PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

JULY 2020

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The Place to Connect!

508-487-7080

www.provincetown-ma.gov
Follow us on Facebook!

Welcome to Coastlines,

Independence Day is traditionally a time of celebration marked with parades, barbecues, family get-togethers and fireworks. For those of us fortunate to call Provincetown home, it is also the official start of "the season." Many of us lose track of each other as we welcome out-of-town guests or work summer jobs and the Senior Center has always been the place to stay connected.

This year, as our country struggles with critical issues of personal, national and global importance, summer on this little spit of land will look and feel very different. Some of us remain at home under the "Safer-at-Home" advisory and will not be venturing out to stroll Commercial Street. Some have learned to stay connected through technology and are adjusting to remote hugs and conversation. Others are stepping out a bit, tiptoeing into the new ways of the outside world.

It may not feel like a time to celebrate and, in fact, many of the traditions are not even options. Perhaps this year, we can re-imagine the collective celebration as a time to appreciate those we hold dear and the good that is present in our lives.

For the staff at the Senior Center, that includes each of you. We have marked holidays, mourned personal losses and rejoiced in the good times with you over the years. As we have continued to work to provide essential services and stay in touch in recent months, we have felt so grateful for these connections. We love seeing you at the weekly coffee hour, talking with you on the phone and receiving your notes and cards. Staff is now back in the office and continues to be available for any needs, questions or chats. Call us!

To ensure everyone's safety, we will follow the state guidelines as we move slowly towards a gradual resumption of services and, eventually, programs. In the mean time, see Page 3 for July programs and, if you'd still like to see fireworks on the 4th, check these out:

* The Boston Pops will present "A Boston Pops Salute to Our Heroes" to pay tribute to COVID-19 front line workers and honor those who have lost their lives during the current health crisis. This is not a live show but will feature newly created content from the Boston Pops as well as Fourth of July favorites. It will air on WHDH TV, Channel 7 Boston on July 4 at 8:00 pm.
* Or watch these YouTube favorites:

  https://youtu.be/CqX9bRta3cU https://youtu.be/CNjggrxUQ78

As always, we are here for you. Let's stay connected! ~ *Chris*

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

HOW TO ZOOM

Using Zoom

People are finding new ways of connecting with other people and one of those new and popular platforms for people to come together is called Zoom.

Zoom lets you virtually join other people either one on one or with large groups.

There are several links below that will help you use Zoom for the first time. The first link is to the Zoom website. You will need to download and run the application in order to use Zoom.

Zoom is easy to use and it is FREE!

Zoom web page:
https://zoom.us/

How to Zoom for the first time:
https://youtu.be/9isp3qPeQ0E

Zoom tutorial for beginners:
https://youtu.be/iagJnvy6lLY

How to host a Zoom meeting:
https://youtu.be/hI32Xk2Va7M

Tips for looking good on a Zoom meeting:
https://youtu.be/ACNGhPKnmok

We are happy to help if you have any problems with installing or using Zoom for the first time. Call Shannon at 508-487-7080, press 2, for assistance.
Give it a try, its fun and it's free.

~ Rick

FROM NANCY'S KITCHEN

It's About Tea

Raised by a mother from the south, ice tea was the only summer beverage on the table. Hot brewed, a pitcher of room temp tea and bowl of sugar were always sitting on the counter and fresh sliced lemons in the fridge. Effort was made to add the sugar secretly to avoid hearing "that's enough sugar."

I have been so disappointed when ordering "fresh brewed" ice tea out - the farther north, the greater the disappointment. I eventually figured out that "fresh brewed" often meant not made from instant tea.

I was introduced to brewing tea without boiling water during our weekly lunches at the Senior Center and it changed forever the way I make my ice tea.

I place regular tea bags in the bottom of a 2 quart glass container, fill with water, cover and let steep for 4 or 5 hours at room temp, using color to determine number of bags and steeping time. It can be stored in the refrigerator for days, keeping the fresh taste. Cold brewing provides a far smoother, longer lasting fresh taste than steeping tea in boiling water – something to do with heat bringing out tannins and a bitter taste.

For sweetened tea I like to stir honey in the pitcher or for a non-alcoholic Arnold Palmer style drink, mix ¼ lemonade with ¾ tea. You can vary by adding mint to the pitcher and fresh squeezed lemon to the glass, not the pitcher. I am conservative when it comes to adding lots of flavors, but choose your favorite fruit, choose your favorite tea. I like fresh tea without enhancement, well maybe lemon. However, it is absolutely essential to first fill the glass at least ¾ with ice.

My new discovery is Tea Tonic, a wonderful refreshing sweet summer drink. Make a syrup by bringing ½ cup water and 1 cup sugar to a boil. Steep 4-6 tea bags in heated syrup for 15 minutes or more, letting taste be your guide. Remove tea bags and squeeze out all the tea flavor. Let cool. Fill 12 ounce glass with ice, add about 3 ounces of syrup or less, fill with tonic water, add a squeeze of fresh lemon and stir. Again, lots of ice. Enjoy! ~ Nancy

JOIN US FOR JULY PROGRAMS

HOW CAN WE HELP BEES? POLLINATION ECOLOGY ***Wednesday 7/15 @ 11:00 am***

Larry Dapsis, Cape Cod Cooperative Extension entomologist, will talk about the loss of honeybees, causes and how we can make a difference. Larry's talks are informative and entertaining. Zoom event.

