PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

SEPTEMBER 2020

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The Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines,

September is National Senior Center Month and this year's theme is

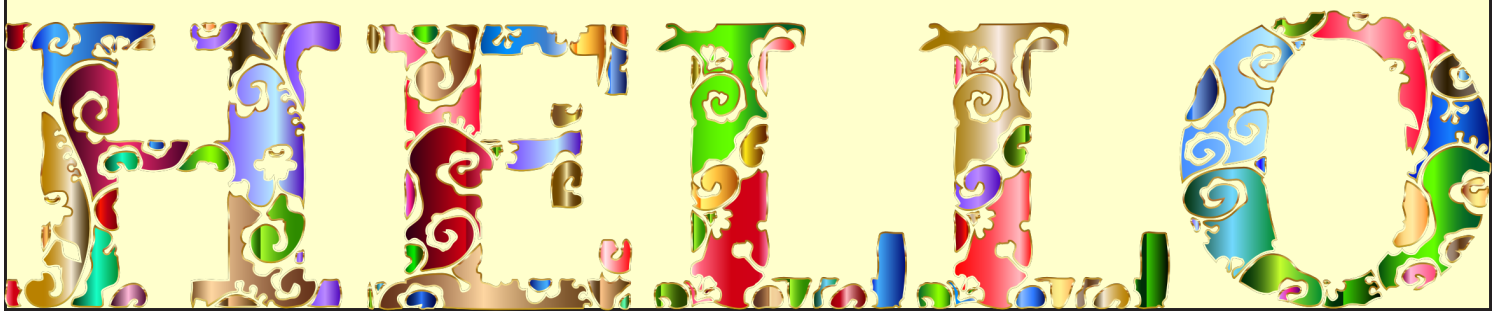
Senior Centers: Delivering Vital Connections!

This national celebration began in 1979 with Senior Center Week. It gained momentum with support from the full Senate and the House Select Committee on Aging until the National Institute of Senior Centers (NISC) declared the entire month of September as Senior Center Month in 2007.

Every year, we mark Senior Center Month with a party, food, laughs and conversation. Who would have ever thought that we would not be able to carry on the tradition this year? Life certainly has changed but we still want to celebrate! The theme of "delivering vital connections" has inspired us to reach out and connect in a different way.

In the next few weeks, COA staff members would love to come by your home and visit outside with you. We will wear masks, maintain social distancing, bring a treat and spend a little time catching up. If you would like to have us come by, call us at 508-487-7080 to schedule an appointment. If you would prefer, we can drop off the treat at your doorstep and wave "hello" from afar. The Senior Center is the special place that it is because of YOU and we want to stay connected in any way that we can.

We are here for you and we want to hear from you! Try out some of the programs listed in the newsletter, call us for support services and stay in touch. Happy Senior Center Month! ~ *Chris*



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

A NOTE FROM RICK

STAYING CONNECTED

Many of you have participated in some of our virtual programs in recent months. Zoom has been a great platform for bringing us together safely.

Zoom is also a great way for you to stay in touch with family and friends. A personal account is absolutely free. There is no time limit on one-to-one meetings. There is a 40-minute limit on group meetings up to 100 participants and there is no restriction on the number of meetings you host each month. Check it out at www.zoom.us

For those who have iPhones, Face Time offers another easy way to visit with family and friends. The app is available for free on the App Store for iPhone and iPad.

Another way to video chat is Skype. It is free and you can use your computer, tablet or smartphone to call family and friends. Go to www.skype.com to learn more.

YouTube offers tutorials on almost any subject. If you are having trouble or want to see more about using a new device or learning how to use Zoom on an iPhone or iPad, YouTube is a great way to learn. Tutorials vary from one video to another so always check out several on the same subject until you find one that works for you.

Cards and letters are also a great way to stay connected. There is nothing like receiving a handwritten letter or card from a family member or an old friend. Electronic cards are available for those who have computers and Internet access. Many eCard sites offer free trials.

