirs 10:30-12:30</p>	<p>15</p> <p>Story Swap with Dan Lynch 11-12:15</p> <p>COA CAFÉ 12:30</p> <p>Needlework</p> <p>10-Noon</p>	<p>16</p> <p>Strength Training 9-10</p> <p>Weight Loss 10-10:30</p>	<p>17</p> <p><b>Men's Group 9-10</b></p> <p>CORE 11-Noon</p> <p>PACE 12:30-1:30</p> <p>Mahjongg 1-4</p> <p>Wii 10:30</p>	<p>18</p> <p>Strength Training 9-10</p> <p>FREE Friday</p> <p>Movie 1:30</p> <p>Hyannis Shopping 9A.M.</p>
<p>21</p> <p>Strength Training 9-10</p> <p>Memoirs 10:30-12:30</p>	<p>22</p> <p>COA CAFÉ 12:30</p> <p>Needlework</p> <p>10-Noon</p> <p><b>Educating RITA</b> 1:30</p>	<p>23</p> <p>Strength Training 9-10</p> <p>Weight Loss 10-10:30</p>	<p>24</p> <p><b>Men's Group 9-10</b></p> <p>CORE 11-Noon</p> <p>PACE 12:30-1:30</p> <p>Mahjongg 1-4</p> <p>Wii 10:30</p>	<p>25</p> <p>Strength Training 9-10</p> <p>FREE Friday</p> <p>Movie 1:30</p>
<p>28</p> <p>Strength Training 9-10</p> <p>Memoirs 10:30-12:30</p> <p>SIGHT LOSS 10-NOON</p>	<p>29</p> <p>COA CAFÉ 12:30</p> <p>Needlework</p> <p>10-Noon</p> <p>Flower Arranging 1:30</p>	<p>30</p> <p>Strength Training 9-10</p> <p>Weight Loss 10-10:30</p>	<p>31</p> <p><b>Men's Group 9-10</b></p> <p>CORE 11-Noon</p> <p>PACE 12:30-1:30</p> <p>Mahjongg 1-4</p> <p>Wii 10:30</p>	





When an old man died in the geriatric ward of a nursing home in North Platte, Nebraska, it was believed that he had nothing left of any value. Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and given to every nurse in the hospital.

**The old man's sole bequest to posterity has since appeared in the Christmas edition of the news magazine of the St. Louis Association for Mental Health.** A slide presentation has also been made based on his simple, but eloquent, poem.

This little old man, with nothing left to give to the **world, is now the author of this "anonymous" poem** that is being spread like wildfire!

### CRABBY OLD MAN

What do you see nurses?

What do you see?

What are you thinking when **you're looking at me?**

A crabby old man...not very **wise, uncertain of habit...**

with faraway eyes?

**Who dribbles his food... and makes no reply.**

When you say in a loud **voice..."I do wish you'd try!"**

Who seems not to notice the things that you do, and forever is losing a sock or shoe.

Who, resisting or not lets you do as you will, With bathing and feeding the long day to fill?

**Is that what you're thinking? Is**

that what you see? Then open **your eyes, nurse...you're not** looking at me.

**I'll tell you who I am....As I sit** here so still,

**As I do at your bidding,....as I eat at your will. I'm a small** child of Ten...with a father and mother, brothers and **sisters...who love one another.**

A young boy of Sixteen...with wings on his feet. Dreaming **that soon now ....a lover he'll** meet. A groom soon at Twenty...my heart gives a leap. Remembering, the vows...that I promised to keep. At Twenty-Five, now...I have young of my own. Who need me to guide ...and a secure happy home. A man of Thirty...My young now grown fast, bound **to each other....with ties that** should last. At Forty, my young sons...have grown and are **gone, But my woman's beside me to see I don't mourn.**

At Fifty, once more, babies **play 'round my knee, Again,** we know children...My loved one and me.

Dark days are upon me ...my wife is now dead. I look at the future...and shudder with dread.

For my young are all rear- ing...young of their own.

And I think of the years...and **the love that I've known.**

**I'm now an old man ...and** nature is cruel.

**Tis jest to make old age....look** like a fool. The body, it crum- **bles....grace and vigor, depart.**

There is now a stone...where I once had a heart.

But inside this old carcass...a young guy still dwells, and now and again...my battered heart **swells. I remember the joys...**

**I remember the pain. And I'm** loving and living...life over again.

I think of the years all too **few....gone too fast. And accept** the stark fact...that nothing can last.

**So open your eyes, people... open and see. Not a crabby old man....Look closer....see ME!**



*It's one of the hardest things in life, to care for a loved one who no longer seems to be themselves. Printed in memory of Kenneth M. Philbrook and Walter Lander, who's loving caretakers never left their side, no matter how hard the time.*

Truro Community Education Classes begin the week of 2/28/11 unless otherwise noted

Quilting – Mondays, 7-9PM, 8 weeks, \$25.00  
 Poetry Workshop – Mondays, 6-8PM, 4 weeks, \$50.00  
 Intro to Prana Flow Yoga – Mondays(begins 3/21/11), 5:30-6:30PM, 6 weeks, \$70.00  
 Knitting – Tuesdays, 6-8PM, 6 weeks, \$60.00  
 Intermediate Windows and the Internet –Tuesdays, 4-6PM, 8 weeks, \$70.00  
 Computer Spreadsheets – Tuesdays, 6:30-8:30PM, 8 weeks, \$70.00  
 Job Hunt–The Art of Interviewing–Tuesdays, 4:30-6:30PM,8 weeks, \$70.00  
 Dance to exercise – Tuesday and Thursday, 6:00-7:30PM, 8 weeks, \$80.00  
 Weight Loss Group – Tuesdays, 7:30-9:00PM, 8 weeks, \$70.00  
 Music Potpourri – Wednesdays, 7:00-8:00PM, 6 weeks, \$60.00  
 Book Club – Wednesdays, 4:30-6:00PM, 8 weeks, \$70.00  
 Basic Digital Photography, Wednesdays, 5:30-6:30PM, 6 weeks, \$60.00  
 Intro to Acting, Wednesdays, 6:30-8:30PM, 8 weeks, \$70.00  
 Intro to Word Processing, Thursdays, 6:30-8:30PM, 8 weeks, \$70.00  
 Writing for Expression, Thursdays, 4:30-6:00PM, 8 weeks, \$70.00  
 Truro Takes Flight(Bird Watching), Thursdays(2 Saturday Field Trips) 6-8PM, 5 weeks, \$60.00



COMMUNITY FYI  
 508-487-1558  
 ext 200  
 for more information

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Friends of the Truro Council on Aging Officers: John Monahan, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Florence Johnson, Diane Rose.

Council on Aging Officers: Joan Moriarty, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Carol Green, Joan Holt, Martha Ingram, John Pendleton, Bernard Robbins, Kitty Stevens, Judith Thompson, Alternate; Claudia Tuckey. 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, Farney Schneider and Chuck Zimmer, Van Drivers.

COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY  
 OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462

TRURO COUNCIL ON AGING  
 P. O. BOX 500  
 TRURO, MA 02666

BULK RATE  
 U.S.  
 POSTAGE  
 TRURO, MA  
 02666  
 PERMIT #1

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## COA GALLERY - APRIL

Mason Morfit, Nancy Ellen Craig, Heather Blume,  
Michael Prodanou and Janice Allee

Janic Allee, a resident of Truro, creates figurative and landscape painting.

Heather Blume creates original sculpture, paintings and drawings concerned with the human condition.

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