WOMEN'S RADICAL AGING GROUP ***Wednesday 7/22, 10:00 - 11:30 am***

A conversation about pandemic-related stress within the framework of radical aging led by Mary DeRocco, who has facilitated groups on radical aging for older adults at the Senior Center for several years. Zoom event.

REDUCE YOUR STRESS ***Wednesday 7/29 @ 1:00 pm***

Learn aspects of stress, identify responses and focus on simple tools to reduce it with Loretta Butehorn, PhD, psychologist and homepath. Loretta's wellness workshops are always supportive and uplifting. Zoom event.

GRACE NOTES UKULELE GROUP

Love to play the ukulele but tired of playing alone? Play with others under the direction of the talented and skilled Mary Abt. Zoom event.

COFFEE HOUR ***Tuesdays @ 10:00 am***

It has been wonderful "seeing" everyone each week and we'd love to see you, too! Zoom event.

CREATE TO SHARE PROJECT

We hope this time at home has sparked your creativity and we want to see the results! Send a photo of your artwork, poem, culinary creation, construction project, etc. to share on Facebook and PTV. Call for more info.

MOBILE LIBRARY

Let us return your books to the Provincetown Library and deliver new requests to your home. Call for more info.

*****For all of these programs, call 508-487-7080 and press '2" to talk to Shannon*****

SENIOR CENTER OUT & ABOUTS WITH DONNA

Until we can begin Out & About trips again, enjoy these places from the comfort of your home (In & Abouts?!).

Art in its Soul: the history of the Provincetown Art Colony produced by the Cape Cod Museum of Art (c) 1986:
https://www.ccmoa.org/on-demand-videos?utm_campaign=2819b5ce-80c0-4961-9e07-0bb0be1a5272&utm_source=so&utm_medium=mail&cid=05e3e537-d659-42b7-8ebe-5f36e16e6663

Modern Mix: Selections from the Cape Cod Museum of Art & the Cahoon Museum of American Art 2020:
Highlights modern works from their collections of modern artwork, including abstraction and expressionism:
https://cahoonmuseum.org/modern-mix-selections-from-the-cape-cod-museum-of-art-cahoon-collections/

Soaring Over the Sound: Enjoy the Cape Symphony's world premiere performance of "Soaring Over the Sound," a unique multimedia piece in celebration of Cape Cod's natural beaUty:
https://www.youtube.com/watch?v=4WXgt0DwVZo

Visit the Stellwagen Bank YouTube page to see short videos about this National Marine Sanctuary:
https://www.youtube.com/watch?v=mJRfyAJFfMY

Woods Hole Oceanographic Institute, *The Science of Shipwrecks*:
Renowned explorer Dr. Robert Ballard and WHOI scientist Dr. Kristin Meyer-Kaiser provide a fascinating overview of some of the many surprising facts that can be learned from shipwrecks. Recorded May 6, 2020:
https://www.whoi.edu/multimedia/science-shipwrecks/

FOR MORE WAYS TO STAY CONNECTED CHECK OUT OUR FACEBOOK PAGE

OUTREACH UPDATES Andrea Lavenets

Massachusetts Registry of Motor Vehicles

Effective March 27th, the RMV enforced a strict no walk-in policy at its Service Centers open to the general public. Limited Service Centers are open by appointment only for transactions considered essential. Effective March 25th and until further notice, the RMV suspended the issuance of new REAL IDs unless it is part of a first time issuance, out-of-state conversion, or other limited circumstance. Extensions have been announced for obtaining or replacing driver's license renewals and vehicle inspections. The RMV is not providing updated credentials to reflect the extended date.

Licenses:

Current Expiration—>	New Expiration:
March 2020	September 2020
April 2020	September 2020
May 2020	September 2020
June 2020	October 2020
July 2020	November 2020
August 2020	December 2020

Registrations:

Current Expiration—>	New Expiration:
March 2020	July 31, 2020
April 2020	July 31, 2020
May 2020	July 31, 2020
June 2020	July 31, 2020

Inspection Stickers:

Current Expiration—>	New Expiration:
March 2020	July 31, 2020
April 2020	July 31, 2020
May 2020	July 31, 2020

The RMV is encouraging motorists to complete all non-essential transactions listed above online or by mail. To access the RMV online please visit: https://atlas-myrmv.massdot.state.ma.us/myrmv/_/

Please call me at 508-487-7080, press 1, if you have any questions related to these updates.
I am happy to assist!

With appreciation to...

…the Cape & Islands Veterans Outreach Center for offering a new monthly pantry for veterans at the VMCC. (Call us for info!)

...Kim Contra, Commercial Nutritionist & Food Safety Specialist for Barnstable County, for offering the Seed to Plate program at the Senior Center. For those of you that picked up your planters and seedlings, give us a call and let us know how your growing goes!

HOUSING REHABILITATION PROGRAM

Community Development Partnership continues to have funds available for eligible residents for critical home repairs (roofing, siding, electric, heat, plumbing, structural repairs and more). Funding is limited; first come, firs served basis. For more information call:
Terry Barron at 508-240-7873 x 14

EVERYONE COUNTS!

Be sure to complete the 2020 Census.
It helps with Senior Center grant funding!

NOTICE

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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 be installed this month 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!

WE ARE HERE FOR YOU & WANT TO HEAR FROM YOU! CALL US @ 508-487-7080

PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
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PROVINCETOWN
02657 MA

SUDOKU

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

		9			1			
	8	1			7		5	
				2		6		7
					8	5		
				7	5			
	6		3	9				
	1		5					8
		4					7	
						1		3