If you would like more information or a one-on-one practice session on Zoom, give us a call.

Stay safe and stay connected! ~ Rick

FROM NANCY'S KITCHEN

IT'S ABOUT SWEET POTATOES, NOT YAMS

The message about sweet potatoes is, they are good for you. Analysis shows they are rich in fiber and chock-full of vitamins, minerals and antioxidants. These nutrients promote eye health, gut health (term regarding digestive tract), and immune health.

There is for me, the lurking, illusive question, is it a sweet potato or a yam? Only one of us in the kitchen had confidence to taste and pronounce "sweet potato" … it wasn't me. Those tall cans in the grocery store that are clearly labeled "yams", they are not! The ingredients list says sweet potatoes. Now I question if the labels on fresh produce in the store always have it right. The more I look into this, the more I wonder, have I ever eaten a yam?

According to Google, yams are starchier, have fewer nutrients and a bark-like skin, so I am going with the sweet potato. The Thanksgiving dish, substitute for French fries and oven-baked are all good, but not too exciting. I decided to load a baked sweet potato with excitement. Try this recipe:

Baked BBQ Chicken Sweet Potato

4 medium sweet potatoes
2 cups shredded chicken
2 minced cloves garlic
½ red onion, quartered and thinly sliced
1 jalapeño pepper, thinly sliced
1½ cups shredded Gouda cheese
Olive oil, salt, pepper
½ cup BBQ sauce

Preheat oven to 400 degrees

Wash potatoes and dry thoroughly. Puncture each with a fork, 4 times on top & bottom. Place on baking sheet lined with parchment or foil (do not skip this step or you will regret it). Use hands to coat potato with olive oil, then salt, pepper. Bake 'til fork easily inserts, maybe an hour, depends on size of potatoes.

While baking, combine chicken, BBQ sauce and garlic. Slice onion and jalapeño. Shred cheese.

Let potatoes cool 10-15 minutes before slicing top end-to-end. Push ends to form a well, load with chicken, top with onion, peppers and cheese. Place in oven for 15 minutes, 'til cheese is melted. Drizzle with a little BBQ sauce. Serve & enjoy! ~ Nancy

JOIN US FOR SEPTEMBER PROGRAMS…

MASSACHUSETTS SENIOR MEDICARE PATROL PROGRAM ***Thursday 9/10 @ 10:00 am***
Join representative Deb Clark, and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. This free informational workshop will provide you with the tools to become a more informed and engaged health care consumer including information about the new Medicare cards . Zoom event.

WOMEN'S RADICAL AGING GROUP ***Wednesday 9/23 ~ 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.

ZOOM KARAOKE ***Wednesday 9/23 ~ 1:00 - 2:00 pm***
Back by popular demand! We are able to offer a wide selection of songs from which to choose and honor 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! Zoom event.

HOW SPIRITUALITY IMPACTS HEALTH ***Wednesday 9/30 @ 1:00 pm***
Loretta Butehorn, PhD, psychologist and homeopath, will discuss the difference between spirituality and religion and how spirituality affects health, including fascinating research on prayer. 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.

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 Shannon at 508-487-7080 to sign up***

...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 9/16 @ 1:00 PM: A VIRTUAL HISTORY

"History of the Provincetown Art Colony" from Cape Cod Museum of Art on Vimeo.
(If you can't make the Zoom event): https://vimeo.com/193483173

Or enjoy the following on your own:

"Freedom Rising: Remembering the Abolition Movement and Campaign for Civil Rights in Boston, 1770s - 1930s"
Meet Boston's black community leaders, abolitionists, and activists and explore the ways in which they strategically used the power of public memory in their pursuit of freedom.
https://artsandculture.google.com/exhibit/freedom-rising-remembering-the-abolition-movement-and-campaign-for-civil-rights-in-boston-1770s-1930s/mAJC36z-fKZ6LA

