

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

OCTOBER 2020

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RICK SHAW - *PROGRAM COORDINATOR*
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CARLA MANCINO - *PROGRAM ASSISTANT*

The Place to Connect!

508-487-7080

www.provincetown-ma.gov

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Welcome to Coastlines,

It's autumn, the favorite time of year for many with lovely, crisp mornings, the exquisite earth colors of trees and dunes, and birds arriving, leaving and passing through.

Ancient cultures celebrated with rituals of appreciation for summer's light and preparation for the winter's darkness. It is a season of transition and change.

These days, we know about change! We hope you can enjoy the shifting seasons by your window or outside and encourage you to take advantage of the warm days that pop up throughout the fall. Be easy with yourself. Appreciate the times when you can relax in the moment and allow yourself the times when other feelings arise. When that happens, reach out to others (call us, we'd love to chat!), distract yourself with an activity, take a nap, whatever helps you feel better. We truly are all in this together so know that we are here and thinking of you all every day, envisioning the time when we can be together!

Look inside *Coastlines* and you'll find our virtual offerings this month, including special events for National Poetry Day and LGBT History Month. Please call if you need support with your device or Zoom, we can provide assistance. Let us know if you are not connected in terms of technology but would like to be. We want to know what the need is to look at options so all can stay in touch.

Despite all the change, there's much that stays the same. We will celebrate Halloween this month with not one, not two but three programs! Call us at 508-487-7080 to sign up. ~ *Chris*



CREATIVE PUMPKIN CARVING: Wednesday 10/7 @ 1:00 pm

Watch a video of amazing pumpkin carving techniques with time for sharing after. Zoom event.

HALLOWEEN COFFEE HOUR: Tuesday 10/27 @ 10:00 am

Let's celebrate with a Halloween Ghost Story Coffee Hour. Wear a fun costume or accessory and share your favorite Halloween story over a cup of coffee. Zoom event.

TRICK OR TREAT!

Social distancing "trick or treat" at your door! If you would like staff, *oops!, I mean some goblins and ghosts*, to knock on your door at Halloween time with a treat (we promise no tricks!), give us a call! We'd love to scare, *oops!, I mean see* you!

To sign up for any or all of these programs, call us at 508-487-7080.

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 TOOLS

I've always been a slow and deliberate person. My sister and I were opposites in this way. We had conversations over the years comparing our different modes "slow and steady wins the race" versus "the quicker it's done, the better." We pretty much accepted that we just had different styles and it was okay – most of the time.

Unfortunately, I'm a slow cook. I've gotten a little faster. I have picked up some tips from trained cooks, and as they say "practice, practice, practice," may not make perfect, but it usually helps. Neat tools also aid. I prefer simple tools. Complex tools often overwhelm and usually require a lot of cleanup.

For example, I've made egg salad for our lunches using 8 or 9 dozen hard-boiled eggs. Shelling is time consuming, but so is chopping up all those eggs. I use a coarse mesh strainer/skimmer, like used for woks, to push eggs through the mesh instead of chopping. Really easy, really easy cleanup.



A new favorite tool is an instant-read digital thermometer. Since I am charged with food safety, I use thermometers a lot. Heating food to 165F kills germs and viruses – yes, COVID - 19. Reheating food in a microwave to 165F is a way to prevent foodborne illnesses. The instant-read has a narrow stem for easy penetration and gives you a reading in seconds. It works well for outdoor grilling. Lift the lid, get a quick reading, close the lid quickly, lose less heat on the grill and avoid extra heat to the griller. This also applies to roasts and casseroles in the oven. And instant-read is great to fine tune - how well-done you want your meat. Although meats have a wider temperature safety range, think 165F for prepared food safety. Any food thermometer will do, but the instant-read is quick and easy encouraging use.

All the tools in the world will not make me a fast cook, but it's been suggested that the more care put into preparation, the more love is in it. I can accept that interpretation. So there Vi.

~Nancy

JOIN US FOR OCTOBER PROGRAMS...

IT'S NATIONAL POETRY DAY! *Thursday 10/1 @ 10:00 am*

Local poet Hilde Oleson and photographer Kathryn Menangas have teamed up on a new book entitled, *Gulls And Such*. It is a beautiful pairing of Hilde's poems about gulls with Kathy's photos of gulls. Hilde will read from the book and participants will be able to see the accompanying photos. Time for discussion, too! Zoom event.

CELEBRATE LGBT HISTORY MONTH *Wednesday 10/14 @ 1:00 pm*

We'll watch *Coming Out: A 50 Year History*, an excellent, hour-long 2017 documentary of young people interviewing LGBT older adults, comparing coming out stories. Discussion following the film. Zoom event.

LILY HOUSE PRESENTATION *Tuesday 10/ 27 @ 1:00 pm*

Learn about Advance Directive, Health Care Proxy and the Lily House. Led by Kim Adams, End-of-Life Guide/Coach, and Dawn Walsh, End-of-Life Doula. Zoom event.

WOMEN'S RADICAL AGING GROUP CONVERSATION *Wednesday 10/28, 10:00 - 11:30 am*

"Aging in the Time of COVID-19". A safe place to discuss how your life has changed since March 13, led by Mary DeRocco, MA, LMFT, LMHC. Zoom event.

KARAOKE *Wednesday 10/28, 1:00 - 2:00 pm*

Great song choices from every era and in almost any key. Choose to sing solo or in sing-along style. Zoom event.

