

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

SEPTEMBER 2015

CHRIS HOTTLE, MSW - *DIRECTOR*
ANDREA LAVENETS - *OUTREACH COORDINATOR*
MAUREEN HURST - *ADMINISTRATIVE ASSISTANT*
PAT MEDINA - *VAN DRIVER / OFFICE AIDE*
CHAR PRIOLO - *PROGRAM COORDINATOR*
CHERYL COURVILLE - *PROGRAM AIDE*

508-487-7080

www.provincetown-ma.gov

NANCY DOOLEY - *ELDER SERVICES*
MEALS ON WHEELS / SENIOR DINING 508-487-2700

Highlights from the Director

After a fun-filled summer at the COA, we are ready to offer several new ongoing classes (see page 3) and two one-time events (see below) that you won't want to miss. Come and join us this month. ~Chris



BESTON'S OUTERMOST HOUSE

Monday, September 14 ~ 9:30 - 11:00 a.m.

Robby McQueeney, a.k.a. The Dune Tramp, presents this photographic exhibit of ten framed images honoring Henry Beston and his iconic book, "The Outermost House". The chapters in Beston's memoir follow the seasons, describing the forces of nature he experienced during those months. Each of the ten images in this exhibit was selected to bring one chapter of the book to life. The photographs were captured along The Great Beach, Beston's playground, and in Eastham, not far from where his Outermost House once stood. The title of each picture was composed using Beston's poetic words and phrases from the respective chapter.

The exhibit will be displayed for a half-hour starting at 9:30 am, followed by a gallery talk, whereupon The Dune Tramp will discuss each photograph and read passages from the book, which correspond to the image titles. This event is free. The Dune Tramp's book, postcards and photographs will be available for sale. RSVP by September 10.

DEATH CAFÉ / "BEING MORTAL"

Wednesday, September 30 ~ 1:30 - 3:30 p.m.

Back by popular demand, the Death Café returns to the COA. Join us for the first time or come back for this most unique gathering. We will spend the first hour viewing "Being Mortal", a PBS Frontline special that re-examines death and dying with surgeon Atul Gawande. Following this film will be the Provincetown Death Café, facilitated by Brooks Reinhold, Beacon Hospice. Share thoughts, questions and concerns about any aspect of grieving, dying and death including what matters to us most in life in a relaxed, comfortable setting, enjoying refreshments and thought-provoking, life-affirming conversation. Free. Rides available. RSVP by September 25.

ONGOING PROGRAMS: CALL 508-487-7080 FOR INFO OR TO SIGN UP**TRAVELOGUE:****Huli Wigmen of Papua, New Guinea
in the Highlands****WEDNESDAY, SEPTEMBER 2
at 1:00 pm**

A slide show presentation will be presented by Larry Moodry. Free. Refreshments provided.

JOIN US AT THE MOVIES!***TUESDAYS @ 1:00 PM
FREE MOVIE & POPCORN*****September 1: "Woman in Gold"**

After WWII, Jewish octogenarian Maria Altmann tries to reclaim artwork taken from her family by the Nazis. Helen Mirren, Ryan Reynolds, Max Irons
Drama / 109 minutes / 2015 / PG-13

September 8: "Whiplash"

Driven by his demanding music teacher, a drummer is determined to succeed as a jazz musician- even if it destroys his personality.

Miles Teller, J.K. Simmons
Drama / 107 minutes / 2014 / R

September 15: "Clouds of Sils Maria"

Twenty years after her breakthrough role, Maria Enders is invited to play the older woman in a stage production of the same drama.

Juliette Binoche, Kristen Stewart
Drama / 123 minutes / 2014 / R

September 22: "5 Flights Up"

Married for 40 years, New Yorkers Ruth and Alex realize it's time to sell their Brooklyn walk-up but the universe seems determined to thwart them.

Diane Keaton, Morgan Freeman
Comedy-Drama / 92 minutes / 2015 / PG-13

September 29: "Jupiter Ascending"

Jupiter Jones is tracked down by a genetically engineered hunter from another planet and learns she has been predestined to change the fate of the universe.

