



TRURO LOG
DECEMBER 2012
TRURO COUNCIL ON AGING
WWW.TRURO-MA.GOV/COA

FACE OF EXPERIENCE: NANCY PEASE

Nancy Baker Pease was born at the end of 1936 in Winthrop, MA but she was here earlier in 1936 in Truro before she was born. Her mother was a Rich and the family came down here to a house on Ryder Beach Rd. in the summer. Nancy was a wanderer as a child and she still is. She would go out to look for plants and bring them home, and her mother would tell her whether they could be used for anything such as jam. She also went to the railroad tracks where she would wave at the engineer as the train went by on its way to Provincetown.



In school, Nancy wanted to play the flute but they didn't need a flute player so they convinced her to play the alto horn and eventually the bass horn which is a large instrument. In college they asked her to play the string bass because "you're tall." Nancy first went to Union College in Cumberland Gap, Kentucky then she went on to Emmanuel College in Boston and graduated in biology and chemistry with some physics. While she was in college, she worked as a librarian in a nursing school and got the princely sum of \$3.50 an hour and indeed it did seem princely!

After college Nancy worked at the Robert Breck Brigham Hospital in the Mission District of Boston. This hospital was known for dealing with collagen diseases such as Lupus and Nancy's research was in aspirin compounds. From 1959 to 1960 Nancy was in Boston City Hospital because she broke her leg badly skiing and spent 9 months in a cast!

Nancy met Bob Pease in 1960 and they married in 1961. Bob worked for Phibrick Researches in Dedham, MA and they lived in Wilmington. They have two sons and Nancy now has a granddaughter and a grandson. Together they hiked all 4,000 foot peaks in New England and they took the children who were ages 3 and 5 also backpacking in the Grand Canyon.

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FACE OF EXPERIENCE: NANCY BAKER PEASE continued..... Nancy has always loved hiking long distance, biking, hostelling and white water canoeing and so did her husband Bob. She has led hiking trips in the White Mountains and after she and Bob moved to San Francisco, they hiked in the Sierras. Recovering from her broken leg, Nancy tried hiking with crutches in the mountains! She has been a member of the Appalachian Mountain Club for 50 + years. After Nancy turned 50 , she started going on treks to Nepal and has been on 10 treks - among which are Annapurna base camp and Sanctuary. On a trip to climb King-kanjunga on the Sikkim border Nancy got hurt and was taken out by helicopter from 16,000 feet. The first helicopter that was to rescue her crashed! Nancy has also been to Patagonia and she hiked in Chile and Argentina. She has been to Bhutan and was supposed to travel to Tibet on the same trip but the Chinese had closed Tibet to tourists at that time. She has climbed as high as 18,000+ feet! Nancy's less adventurous hikes have been around Mt. Blanc in Switzerland and two hikes coast to coast in England.

Because Bob changed jobs, the family moved to San Francisco and in 1976 they bought a house. Shortly before they bought the house a law was passed restricting the raising of property taxes to no more than 1 1/2% a year, so their taxes are very low and Nancy is loath to give that up.

Bob worked in electronic engineering and physics and lectured all over the world. Nancy worked as a volunteer docent at the Academy of Sciences in San Francisco teaching natural history to school children.

In 1992 Bob and Nancy bought a house in Truro on Hatch Road that had been her great grand father's sister's house, Abigail Hatch, who willed it to her niece, Louise Hatch, who in turn willed it to her niece along with a cat. The niece didn't want either and the Peases bought the house because they felt sorry for the cat. It has several acres and Tom Kane grows sunflowers and turnips on part of it. Nancy has her own garden and still does some hiking. Last year Bob died in an accident. At the moment Nancy is dividing her time between coasts and is not sure where she will settle. Meanwhile we have a friendly, fascinating, knowledgeable person living here in Truro.

By Katherine Stillman, Log Editor and Outreach Coordinator

MYSTERY BOOK CLUB

FRIDAY DECEMBER 14, 12:30 - 1:30

BE COOL by ELMORE LEONARD

Transportation

If you are being transported in one of the COA vans, and you have a **disability placard** card, you can carry it along with you and our driver can use it when parking.



