



**TRURO LOG**  
**NOVEMBER 2012**  
**TRURO COUNCIL ON AGING**  
[WWW.TRURO-MA.GOV/COA](http://WWW.TRURO-MA.GOV/COA)

**FACE OF EXPERIENCE:**  
**BONNIE SOLLOG**



Bonnie and Steven Sollog just moved here in May. She was born in Queens, N.Y. and grew up there. She met Steven at a party held by a mutual friend. She and Steven raised 3 children - a girl and two boys in Floral Park, Nassau County, Long Island home of the Belmont Race Track and Steven commuted into the city working originally in elevator construction and later in modernization and maintenance of elevators.

Bonnie was mostly a stay-at-home mom but she worked sporadically as a dietitian at Nassau County Medical Center while later she also cared for her older, ailing mother. Bonnie's children are mostly away now the youngest son being in college. Her daughter lives in Philadelphia and her older son is in New York City working his Dad's old job!

Steven's parents owned a time share in Provincetown in the 70's and he and Bonnie often used the time. For Bonnie it was reminiscent of her summer time on the North shore of Long Island.

In 2000 the Sollogs built a house in North Truro and spent the summers here. They moved to Truro this year and started to volunteer almost immediately. Bonnie is the newest member of the Truro Council on Aging Board and she does other volunteer work for the COA. She is also on the Truro Community Preservation Committee which oversees a matching fund of taxpayers and a State fund for historic buildings, affordable housing and open land preservation. Bonnie is a member of the Truro Cultural Council and CERT - Community Emergency Response Team headed by Truro Police Chief Kyle Takajian.

The Sollogs have two dogs- a dachshund and a standard poodle and Bonnie loves walking with them on the beach. Another of her volunteer jobs is with the Cape Cod National Seashore Seal Education Team at High Head. She loves any activities that have to do with nature - birds, whales, seals, and dogs. She has another side of her too as she likes doing Yoga and Buddhist Meditation which she practices weekly at the Sangha in the Unitarian Universalist Meetinghouse in Provincetown.

Truro has gained a lively, smiling, member of our community.

By Katherine Stillman

Outreach Coordinator

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\*\*\* IMPORTANT REMINDER \*\*\*

## Medicare Open Enrollment ends on December 7th!

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you.

Some Medicare Part D and Medicare Advantage plans are leaving and some new ones are entering. If you are a member of a plan that is leaving, you need to make certain that you have a new plan for January 2013.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Truro COA at 508-487-2462 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

### Comcast is offering a Senior Citizen Discount

Comcast will voluntarily offer a discount equal to ten percent (10%) off its monthly Basic Service. Said discount will be provided to those persons age sixty-five (65) or older, who are head of household and are receiving the following: Medicaid Benefits or Mass. Fuel Assistance. Call Katherine Stillman, Outreach Coordinator for more information.

The Truro Council on Aging would like to thank Days Market for its generous donation of baked goods in 2012 and Audre Cerra and Carla Ferrari-Scacco for their facilitating the COA receiving weekly those delicious baked goods.

**THANK YOU ALL VERY MUCH!**

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**IN MEMORIAM**  
**Frederick B. Alogna**  
**Carol Slyce**

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### Town Nurse Wisdom



Fall is in the air. Isn't it wonderful in Truro with the blue sky and colors of the foliage? The town nurse has been busy with influenza vaccine clinics, home vaccine to our neighbors that can't get out to the doctor's office or a clinic and wellness visits. Since Halloween and Thanks giving is approaching I wanted to share some thoughts on nutrition and safety reminders.

\*Pumpkins contain fiber, potassium, the antioxidant beta-carotene and vitamin A! So scoop out the inside and take advantage of the many dishes that can be made with fresh pumpkin: use pulp and whole-grain flour for healthy baking goods, such as muffins and pumpkin breads. Use pumpkin as stuffing for a low fat alternative. Some recipes suggest it for ravioli stuffing.

\*Pumpkin Seeds taste great toasted and they are nutritious. One ounce of pumpkin seeds provides 5 grams of protein, 5 grams of fiber and 5 grams of fat. (4 grams saturated, 4 grams unsaturated).