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

We enjoy "seeing" everyone at our coffee hours. See page 1 for a special Halloween Coffee Hour. Zoom event.

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

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

****For all of these programs and those on Page 1, call 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 us at 508-487-7080 to sign up.



WEDNESDAY 10/21 @ 1:00 PM: PROVINCETOWN SECRET GARDEN TOUR

Annual Secret Garden Tour: The Online Edition - Provincetown Art Association and Museum

If you can't make the Zoom event:

<https://www.facebook.com/watch/?v=307921697087695&extid=E7utGTBbSErev2Wm>

Or enjoy the following on your own:

"George Bryant: A Personal Tour of Provincetown"

<https://vimeo.com/14969566?fbclid=IwAR2MbnEtjif11AhXMHJo0jPzUe2JDYStHxZlmJygE9hOntWSMPuPhVxzwFU>

"Discover Wonder: The Octopus Garden"

Journey with a team of scientists to the dark and uncharted depths of Monterey Bay National Marine Sanctuary.

<https://vimeo.com/441441464?fbclid=IwAR3bF1mowjmkfv5z1ZmejoJEBcZ2ZKPuqMM1DXEGLxKyQhK1co5r1IBwXaw>

"The Mass Audubon Wellfleet Bay Wildlife Sanctuary"

A short film depicting both the external beauty and the inside story of the community leader in conservation and endangered species management on Outer Cape Cod.

<https://vimeo.com/143794830>

FOR MORE WAYS TO STAY CONNECTED CHECK OUT OUR FACEBOOK PAGE

OUTREACH UPDATES Andrea Lavenets
Fuel Assistance

The Fuel Assistance Program provides low income households with help paying home heating bills. The program runs from November 1st until April 30th. Eligibility is based on gross income, household size and vulnerability to heating costs.

Fuel Assistance can assist with any primary heat type: oil, electricity, propane, kerosene, wood or coal. Also, if you are living in nonsubsidized housing and your heat is included in your rent, Fuel Assistance can reimburse you for a portion of your rent. If you are renting an apartment that is subsidized and the cost of heat is included in your rent, you may not be eligible for Fuel Assistance; however, you may wish to apply to be enrolled in a Massachusetts utility discount program strictly based on income.

To apply you will need the following:

- *Proof of income for all household members
- *Copy of 2019 taxes for self-employed
- *Electric bill
- *Heating bill
- *Mortgage, homeowner’s insurance, real estate tax and lease
- *Photo ID
- *Social Security cards and birthdates for all household members.

For those of you who applied last year, you should have received your application in the mail by now. If you need assistance making sure you have the correct documents please give us a call. For those of you who are interested in applying for the first time, please give us a call so that we can discuss the process and help you apply.

As a friendly reminder, we help residents of all ages apply for Fuel Assistance. Please give us a call at 508-487-7080 for more information or to schedule an appointment.

With appreciation to...

...Dr. Frank Campo, who has provided podiatric services here for many years and has resumed appointments at the Senior Center. This is such a critical need and we are pleased to be able to offer his professional services. Thank you, Dr. Campo, for your commitment to residents and supporting our health. We are fortunate to have you here at the Center.



It’s not too late to vote by mail for the November 3, 2020 election!

~ Deadline is October 28 ~

A vote by mail application is available on:

the Town Clerk’s page of
 The Town of Provincetown website
<https://www.provincetown-ma.gov/108/ElectionsVoter-Information>

The State of Massachusetts website
<https://www.sec.state.ma.us/ele/elev/early-voting-by-mail.htm>

or by calling the Senior Center at 508-487-7080.

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COUNCIL ON AGING BOARD

- David Ketchum (Chair)
- Penny Sutter (Vice-Chair)
- Chris Asselin (Clerk)
- Julie Knapp
- Deb Meadows
- Kathryn Menangas (Alternate)
- Barbara Yates (Alternate)

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.

SENIOR CENTER ONGOING PROGRAMS

Call 508-487-7080 for information on any of these programs:

OUTREACH

Andrea Lavenets, Outreach Coordinator, is available to help you with any needs. In addition, if you would like a weekly check-in call with a staff member, let us know. Let's stay connected!

FOOD PROGRAMS

The Healthy Meals in Motion mobile pantry continues to make monthly deliveries to the Senior Center. This pantry offers traditional items as well as produce, dairy, baked goods, meats and more, you choose items and quantity. In addition, staff can deliver non-perishables from our on-site pantry to your home or they can be picked up at the Center.



MEDICAL RIDES

We are providing essential Cape-wide medical appointment rides.

MEDICAL EQUIPMENT LOAN

We offer medical equipment for short-term or long-term use, free of charge.

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.

COMMUNITY RESOURCES

All of the services previously offered in-person at the Senior Center are available by phone:

LEGAL ASSISTANCE

WE CAN: 508-430-8111

South Coastal Counties Legal Services: 508-775-7020

MEDICARE & HEALTH INSURANCE

SHINE: 508-375-6762

DEPARTMENT OF VETERAN'S SERVICES

Veteran's Agent Shawney Carroll: 508-778-8740

ELDER SERVICES OF CAPE COD & THE ISLANDS/MEALS ON WHEELS

Elder Services of Cape Cod & the Islands: 508-394-4630



MySeniorCenter Reminder

Our new, automated check-in system called MySeniorCenter has been installed at the Senior Center.

In our August newsletter, we included a form requesting information so we can be sure this new system is up-to-date.

If you have not already done so, please return the list in the mail or call us at 508-487-7080.

Thank you!

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

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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.

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