

# PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER  
Veterans Memorial Community Center / VMCC  
2 Mayflower Street ~ Provincetown, MA 02657

MAY 2023

CHRIS HOTTLE, MSW - *DIRECTOR*  
ANDREA LAVENETS - *OUTREACH COORDINATOR*  
CASSIDY LOMBA - *ADMINISTRATIVE ASSISTANT*  
DONNA SZEKER - *VAN DRIVER / OFFICE AIDE*  
SHANE LANDRY - *PROGRAM COORDINATOR*  
NANCY DOOLEY - *COOK / MEAL COORDINATOR*  
JEFF CORBETT - *PROGRAM ASSISTANT*

*Your Place to Connect!*

**508-487-7080**

[www.provincetown-ma.gov](http://www.provincetown-ma.gov)

*Follow us on Facebook!*

## *Welcome to Coastlines!*

May is here and is special on many accounts. We are happy to welcome two new staff members to the Senior Center. Cassidy Lomba joins us as our full-time Administrative Assistant, with a background in finance and experience serving the community as a municipal employee. Jeff Corbett is a former lobby and kitchen volunteer who now works with Shane as the part-time Program Assistant. Both are wonderful additions to the COA team and, if you've not met them yet, please stop by the next time you are at the Senior Center and say hello.

Every May, the Administration for Community Living (ACL) leads the Nation's observance of Older Americans Month. The 2023 theme is *Ageing Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes.

Here at the Senior Center, we know that the impact of cultural bias and ageism can be toxic for both the individual and community. We also know that stereotypes are just that - stereotypes - and that there is no right or wrong way to age.

Older Americans Month is a time to celebrate the richness and diversity of lives. Let's all join in with the ACL in promoting views of positive aging and in knowing that we all benefit when older adults remain engaged, independent, and included.

May is also Mental Health Awareness Month and the VNA is offering a depression screening for adult residents 60+. Appointments are free and confidential. Please see Page 5 for details.

Last but not least, we are excited to bring back the annual art show this month. This special event began in 2010 to showcase the work of our arts classes. See the insert and please join us to support the students and thank our instructors.



AGING UNBOUND: MAY 2023

We hope you enjoy the beautiful month of May and we look forward to seeing you at the Senior Center! ~ Chris

**ONGOING PROGRAMS****\* REGISTRATION REQUIRED: 508-487-7080****DROP-IN ANYTIME****WALK THE HALLS**

Walk indoors to stay warm and dry. 8 laps = 1 mile.

**LOUNGE ~ LIBRARY ~ COMPUTERS**

Relax with a cup of tea or coffee. Read a book in a comfy chair or borrow one to take home. Enjoy quiet activities like puzzles, coloring, or a game of chess, checkers, or Scrabble. Check your email or go online on the computers. Come on in!

**CREATE / LEARN****TRAVELOGUE: New Zealand North Island***Wednesday 5/3 @ 1:15*

DVD presentation with world traveler Larry Moodry.

**TECH HELP***Monday 5/8 @ 1:00 - 3:00 pm*

Library Director Amy Raff offers drop-in assistance for phones, laptops, tablets and e-Readers.

**GRACE NOTES UKULELE & SINGING***Thursdays @ 11:30 am*

Mary Abt leads a fun time of singing and strumming.

No experience necessary. Ukuleles available for classes. Call for info or just come by and join in.

**RELAX / SOCIALIZE****BRIDGE***Mondays @ 1:00 pm*

Drop-in contract group; some experience required.

**KNITTING CIRCLE***Wednesdays @ 1:30 pm*

Bring a project and knit with others.

**COFFEE HOUR***Thursdays @ 9:30-11:30 am*

Drop in for a cup of tea or coffee and conversation.

**RUMMIKUB***Thursdays @ 2:00 pm*

Open to all, bring a friend!

**STAY ACTIVE / BE WELL****YOGA WITH KATE \****Mat: Tuesdays @ 9:00 am**Chair: Thursdays @ 9:00 am*

Instructor: Kate Wallace Rogers. Call for info and to register.

**YOGA WITH CHRISTINE \****Chair: Mondays @ 1:00 pm**Mat: Wednesdays @ 11:00 am*

Instructor: Christine Frisco. Call for info and to register.

**Wii BOWLING***Tuesdays 10:00-11:00 am*

Drop in for some friendly competition!

**VNA BLOOD PRESSURE CLINIC***2nd Tuesday of the month @ 10:00 am - Noon*

Free bp clinics to residents of all ages and town employees.

**PODIATRY \***

Dr. Frank Campo provides podiatry services for older adults. Appointments required.

**SEE A MOVIE****MOVIE MATINEE***Tuesdays @ 1:30 pm*

Showing current films each week. Call for info.

**CLASSIC MOVIE***Wednesday 5/31 @ 1:15 pm*

Classic movie in May will be from the '50s.