It may make your "to and from" a little easier!

Trader Joe's

Hyannis shopping!

Friday, December 14.

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

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

Friends of the Truro COA Luncheon

Sunday, December 9, 2012, 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



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 every Friday in December. 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.



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 **Wednesday from 1P.M. to 2:30P.M. December 12** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715

IN MEMORIAM

NAOMI PALMER

PETER RYAN

SMILE □ Volunteers Needed

Did you know that tooth decay is the most common chronic disease among seniors? You can help decrease disease and create smiles in our community by serving as a SMILE counselor 2 hours a week. Training is provided so you can increase awareness of the importance of oral health and help seniors get connected to affordable dental care. If you have interest or experience in oral health and would like to learn more about becoming a SMILE counselor, call BL Hathaway at the Oral Health Excellence Collaborative (OHEC) at 508 771-1375 or email her at bloralhealthexcellence@yahoo.com.

1
Sheila Colburn
Alice Furlaud
William Souza
Albert Tinkham

2
Joseph Days

3
Nancy Pease

4
William Costa
Claire Goyer
Earl O'Brien
Diane Reinhardt

5
Michael Berlin
Donna Mahan
Sharon Ross
Dennis Santos

6
Henry Adler
Anne Chaplin
Veronica Farrell
Margaret Foster
Janice Zimmer

7
Paula Key

8
John Petyo
Marie Yaconetti

9
William Charette
Helen Dukes
Frederick Olson

10
Paul Asher-Best
Linda Decker

11
John Soyles

12
Scott Deering
Gwyn Korahais
Rosalind Pace

13
Roger Dias
David Sanford

14
Elizabeth Francis
William Reich
Philip Smith
Beverly Wolff

15
Brian Plummer
Edward Schmidt
John Snow
