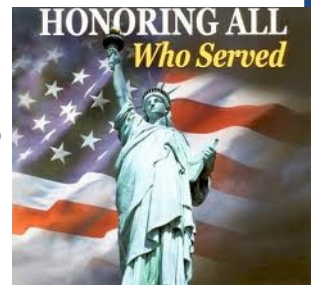




TRURO LOG
TRURO COUNCIL ON AGING
NOVEMBER-DECEMBER 2013
7 Standish Way, N. Truro
508-487-2462, FAX 508-487-0854
www.truro-ma.gov/coa



JOIN US FOR SHOPPING IN NOVEMBER

Friday, November 8th, Trader Joe's or the Cape Cod Mall, Hyannis

Friday, November 15th, Market Basket & Christmas Tree Shop at the Sagamore Bridge

Friday, November 22nd, Kohl's, Kmart, Michael's Craft Store, Bed Bath & Beyond, Hyannis

GET AN EARLY START ON YOUR HOLIDAY SHOPPING

Call Margie Childs to reserve a space on the van 487-2462 ext. 20

Meet at the COA at 9 am

HO HO HOpe that you can join us for some Holiday Fun

Tuesday, December 3rd, 1:30 pm, Help us decorate the Christmas Tree

Refreshments will be served

Wednesday, December 4th Christmas Recital & Sing-a-Long

Mary Abt's Community Education Class will be performing at the COA at 6:30 PM

Refreshments will be served

Help us find the "Elf on the Shelf"

He will be appearing at the COA in a new location daily

Truro Central School Art Opening and Children's Choir

Tuesday, December 17th, 1:30 PM

We have Wi-Fi at the Community Center!!!

Please feel free to come in out of the weather and check your email all at the same time at the Truro Community Center!

PROGRAMS AND SERVICES

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, November 13 and December 11, from 1 pm to 2:30 pm** 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.

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: **Nov 12th**, Jan 14th, March 11th, May 13th Call 508-487-2462

Hours 9 to noon, for transportation please call by the Friday morning before.

Provincetown SMILE Appointments: **Dec 10th**, Feb 11th, April 8th, June 10th Call 508-487-7080



Mass. Audiology will be available by appointment only on the 2nd Wednesday of the month November 13 and December 11 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.

Exercise Class for People with Parkinson's disease

The Truro COA has indoor walking to music with gentle stretching and balance. Rhythmic movement with music has been shown to be a very effective mode of exercise for people with Parkinson's. **This class would also work well for other people with neurological issues, or those seeking a gentle, low-impact workout.** The class will be led by Kathy Stetson, PT and Certified Health Fitness Specialist. The class will meet Mondays and Thursdays from 10:15 to 11 in the Truro Room. The cost is \$5 per class. If you are interested, or have questions, please call Kathy at 508-397-5324.

HEALTH & WELLNESS

Health Tips from the Town Nurse, Dee Yeater RN

**Announcing a new program to attend
Meet with the town nurse Dee Yeater RN to discuss Health and Wellness Topics**

Let's have lively discussions and learn the latest health information

November 21st – Rest and sleep – a good night's sleep myths and facts

Thursday at 1:30 -2:30

December 12 – Winter's arrived – how to stay physically active and

Fuel your body with the right stuff.

Thursday at 1:30 -12:30

Location: the activity room at the COA

MUSIC PROGRAM

- **November 14th 1-2PM**
- **Wellfleet Public Library**

We cordially invite patients with Alzheimer's or other memory deficiencies and their caregivers to a music program with Ken Roscoe playing familiar piano pieces .

Anthony Palmer, composer, inspired all he encountered with his belief that music helps everyone transcend the challenges of each day. Music, he wrote in an article for Philosophy of Music Education Review, "serves superbly as the bridge between the outer and inner worlds."

Trends emerging from research show that music exposure -- whether through casual listening or more formalized music therapy -- can help reduce the incidences of behavioral issues and generally calm dementia patients, said Beth Kallmyer, vice president for constituent services at the Alzheimer's Association(wcvb.com/health/Can-music-stave-off-dementia?-9/2013)

MOVIE ABOUT ELDER CHAMPION ATHLETES

You are invited to the Provincetown Council on Aging for a free movie showing of the "Age of Champions". The film is the inspiring story of a group of athletes-a 100 year old tennis champion (from Cape Cod), an 86 year old pole vaulter, a pair of swimming brothers and a team of basketball grandmothers-all chasing the gold at the National Senior Games. The movie will be shown on **Wednesday, November 20th at 1:30 pm.**

HEALTH & WELLNESS

By Kathy Stetson, Physical Therapist and Certified Health Fitness Specialist

IT'S GETTING COLDER, A GREAT TIME TO TRY INDOOR WALKING!

