



TRURO LOG

MAY 2011

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

FACE OF EXPERIENCE

DAN SANDERS-STORYTELLER PAR EXCELLENCE



Dan Sanders who was born on Cape Cod was also born telling stories. Well not quite, but he grew up at his grandfather's knee who was a storyteller. Those stories always fascinated Dan. Dan doesn't really like to talk about himself and his life, but you can see the outline of Dan and his life by the stories he tells of others. One of the major influences in his life was his grandfather Daniel Worcester, who was a fisherman out of the fleet in Nova Scotia where he invented a machine to offload dories. He sailed with the fleet to Bos-

ton, jumped ship and joined the Boston fleet. Later he started a company to make his invention; unfortunately it went under in the depression, but Dan's grandfather had kept the patent and it made money for him. In Boston he saw a WCTU (Women's Christian Temperance Union) parade with a beautiful woman at the head. He went out and bought a drum and painted WCTU on its side and joined the parade in order to meet Jennie Sabien. The drum was still in their house when Dan was a young boy. The temperance part didn't stick, Dan reports that they were all hard drinkers and loved parties. When he wanted the party to clear out, he played his drum.

Jennie Sabien was a Quaker from Quaker Meetinghouse Road in Sandwich. Dan Sanders parents lived in Arlington, MA; his father, Gordon Sanders, worked for the Boston Herald Traveler starting out as a paperboy. In 1945 he became the editor. During World War II, Dan's father was a war correspondent and being lonely his mother took him back to her family in Sandwich. After the war, Dan's parents had a house on Spring Hill beach in Sandwich and they came down when his father wasn't working. As a newspaper man Dan's father hoped Dan would become a writer, but according to Dan he is a lousy writer and he studied science instead, inventing things like his grandfather. He studied at Tufts, Trinity College and RPI in Hartford, CT as a graduate student.

Dan worked for Pratt and Whitney which lead him to work at the Kennedy Space Center in Florida and the Johnson Space Center in Texas for the Apollo flight. He worked on a fuel cell that produced the on board electric power. The fuel cell also produced water to drink. At a big meeting, Dan said the water was drinkable but no one wanted to try it first, so his boss told him to try it. He survived but it had a terrible taste so they put Tang in it. It was a big step forward as then they didn't have to carry water as part of the payload. At Pratt and Whitney in Connecticut, Dan also worked on the space suit.

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Mystery Book Club

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**Come
as you are**



Dan Sanders (continued)



Dan's wife is Franja; they live in Truro on the old John Lewis Farm. That led Dan to tell me about the Truro Lighthouse Keeper, Stephen Lewis, who had two daughters that died at the Light and are said to still be there. Dan hasn't encountered either ghost. Part of Dan doesn't believe in ghosts but he says that the Druid in him does.

Dan's grandfather, toward the end of his life, had a bad heart and he told Dan that a year after his death on the Anniversary of the Battle of Lexington he would meet him in the Old North Church where the Sexton Robert Newman who hung the light for the Patriots is said to haunt. Dan's Grandfather didn't show, nor did Newman.

Dan has two children of whom he is very proud. Amy is a painter and a Special Education teacher in Orleans and David is an engineer for Exxon in Oregon.

Dan doesn't believe that he is cultured. He says, "God doesn't give everyone culture." He tries to copy William F. Buckley and Charles Laughton to give himself some culture. He also doesn't think that he is handsome, even though he did modeling for spoof ads as a young man. (See the picture on the front page.) Do we think that he is right? Emphatically **NO!**

Dan is President of the Highland Light and he volunteers a lot at the Truro Historical Museum. He tells stories everywhere and people flock to hear them. He is a kind and generous man who will help at the drop of a hat - delivering things to help out. He is a true gentleman and Truro is enriched by his presence.

By Katherine Stillman, Outreach Coordinator.

Did you know May is Elder Law Month????

Please join us at the COA for a presentation by Attorney Arthur Crooks on "The Fundamentals of Estate Planning".

When: **Thursday, May 26th** at 1:30-3:30 pm

Where: Truro Council on Aging

What to bring: Your questions and concerns



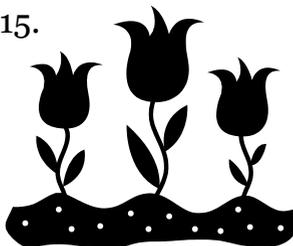
Please call the Truro COA at 508-487-2462 to sign up.