Mila Kunis, Channing Tatum
Sci/Fi / 127 minutes / 2015 / PG-13

**STAY ACTIVE***AEROBICS**BOWLING / ICE SKATING IN ORLEANS**PING PONG (8 am-noon daily)**STRENGTH TRAINING**TAI CHI**WALK THE HALLS**YOGA***BE WELL***VNA CLINICS: ASK-A-NURSE, BP, GLUCOSE**HEARING EVALUATIONS**PODIATRIST**WELLNESS PRESENTATIONS***PLAY GAMES***BOARD GAMES**BRAIN GAMES IN MEDIA CENTER**CARD GAMES: BRIDGE, CRIBBAGE***TAKE A RIDE***HYANNIS / ORLEANS / PROVINCETOWN**OUT & ABOUT / OUT TO LUNCH**PROVINCETOWN LIBRARY / STOP & SHOP**MEDICAL APPOINTMENTS CAPE-WIDE***CREATE & LEARN***BOOK DISCUSSION GROUP**GRACE NOTES CHORUS**PIANO PRACTICE**STORY SWAP**TRAVELOGUE**WRITING WORKSHOPS***ENJOY A MEAL***ELDER SERVICES SENIOR DINING LUNCH**OUT TO LUNCH**SPECIAL MEAL EVENTS***RELAX***HANG OUT IN THE LOUNGE OR MEDIA CENTER**LISTEN TO WOMR SHOW / WATCH COA ON PTV**MOBILE LIBRARY**WEEKLY MOVIES***GET SUPPORT & ASSISTANCE***COA OUTREACH ~ INFO, REFERRALS, SUPPORT
HOME OR OFFICE VISITS**FOOD DISTRIBUTION**SHINE**FOOD PANTRY**SOCIAL SERVICES**LEGAL AID**STORM REASSURANCE**MEDICAL EQPMT LOAN*

JOIN US AT THE COA FOR NEW PROGRAMS ...

HULA Thursdays @ 11:00 am, September 3-24

Aloha! Learn to dance the Hawaiian Hula, standing or sitting. Tell the beautiful Hukilau story through your movements. Your instructor, Barbara Zalesky, spent a month in Honolulu where she learned the Hula. Lots of fun! Free (donations appreciated). RSVP by 9/2.



MEN'S BREAKFAST Tuesday, September 15 @ 9:00 am (3rd Tuesday of every month)

Men's Breakfast is back! All senior men are invited to this monthly breakfast co-hosted with Seashore Point and held in their dining room. Free (donations appreciated). Rides available. RSVP by 9/11.

WRITE YOUR FAMILY HISTORY Wednesdays @ 10:00 am beginning September 16



Have you ever considered writing a history of your family but aren't sure how to get started or you could benefit from the support of others? Local writer Hilde Oleson will facilitate small group writing sessions with a focus on documenting family stories. Free, no experience necessary. Registration required, space is limited. RSVP by 9/14.

"THE BRAIN THAT CHANGES ITSELF" Thursdays @ 10:00 am beginning September 17

We've had a request for a discussion group on the book, "The Brain That Changes Itself" by Dr. Norman Doidge. You may be familiar with it from the documentary of the same name shown on PBS and available on YouTube. The book focuses on neuroplasticity, a breakthrough in neuroscience documenting that the brain can change its own structure and function. This hour-long group will read and share thoughts and ideas. Free. RSVP by 9/11.

... OR GET OUT & ABOUT ON THE COA BUS!

LOUNGE @ LOPES SQUARE Thursday, September 10 @ 2:30 pm

Get a snack or sit in the shade enjoying the breeze and people watching. Bus donation: \$1. RSVP by 9/9.

BARNSTABLE HARBOR ECOTOUR Tuesday, September 15 @ 8:30 am

Breakfast at Hearth & Kettle in Orleans, then enjoy a 2-hour ecotour of the harbor guided by an expert naturalist. Learn about the wildlife, ecology, geology and human history of the harbor, the Great Marsh and Sandy Neck Cottage Colony and lighthouse. Breakfast: \$7-10. Tour: \$20. Bus free (anonymous donation). RSVP by 9/10.