As we move into fall and winter, it gets more difficult to walk outdoors, but we still need to get our exercise. This is a perfect time to try indoor walking! As this is a new program, I have been doing some experimenting to meet the needs of the class. Based on the feedback I have received so far, the new modified format includes continuous walking or intervals (short spurts of walking separated by sitting rest breaks), new music, and extended time for stretching and balance exercises. Class time has been extended to 45 minutes, Monday 10:15-11 am. Drop-ins are \$5 per class, or get a 5-class card for \$15. Please call me at 508-397-5324 if you have any questions or concerns. Hope to see soon! - Kathy Stetson

1	John Petyo	John Snow	Nancy Veara	30
Sheila Colburn	Judy Wimer	Judith Thompson	24	Eleanor Kelly
Alice Furlaud	Marie Yaconetti	16	Anthony	31
William Souza	9	Chandler Clark	Chiarappo	Gerald Rood
Albert Tinkham	William Charette	Kathy Goodbody	Richard Kane	
2	Helen Dukes	Gunter Hanelt	Joseph McKniff	DECEMBER
Joseph Days	Frederick Olson	Anne Dunn Harris	Miriam Olson	BIRTHDAYS
Dennis W. Cole	10	Marilynn Trafton	25	
3	Paul Asher-Best	John Wynne	26	
Nancy Pease	Linda Decker	17	Janice Allee	
4	11	Anne Ditacchio	Dusty Miller	
William Costa	John Skoyles	Joel Searcy	27	
Earl O'Brien	12	18	Barry Blue-	
Diane Reinhardt	Nicole Areson	19	stone	
5	Scott Deering	Patricia Burke	John Gordon	
Michael Berlin	Richard Fenno	Robert Hassett	Robert Holt	
Donna Mahan	Gwyn Korahais	20	Judy Marceau	
Sharon Ross	Rosalind Pace	Janice Parky	Carol McCabe	
Dennis Santos	13	Bernard Robbins	Linton Watts	
6	Roger Dias	21	28	
Anne Chaplin	David Sanford	Bertram Perkel	Kenneth Hnis	
Veronica Farrell	14	22	Raymond	
Margaret Foster	William Reich	Peter Manso	L'Heureux	
Janice Zimmer	Philip Smith	23	Louise Rice	
7	Beverly Wolff	Carol Eiger	29	
Paula Key	15	Marcia Medeiros	William Gately	
8	Brian Plummer	Royston Peart	Kai Hansen	



LET US ENTERTAIN YOU

MYSTERY BOOK CLUB

Friday, November 8, 12:30 pm

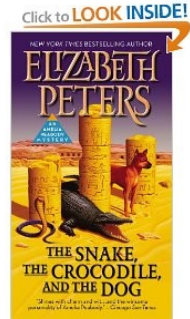
The Snake, The Crocodile, and the Dog

By Elizabeth Peters

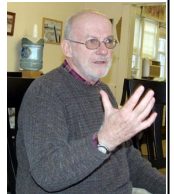
Friday, December 13, 12:30 pm

One Last Breath

By Stephen Booth



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

COA OUTREACH

The COA Outreach Coordinator, Katherine will not be here from Monday, October 28 until Wednesday, November 20. If you need help, Susan Travers will be here at 487-2462 ext. 11. For Fuel Assistance or SHINE concerns Claudia is a trained volunteer. Call the COA office and ask for an appointment 508-487-2462.

BRIDGE & CRIBBAGE

WEDNESDAY 1:30 pm

COME JOIN OUR GROUP

MAHJONGG

THURSDAY 1-4 pm

COME PLAY MAHJONGG

**Friends of the Truro COA Luncheon - Sunday, December 8, 2013, Noon
Montano's Restaurant**

Cash Bar - Hot Appetizers

Luncheon: Garden Salad, Home Baked Bread Loaves

Entrees:

Chicken Parmesan w/Pasta

Eggplant Parmesan w/Pasta

Crabmeat Stuffed Sole w/Baked Potato

Prime Rib w/Baked Potato

Dessert and Coffee

\$23.00

Please call Joan Moriarty @ 508-487-1508

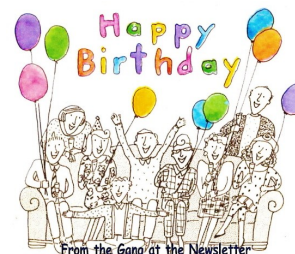
For reservations and menu choice

Please call before Friday, November 29.



