

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

JUNE 2020

CHRIS HOTTLE, MSW - *DIRECTOR*
ANDREA LAVENETS - *OUTREACH COORDINATOR*
SHANNON COREA - *ADMINISTRATIVE ASSISTANT*
DONNA SZEKER - *VAN DRIVER / OFFICE ASSISTANT*
RICK SHAW - *PROGRAM COORDINATOR*
NANCY DOOLEY - *COOK / MEAL COORDINATOR*
CARLA MANCINO - *PROGRAM ASSISTANT*

The Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines,

They say, “the more things change the more things stay the same.” Now that change has become the norm, I find it’s the things that stay the same that are anchoring me. During these unsettling times, it’s been the birds singing and the whales returning that have provided comfort and the reassurance that nothing has changed for Mother Nature. It’s spring and in the most active of seasons, the earth is coming alive all around us.

With summer upon us, there is more change ahead. As I write this, we are preparing plans for a gradual, phased-in reopening of the Senior Center over the next few months. We realize that the Center cannot be what it once was; at least not for now. Senior centers are all about being social, so in this time of social distancing how do we re-create ourselves? Staff has been working to re-envision the future, create new ways to connect and learn new skills to be able to offer vital programs. What will stay the same and anchor us during this time of change are the connections we all share, even as we have been apart, and the reassurance that the staff is still here, providing services, programs and the opportunity to come together, even if it looks different.

So much of our daily lives has gone virtual – shopping, TV shows, even medical appointments. Senior Centers have gone virtual as well as technology has allowed us to work remotely and stay in touch. We will continue to focus on virtual programming in an effort to keep us connected and safe. What will that look like? We will be able to begin to provide some of our regular programs virtually and offer new ones. To highlight two, we invite you to join us:

COFFEE HOUR: Hosted by COA staff, enjoy the company of others in the comfort of your home as we meet via Zoom every Tuesday at 10:00 a.m. for conversation.

CREATE TO SHARE: We invite you to take a photo of something you have created during the stay-at-home phase and send it to us so we can post it on our Facebook page and on PTV for others to enjoy. It can be artwork or a new recipe or something you’ve built, the sky’s the limit.

**Call Shannon at 508-487-7080 and press ‘2’ for more info, to sign up for coffee hour or submit a photo.*

If you are not connected to the Internet, don’t have a computer, tablet or smartphone, or aren’t sure how to use your device but would to learn more, please give us a call. We want to assist you so you can stay connected to the Senior Center as well as with your family and friends.

A reminder that we are fortunate to have a local cable TV station. Be sure to watch Channel 99 on your TV or computer (www.provincetowntv.org) for COA and senior programming.

Let’s stay connected! ~ *Chris*



WE ARE HERE FOR YOU: CALL 508-487-7080

ENJOY MOVIES ON KANOPY

Free Movies

We sure miss our Tuesday movies together but we are happy everyone is staying safe in the comfort of their home. Listed below are a few sites that offer free movies for your enjoyment.

Popcorn Flix

<https://www.popcornflix.com/pages/discover/d/movies>

This site offers free movies with advertisements. If you are a B movie fan this site is for you.

YouTube

<https://www.youtube.com/user/TimelessClassicFilms>

Timeless Classic Films

YouTube Movies offer a lot of free movies with advertisements, including a good variety of older movies. YouTube also offers advertisement-free viewing but at a fee.

Kanopy

<https://www.kanopy.com/signup>

Kanopy offers ten free movies a month through the Provincetown Library. Kanopy requires your library account and pin number to join. It's easy to join and free.

PLUTO TV

<https://www.pluto.tv>

Pluto TV is a free streaming television service. The free content does have advertisements.

Looking forward to the day
we are all together again.



Enjoy and don't forget the popcorn!

~ Rick

FROM NANCY'S KITCHEN

It's About Lemons



Everyone has techniques they use in the kitchen to help ease the task of preparing food.

I like to use fresh lemon juice to freshen up lots of recipes and drinks and to help revive leftovers.

To maximize the output of juice from a lemon and to make juicing easier, I pop it into the microwave!

Wash the lemon, cut off ends, place in the microwave 10-30 seconds (depending on size of lemon), let cool, halve and squeeze. I compared the amount of juice from a lemon micro-waved to one that was not. The result? 25 to 30% more juice from the zapped one.

I also really like to use this style juicer for ease of use, ease on hands, and to increase juice extracted:



If you have some juice left over, put it in a medium size bowl (microwave-safe) with rind, add a cup of water and microwave for 5 minutes on high. Freshen up your microwave as well as your food!

*Let me in on your food prep "secrets." Will look forward to trying them out when I return to the kitchen.

Send to: ndooley@provincetown-ma.gov

Thanks! ~ Nancy

SEED TO PLATE COMMUNITY WORKSHOP

LET'S GET GROWING!



The Barnstable County Cooperative Extension is offering an opportunity to plant your own herbs and vegetables.

Participants will be given an EarthBox Junior planting box, a bag of soil and several seedlings to help you get started at home.

You will also be able to watch a cooking demonstration and learn other information through online videos.

Materials will be picked up at the Senior Center on June 10.

Container gardens don't need a lot of space and what's better than enjoying something you've grown yourself?

REGISTRATION IS REQUIRED by June 8: 508-487-7080, press "2" for Shannon

SENIOR CENTER OUT & ABOUTS WITH DONNA

Until we can schedule Out & About trips again, please enjoy these places you can explore from the comforts of your home.

