PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

AUGUST 2020

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The Place to Connect!

508-487-7080

www.provincetown-ma.gov

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Welcome to Coastlines,

For many years, our August newsletter tradition has been a poem on the front page about the luxury of just sitting and doing nothing during the dog days of summer. The accompanying graphic usually included a hammock or shade tree and just looking at it was relaxing.

As with many parts of our lives, this year things feel very different. Although some of us still welcome the opportunity to lounge our way through August, others have had enough of sitting, thank you very much! After months of staying home to keep healthy and safe, we yearn for physical connection and the chance to just hang out with our friends.

As of this writing, in Massachusetts we have done a good job of flattening the curve of COVID-19. As more businesses and services open, some of you have asked about plans for the reopening of the Senior Center. Staff is back in the office and I truly can't express how bittersweet it is. I walk through the halls and think I hear laughter from people having coffee in the lounge, a movie playing in the Grace Gouveia room, singing from the fitness class or even silence as painting and drawing students create in the art room. This is such a special place and that is because of you. And it will be so again. For now, as much as we look forward to seeing you, we appreciate the concern and commitment of local and state officials in protecting residents, especially older adults, who are at elevated risk for contracting the virus. To date, there are no plans to open senior centers for programming, although some individual services are resuming. But we know that when we can, we will welcome you back with the biggest smiles you've ever seen!

Until we can re-unite, please call us with any need or just to talk. Sign up for a regular call from staff. Join us in one of our virtual programs. We will continue to offer essential services and explore new ways of connecting with each other.

In the mean time, we hope you are able to sit by the window and watch the birds or the sunset or the moonrise or to get outside on these beautiful summer days to sit in your yard, tend to your garden or take a walk. Any interaction with nature is good for the mind, body, spirit and soul! *~ Chris*

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

HOW TO ZOOM

Using Zoom

People are finding new ways of connecting with others and one of the most popular platforms for people to come together is called Zoom. Zoom lets you virtually join other people either one-on-one or in large groups. Zoom is easy to use and it is free!

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 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 questions about using Zoom for the first time. Call Shannon at 508-487-7080 and let her know that you would like a practice session. Give it a try, it's fun and it's free.

If you do not have a computer, tablet/iPad, smartphone or Internet service, please call Shannon and let us know. We want to hear from you to help us learn what the need is in the community. We hope that anyone who would like to participate in virtual programming of any type is able to do so.

See you on Zoom! ~ Rick

FROM NANCY'S KITCHEN

It's about tomatoes.

No, it's about my grandmother.

There are memories that pop up when I think about summer. They are usually nostalgic throwbacks to childhood and they often are food-related.

My grandmother taught school in the city where she could use public transportation and spent her summers living next door with my aunt and uncle. This was a treat in many ways, but way up there was her enormous vegetable garden and the resulting fresh food for immediate consumption and the plentiful vegetables canned or frozen to use through the winter.

Although her garden included maybe ten different vegetables, tomatoes are the first to come to my mind. Southern Indiana grew the best. This is disputed by others, i.e. my son-in-law from New Jersey, but I know. Nana grew the most flavorful, juicy and firm tomatoes. I would eat them from the vine accepting the dribble down my chin and shirt.

They were utilized in many ways, but a regular on the dinner table was fresh sliced tomatoes topped with cottage cheese. Doesn't sound that exciting, but we loved it. Mom always refrigerated and peeled the tomatoes, not acceptable practice these days, and demanded the same from any helpers. She whipped up the cottage cheese to a creamy consistency with an electric mixer. So simple but so good, or is that nostalgia talking? And the tomatoes made the best and the messiest bacon, lettuce, tomato sandwiches ever, on fresh, textureless, white bread spread with Miracle Whip, not mayonnaise. Bear in mind this was the mid-west in the 50's.

Those uncomfortable hot and humid Indiana summer days, I believe, were key to the delicious bounty – that and the love tendered daily by my grandmother mornings at 5 a.m.

Enjoy your summer tomatoes! ~ Nancy

JOIN US FOR AUGUST PROGRAMS…

PROVINCETOWN FARMER'S MARKET ***Wednesday 8/12 ~ 10:00 - 11:00 am***

Join members of Sustainable Cape as they provide us with information regarding available products, the process to purchase goods, as well as nutrition incentive programs that are accepted such as SNAP, HIP, WIC, Senior Discounts, Fresh Kids Coupons and Project Gratitude. Zoom event.

ZOOM KARAOKE ***Wednesdays 8/12 & 8/26 ~ 1:00 - 2:00 pm***

Join us for our first virtual karaoke via Zoom. We are able to offer a wide selection of songs from which to choose and are happy to make available individual requests. If you are new to Zoom and need assistance, we can guide you through, just let us know you'd like a practice session. Guaranteed fun!

WOMEN'S RADICAL AGING GROUP ***Wednesday 8/26 ~ 10:00 - 11:30 am***

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

COFFEE HOUR ***Tuesdays ~ 10:00 - 11:00 am***

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

GRACE NOTES UKULELE GROUP ***Thursdays ~ 3:00 - 4:30 pm***

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

PODIATRY SERVICES

Dr. Frank Campo has resumed services at the Senior Center. We are following a strict safety protocol and will explain the process when you call. Appointments required.