SEE THE DAY ALONG 6A Thursday, September 17 @ 2:30 pm

Meander along Route 6A and see the sights in the quieter pace of fall. Bus donation: \$2. RSVP by 9/16.

OUT TO LUNCH Tuesday, September 22 @ 11:00 am

Delicious food at the Pearl Restaurant in Wellfleet with an upstairs outdoor deck or lower inside seating. Local seafood, burgers, summer salads, GF selections and more. Entrees: \$12+. Bus donation: \$2. RSVP by 9/17.

TIME TOGETHER: EAST END MARKET Thursday, September 24 @ 2:30 pm

Let's catch up after a long, hot summer with a snack, pastry or beverage. Bus donation: \$1. RSVP by 9/23.

CAPE COD CANAL VISITOR'S CENTER & MUSEUM Tuesday, September 29 @ 8:30 pm

Breakfast at Hole-in-One Restaurant in Orleans then it's on to our main destination for a film on the building of the canal and learn from an expert docent the role the Coast Guard plays in present marine traffic. Breakfast entrees: \$7+. Canal: Free. Bus donation: \$5. RSVP by 9/24.



TO RSVP OR FOR MORE INFORMATION: 508-487-7080

Programs are subject to change. Times for "Out & About" indicate approximate pick-up time. Bus donation amounts are suggested. Any contribution is appreciated to maintain our vehicles!

OUTREACH UPDATES Andrea Lavenets**SHINE NEWS**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment will be from October 15 to December 7. It is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. *Make sure you read this notice.* It will explain the changes (premiums, co-pays, tiers) to your plan for 2016.

During the Annual Open Enrollment, you will have a chance to change your plan. This change takes effect January 1, 2016. SHINE counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another year. (Note: the open enrollment may not affect those with retiree coverage.)

Don't wait until it's too late, call the COA and make a free, confidential appointment with a SHINE counselor here at the COA.

SCAMS

We received information about a scam in which the perpetrator called people, identified herself as the town COA director and asked for information regarding their health insurance policy.

A reminder that **NO ONE REPUTABLE WILL EVER CALL AND ASK FOR YOUR MEDICARE, SOCIAL SECURITY, BANK ACCOUNT NUMBERS OR OTHER PERSONAL INFORMATION.** Never give personal info over the phone. **HANG UP** - - you don't have to be polite! Report any questionable calls to the police department at 508-487-1212. (If you have Caller ID, jot down the number and give it to the police as well.)

With appreciation to...

...the Provincetown Police Department for hosting the summer cookout for seniors. A good time was had by all and it's a pleasure to get to know our local police.

...the COA Board for hosting another fun annual event, a summer evening at Herring Cove Beach. We enjoyed great food, music and each other's company.

...to Michelle Foley, our newest COA Board member, for her commitment to serving on the Board. Many of you know Michelle as an Elder Services Wednesday lunch volunteer. Please join us in welcoming her aboard!

**HAVE FUN DOING TAXES!**

Do you enjoy people? Think numbers are fun? The AARP Foundation is seeking tax-aid volunteers to help low and moderate income residents complete their tax returns here at the COA starting in February. Training begins in the fall up-Cape and involves six sessions over three weeks. For info, contact: Pat Zeiss at patzeiss@juno.com or call 508-255-2292.

**REMINDER**

Some programs require reservations. If so, an RSVP will be requested in the newsletter listing so that we can order food, plan rides or schedule adequate space. Please help us serve you by reserving your place by the stated deadline. Without a reservation, we may not be able to accommodate you on the day of the program. Thank you.

COUNCIL ON AGING BOARD

Chris Asselin (Chair)
David Ketchum (Clerk)
Michelle Foley
Gladys Johnstone (Alternate)

PROVINCETOWN COUNCIL ON AGING MISSION STATEMENT

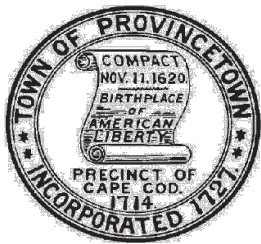
Since 1972, the Provincetown Council on Aging has been a welcoming resource and activity center for seniors and their families. Our mission is to promote the well-being and independence of older adults by identifying their needs and interests, developing supportive programs, coordinating community services and advocating on their behalf.