So pumpkins are good inside and out!  
Create a face and eat healthy.

Here is the update on "Benny" the dog. Benny arrived in Connecticut from a rescue league in Tennessee. I named him Benny Goodman. He is a southern gentleman and the Veterinarian states he is in good health and probably 6 years old. Benny loves the beach and chases seagulls. Not sure who is walking who at times but he is wonderful.

P.S. He seems to like music.  
Dee Yeater RN - Town Nurse.

## Friends of the Truro COA Luncheon

Sunday, December 9, 2011, Noon

Montano's Restaurant

Cash Bar

Hot Appetizers

Luncheon:

Garden Salad, Home Baked Bread Loaves

Entrees:

Chicken Parmesan w/Pasta

Eggplant Parmesan w/Pasta

Crab-meat Stuffed Sole w/Baked Potato

Prime Rib w/Baked Potato & Vegetable

Dessert and Coffee

\$23.00

Please call Martha Ingram @ 508-349-9345  
for reservations and menu choice.

Please call before Friday, November 30th



## Cape Rep Playback

Cape Rep Playback is an improvisational troupe of local actors, singers and dancers from Cape Rep Theater which offers an innovative approach to storytelling. Playback Theater thrives internationally and throughout the U.S. and the Americas. The purpose of Playback Theater is to cultivate the sharing of personal stories with a vast variety of audiences in the community, from the streets, to hospitals, schools, prisons, nursing homes, theaters and more, crossing generations and cultures. Playback Theater invites you the audience, to share your stories, and we, the troupe, will listen carefully with the goal to spontaneously perform the essence of your stories.

**Tuesday, November 27<sup>th</sup>, 1:30P.M.**

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The Friends wish to thank the Truro Treasures  
for their generous contribution to the  
Friends of the Truro COA and to the  
Truro COA.

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## Saskia & Her Cello

### Open Strings with Saskia Keller

Saskia, currently a junior at the Nauset Regional High School and a Truro resident, will provide cello demonstrations and exposure to anyone who may be interested. Due to her busy schedule, the program will be offered at the COA beginning on Friday, November 2nd. There will be 2 sessions each Friday—one at 4 pm and one at 4:30 pm. If you are interested, you may call the Recreation Department at 508-487-1632 or email Damion Clements at [asstrecdir@truro-ma.gov](mailto:asstrecdir@truro-ma.gov).

## Trader Joe's

**Hyannis shopping!**

**Friday, November 9th.**

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

**Reservations a must....please  
call 508-487-2462**

## Bereavement Support Group

The Bereavement Support Group will begin on **Wednesday, November 14th** at **1p.m.** at the Council on Aging. Please join Nancy Higgins, Bereavement Counselor with the Visiting Nurses Association and Reverend Moriah Jordan.

## MYSTERY BOOK CLUB

Friday, November 9

12:30

**Find Me**

**Carol O'Connell**



## SEASONAL FLU CLINICS SCHEDULED

At the Truro Community Center

**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\*\*\*

## NOVEMBER BIRTHDAYS

**1**

Kay Cassill  
James Childers  
Martin Shapiro

**2**

Mary Abell  
Janice Chingos  
Ellen Schiereck  
Carolyn Tacke

**3**

Virginia McKniff  
Frederick Slade

**4**

Dennis Cadorette  
Molly Lofgren

**6**

Nicholas Brown  
Constance DeSmet  
Florence Johnson  
Monica O'Brien  
Carol Silva  
Jesselyn Tobin

**8**

Thomas Days  
Kent Dzivasen  
William Goodbody  
Cynthia Paternoster  
Carol Whalen

**9**

Paul Colburn  
Debbie Peters  
Harold Shapiro  
Bartlett Smith  
Nancy Tarvers

**10**

Linda Hassett

Robert Jackson  
Ruth Ostenson

**11**

Mary Costello

**12**

Susan Gilman  
Susan Grace  
Elizabeth Theriault  
Joyce Wichowski

**13**

Marcia Meigs  
Priscilla Pazolt  
Carol Rawson

**14**

Stephen Darcy  
David Oliver  
James Rudd  
Lorraine Speros  
Bertha Walker

**15**

Bonnie Weiner

**16**

Verna Burrell  
Ruth Hollander  
Stan Kasanovich  
Paula Vogel  
Janet Worthington