Judith Thompson

16
Chandler Clark
Kathy Goodbody
Gunter Hanelt
Anne Dunn Harris
Marilynn Trafton
John Wynne

17
Anne Ditacchio
Kristin Murray
Timothy Rose
Joel Searcy

19
Patricia Burke
Robert Hassett

20
Janice Parky
Bernard Robbins

21
Byron Darling
Martin

MacDonnell
Bertram Perkel

22
Peter Manso
Sharon Sullivan

23
Carol Eiger
Marcia Medeiros
Royston Peart
Nancy Veara

24
Anthony
Chiarappo
Richard Kane
Joseph McKniff
Miriam Olson

25
Naz Basmajian
Elisa Sylvia

26
Janice Allee

27
Barry Bluestone
John Gordon
Robert Holt
Judy Marceau
Carol McCabe

Linton Watts

28
Kenneth Hnis
Raymond
L'Heureux
Louise Rice

29
William Gately
Kai Hansen

30
Eleanor Kelly

31
Gerald Rood

DECEMBER



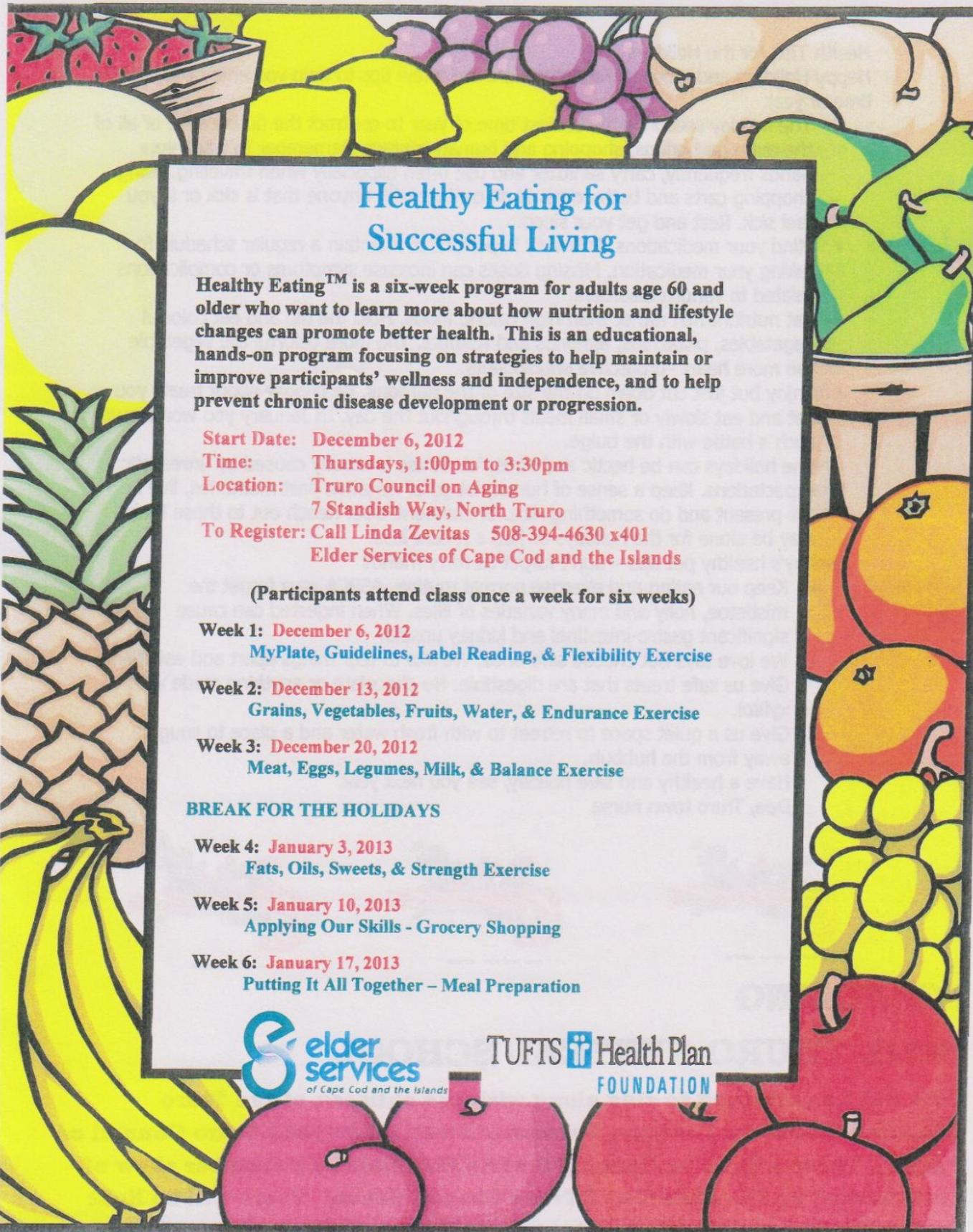
INTERGENERATIONAL COOKING

HOLIDAY COOKIES WITH HEATHER BAILEY

FRIDAY, DECEMBER 7, 3pm

Celebrate the Holiday Season this year with an afternoon of Holiday Cookie decorating at the Truro Community Center. This class invites the Members of the Truro COA and the students of the Truro Rec program to come together for a warm and festive afternoon participating in the wonderful age-old pastime of decorating cookies. Grandchildren and great grandchildren are invited as well. Come share the true spirit of the Holidays by getting together with members of your community and remembering what truly makes this time of year so special to the young and old alike. And of course many of the recipes for the cookies will be healthful adaptations all time favorites.





Healthy Eating for Successful Living

Healthy Eating™ is a six-week program for adults age 60 and older who want to learn more about how nutrition and lifestyle changes can promote better health. This is an educational, hands-on program focusing on strategies to help maintain or improve participants' wellness and independence, and to help prevent chronic disease development or progression.