**ENJOY A MEAL / FOOD SERVICES****LUNCH BUNCH \****Wednesdays @ Noon*

Weekly lunch for residents 60+. Rides provided. Donations appreciated. RSVP by Thursday before.

**FOOD PANTRIES**

Call for info about our on-site pantry and monthly mobile pantry.

## NEW PROGRAMS

**\*\*\* REGISTRATION REQUIRED FOR ALL NEW PROGRAMS: 508-487-7080**

### TAI CHI & QIGONG    *Tuesdays 5/2 - 6/20 @ 10:30 am*

A gentle, flowing practice that includes mindful centering, stretching, breathing, and strengthening through movement. Developed to give the benefits of classic Tai Chi in an easier, more accessible way. No experience necessary. Led by Lisa Bushy, RN, American Tai Chi and Qigong Association. Call for fee info and to register.

### CONTAINER GARDENING    *Wednesday 5/3 @ 10:30 am*

Join Master Gardener Donna Cooper for this interactive demonstration and discussion on container gardening. She will provide ideas about types of containers to use, types of soil, and what plants/flowers would work best to grow on the Cape. RSVP by 5/2.



### GAMES & TRIVIA with INDEPENDENCE HOUSE    *Wednesday 5/10 @ 1:15 pm*

Independence House is back hosting a “giant” game day featuring giant Jenga, Connect Four, checkers, corn hole, and a spinning wheel with drawings for a chance to win prizes. Play along with trivia on our giant 65” screen tv. Chris Morin, Director of Prevention, Education & Outreach, invites you to come join in on the fun. RSVP by 5/9.

### BEGINNER BEADING    *Wednesdays 5/10-5/31 @ 10:00 am*

Do you have old beaded jewelry you saved but never wear? Or beaded jewelry that needs repair? Do you have beads you bought to string and they’re still waiting to be strung? RuthE Rogers has all the fixings to turn that old jewelry into new! Bring your beads and have fun restringing, renewing, changing, or making new. RSVP by 5/9.

### STRONG @ HEART with VNA    *Thursdays 5/11 - 6/15 @ 1:30 pm*

This 6-week exercise program builds strength and endurance and is recommended for generally healthy older adults. Participants must be able to tolerate 60 minutes of seated and standing exercise and ambulate independently. Contact VNA of Cape Cod directly to register at (508) 957-7423.

### OPEN YOUR EYES TO VISION LOSS    *Monday 5/15 @ 9:30 am*

Sight Loss Services, Inc. Cape Cod and Islands presents a screening of the uplifting and inspiring documentary film “Going Blind”. Following the film, staff will outline services and programs available to assist visually impaired residents. Open to all regardless of age, degree of vision loss, or eye condition. Adaptive aids demos, visual impairment simulators, and literature will be available. Film + presentation will last 2 hrs. RSVP by 5/11.

### THE UNUSUAL BOOK CLUB    *Monday 5/15 @ 10:00 am*

Loretta Butehorn is back leading the *Unusual Book Club* with everyone welcome. There isn’t a specific book, only a theme. This month, what are the best books you read this winter? Bring your books and share them with the group. Leave with new titles to put on your reading list. RSVP by 5/12.

### AUTHOR SERIES: INDIRA GANESAN    *Wednesday 5/17 @ 1:30 pm*

Indira Ganesan has written 3 novels: *As Sweet as Honey*, *The Journey*, and *Inheritance*. Join us for a conversation, reading, and book signing with this local author. RSVP by 5/15.

### METHODS FOR GENEALOGISTS    *Tuesday 5/23 @ 10:30 am*

Searching for your family history? David Martin, Cape Cod Genealogy Society, will discuss how to get started and where to find resources that you might not have thought about that could lead to good family information. RSVP by 5/19.

### WALKY TALKY    *Fridays @ 9:00 am*

Our walking program continues in May, walking 1-2 miles on pavement. Rainy days will be scheduled in the halls of the VMCC. Call 508-487-7080 for more information or to sign up. Rides available.



**SEE THE INSERT FOR THE MAY CALENDAR & ART SHOW FLIER!**

**OUT & ABOUTS**

**REGISTRATION REQUIRED FOR ALL PROGRAMS: 508-487-7080**

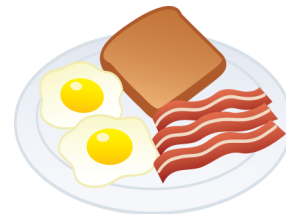


**BREAKFAST BUS: RED COTTAGE**

*Thursday, May 11, 9:00 a.m.*

Fresh, homemade and creative breakfasts in So. Dennis.

Bus donation: \$5; RSVP by 5/10.



**WELLFLEET BAY WILDLIFE SANCTUARY**

*Thursday, May 18, 10 a.m.*

Celebrate spring at the sanctuary which features accessible trails and an award-winning nature center.

Non-member admission: \$5. Lunch at Bob's Sub & Cone.