If you would like to learn more about Attorney Crooks please go to his website: www.crookslaw.com

Refreshments will be served.

Ongoing 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 the first Wednesday of each month from 1P.M. to 2:30P.M., beginning May 4th, at the Truro COA. There is no charge and 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.



Community Action Committee
of CC&I presents:

Take care of yourself & your
loved one!

Free DVD & Handbook

*Caring for a spouse, parent or
friend?

*Need questions answered?

Resources are available!

Held at

Provincetown Senior Center

26 Alden Street

May 16 10A.M.-12P.M.

Refreshments Provided

Reservations required.

Call 508-771-1727 x159 or

800-845-1999 x159

COA GALLERY - MAY

BARBARA SASS

I have called this collection *Horizons* because these abstract paintings, prints and collages, both landscape and seascape, celebrate the horizontality of my field of vision. Living in a coastal setting and witnessing the seasons shift the shape and color of shoreline, meadow and hill, has inspired my horizontal compositions. To make these landscapes personal visions, I inject imagination into the process via disorienting color, puzzling line, and unnatural light. Thus, familiar vistas become amusing, challenging, even disturbing.

Opening Reception is Sunday,

May 8, 2-4 P.M.

All are welcome.



COA GALLERY - JUNE

ROBERT HENRY & SELINA TRIEFF

Selina Trieff and Robert Henry, two artists who have been married for 55 years, are having a joint show of small works at the Truro COA in June 2011. They both studied with Hans Hofmann in Provincetown and New York in the 1950's, and have extensive exhibiting, teaching, and collections histories.

Drawing is very important to both of them and they both will be showing works on paper. Trieff has been working recently with Sharpie pens. These works, usually of one or two women are highly personal and expressive. She will also be showing some of her signature small oil and gold leaf paintings. Henry will be showing gouache paintings, a medium that he has been using recently to explore for subjects and compositions that he later realized in larger oil paintings.

Opening Reception is Sunday,

June 5, 2-4P.M.

All are welcome.



MAY
COA CAFÉ
 TUESDAY 12:30
 \$7.50



JUNE
COA CAFÉ
 TUESDAY 12:30
 \$7.50



John Carbone's Friday at the Movies

May 3
 Baked White Fish w/Corn
 and Black Bean Salsa
 Roasted Potatoes
 Veggies

June 7
 Herb Rubbed Flank Steak
 Mashed Sweet Potatoes
 Peas & Carrots

May 6 **ME AND MY GAL**
 (1932) Spencer Tracy &
 Joan Bennett

May 10
 Shepherds Pie

June 14
 Pan Seared Chicken w/
 Capers, Wine & Herbs
 Pesto Tortellini
 Vegetables

May 13 **QUEEN CHRISTINA**
 (1933) Greta Garbo &
 John Gilbert

May 17
 Garlic Chicken w/Sweet
 Roasted Pepper Sauce
 Lemon Orzo Wild Rice
 Vegetable

June 21
 Cup of Soup
 Fish Cakes
 Slaw Salad

May 20 **HUD** (1963) Paul
 Newman & Patricia Neal

May 24

Pork Chops w/Orange
 Ginger Glaze
 Mashed Potatoes
 Minted Peas

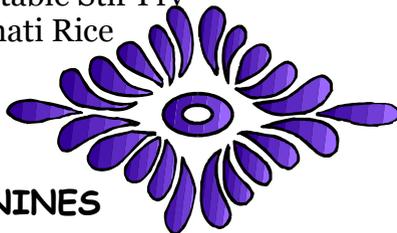
June 28
 Sweet Rosemary -Dijon Ham
 Roasted Potatoes
 Greens

May 27 **ORDINARY PEOPLE**
 (1980) Donald Sutherland &
 Mary Tyler Moore

Movie begins at 1:30

FREE POPCORN

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



CAPERING CANINES

They were so much fun, we're having them come back! Come and enjoy an afternoon watching the fun and versatile Capering Canines of Cape Cod. **Tuesday, May 24, 1:30P.M.**



HEALTH FAIR

Tuesday, May 10

9A.M.—12P.M.

Truro Senior Center
 hosted by the VNA



MEMORY SCREENING

Friday, May 13

11A.M.—2P.M.

call 508-775-5656

to reserve a space for a screening

GUESS WHO WILL CELEBRATE TURNING 102 THIS MAY!