NOVEMBER BIRTHDAYS

1 Kay Cassill James Childers Thomas Dickey Martin Shapiro	Cynthia Paternoster Carol Whalen	Bonnie Weiner	Linda Maloney- Tarvers Joyce Nemeth	26 Paulette Kolb Santina Smith
2 Mary Abell Janice Chingos Ellen Schiereck	9 Paul Colburn Debbie Peters Harold Shapiro Bartlett Smith Nancy Tarvers	16 Verna Burrell Ruth Hollander Stan Kasanovich Paula Vogel Janet Worthington	21 Paul Bergstrom Tor Hansen Jacqueline Hasday Geraldine Spinella	27 Michael Christopher
3 AnnMarie Boni Thomas Gold Virginia McKniff Frederick Slade	10 Linda Hassett Robert Jackson	17 Charlotte Jerace Carol Pesiri Phyllis Poulos Greg Romano Patricia Wisbauer	22 Kirsten Bakken Jim Bisceglia Virginia Gibson Axel Schmidt	28 Peter Graham John Hutchinson Elizabeth Reheiser Catherine Skowron
5 Dennis Cadorette	11 Judith Carlson Mary Costello	18 Elisabeth Correia Lillian Grozier Anne Marshall Gary Palmer Susan Patterson Sonja Soderberg	23 Alfred Flint Joseph Trovato, Jr.	29 Cathryn Carabetta Rudelle Falkenburg
6 Edyth Roderick	12 Susan Grace Elizabeth Theriault Joyce Wichowski	19 Todd Henning Joseph Martin	24 Robert Bednarek Margaret Forgione Ruth Sigel Beryl Smith	30 Ralph Andrews Paul Cezanne Arthur Gauss Pat Pajaron
7 Nicholas Brown Monica O'Brien Carol Silva Jesselyn Tobin	13 Marcia Meigs Priscilla Pazolt Carol Rawson	20 Bonnie Brown-Bonse Irene Gibbs-Brady Melvin Horwitz	25 James Brown Nadine Kerr	
8 Thomas Days Kent Dzivasen William Goodbody	14 Stephen Darcy David Oliver James Rudd Lorraine Speros			
	15			



Blood Pressure Clinic RETURNS!

Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA on Nov. 4 & December 2, 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.

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.

WHAT'S GOING ON IN TRURO

SERVING HEALTH INFORMATION NEEDS OF ELDERS S.H.I.N.E.

Medicare Open Enrollment starts on October 15 and 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 re-view 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 2014.

Volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare or who is about to get Medicare. Call the Truro COA at 508-487-2462 and ask for a SHINE appointment.

Fuel Assistance available call Katherine or Claudia at 508-487-2462 for an appointment.

**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 be-
tween the hours of 8:00-4:00 pm
to pick some up!!!**

**FREE LUNCH @ TRURO CENTRAL SCHOOL
for SENIORS
TUESDAY, NOVEMBER 26 at NOON, CALL FOR
RESERVATIONS 487-1558 ext. 0**

IN MEMORIAM

**BYRON C. DARLING, JR.
EUGENE GERVAIS**

SHINGLES (Zoster) VACCINE

A single dose of shingles vaccine is recommended for adults 60 years of age and older. Shingles is far more common in people 50 years of age and older than in younger people. It is also more common in people whose immune systems are weakened because of a disease such as cancer, or drugs such as steroids or chemotherapy. At least 1 million people a year in the United States get shingles. The Visiting Nurse Association will discuss the Shingles Vaccine on Tuesday, November 12 at 1:30 pm in the Activities Room. If you need the vaccine, would like to ask questions about the vaccine, or just want to know if your health insurance plan covers it please come to the COA.

TRURO COUNCIL ON AGING CAFÉ -NOVEMBER 2013

7 STANDISH WAY- NORTH TRURO

Tuesday, November 5, 12:30

Chicken & Pasta w/Artichoke Hearts, Kalamata Olives & Feta

White Bean & Roasted Garlic Hummus w/Crostini

Seasonal Fruit Crisp

Soup: Portuguese Kale Soup

Tuesday, November 12, 12:30

Ginger Sesame Chicken w/Thai Noodle Salad & Asian Slaw

Key Lime Pie

Soup: Black Bean

Tuesday, November 19, 12:30

Lazy Spinach Lasagna

Caesar Salad & Garlic Bread

Brownie Sundae

Soup: Butternut Squash Bisque

Tuesday, November 26

COA CAFÉ' CLOSED - FREE LUNCH @ TRURO CENTRAL SCHOOL NOON

TAKE OUT available, Call COA by Noon Monday

OPEN TO ANYONE OF ANY AGE

RESERVATIONS REQUIRED BY 12 pm MONDAY

508-487-2462 ext. 10

\$7.50 includes Beverage and Dessert

***SOUP**

Homemade Soup is available

For take out on Tuesdays

Following the COA luncheons.

\$4/pint.