* Reservation Required

SEPTEMBER 2015

Bold is new program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>COA HOURS MON-THURS 8 AM-5PM FRIDAY 8 AM-NOON</p>	<p>Orleans* 9:00 1 Yoga 9:00 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*</p>	<p>Strength Training 2 10:15 Blood Pressure/Ask- A-Nurse/Glucose 11-1:00 ES Lunch* Noon Travelogue 1:00 COA Board 1:30</p>	<p>Stop & Shop* 9:30 3 Library* 10:00 Hula* 11:00 Cribbage Noon Grace Notes 4:00 Veterans Agent*</p>	<p>Writing 4 Connection 10:00</p>
<p>Hyannis* 8:30 7 Aerobics 10:15 Tai Chi 11:30 'Specially for Seniors: WOMR Radio Show 92.1 fm: 12:30</p>	<p>Yoga 9:00 8 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*</p>	<p>Strength Training 9 10:15 ES Lunch* Noon Legal Aid* 1:00</p>	<p>Stop & Shop* 9:3010 Library* 10:00 Hula* 11:00 Cribbage Noon Lopes Square * 2:30 Grace Notes 4:00 Veterans Agent*</p>	<p>Writing 11 Connection 10:00</p>
<p>Hyannis* 8:30 14 Outermost House* 9:30 Aerobics 10:15 Tai Chi 11:30</p>	<p>Yoga 9:00 15 Barnstable * 8:30 Men's Breakfast * @ Seashore Pt. 9:00 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*</p>	<p>Family History* 16 10:00 Strength Train 10:15 Blood Pressure/Ask- A-Nurse 11-1:00 ES Lunch* Noon Hearing* 1:00 Story Swap 1:00</p>	<p>Stop & Shop* 9:30 17 Library* 10:00 Brain Changes* 10:00 Hula* 11:00 Cribbage Noon Along 6A* 2:30 Grace Notes 4:00 Veterans Agent*</p>	<p>Writing 18 Connection 10:00</p>
<p>Hyannis* 8:30 21 Aerobics 10:15 Tai Chi 11:30</p>	<p>Yoga 9:00 22 Out to Lunch*11:00 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*</p>	<p>Family History * 23 10:00 Strength Training 10:15 ES Lunch* Noon</p>	<p>Stop & Shop*9:30 24 Library* 10:00 Brain Changes * 10:00 Hula* 11:00 Cribbage Noon Time Together* 2:30 Grace Notes 4:00 Podiatrist* Veterans Agent*</p>	<p>Writing 25 Connection 10:00</p>
<p>Hyannis* 8:30 28 Aerobics 10:15 Tai Chi 11:30</p>	<p>C.C. Canal* 8:30 29 Yoga 9:00 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*</p>	<p>Family History * 30 10:00 Strength Training 10:15 ES Lunch* Noon Death Café* 1:30</p>	<p>ELDER SERVICES WEDNESDAY LUNCH RSVP 508-487-2700 by Tuesday 10 a.m.</p>	<p>APPOINTMENTS HEARING 508-255-1285 ~~~~~ SHINE 508-487-7080 ~~~~~ VETERANS AGENT 508-487-7099</p>



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2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

After solving this month's puzzle, see if you can find each of the words in the newsletter!

H U G F E L I E T J G T F Z A
Y D Z L C Q E M C O S A I J L
U S D U O L C L L A M B H F B
D N N G T O S D F I R W U X R
Y E K K O A U K L A J G L F I
T H H N U L A Y K O M L A M D
S K C V R E Z S S D T L J Q A
O Q F A R S L I D E S H O W E
M H E B F J H R Y A I M V R V
R P I E P E Z I L C A N A L P
E X Y S S T X B N H M N U K J
T I K V T O U E I J U U G Z M
U E C Z D O K W A J A X H Q Y
O F O S M O R R R C L U Z J H
J W X H U V V Y B L Z R D Y I

BRAIN
BREAKFAST
CAFE
CANAL
CLOUDS
ECOTOUR
FAMILY
GOLD
GRACE
HISTORY
HULA
KEY
OUTERMOST
PEARL
SLIDE SHOW