Born on the family farm, where her father was born, in Vandalia, New York in 1909, Betty who was the fourth child of 5 only knew the farm until she attended St. Elizabeth's Convent/ Academy in Allegheny. Vandalia was simply a train stop with buggy tracks going out to the farms. The closest town was Chipmunk, but Betty never saw it. The other children were so much older that Betty's play mates were a native American girl named Lina Bucktooth and her younger brother by 7 years.

The farm had milk cows and the milk was taken to Bradford, PA. where her grandmother lived. In 1910 there was an oil prospecting rush in the mountains and hundreds of men came through Vandalia to drill for oil. Betty's mother and a native American woman from the nearby reservation made and sold sandwiches to the men passing through. They sold the sandwiches for \$1.50 or if there were two slices of meat they cost \$2.00! These were unheard of prices and the two women made a lot of money. Betty's father with two other relatives decided to try drilling. They went to Allegheny and came back with the drills, et al. A man was hired to manage the farm. They struck oil and Betty saw it come gushing out of the ground from a safe distance away while the men were all covered with oil. They formed the Bradford Oil Company.



When Betty graduated from St. Elizabeth's, she went to Pratt in New York City and because she like food they suggested she study to be a dietician. At Pratt she met Lee Moffitt, her husband to be. Lee was studying art and was already singing and playing several instruments to pay for his schooling. Betty wasn't sure the family would approve because Lee was an artist so the family didn't meet him until after they were married. They married at Brooklyn Town Hall. The family loved him.

Lee went to work for Dupont and eventually became their National Advertising Manager and at the same time their National Sales Manager. He worked for Dupont for 20 years.

Betty and Lee had two children - Patty and Jimmy. They came up to the Cape to vacation for many years and in 1968 they bought the 4th oldest house on Cape Cod in Provincetown at 4 Atkins Lane. In 1980 Lee retired and they bought the house that Betty still lives in on Pond Road in North Truro.

I asked Betty what she thought about being 102. She replied that she doesn't really think about being 102. She says that she was never afraid of anything. When she left the farm everything was new but it was all interesting and this being 102 feels the same. She says she has almost no aches or pains. Her only regret is that she can't get about easily and has few visitors. In the past, she had a group of friends with whom she had either lunch or tea. Turrie Silva was her best friend. Ginny Sharrock and John Monahan are friends who still live here, but others have either moved or died. If you know Betty give Jimmy a call and see if you can go visit. You will be greeted with a strong voice and a warm smile.



By Katherine Stillman

COLLECTIONS WANTED

Do you have a collection you would like to share?

We now have a beautiful display cabinet in the COA activity room and would like to have a different collection on display each month.

If you would like to lend out a special collection or would like more information please call the COA at 508-487-2462.



SHELLS	BUTTERFLIES
STAMPS	BOTTLE BUGS

Poet **Hilde Oleson** will talk and read from her work at the **Truro Council on Aging**

Tuesday, May 17 at 1:30P.M.



From a pretend husband at age 3 to falling in love at age 80, Hilde Oleson has lived on dreams. The daughter of a Methodist minister in a small Vermont town, she lived a quiet life. Later she worked in urban slums as a social worker and a teacher. She moved to Cape Cod and Provincetown after the death of her husband, and from that grief emerged a new life as a poet. Love In The Nursing Home is her second published collection.

LET'S GO GREEN
www.truro-ma.gov/coa
 Did you know you can read the monthly log on-line? If you do, we'll take your name off of our mailing list. Let us know by emailing us at coa-2@truro-ma.gov.

MYSTERY BOOK CLUB
MAY 13
BLOOD HARVEST
S.J.BOLTON

Please remove and bring it in to the COA Office to be counted.



SENIOR CITIZEN OF THE YEAR

We need your help! Please take some time and think of all the marvelous people in Truro and nominate your favorite!

I Nominate _____

for **Truro's Senior Citizen of the Year** for the following reasons:

FRIENDS of the TRURO COA ANNUAL SPRING LUNCHEON

WHITMAN HOUSE RESTAURANT

SUNDAY
JUNE 5TH @ NOON

Cash bar or free coffee & tea Hot Appetizers Garden Salad Home Baked Bread

Entree Choices: Chicken Teriyaki
 Bay Scallop Casserole
 Baked Boston Cod
 Beef Brisket with Barbaecue Sauce

Pasta Salad or Potato Salad

Key Lime Pie

The cost is \$19, which includes all taxes and gratuity.