Bus donation: free; RSVP by 5/17.

**OUT TO LUNCH: BRAX LANDING**

*Thursday May 25, 10:30 a.m.*

Overlooking Saquatucket Harbor in Harwichport, Brax boasts breathtaking views and mouthwatering meals.

Bus donation: \$3; RSVP by 5/24.

**TRANSPORTATION**

***HYANNIS / RMV***

Appointments & shopping  
1st & 3rd Monday of the month.

***ORLEANS***

Appointments & shopping  
2nd Monday of the month.

***BREAKFAST BUS / OUT TO LUNCH***

Monthly breakfast/lunch trips to Cape eateries.

***SENIOR SHUTTLE***

In-town destinations upon request  
Tuesdays & Wednesdays.

***OUT & ABOUT EXCURSIONS***

Adventures to museums, theaters, and more.

***MEDICAL APPOINTMENTS CAPE-WIDE***

Provincetown residents 60 +  
Call 508-487-7080 for info.

**SERVICES**

**GET SUPPORT & ASSISTANCE**

- COA OUTREACH ~ HOME, OFFICE VISITS
- ALZHEIMER'S FAMILY SUPPORT CENTER GROUPS
- EMERGENCY PLANNING ASSISTANCE
- EYE GLASSES DONATION
- FOOD PANTRY & NUTRITION PROGRAMS
- LEGAL ASSISTANCE
- MEDICAL EQUIPMENT LOAN
- RETIRING A FLAG
- SENIOR R.E. TAX WORK-OFF PROGRAM
- SHINE: HEALTH INSURANCE INFO
- SIGHT LOSS SUPPORT GROUP
- VETERANS SERVICES

**OUTREACH UPDATES**

**Andrea Lavenets**

Medicare Savings (Buy-In) Programs

The Mass Health Medicare Savings (Buy-In) programs help pay some of the out-of-pocket costs of Medicare. The Buy-In programs can also help get Medicare Part B for people who only have Medicare Part A. If you are in a Buy-In program, you will also be automatically enrolled in the Medicare Part D Extra Help program, which can help with pharmacy costs.

Program Benefits:

\*Senior Buy-In pays for Part B Medicare premiums (and for Part A premiums for those who have one) and for the deductibles and coinsurance under Part A and Part B.

\*Buy-In may pay for the Medicare Part B premium.

To be eligible for either Buy-In program you must qualify based on your income and assets. The income limits for Mass Health Buy-In have **INCREASED**.

The asset limits for these programs are now \$18,180 for an individual and \$27,260 for a couple. The income limit has just increased to \$2734 per month for an individual, \$32,808 annual, or \$3698 per month for a couple, \$44,376 annual.

If your income and assets are now below these limits, a Medicare Savings Program may indeed save you money. One way these programs save money is by paying your Medicare Part B premium for you; thus the Social Security income you actually receive would be higher.

For more information or to apply, call the Senior Center 508-487-7080 to schedule an appointment with Andrea.

*With appreciation to...*

...the DPW for all of their work in adding employee parking spaces at the VMCC, opening spaces in the lot for guests. Now that we're so busy again, it is really making a difference!

...Stop & Shop for raising money for the COA Pantry through their Bloomin' 4 Good program in April and to those of you who bought bouquets. Our food pantry is open to all residents with no registration.



**DEPRESSION SCREENINGS**

*Tuesday 5/9*

The VNA will offer free, confidential depression screenings this month to residents 60+ years.

Using the GDS (Geriatric Depression Scale), a VNA nurse will conduct the individual screenings. Sessions will include a review of the results and information about local support services.

Appointments are required and can be scheduled by calling the Senior Center at 508-487-7080.



*Call the Senior Center for info on how to join Team Provincetown!*

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**COUNCIL ON AGING BOARD**

- David Ketchum (Chair)
- Penny Sutter (Vice-Chair)
- Deb Meadows (Clerk)
- Barbara Yates
- Peter Cook

**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.



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

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## Word Search: April Showers Bring May Flowers

Amaryllis	S L I D O F F A D S Q V L F A
Daisies	E M A G N O L I A S C M T F I
Irises	I Q E U F A S P K C Z A U U X
Magnolias	N E H R L A P A A W F S L J H
Roses	O Y H H P G T R I O M G I I R
Tulips	E C J A V S N W T S I Y P O L
Daffodils	P S L P E A Q D U E E Q S X S
Freesias	M H E I T I R I S E S E L A A
Lilies	K R L I P T C P C D S M R D E
Peonies	N I O T S A I H T Y S R O F P
Sweet peas	L N B Q F I N R N C K D G X T
Carnations	S L L T B K A S B F V C S D E
Forsythias	Q M M Z U E D D I W R C N O E
Lilacs	S I L L Y R A M A E C V Z S W
Pansies	S N A P D R A G O N S X K U S
Snapdragons	S N A P D R A G O N S X K U S

