

PROVINCETOWN COASTLINES

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

JUNE 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

Follow us on Facebook!

Welcome to Coastlines!

Every year, the town of Provincetown recognizes a Senior of the Year for their contributions to the community. Criteria include residents who are 60+, are a role model to their peers, are enthusiastically involved in the community and exemplify the “spirit of positive aging”.



*It is with great pleasure that
we announce the
2023 Provincetown Senior of the Year
Larry Moodry*

One of the longest serving COA volunteers, Larry has been a part of the Senior Center community for almost two decades. He began by sharing his wealth of experience and knowledge gained through extensive travel around the world by offering a monthly Travelogue program that continues to this day. You may know him as one of the volunteer greeters in the VMCC lobby, welcoming visitors to the Center (with chocolate kisses!) and going out of his way to provide assistance. Larry’s positive attitude and many kindnesses uplift all and he is actively involved in Senior Center programming. He is a great ambassador in the community for the Senior Center and we are so happy to bestow this well-deserved honor.

Please join us in congratulating Larry and watch for him in the 4th of July parade!

We hope you enjoy this edition of *Coastlines* and look forward to seeing you at the Senior Center soon. Happy summer! ~ *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: *Tip of Cape Cod****Wednesday 6/7 @ 1:15*

DVD presentation with world traveler Larry Moodry.

TECH HELP*Monday 6/12 @ 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 6/28 @ 1:15 pm*

Classic movie in June will be from the 60's.

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**

ELDER LAW ATTORNEY *Monday, June 5*

South Coastal Counties Legal Services offers free, confidential appointments bi-monthly with an elder law attorney. Appointments required. Call Rasheda Dickerson @ 774-487-3251 for an appointment by 6/2.



WALKY TALKY *Fridays, June 2 & 9 @ 9:00 am*

Our walking program continues for a few more weeks before taking a summer break. Anticipate walking (and talking) for 1-2 miles on pavement. Rainy days will be scheduled in the halls of the VMCC. Meet at the VMCC and we will walk from there.

SHINE MEDICARE PRESENTATION *Tuesday, June 13 @ 1:30 pm*

If you are turning 65 this year or have a Medicare Savings Program or want to learn more about either, this is the presentation for you. A SHINE (Serving the Health Insurance Needs of Everyone) representative will discuss applying for Medicare at 65 as well as Medicare programs under the MassHealth umbrella called Medicare Savings/Buy-In Programs. If your income and assets are below certain limits, a Medicare Savings Program may save you money. Don't miss this presentation! RSVP by 6/12.

WHAT IS JUNETEENTH? *Wednesday, June 14 @ 1:15 pm*

On June 19, 1865, Union General Gordon Granger arrived in Galveston, Texas. He informed the enslaved African Americans of their freedom and that the Civil War had ended. This significant day has been celebrated for over 150 years as Juneteenth, a combination of June and 19. Join us for a special video presentation by the National Museum of African American History and Culture (NMAAHC), which honors the present and reflects on shared history and tradition of this momentous occasion. RSVP by 6/13.

LGBTQ+ PRIDE MONTH: "COME OUT" FOR ICE CREAM!

Thursday, June 15 @ 1:00 pm

Let's celebrate Pride by coming together for an ice cream social. Choose from a variety of flavors and toppings to make your perfect combination. Socialize with others, tell coming out stories, and enjoy some LGBTQ+ trivia showcased on our 65" TV. It'll be a prideful event for all! RSVP by 6/13.



PORTUGUESE FESTIVAL LUNCH CELEBRATION *Wednesday, June 21 @ Noon*

Help celebrate one of Provincetown's longest running traditions. Join our *Lunch Bunch* for kale soup in honor of Provincetown's Portuguese Festival. RSVP by 6/15.

THE UNUSUAL BOOK CLUB *Monday, June 26 @ 10:00 am*

Loretta Butehorn is back leading our *Unusual Book Club* where everyone is welcome to participate.