Start Date: December 6, 2012
Time: Thursdays, 1:00pm to 3:30pm
Location: Truro Council on Aging
7 Standish Way, North Truro
To Register: Call Linda Zevitas 508-394-4630 x401
Elder Services of Cape Cod and the Islands

(Participants attend class once a week for six weeks)

Week 1: December 6, 2012
MyPlate, Guidelines, Label Reading, & Flexibility Exercise

Week 2: December 13, 2012
Grains, Vegetables, Fruits, Water, & Endurance Exercise

Week 3: December 20, 2012
Meat, Eggs, Legumes, Milk, & Balance Exercise

BREAK FOR THE HOLIDAYS

Week 4: January 3, 2013
Fats, Oils, Sweets, & Strength Exercise

Week 5: January 10, 2013
Applying Our Skills - Grocery Shopping

Week 6: January 17, 2013
Putting It All Together - Meal Preparation



Health Tips for the Holidays

Happy Holidays and enjoy the season. Here are a few tips to help you enjoy this special time of year.

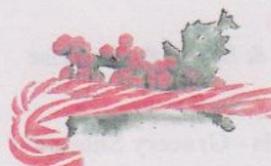
- The holiday season is the easiest time of year to contract the flu because of all of the extra gatherings, shopping and human contact. Remember to wash your hands frequently, carry sanitizer and use often especially when traveling, using shopping carts and bathrooms. Limit contact with anyone that is sick or if you feel sick. Rest and get your sleep.
- Mind your medications. It is very important to maintain a regular schedule for taking your medication. Missing doses can increase symptoms or complications related to various disorders.
- Eat nutrient rich rather than high calorie foods. Hold the dip and eat colorful vegetables, pistachios, almonds and walnuts. The more colorful the vegetable the more heart –protective antioxidants.
- Enjoy but just cut down on the size of the portions. Be choosy about treats you eat and eat slowly or small meals throughout the day. In January you won't have such a battle with the bulge.
- The holidays can be hectic and stressful. Stress is usually caused by unrealistic expectations. Keep a sense of humor, let go of negative past memories, live in the present and do something nice for someone else. Reach out to those that may be alone for the holidays or had a recent loss.

"Benny's healthy pet tips – don't forget us furry friends

- Keep our eating and exercise normal routine. ASPCA says forget the mistletoe, holly and many varieties of lilies. When ingested can cause significant gastro-intestinal and kidney upsets.
 - We love toys but choose safe ones. We like to tear things apart and eat them. Give us safe treats that are digestible. No chocolate or anything made with xylitol.
 - Give us a quiet space to retreat to with fresh water and a place to snuggle away from the hubbub.
- Have a healthy and safe holiday, see you next year.
Dee, Truro town nurse



www.d-truro.com 402-9346



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CAROLING

with TRURO CENTRAL SCHOOL

We will be gathering to sing along with the children of the Truro Central School on Tuesday, December 18 at 1:15 at the Truro Council on Aging. There will be an Opening for the COA Gallery December show of art created by the children of Truro Central School. There will be light refreshments and merriment to get us all in the Holiday spirit. Please come and enjoy! Call on Monday by noon to reserve lunch beforehand.

DECEMBER

COA CAFÉ

TUESDAY 12:30

\$7.50

Call COA to reserve by Monday noon

December 4

Savory Stuffed Pork Loin

December 11

Shepherd's Pie

December 18

Mixed Seafood &

Rice Casserole

SOUPS TO GO

December 7 - Beef Stew

**December 14 - White Bean &
Tomato w/ Sausage**

December 21 - No Soup

**December 28 - Chicken
Vegetable**

***SOUP**

Home made soup is ready to **take out** on Friday @ noon and Tuesdays, following the COA Luncheons. \$4/pint

First Come —First Served



**John Carbone's
Friday at the Movies 1:30**

December 7

Elizabeth: The Golden Age (2008)

Cate Blanchett, Geoffrey Rush, Clive Owen

December 14

Evening (2007)

Vanessa Redgrave, Claire Danes, Toni Collette

December 21

Eat Pray Love (2010)

Julia Roberts, Javier Bardem



December 28

The Best Exotic Marigold Hotel (2012)

Judi Dench, Bill Nighy, Maggie Smith

Truro Hiking /Walking Group

Come and enjoy a guided walk with Bob Lowe, Club Coordinator. The distance and location vary each week, depending on the desires of the participants. This is a great opportunity to get some exercise, socialize with your neighbors, and enjoy the beautiful and remote settings that Truro offers.

Tuesdays at 10A.M.

