



TRURO LOG  
TRURO COUNCIL ON AGING  
AUGUST 2013  
7 Standish Way, N. Truro  
508-487-2462, FAX 508-487-0854  
www.truro-ma.gov/coa



## White-line Block Print Workshop - Coming in August

White-Line block prints were developed in Provincetown by B. J. O. Nordfeldt in 1916 and became known as the Provincetown Print. The whole image is drawn on and printed from one woodblock rather than a series of blocks for each color change. The popular method was practiced by many other artists through the years and continues to be popular today.

**Join Pat Canavari and Cathy Skowron at the Truro COA for a series of free workshops to learn about and experiment with white-line block printing.**

**Tuesday & Thursday, August 13, 15, 20, 22 from 10-11:30.**

The process is not difficult and is really fun. You will need a white pine block(s), exacto knife, watercolors in tubes, paint brushes, a spoon, and your ideas. Some materials will be available for use including finished blocks for printing.

Sponsored by The Truro Group and Truro COA. For questions please call Cathy Skowron at 508-487-0980 or Pat Canavari at 508-349-2708.



C. Skowron



P. Canavari



The Truro COA has a SMILE Counselor available to talk with you.



**Appointments Are Available - Improve Your Dental Care**

The Truro COA is pleased to welcome Janice Johnson as our new SMILE Counselor. Janice is a Truro resident and had worked in the Provincetown school system for many years. She is a community volunteer who brings a sincere desire to promote wellness and provide dental education. Appointments are available in both Truro and Provincetown (see below). Talking with a SMILE Counselor will help you set in place a plan of action toward better dental care. Information includes local resources for treatment and affordable care options including insurance and assistance programs. Please pick the day and location that works best for you and call the respective senior center to book your appointment:

Truro SMILE Appointments: Sept 10<sup>th</sup>, Nov 12<sup>th</sup>, Jan 14<sup>th</sup>, March 11<sup>th</sup>, May 13<sup>th</sup> Call 508-487-2462

Provincetown SMILE Appointments: Oct 8<sup>th</sup>, Dec 10<sup>th</sup>, Feb 11<sup>th</sup>, April 8<sup>th</sup>, June 10<sup>th</sup> Call 508-487-7080

## PROGRAMS AND SERVICES

**BEREAVEMENT SUPPORT GROUP IS ON HOLD FOR JULY AND AUGUST BUT WILL RESUME ON SEPTEMBER 11 at 1-2:30 pm**

LIVE YOUR LIFE WELL

1. Get Plenty of Rest
2. Get Physically Active
3. Eat Well
4. Connect With Others
5. Pursue a Creative Interest
6. Help Others
7. Reduce Stress
8. Exercise Your Mind
9. Take Better Care of Your Spirit
10. Know When To Get Help

COAST

**COAST  
(COUNCILS ON AGING  
SERVING  
TOGETHER)**

\* To learn more about COAST check out:  
[www.capecoast.tumblr.com](http://www.capecoast.tumblr.com).

**WALK**  
YOUR WAY TO BETTER HEALTH

*Anatomy of Walking*

The infographic features a central silhouette of a human figure with various callouts pointing to different parts of the body, each describing a health benefit of walking. The callouts are: 'BOOSTS ENDORPHINS' (pointing to the head), 'LIMITS SICKNESS' (pointing to the chest), 'WORKS ARM & SHOULDER MUSCLES' (pointing to the arms), 'BUILDS BONE MASS, REDUCING RISK OF OSTEOPOROSIS' (pointing to the spine), 'STRENGTHENS LEGS, INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS' (pointing to the legs), 'BURNS MORE FAT THAN JOGGING' (pointing to the lower legs), 'REDUCES GLAUCOMA RISK' (pointing to the eye area), 'HALVES ALZHEIMER'S DISEASE RISK OVER 5 YEARS' (pointing to the head), 'IMPROVES HEART HEALTH BY INCREASING HEART RATE AND CIRCULATION' (pointing to the chest), 'IMPROVES BLOOD PRESSURE BY FIVE POINTS' (pointing to the chest), and 'LIMITS COLON CANCER BY 31% FOR WOMEN' (pointing to the pelvic area). At the bottom right, it says 'ONLY 30 MINUTES A DAY, 5 TIMES A WEEK CAN MAKE YOU HEALTHIER AND HAPPIER.' The logo 'Every Body WALK!' and the website 'WWW.EVERYBODYWALK.ORG' are at the bottom.