"The Ocean Twilight Zone"
Woods Hole Oceanographic Institution oceanographer Andone Lavery and her team of scientists and engineers have created the ultimate tool for exploring the largest, least known habitat on Earth—the Ocean Twilight Zone, a layer of the ocean beyond all but the dimmest sunlight. What they find might change our understanding of deep-ocean life. Enter the twilight zone here: https://youtu.be/4uY4MIUSFsI

FOR MORE WAYS TO STAY CONNECTED CHECK OUT OUR FACEBOOK PAGE

OUTREACH UPDATES Andrea Lavenets

Medicare Open Enrollment

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment runs from October 15 - December 7. Each year insurance companies can make changes to Medicare plans that can impact how much you pay out-of-pocket for monthly premiums, deductibles, drug costs, and pharmacy networks. They can also make changes to your plan's formulary (list of covered drugs). You will receive an Annual Notice of Coverage letter from your Prescription Drug or Medicare Advantage (HMO, PPO) in September reflecting any changes to your current plan. Given these yearly changes, it is a good idea to re-evaluate your current Medicare plan each year to make sure it still meets your needs.

During the Open Enrollment, you will have a chance to change your plan. This change takes effect January 1, 2021. If you do not change your plan during the Open Enrollment period, you may have to stay with your existing plan for another year.

SHINE is here to help you understand these changes and choose the plan that best meets your needs. Call the regional SHINE office at 508-375-6762 to schedule an appointment during Open Enrollment.

Medicare premiums, deductibles and co-payments can add up. There are several programs that can help a beneficiary with Medicare cost-sharing.

Program	Benefit
Mass Health	Supplemental and drug coverage; Automatic enrollment in Senior Buy-In & Extra Help
Senior Buy-In	Pays Medicare A&B premiums, deductibles and copays; Automatic enrollment in Extra Help
Buy-In	Pays Medicare Part B premium; Automatic enrollment in Extra Help
Extra Help FULL	Reduced Part D premium; Eliminates Part D deductible; Lowers copays
Extra Help PARTIAL	Reduces Part D premium & deductible; Lowers copays to 15%
Prescription Advantage	Supplemental prescription coverage that reduces copays once the total retail costs of covered prescription drugs reaches $3,820.00

For information related to the above programs call Andrea at 508-487-7080 for eligibility requirements.

With appreciation to...

…our amazing instructors for taking the leap and offering programs virtually so that we can continue to learn and socialize and connect. You are the best! Special thanks go out to Mary Abt, Loretta Butehorn, Mary DeRocco and Larry Dapsis.

2020 FEDERAL CENSUS UPDATE

As we go to print, only 28% of Provincetown residents have completed the Census. This is critical because funding for grants for the next ten years for the Council on Aging and other Town departments will be based on these counts.

PLEASE tell your family, friends and neighbors to be sure to complete the 2020 Census by September 30!

EVERYONE COUNTS!

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.

IN LAST MONTH'S NEWSLETTER, WE INCLUDED A FORM REQUESTING INFORMATON SO WE CAN BE SURE OUR NEW SYSTEM IS UP-TO-DATE.
PLEASE RETURN THE LIST IN THE MAIL TO US OR CALL US AT 508-487-7080
AND WE CAN TAKE THE INFO OVER THE PHONE.
IF YOU DID NOT RECEIVE ONE, JUST GIVE US A CALL. THANK 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

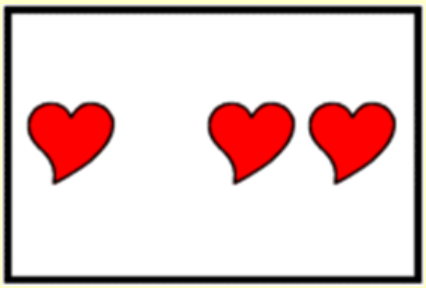
PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

REBUS PUZZLES

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

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

Can you guess what it is?



EXAMPLE:

"BIG DEAL"

Answers are available by calling the Senior Center.