For more information go to:

www.truro-ma.gov/recreation

Any questions concerning the hikes, please call Truro Recreation Department @ 508-487-1632.



DECEMBER 2012



Mon	Tue	Wed	Thu	Fri
<p>3 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30</p>	<p>4 COA CAFÉ 12:30</p> 	<p>5 Strength Training 9-10 Weight Loss 10</p>	<p>6 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p>7 Strength Training Laughing Yoga 10 FREE Friday Movie 1:30 Cookie Class 3 Saskia 4 & 4:30</p>
<p>10 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30</p>	<p>11 COA CAFÉ 12:30</p> 	<p>12 Strength Training 9-10 Weight Loss 10 Legal Assistance (by appointment) Bereavement 1-2:30</p>	<p>13 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p>14 Strength Training Trader Joes 9 Mystery Book Club 12:30 FREE Friday Movie 1:30 Saskia 4 & 4:30</p>
<p>17 Strength Training 9-10 Memoirs 10:30-12:30</p>	<p>18 Story Swap 11 A.M. COA CAFÉ 12:30 TCS Caroling 1:15 COA Gallery Opening 1:45</p>	<p>19 Strength Training 9-10 Weight Loss 10</p>	<p>20 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p>21 Strength Training 9-10 Dr. Campo by Appointment FREE Friday Movie 1:30 Saskia 4 & 4:30</p>
<p>24 HOLIDAY COA CLOSED</p> 	<p>25 Holiday</p> 	<p>Strength Training 9-10 Weight Loss 10</p>	<p>27 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4</p>	<p>28 Strength Training 9-10 FREE Friday Movie 1:30 Saskia 4 & 4:30</p>
<p>31 Strength Training 9-10 COA CLOSED 11:30 AM</p>	<p>Jan 1, 2013 Holiday</p> 	<p>Truro Central School Art Opening Tuesday, December 18 1:45</p>		<p>COA GALLERY Opening Saturday, Jan. 5, 2 to 4 pm Fred Gaechter Amanda Reed</p>

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. Everyone is welcome.

Opening Reception is

Tuesday, December 18, 1:45
after caroling .

Kim Possee
Truro Central
School Art Teacher
Grades K-6



Grade 1



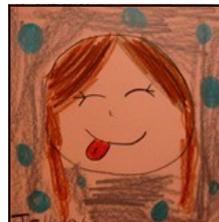
Grade 5



Grade 4



Grade 2



Grade 3



kindergarten



Grade 6

COA GALLERY - JANUARY
FRED GAECHTER & AMANDA REED - PHOTOGRAPHS

Fred Gaechter and Amanda Reed share a passion for photography. Both are award-winning photographers with Fred's focus on "Capescapes" and Amanda's focus on birds and wildlife.

Recently, in addition to "Capescapes", Fred has ventured into a new area of photography – to see subjects both more close-up and abstract. "Much of photography is realism. I'm experimenting with a different way of seeing subjects." His photos in this show are the result of his first attempts at this approach to photography. "I'm enjoying it and hope that those viewing it will also get some enjoyment out of it."

Amanda's newest photographic interest is iPhoneography, which utilizes the iPhone to capture and process images. This work is a departure from nature photography as the images are captured in the moment using only an iPhone. Image processing is done using a myriad of apps designed to promote artistic creativity and experimentation.

Opening reception is Saturday, January 5, 2013, 2 to 4 pm.

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**

See two of the magnificent Newport mansions decorated for the holidays, both built by the Vanderbilt family, **Marblehouse** and **The Breakers**. Then your guide will take you on a **bus tour of Newport**, to learn about the history of the area, its famous residents and their adventures, see the many "summer homes" built during the Gilded Age, and take a scenic drive down Bellevue Avenue. A delicious **lunch** at the **Brick Alley Pub** is included, with some free time at the **Brick Marketplace** for light shopping. \$ 92 . **Sunday, December 16, 2012**

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Martha Ingram, Chair; 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 Holt, Martha Ingram, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Bonnie Sollog, Alternate; Hannah Shrand. **Staff:** Susan Travers, 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 & Steven Sollog for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.