**BOOSTS ENDORPHINS**  
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES

**REDUCES GLAUCOMA RISK**

**HALVES ALZHEIMER'S DISEASE RISK**  
OVER 5 YEARS

**LIMITS SICKNESS**  
BY HALVING ODDS OF CATCHING A COLD

**WORKS ARM & SHOULDER MUSCLES**

**IMPROVES HEART HEALTH**  
BY INCREASING HEART RATE AND CIRCULATION

**BUILDS BONE MASS,**  
REDUCING RISK OF OSTEOPOROSIS

**ENGAGES AB MUSCLES**

**IMPROVES BLOOD PRESSURE**  
BY FIVE POINTS

**STRENGTHENS LEGS,**  
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS

**LIMITS COLON CANCER**  
BY 31% FOR WOMEN

**BURNS MORE FAT**  
THAN JOGGING

ONLY 30 MINUTES A DAY,  
5 TIMES A WEEK CAN MAKE YOU  
HEALTHIER AND HAPPIER.

Every Body **WALK!**  
The Campaign to Get America Walking

WWW.EVERYBODYWALK.ORG



Mass. Audiology will be available by appointment only every 2<sup>nd</sup> Wednesday of the month starting on August 14 at 11 am. This is a free service. There is no obligation to buy a hearing aid. The audiologist will be here if someone is scheduled.

# HEALTH & WELLNESS

## Health Tips from the Town Nurse, Dee Yeater RN

USDA's *My Plate* recommends reducing the amount of salt you eat. **One tablespoon of salt contains about 2,300 milligrams of sodium**, and the *Dietary Guidelines for Americans* recommend consuming **less than that** per day. At-risk populations— including people with hypertension, and anyone over the age of 40 — should consume no more than 1,500 milligrams of sodium per day. This is also reflected in the new American Heart Association recommendations; this organization also recommends 1,500 mg of sodium per day. More than 90 percent of the sodium we eat comes from processed foods and prepared meals eaten away from home.

Follow some of these tips to reduce your sodium intake:

- Prepare food using little salt or fewer high-sodium ingredients. Skip using salt in cooking pasta, rice, cereals and vegetables.
- Taste food before salting it, and use table salt only as needed, not as a habit.
- Eat fresh fruits and vegetables, most of which contain little sodium.
- Use herbs, spices, rubs and fruit juices in cooking in place of salt.
- Check food labels for terms like low sodium, very low sodium or sodium free.
- Fresh meats, poultry, fish, dry and fresh legumes, unsalted nuts, eggs, milk and yogurt are all lower sodium foods.

It does take time to “train” our taste buds again. When you reduce your sodium intake – don’t give up after 1 or 2 tries!

## Benny’s Disaster Preparedness Tips ASPCA

### **BE PREPARED**

- Get a Rescue Alert Sticker. It will let rescue workers know a pet is in the home. It also helps to put the type and number of pets. Include your veterinarian’s phone number.
- Arrange a Safe Haven – In case of evacuation. This includes kennels and shelters. Not all human shelters take pets other than service animals.
- Emergency Supplies and traveling kits – next newsletter will name the supplies.

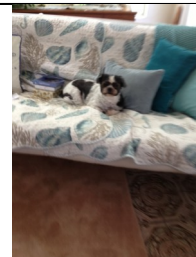
## **Blood Pressure Clinic RETURNS!**

**Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on August 5<sup>th</sup> from 9-10 am. For more information please call 508-487-2462 x10. Please stop by and visit with us!!!**

**Truro Rescue will also do BP checks at the Safety Facility anytime.**

## **BENNY**

**The dog.**



## **ASK OUR TOWN NURSE!**

If you would like to speak to Dee Yeater, our town nurse, about your medications, special concerns, or just get your blood pressure taken, make an appointment with her on any Thursday by calling the COA at 508-487-2462 ext. 13. She will be at the COA from 1:30 to 2:30. Please call before Thursday.

## HEALTH & WELLNESS

### STRETCHING

Many people ask why stretching exercises are included in a class or fitness program. According to the American College of Sports Medicine, “along with resistance training and cardiovascular exercise, flexibility training is part of a complete training program. Athletes, healthy and aging adults and those with chronic disease affecting muscular performance may benefit from participation in a flexibility program.”

The main goal of stretching is to improve the flexibility of the tendons (structures that attach muscle to bone), in order to allow more range of motion at the joints. Improved range of motion can improve walking patterns, balance, decrease feelings of stiffness and decrease the risk of injury.