Why is it unusual? There isn't a specific book, only a theme. This month it's "books with a local flavor, Cape Cod & Provincetown". Bring your recommendations and share them with the group. Leave with new titles to put on your reading list. RSVP by 6/23.



SEE THE INSERT FOR THE JUNE CALENDAR!

OUT & ABOUTS
REGISTRATION REQUIRED FOR ALL PROGRAMS: 508-487-7080



BREAKFAST BUS: JACK'S OUTBACK II

Thursday, June 8 @ 8:30 am

Excellent food in this cozy, family restaurant in Yarmouth Port. A COA favorite!

Bus donation: \$5. RSVP by 6/7.

CHATHAM RAILROAD MUSEUM

Thursday, June 15 @ 10:00 am

The Chatham Railroad Museum is in a restored 1887 railroad depot and contains hundreds of exhibits and model locomotives used at the 1939 New York World's Fair. Admission: Free [donations accepted].

Lunch at Chatham Filling Station. Bus donation: \$3. RSVP by 6/14.

**CAPE COD MUSEUM OF ART: AUTHOR TALK -
DUNE SHACKS OF PROVINCETOWN by JANE PARADISE**

Thursday, June 22 @ 10:30 am

Visit the museum and enjoy a talk by Jane Paradise on her book *Dune Shacks of Provincetown*, a monograph of 90+ interpretive photographs and a cultural history of the shacks as told by the people who stayed there.

Tickets & museum admission: \$18. Brunch/lunch at Grumpy's. Bus donation: free. RSVP by 6/19.

OUT TO LUNCH: MOBY DICK'S

Thursday, June 29 @ 11:00 am

This traditional "clam shack" in Wellfleet serves fresh seafood and other delicious options. A local favorite.

Bus donation: \$3. RSVP by 6/28.

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
MassHealth Redeterminations

Attention MassHealth Members! MassHealth eligibility redeterminations began on April 1, 2023. All members will be renewed in the next 12 months.

Please monitor your mail and respond to anything that MassHealth has sent. Your renewal form will be in a BLUE envelope. Respond to MassHealth before the deadline. Even if you do not think you are eligible, providing more information can help MassHealth identify other coverage options for you.

*Please note that MassHealth kept continuous coverage for members during the COVID-19 emergency. As of April 1, 2023, MassHealth returned to normal eligibility rules in alignment with federal requirements.

*If you turned 65 since March 2020, this year’s renewal form will look a little different. MassHealth will now review your assets along with your income.

When should a member call MassHealth Customer Service?

- * When a member doesn’t know if they have received a BLUE envelope yet or thinks they may have inadvertently thrown it out or lost it.
- * When a member who turned 65 between February 2020 and April 2023 and has not yet received a renewal form in the mail by June 1, 2023.
- * When a member wants to check their current MassHealth coverage.
- * When a member receives a termination notice but does not believe they ever received a BLUE envelope.

If you have questions related to mail that you have received or need assistance with your renewal, please call Andrea to schedule an appointment:
 508-487-7080.

With appreciation to...

...Master Gardener Dr. Donna Cooper for the class on Container Gardening, RuthE Rogers for offering Beginner Beading, and Dr. Loretta Butehorn for bringing back the Unusual Book Club. We have the best volunteers ever and thank each of them for sharing their time and skills.



MEET SNAPPY!

You may have noticed the kiosk outside of Andrea’s office and wondered what it is. Residents can use the pad to apply for SNAP benefits (Food Stamps) and those already receiving SNAP assistance can use it to check on their account information without having to make an appointment or travel up-Cape.

It is available during business hours, Monday-Thursday 8:00 a.m.-5:00 p.m. and Friday 8:00 a.m.-noon. It is part of a pilot program by the Massachusetts Department of Transitional Assistance intended to enhance rural residents’ ability to access services.

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)
- Deb Meadows (Clerk)
- Barbara Yates
- Peter Cook

*Alternate positions available.
 Call Chris for info: 508-487-7080*

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

PRESORT MARKETING
PRSR STD
U.S. POSTAGE **PAID**
PROVINCETOWN, MA
PERMIT #16

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