**17**

Judith Bartoswicz  
Charlotte Jerace  
Carol Pesiri  
Phyllis Poulos  
Greg Romano  
Patricia Wisbauer

**18**

Elisabeth Correia  
Lillian Grozier  
Anne Marshall

Gary Palmer  
Susan Patterson  
Sonja Soderberg

**19**

Todd Henning  
Joseph Martin  
Robin Mason

**20**

Bonnie Brown-Bonse  
Irene Gibbs-Brady  
Linda Maloney-Tarvers  
Joyce Nemeth

**21**

Paul Bergstrom  
Tor Hansen  
Geraldine Spinella

**22**

Kirsten Bakken  
Jim Bisceglia  
Virginia Gibson  
Axel Schmidt

**23**

Alfred Flint  
Joseph Trovato, Jr.

**24**

Robert Bednarek  
Margaret Forgione  
Ruth Sigel  
Beryl Smith

**25**

James Brown  
Donna Jordan  
Nadine Kerr  
Wilma Maier

**26**

**File of Life** - A magnetic envelope to be placed on your refrigerator in which you put medical and emergency information to be used by the Fire Department's EMTs if you need assistance. Help them to help you by having the information handy and up to date. ***It could save your life!*** Call Outreach Coordinator Katherine for the File of Life - 508-487-2462 ext. 11

**Home Health Aide Referral List** Do you need help for yourself, to clean or shop or in the yard? Contact Katherine who has a list of people for hire.

Paulette Kolb  
Santina Smith

**27**

Michael Christopher

**28**

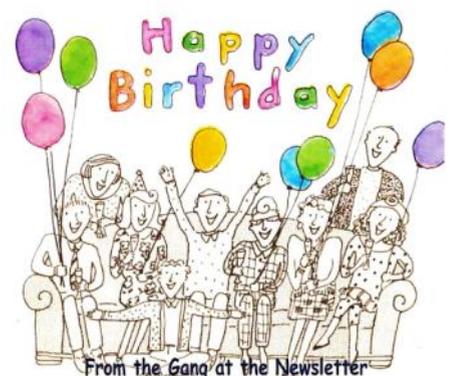
Peter Graham  
John Hutchinson  
Elizabeth Reheiser  
Catherine Skowron

**29**

Rudelle Falkenburg

**30**

Ralph Andrews  
Paul Cezanne  
Arthur Gauss  
Pat Pajaron



## NOVEMBER COA CAFÉ

TUESDAY 12:30

\$7.50

Call COA to reserve by  
Monday noon



### November 6

Chicken Marbella (Chicken Breast  
Baked w/Prunes and Green Olives)  
Couscous w/Pine nuts  
Vegetable

### November 13

Salmon Teriyaki  
Rice Pilaf  
Vegetable

### November 20

Baked Pasta w/Chicken,  
Spinach, Lemon & Cheese  
Caesar Salad

### November 27

Orange & Honey Baked Chicken  
Egg Noodles  
Vegetable

### SOUPS TO GO

They have returned! Yum!  
Ask front office for them.  
\$4/pint



## NOVEMBER COOKING CLASSES



### KEEPING THE HOLIDAYS HEALTHY, November 7

This time of year is rife with temptation and overindulgence. Learn some new strategies and tips to help navigate through this time of year without gaining that dreaded holiday weight. Focus will also be placed on alternative Thanksgiving choices that put a healthy twist on some old favorites.

### HEALTHY HOLIDAY BAKING, November 14

Learn how to make some of those holiday indulgences a bit healthier by simply using better ingredients. These low sugar nutrient-dense treats will please every sweet tooth.

### WINTER SOUPS AND STEWS TAKE 2, November 28

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.