The most common type of stretching exercise is “static”. With this method, the muscle is moved to the point of tightness or mild discomfort, and the position is held without further movement for 15 to 60 seconds. This can be repeated several times, although research does not indicate increased benefit with doing more than 4 repetitions. These types of exercises can be included in either the warm-up (before the main workout) or cool-down (after the main workout) phases of the program; however, they appear to have the most benefit when the targeted muscles are already warm, such as at the end of the workout.

Which muscles should be stretched? Stretching should target the muscles used during strength and aerobic exercise, as well as the muscles crossing the major joints (i.e. hips, spine, knees, ankles and shoulders). Stretching should be performed at least 2 to 3 times per week.

By Kathy Stetson, Physical Therapist and Certified Health Fitness



### **Mobimat and New Beach Wheelchairs**

This year, Truro's Head of the Meadow Beach is accessible to individuals with disabilities for the first time. Alexandra MacDonald, a member of the Truro Commission on Disabilities, is the first to try out the new beach wheelchair at Head of the Meadow Beach. With her is Sam Kudhari, beach attendant. A Mobimat walkway was also laid down to provide easier access over the sand for both able bodied and disabled beach goers. On the bay-side, there is also a new beach wheelchair at Truro's Corn Hill Beach where a boardwalk makes access to the beach easier. A drivers license or other photo I.D. is required to borrow the beach wheelchair.

## LET US ENTERTAIN YOU

### *MYSTERY BOOK CLUB*

Friday, August 9, 12:30 pm

### The Ballad of Frankie Silver,

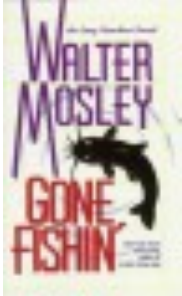
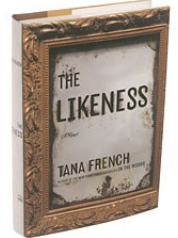
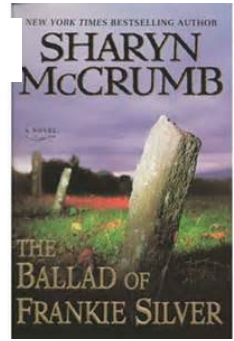
by **Sharyn McCrumb**

Friday, September 13, 12:30 pm

### Gone Fishin' by **Walter Mosley**

Friday, October 11, 12:30 pm

### The Likeness by **Tana French**



### **Let's Play Scrabble!!**

Come to the air conditioned COA and play Scrabble with your friends on Friday afternoons!!

Please give us a call or stop in if you would like to play!

**Fridays at 1:00 pm at the Truro COA**

### **BRIDGE & CRIBBAGE**

**WEDNESDAY 1:30 pm**

**COME JOIN OUR GROUP**

### **MAHJONGG**

**THURSDAY 1-4 pm**

**COME PLAY MAHJONGG**

### **Adult Tap Classes**

Presented by Truro Recreation

Tuesdays 10:30 am

July 23<sup>rd</sup> - Aug. 27<sup>th</sup>

Truro Community Center

All levels welcome. Have fun learning combinations and get that heart pounding to the rhythm! Dress comfortably and bring your tap shoes. Cost: All 6 classes \$50 or \$10/class.

Questions? Contact Leah 508-244-1268 or [LSF678@hotmail.com](mailto:LSF678@hotmail.com) .



**STORY SWAP** We are fortunate enough to have our very own Master Storyteller, Dan Lynch, come to the Truro COA the third Tuesday of every month at 11:00 am to listen and tell stories!! It's a spirited gathering where you will hear folktales and legends, along with the most fascinating and entertaining personal stories told by our attendees! Listen or tell a personal story for the group!!