Please call John Monahan by **Wednesday, June 1,**



Landscape Into Art

Eleanor Meldahl will be holding five week series of lectures at the Wellfleet Library. Some of the topics will be *Popular Images*, *French Impressionist*, *Oriental Art* and *Landscape of the Mind*. For more information please call Eleanor directly at 508-349-3155 or the Wellfleet Library at 508-349-0310.

Wednesdays, beginning May 4 at 2:30



Vincent van Gogh

IN MEMORIAM

ROBERT PETERSSON



Mashpee Commons is a unique retail destination on Cape Cod, an exciting blend of the finest national retailers, specialty shops, dining, and entertainment, beautifully set amid the charm and tradition of a New England town center.

Browse over 90 stores including GAP, Talbots, Chico's, Jos. A. Bank, Origins, Williams Sonoma, and Pottery Barn as well as unique local boutiques. Fabulous fashions, accessories, gourmet foods, gifts, footwear and furnishings await you among charming streets and byways. Reserve a spot on the van by calling 508-487-2462

Friday, May 20 9A.M.
(meet in the Community Center parking lot)

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. 508-457-7461 or toll free 866-518-6877**

Monday, June 6 - Rockport, Gloucester's Hammond Castle & Harbor Cruise

Enjoy the beautiful seaside artist colony of Rockport and the fishing village of Gloucester. In Rockport browse the shops and galleries. Tour beautiful Hammond Castle in Gloucester. The day will end with a scenic, narrated 1 1/2 hour cruise on Gloucester Harbor and Cape Ann. \$79

Friday, June 17 - World Flower Show in Boston

Held at the Seaport World Trade Center, 30 countries that comprise the World Association of Flower Arrangers will converge in Boston to celebrate the art of floral design. "This Glorious Earth" is the show's theme and competitors may enter one of 30 different classes inspired by this theme. You'll have free time for lunch at Quincy Market & Faneuil Hall before we visit the competition. \$70

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

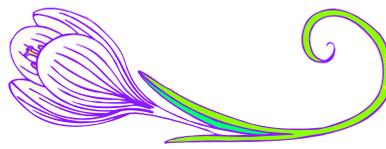
Friends of the Truro Council on Aging Officers: John Monahan, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Florence Johnson, Diane Rose.

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**

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 & John Moriarty, Hilde Oleson and Ginny Sharrock for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.

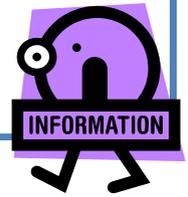
MAY 2011



Mon	Tue	Wed	Thu	Fri
2 Strength Training 9-10 Memoirs w/ Roz Pace 10:30-12:30	3 COA CAFÉ 12:30 Needlework 10-Noon	4 Strength Training 9-10 Weight Loss 10-10:30 Bereavement Support 1-2:30	5 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)	6 Strength Training 9-10 FREE Friday Movie 1:30
9 Strength Training 9-10 Memoirs w/ Roz Pace 10:30-12:30	10 HEALTH FAIR 9A.M.-NOON COA CAFÉ 12:30 Needlework 10-Noon 	11 Strength Training 9-10 Weight Loss 10-10:30 Legal Assistance (by appointment)	12 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	13 Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30 MEMORY SCREENING 11-2
16 Strength Training 9-10 Memoirs 10:30-12:30 Caregivers Workshop @ P-town COA	17 Dan Lynch Story Swap 11-12:15 COA CAFÉ 12:30 Needlework 10-Noon HILDE OLESON READING 1:30	18 Strength Training 9-10 Weight Loss 10-10:30	19 Wii 10:30 Men's Group 9-10 CORE 11-Noon NO PACE TODAY Mahjongg 1-4	20 Strength Training 9-10 Shopping Van 9A.M. FREE Friday Movie 1:30 Dr. Campo (by appointment)
23 Strength Training 9-10 Memoirs 10:30-12:30 SIGHT LOSS 10-Noon	24 COA CAFÉ 12:30 Capering Canines of Cape Cod 1:30 Needlework 10-Noon	25 Strength Training 9-10 Weight Loss 10-10:30	26 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	27 Strength Training 9-10 FREE Friday Movie 1:30
30 	31 COA CAFÉ 12:30 Needlework 10-Noon	COA GALLERY - JUNE ROBERT HENRY & SELINA TRIEFF Opening Reception is Sunday, June 5, 2-4P.M. <i>All are welcome</i>		

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