TRURO COUNCIL ON AGING CAFÉ - DECEMBER 2013

7 STANDISH WAY- NORTH TRURO

Tuesday, December 3

Classic Macaroni & Cheese, Spinach Salad w/Blue Cheese & Mushroom Vinaigrette



Cookie Sundae

Soup: Minestrone

Tuesday, December 10

Chicken Piccata w/ an Herbed Orzo Parmesan Pilaf

Garlicky Green Beans

Chocolate and Caramel Bread Pudding

Soup: Corn Chowder

Tuesday, December 17

Seafood Scampi over Pasta, Green Salad & Garlic Bread



Dark Chocolate Cake w/ Raspberry Sauce

Soup: Portuguese Kale

Tuesday, December 24 & 31

NO COA CAFÉ' HALF DAY HOLIDAYS

TAKE OUT available, Call COA by Noon Monday

OPEN TO ANYONE OF ANY AGE

RESERVATIONS REQUIRED BY 12 pm MONDAY

508-487-2462 ext. 10

\$7.50 includes Beverage and Dessert

***SOUP**

Homemade Soup is available

For take out on Tuesdays

Following the COA luncheons.

\$4/pint.



November Shopping Trips

Please note our shopping trip schedule on the front page

All trips leave COA at 9AM

Trips open to Truro residents only, no exceptions

Call 508-487-2462, ext. 20 for reservation

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**

CAPE COD SYMPHONY ORCHESTRA/ HYANNIS

SUNDAY, NOVEMBER 10TH

3PM

“STRAIGHT FROM THE HEART”

SYMPHONY NO. 8 BEETHOVEN

CELLO CONCERTO NO. 1 HAYDN

MOZART A LA HAYDN SCHNITTKE

**WE WILL BE PROVIDING TRANSPORTATION
TO THIS CONCERT**

CALL THE BOX OFFICE AT 508-362-1111 FOR

TICKET INFORMATION

CALL MARGIE AT 508-487-2462, EXT 20 TO

RESERVE YOUR SEAT

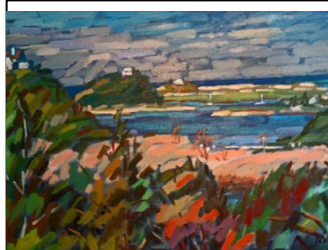
**DON'T FORGET
TO CALL
AT LEAST 24
HOURS IN
ADVANCE FOR
TRANSPORTA-
TION
RESERVATIONS**

A NOTE AS WINTER WEATHER APPROACHES

**VANS GENERALLY DO NOT RUN WHEN THE
TRURO CENTRAL SCHOOL IS CLOSED DUE TO
INCLEMENT WEATHER. THE COA DIRECTOR MAY ALTER
THIS IF WEATHER CONDITIONS
IMPROVE/PERMIT**

COA GALLERY - NOVEMBER

JOAN PEREIRA'S PAINTING GROUP



JOAN PEREIRA AND HER SATUDAY MORNING PAINTERS



Every Saturday morning Joan Pereira, Joyce Johnson, Rachael Sokolowski, and Ed Yaconetti meet in Truro to paint the beauty we see.

Our work reflects our different personalities, as we paint scenes outdoors in Truro and Provincetown, or then during the colder months, we stay inside the COA and paint still lives.

Please join us at 2:00-4 pm on Sunday, November 3rd at the Truro COA, to see some of our work, and to meet the painters.

OPENING RECEPTION - , November 3, 2013, 2 to 4 pm.
Refreshments are served
and all are welcome!

COA GALLERY - DECEMBER

Truro Central School Students Art

OPENING RECEPTION - TUESDAY

December, 2013, 1:30 to 3:30

Refreshments are served and all are welcome! Come to our Tuesday chef's lunch beforehand. Call by Monday before noon to reserve a seat - 508-487-2462 - ext. 10.



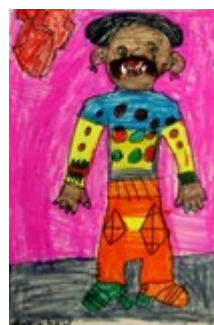
Diana - Grade 3



Thor - Grade 5



Lily - Grade 1



Matthew - Grade 2



Savannah -Grade 6

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 is your favorite Christmas carol?

Joan Moriarty - "I'm Dreaming of a White Christmas", Susan Travers - "Joy to the World", Katherine Stillman - "Silent Night", Alexandra MacDonald - "Away in the Manger", Martha Ingram - "Little Drummer Boy".

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, Bill Worthington.

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, Paul Wisotzky, Selectman Liaison. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; David Wennerberg, 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, Karen Mooney, Joan Moriarty, & Nancy Tarvers for their invaluable help with the bulk mailing.