**Third Tuesday of the month at 11:00 am, Truro COA**




# AUGUST BIRTHDAYS

<b>1</b> William Aikman Dennis Greenwald Normand Scherer Chuck Zimmer	Shaun Pfeiffer Dorothy Sanderson Robert Weinstein Paul Zavada	<b>12</b> Harold Eastman John Hutton, Jr.	Maureen Cronin Stanley Grzywoc	<b>25</b> Carol Bishop Elaine Brownell Carol Collins Barbara Golding Carol Mooney Sheila Silva
<b>2</b> Judith Dutra Joseph Buteau	<b>8</b> Beverly Brazil Manuel Gaspar Albert Haversat Peter Morris Diane Troiano Pamela Wolff	<b>13</b> Carla Ferrari-Scacco Marjorie Gidman Barbara Sollows-Davis	<b>19</b> Barbara Oswalt Dianne Peters	<b>26</b> Rita Burke Michael Kaelberer Richard Mackay Edward Oswalt John Rogers Phyllis Wolitzer
<b>3</b> Warren Hassmer Kurt Schmidt	<b>9</b> Mike Bothun Louise Magill Charles Fields John Roderick	<b>14</b> Carmen Cicero Diane Eib Ilse Sakheim Nancy Trainor	<b>20</b> Owen Hart David Kelly Robert Langlais	<b>27</b> Walter Bingham
<b>4</b> Patricia Canavari Joycelyn Holway Stephen Kinzer John Reimer	<b>10</b> Robert Carlson Gail Fields	<b>15</b> Jerome Costa Vera Giordano Paul Resika Mary Lou Santos	<b>21</b> Evelyn Currier Johanna Fullam Kathleen Horton Martin Rosenbaum	<b>28</b> Susan Stinson
<b>5</b> Candice Collins-Boden Margaret Gilson Donna Leombruno Michael McGuinness	<b>11</b> William Burney Bobbie Sue Kane Elaine O'Keefe Arline Shapiro	<b>16</b> Paul Kiernan Michael Snell	<b>22</b> Shirley Dasconio Paula Gilman Patricia Reid David Sheldon	<b>29</b> Anna Avellar Sabina Mitcham Donnamario Mona Dukess Carol Seibert
<b>6</b> Judith Hansen Linda McCormick	Bonnie Sollog Steven Sollog Alan Wagg Ellyn Weiss	<b>17</b> Emmy Bobola Horace Goff Toby Olson	<b>23</b> Lucy Brown Mona Marcoullier-Antonuzzo John Marksbury	<b>30</b> David Gilman
<b>7</b> Paul LaFrance		<b>18</b> Gloria Burhoe	<b>24</b> Elizabeth Sluzis Gwendolyn Spang Barbara Willis	<b>31</b> Katherine Nagle Kathryn Smith



## **AUGUST - "The Birthday Club"**

 **If you are celebrating your birthday anytime in August**, please join us for lunch at the COA Cafe' on **Tuesday, August 20** at 12:30 PM. Cost is

 \$7.50. We'll draw 2 names and if you are lucky you may get your lunch for free!! Proof of birthdate may be required. Call (508)487-2462, Ext 10 by

 **Monday, August 19 by noon and tell us that it is for your birthday.** 



## WHAT'S COOKING AT THE COA

### TRURO FARMERS' MARKET

Monday, July through September (excluding Labor Day)  
8 TO NOON

Truro Veterans' Memorial Park

This farmers' market will be on an educational model, teaching actions to take to support the local food system, to help our own health and the environment. It will involve all areas of the community with school children helping with signage and grandparents volunteering. There is plenty of opportunity to volunteer. Go to [info@sustainablecape.org](mailto:info@sustainablecape.org) for more information [www.sustainablecape.org](http://www.sustainablecape.org). Parking is across from Cobb Memorial Library.



#### Free Baked Goods from the Stop and Shop in Provincetown

On Mondays and Thursdays we have FREE Baked Goods at the Truro COA! Feel free to stop in between the hours of 8:00-4:00 pm to pick some up!!!

#### Free Baked Goods from

Days' Market in North Truro

Come in any day of the week. We get them several days a week thanks to Days' and a volunteer.

## *IN MEMORIAM*

### Dear COA Friends of Breene Wright and Milton Wright

The Wright family, daughter Martha Wright Crouch and Lorin Wright, wanted to let you know that Breene died peacefully in her sleep on July 9, 2013. She was 92 years old.

Breene Wright was a staunch supporter of the COA and a Board member for 3 years.

She and Milton had a long and lovely life in Truro at their home, studio and cottages at Great Hollow Beach and in Brooklyn, New York.

The Wright family will most likely have a memorial for Breene next summer 2014.