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 talk with Shannon*****

...AND "IN & ABOUTS" WITH DONNA (formerly "Out & Abouts"!)

Since we can't get out and explore in the COA bus yet, join Donna for this virtual tour on Zoom with time for conversation after! Call Shannon at 508-487-7080 to sign up.

WEDNESDAY 8/19 @ 1:00 PM: A VIRTUAL WALK

Bound Brook Island Wellfleet Virtual Walk & Historical tour by Friends of the Herring River
We will visit several sites to learn about the people who inhabited the island, the early fishing and whaling economy and the changing natural environment. We will also recall the importance of the Herring River to the early settlers and the plan to restore the river. (If you can't make the Zoom event): https://vimeo.com/423283110

Or enjoy the following on your own:

Sandwich Glass Museum presents a special curated and themed glass show, *Summer and the Sea.*
https://www.flipsnack.com/sandwichglassmuseum/summer-and-the-sea.html

Woods Hole Oceanographic Institute (WHOI), *Sharks!*
Sharks are one of the most iconic, and feared, groups of animals in our wild ocean and play a crucial role in the ecosystem they call home. Learn about sharks, their behavior and role in a healthy ocean with shark biologist Greg Skomal, Massachusetts Division of Marine Fisheries, and WHOI ocean ecologist Simon Thorrold. Recorded on Wednesday, May 13, 2020. https://www.whoi.edu/multimedia/sharks/

FOR MORE WAYS TO STAY CONNECTED CHECK OUT OUR FACEBOOK PAGE

OUTREACH UPDATES Andrea Lavenets

Supplemental Nutrition Assistance Program (SNAP)

The Department of Transitional Assistance (DTA) administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods. To get SNAP, you must be low-income and be a U.S. citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial and non-financial criteria. DTA issued emergency SNAP supplements to many SNAP households to help buy food during the pandemic crisis, starting in March. If your monthly SNAP benefit was less than the maximum for your household, you would have seen an increase up to the maximum SNAP grant. For instance, a household of one can receive $194/month max.

All income is countable which means that those receiving unemployment income may have been disqualified for SNAP benefits due to the additional $600/week in FPUC benefits. This additional unemployment income ended on July 31, 2020.

I advise anyone who is in this situation and seeing a change in their income, to apply for SNAP again to check your eligibility especially if you have not returned to work full time.

Ways to apply:
By phone: 1-877-382-2363, press "6"
Online: https://dtaconnect.eohhs.mass.gov/
If you need assistance calling, do not have Internet access or are interested in more information related to SNAP, please call me at 508-487-7080 so that I can assist you.

REMINDER: You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. You will receive $1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit.

Provincetowntown Farmers' Market:
Pre-order by 5:00 p.m. on Thursday for Saturday pickup 9:00 - 11:00 a.m. www.shoplocalfood.org

Truro Farmers' Market:
Monday 8:00 a.m.-noon at Truro Central School. Some pre-ordering available. Order 5:00 a.m.- 5:00 p.m. the Friday before. www.shoplocalfood.org

With appreciation to...

…Christine Frisco, who has taught yoga at the Senior Center for two decades. Christine has decided to retire and we couldn't be happier for her, although she will be greatly missed. She once told me that she tells her students to "listen to their body first and me second!" Isn't that the mark of a great teacher? Her students always came first and her love of yoga and how it enhances our well-being came through in every class. All the best, Christine. Thank you for making our lives richer through your teaching and presence.

HOUSING REHABILITATION PROGRAM

Community Development Partnership has funds for eligible residents for home repairs. Funding is limited so call for info: Terri Barron at 508-240-7873, ext. 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 has been installed at the Senior Center.
It's designed to help our staff members manage program sign-ups and sign-ins.
Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of grant funding in the future.
It is also safer, more cost-efficient and earth-friendly as it eliminates paper consumption.

TO HELP US GET THE SYSTEM UP AND RUNNING,
PLEASE SEE THE INSERT IN THIS NEWSLETTER
REQUESTING UPDATED INFO SO THAT WE CAN BETTER SERVE YOU.

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.

Many thanks to the Friends of the Provincetown COA 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
PROVINCETOWN, MA 02657

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

VIRTUAL TRAVELOGUE

Q E K Z N F S I P K S D X S K	CAPE COD
G R C M X R X O I E X H M I Q	ERIE CANAL
B I N A S M L L I R D Y Z B M	INCA TREK
N E J Z P A X K L T L L R E Q	MOSCOW
N C O O R E C V Y A Q K A R D	SIBERIA
U A G B E O C C F C F P C I N	ECO TOUR
W N E G R K Q O K N W K E A Q	GREENLAND
L A T X R Y A N D I A C G Y R	KENYA
R L J Z O E N I S N O C S I W	POLAR BEAR
I T I H A T E W L T K L C N T	TAHITI
I C E L A N D N O O Z O L R P	EGYPT
B T Q Y W Q G U L C G Z Q B Y	ICELAND
W T N T P X R U J A S N Z I G	MONGOLIA
C E X G Z Z Z A D J N O O M E	ROCKIES
K T L E E M X D K P H D M M X	WISCONSIN