**\$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 your space. 508-487-2462**

## John Carbone's Friday at the Movies

### November 2

#### State of Play (2009)

Russell Crowe & Ben Affleck

### November 9

#### Forces of Nature (1999)

Sandra Bullock & Ben Affleck

### November 16

#### The Interpreter (2005)

Nicole Kidman & Sean Penn

### November 30

#### The Bourne Legacy (2012)

Jeremy Renner & Rachel Weisz

Movie begins at 1:30

FREE POPCORN

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



## FREE SENIOR THANKSGIVING LUNCH AT THE TRURO CENTRAL SCHOOL

Truro Central School will host its annual free Thanksgiving dinner on **Tuesday, November 20 at noon**. There will be one seating and reservations are required. Call the school to make your **reservation** and find out the time @508-487-1558, ext. 0. If you need transportation to the luncheon, call the COA @508-487-2462.

## COA GALLERY - NOVEMBER

### Joan Pereira and her Saturday Morning Painters



Meet the Artists  
Sunday,  
November 4,  
2012 from  
2-4 at the  
Truro  
Council on  
Aging

## COA GALLERY - DECEMBER

### TRURO CENTRAL SCHOOL CHILDRENS' ART

The COA Gallery will be hosting the Truro Central School art students for the month of December.

Opening Reception is

**Sunday, December 2, 2-4P.M.**

*Everyone is welcome.*

**Kim Possee**  
**Truro Central**  
**School Art Teacher**  
**Grades K-6**



Grade 1



Grade 5



Grade 4



Grade 2



Grade 3



kindergarten



Grade 6

# NOVEMBER 2012

Mon	Tue	Wed	Thu	Fri
		 <p><b>CLOCKS GO BACK 1 HOUR SUNDAY, 2 A.M. NOVEMBER 4TH</b></p>	<p><b>1</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>2</b> Strength Training 9-10 FREE Friday Movie 1:30</p>
<p><b>5</b> Strength Training 9-10 Memoirs 10:30-12:30</p>	<p><b>6</b> <b>ELECTION DAY</b> COA CAFÉ 12:30</p>  <p><b>Don't forget to order your</b></p>	<p><b>7</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Legal Assistance (by appointment)</p>	<p><b>8</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 <b>FLU CLINIC 3-5p.m.</b></p>	<p><b>9</b> Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30 Hyannis Trip 9A.M.</p>
<p><b>12</b> <b>Veteran's Day</b></p> 	<p><b>13</b> COA CAFÉ 12:30</p>	<p><b>14</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 <b>Bereavement 1P.M.</b></p>	<p><b>15</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>16</b> Strength Training 9-10 FREE Friday Movie 1:30 Foot Care (by appointment)</p>
<p><b>19</b> Strength Training 9-10 Memoirs 10:30-12:30</p>	<p><b>20</b> <b>Story Swap 11 A.M.</b> COA CAFÉ 12:30 <b>Truro School Luncheon</b></p>	<p><b>21</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30</p>	<p><b>22</b> <b>COA CLOSED</b></p> 	<p><b>23</b> <b>COA CLOSED</b></p>
<p><b>26</b> Strength Training 9-10 Memoirs 10:30-12:30 <b>SIGHT LOSS 10</b></p>	<p><b>27</b> COA CAFÉ 12:30 <b>Cape Rep Playback 1:30</b></p>	<p><b>28</b> Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30</p>	<p><b>29</b> CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p><b>30</b> Strength Training 9-10 FREE Friday Movie 1:30</p>

**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**

### Vienna Choir Boys



The world's most beloved choir has been entralling audiences worldwide for the past 500 years. Their highly anticipated tours sell out quickly, and this year they will be holding a Christmas concert at Springfield Symphony Hall. The Vienna Boys' Choir is a choir of long-standing tradition: and is one of the oldest boys choirs existing in the world. For nearly 500 years they have been a symbol of Austria. Don't miss the opportunity to experience their one of a kind holiday program featuring classic and contemporary Christmas favorites. Before the show, we will enjoy a full lunch at The Delaney House in Holyoke.

**Tuesday, December 4** \$119

### **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, Bonnie Sollog, Alternate; Hannah Shrand. **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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