# **TRURO COUNCIL ON AGING CAFÉ -AUGUST 2013**

**7 STANDISH WAY- NORTH TRURO**

**RESERVATIONS REQUIRED BY 12 pm MONDAY**

**508-487-2462 ext. 10**

**\$7.50 includes Beverage and Dessert**

**Tuesday August 6, 12:30**

**Ginger Sesame Chicken w/Lime Curry Sauce**



**Thai Noodle Salad**

**Key Lime Pie**

**Tuesday, August 13, 12:30**

**Chicken & Shrimp Caesar Salad**

**White Bean & Roasted Garlic Dip & Crostini**

**Berry Shortcakes**



**Tuesday, August 20, 12:30**

**BIRTHDAY LUNCH!**

**Classic BBQ**

**Burgers. Turkey Burgers, Hot Dogs & All the Fixins**

**Pasta Salad & Potato Salad**

**Ice Cream Sandwiches & Popsicles**

**Tuesday, August 27, 12:30**

**BBQ Pulled Pork w/ Honey Cornbread**

**Summer Slaw**



**Cookie Sundae w/ Caramel Sauce**

**TAKE OUT** available, Call COA by Noon Monday

**OPEN TO ANYONE OF ANY AGE**



# AUGUST 2013



Mon	Tue	Wed	Thu	Fri
	<p>COA GALLERY Opening Kathy Skowron &amp; Linda Turoczi Friday Aug. 2, 5-7 pm</p>		<p><b>1</b> CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4</p>	<p><b>2</b> Strength Training 9-10 <b>Scrabble 1</b> <b>Gallery Open-</b> <b>ing 5-7 pm</b></p>
<p><b>5</b> <b>Farmers' Market</b> <b>8-12</b> <b>Blood Pressure</b> <b>9-10</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30</p>	<p><b>6</b> COA CAFÉ 12:30</p> 	<p><b>7</b> <b>Tai Chi 8:30</b> Strength Training 9 Weight Loss 10 <b>Bridge 1:30</b></p>	<p><b>8</b> NO CORE NO PACE Mahjongg 1-4</p> 	<p><b>9</b> Strength Training <b>9-10</b> <b>Mystery Book</b> <b>Club 12:30</b> <b>Scrabble 1</b></p>
<p><b>12</b> <b>Farmers' Market</b> <b>8-12</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30</p>	<p><b>13</b> <b>White Line</b> <b>Printing 10-</b> <b>11:30</b> COA CAFÉ 12:30</p> 	<p><b>14</b> <b>Tai Chi 8:30</b> Strength Training w/Kathy Stetson Weight Loss 10 Mass Audiology 11 <b>Bridge 1:30</b> Legal Assistance</p>	<p><b>15</b> <b>White Line</b> <b>Printing 10-</b> <b>11:30</b> CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4</p>	<p><b>16</b> Strength Training <b>Dr. Campo by</b> <b>Appointment</b></p>  <p><b>Scrabble 1</b></p>
<p><b>19</b> <b>Farmers' Market</b> <b>8-12</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30</p>	<p><b>20</b> <b>White Line</b> <b>Printing 10-</b> <b>11:30</b> <b>Story Swap 11</b> COA CAFÉ 12:30 <b>Birthday Lunch</b></p>	<p><b>21</b> <b>Tai Chi 8:30</b> Strength Training 9 Weight Loss 10 <b>Bridge 1:30</b></p>	<p><b>22</b> <b>White Line</b> <b>Printing 10-</b> <b>11:30</b> CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson</p>	<p><b>23</b> Strength Training 9-10 <b>Scrabble 1</b></p> 
<p><b>26</b> <b>Farmers' Market</b> Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30</p>	<p><b>27</b> COA CAFÉ 12:30</p> 	<p><b>28</b> <b>Tai Chi 8:30</b> Strength Training 9- 10 w/Kathy Stetson Weight Loss 10 <b>Bridge 1:30</b></p>	<p><b>29</b> CORE 11-Noon PACE 12:30-1:30 w/Kathy Stetson Mahjongg 1-4</p>	<p><b>30</b> Strength Training 9-10 <b>Scrabble 1</b></p>



**COA GALLERY - AUGUST**  
**LINDA TUROCZI &**  
**CATHY SKOWRON**  
**2 VISIONS**



*Light and Color*

August 1-30, 2013

Truro COA

**Opening Reception Friday, August 2<sup>nd</sup> , 5:00-7:00 pm**

**Catherine Skowron** has been an artist and educator on the lower Cape since 1969. Her interest in and love of the natural landscape is reflected in her art as well as all areas of her life. When painting or teaching she likes to consider Robert Bresson's statement "Make visible what, without you, might perhaps have never been seen."

**Linda Turoczi** As a plein air painter, she continues to paint the changing light of Cape Cod and Pennsylvania. At a young age, Linda remembers the beauty of the Cape which contributed to her return after 25 years. Joan Hopkins Coughlin, owner of The Golden Cod Gallery, Wellfleet has been a great mentor and they continue to paint together.