Centerville Historical Museum Exhibit video series ~ The Speakeasy

<https://www.youtube.com/watch?v=RrCFRHumLmM&feature=youtu.be>

Dusk at Nauset Marsh

<https://www.facebook.com/CapeCodNPS/videos/2660245787537397/>

Cape Cod Chamber Orchestra Virtual Concert Hall

<https://www.facebook.com/artsfoundation/videos/553683328619915/>

Virtual Tour of the Whale Rescue Boat, R/V IBIS

https://business.facebook.com/watch/live/?v=224848978584431&ref=watch_permalink

Right Whale Update

https://business.facebook.com/watch/live/?v=221790915566218&ref=watch_permalink

FOR MORE WAYS TO STAY CONNECTED CHECK OUT OUR FACEBOOK PAGE

OUTREACH UPDATES Andrea Lavenets

Available Services and Resources

Part of my job is connecting those in need to services that are available. This month I wanted to highlight the following resources which continue to be provided by those working remotely.

Alzheimer Family Support Center 508-896-5170

Supports individuals and families living with Alzheimer’s Disease.

Elder Services of CC & the Islands 508-394-4630

Provides services to help older adults maintain their well-being and independence and to assist caregivers seeking information and support.

Helping our Women 508-487-4357

Support services for women with chronic health conditions.

Homeless Prevention Council 508-255-9667

Support services related to housing issues.

Independence House 508-771-6507

Support services for survivors of domestic and sexual violence.

Samaritans on CC & the Islands 508-548-7999

Senior Outreach Program provides regular check-in calls to residents 55+ years of age.

SHINE 508-375-6762

Provides free health insurance information, counseling, and assistance to those with Medicare and their caregivers.

South Coastal Counties Legal Services 508-775-7020

Provides free legal service to elders.

Veterans Agent Shawney Carroll 508-778-8740

Provides support services for Veterans and eligible dependents.

WE CAN 508-430-8111

Provides information, referrals and resources to empower women.

If you are interested in any of these services or would like more information please call me at 508-487-7080.

With appreciation to...



...all who have been working on the front lines and providing essential services to residents since the pandemic began. Our heartfelt gratitude.

...the Provincetown COVID-19 Task Force volunteers who have stepped up to offer support in many ways during this time.

...the Family Pantry of Cape Cod who has gone above and beyond to make sure that Lower Cape residents have access to food, including keeping our monthly Healthy Meals in Motion mobile pantry running.

...the children of the Recreation Department who sent sweet messages and drawings to the Senior Center to share with you. If you missed them, check out our Facebook page or PTV.

EVERYONE COUNTS!

*Be sure to complete the 2020 Census.
It helps with COA grant funding!*

NOTICE

Liturgical Publications, Inc. (LPi), our newsletter publisher, accepts advertisements from area businesses and service providers. Please note that this does not constitute an endorsement, referral, guarantee or recommendation of advertisers by the Provincetown Council on Aging or Town of Provincetown.

COUNCIL ON AGING BOARD

- David Ketchum (Chair)
- Penny Sutter (Vice-Chair)
- Chris Asselin (Clerk)
- Julie Knapp
- Deb Meadows
- Kathryn Menangas (Alternate)
- Barbara Yates (Alternate)

PROVINCETOWN COUNCIL ON AGING MISSION STATEMENT

Since 1972, the Provincetown Council on Aging has been a welcoming resource and activity center for seniors and their families. Our mission is to promote the well-being and independence of older adults by identifying their needs and interests, developing supportive programs, coordinating community services and advocating on their behalf.

A SPECIAL ANNOUNCEMENT!

We are excited to announce that a new, automated check-in system called MySeniorCenter will soon be installed in the lobby at the Senior Center. It's specifically designed to help our staff members manage program sign-ups and sign-ins and improve the way we report our services to town and state officials.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. It is also safer, more cost-efficient and earth-friendly as it eliminates paper consumption. Today, MySeniorCenter is being used by over 900 senior centers across the U.S. and Canada, so it's a proven tool.

A Change for the Better

The new system is extremely easy to use. Here's how it works:

1. All visitors and volunteers will receive a small key tag. (The card contains no personal information, but it will allow the new system to recognize you.)
2. Instead of signing a paper attendance sheet, you'll swipe your key tag at the scanner, or you can enter your name on the touchscreen (see below).
3. Then press the touchscreen to select your programs for the day.
4. Press FINISH and you're done!



A Smooth Transition

Once we begin to reopen for programs, staff will be available to help you operate the new check-in system. It is very user-friendly and we want to make the transition as seamless as possible for everyone.

A big thank you to the Friends of the Provincetown Council on Aging for funding this new system!



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

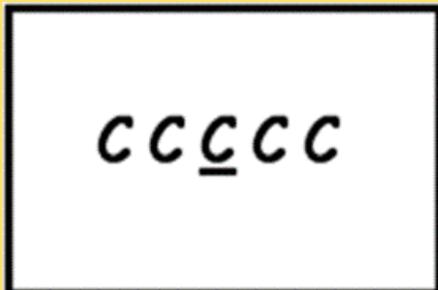
PRSR STD
PERMIT #16
PROVINCETOWN
02657 MA

REBUS PUZZLES

A REBUS is a picture representation of a name, work, or phrase.

Each "rebus" puzzle box below portrays a common word or phrase.

Can you guess what it is?



EXAMPLE :



"BIG DEAL"