She is a member of The Truro Group, Delaware Art Association and Wayne Art. Linda spends her time painting between North Truro, MA. and PA. Self-published books are: My Grandmother was a Mermaid, and Mrs. Hilda Doodlebird . Both are available on itunes and CapeCodWomenOnline.

**COA GALLERY - SEPTEMBER**

**MASON MORFIT -**

Mason Morfit was born 1943 in NYC and raised in Colorado and Montana on a ranch. Mason was Jerry Farnsworth's monitor for two summers in 1962 & 1963. Mason received his BFA in visual communication from Pratt Institute in 1964. He taught art in private schools for three years, was a partner in a Cambridge graphic design firm for ten years, and was president of Mason Morfit, Inc., a commercial photography studio for thirty years where his clientele included Fortune 500 companies and leading international graphic design firms. His photography can be seen at [masonmorfit.com](http://masonmorfit.com).

He and his wife, the artist Jane Bunker, live in Truro and Haiku, Hawaii

He is currently resuming his interests in drawing, painting, and printmaking.

**OPENING RECEPTION - SUNDAY,**  
**September 8, 2013, 2 to 4 pm.**  
**Refreshments are served**  
**and all are welcome!**

**Catering by Ptown Café**



## WHAT'S NEW IN TRANSPORTATION

### **\*\*\*MEET OUR NEW VAN DRIVER JIM DOWNEY\*\*\***

**JIM GRADUATED FROM PROVINCETOWN HIGH SCHOOL, IS A REAL ESTATE BROKER AND OWNER OF BINNACLE REAL ESTATE, AND LIVES IN NORTH TRURO WITH HIS WIFE, JOY. JIM IS AN AVID SAILOR AND HAS BEEN INVOLVED IN TOWN GOVERNMENT IN PROVINCETOWN AND TRURO. **WELCOME JIM!!!****

**FOR THE MONTHS OF JULY & AUGUST:  
PLEASE SCHEDULE ALL APPOINTMENTS  
BEFORE 1:30 PM TO FACILITATE TRAVEL  
IN SUMMER TRAFFIC**

### **\*\*\*MONDAY VAN TRIP\*\*\***

**\*\*BEGINNING JULY 8TH THROUGH AUGUST 26TH \*\***

**WE WILL BE PROVIDING TRANSPORTATION TO  
THE TRURO FARMERS' MARKET AT 9AM.**

**WE WILL CONTINUE ON TO THE POST OFFICES,  
THE BANK, STOP AND SHOP IN PROVINCETOWN ,  
AS WELL AS COMCAST, CUMBERLAND FARMS,  
AND THE HARDWARE STORE AS NEEDED**

**PLEASE CALL FOR YOUR RESERVATION**

**(508)487-2462 EXT 20**

Please make sure you have the Information needed by the COA when you call for a transportation reservation.

- ◆ Your name, phone & address
- ◆ Doctor's name, phone & address
- ◆ Or the address of an appointment other than medical
- ◆ Date & time of your appointment
- ◆ How long the appointment will be, if you have an idea

**REMEMBER, IF HAVING A  
PROCEDURE, A  
COMPANION  
WILL BE REQUIRED TO  
ACCOMPANY YOU**

The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions are appreciated to help defray the vehicle costs to the town. The service is designed as an "on demand" service for any purpose based on rider need and scheduling from Monday through Friday. Please call Margie Childs at (508)487-2462 Ext 20.

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

## CURRENT RESIDENT OR

### WHAT DO YOU REMEMBER?

"When I was 6 in 1938, my parents and I went to visit my great uncle in Canne Sur Mer, France. He owned a rabbit farm in the mountains and he had a penny colored dog.

I had a loose tooth and my father was a dentist. I told him not to pull it, but he did anyway and I cried. The dog came to console me and my father said, he didn't want to have me swallow the tooth and how would the tooth fairy know that I had lost a tooth? She left a dollar for my tooth!" Carol Sheridan

**The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.**

### FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Diane Rose, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary;

Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Brian Trainor.

**Council on Aging Officers:** Bonnie Sollog, 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, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; MaryEllen Duarte, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; James Paul Ludwig, Web Master, and Nancy Braun, Jim Downey, 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 Nancy Edwards, Bobbie Sue Kane, Carol Mooney, Joan Moriarty, Helen Perry & Nancy Tarvers for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.*