

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

JUNE 2015

508-487-7080

www.provincetown-ma.gov

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

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

Highlights from the Director...

It is always a pleasure to be a part of the Boston Post Cane tradition. For those not familiar with this event, in 1909, Boston Post publisher Edwin Grozier, hoping to increase subscriptions to the newspaper, had 400 canes made from ebony imported from the Congo. They were then distributed to each town in the state to be given to the oldest registered voter. Many towns have lost track of the original cane but we are fortunate to still have ours and it is on display in the VMCC lobby for all to see.

Nowadays, a ceremony is hosted by the Board of Selectmen, who write a proclamation dedicated to the recipient and bestow a special pin commemorating the occasion. Recently, Adele Anderson, 101, received this honor. It's always a special event and, as part of the tradition, I had the opportunity to ask Mrs. Anderson to what she attributes her longevity. Her answer? "Have fun, have a good time. If they say 'go,' go! Say 'yes'!"

We often see reports about contributing factors to a long life. You know— a glass of red wine a day, never smoke, get enough sleep. But I think Mrs. Anderson is on to something here. It seems to me we can take care of ourselves in all sorts of ways, but if we're not enjoying it, we're losing out on life. Thank you, Mrs. Anderson, for the reminder to stop and smell the roses!

How about this as a new motto? "Say YES!" Want to start getting healthier and have fun? Say "yes" to a COA fitness class! Want to have a meal and have fun? Say "yes" to the Elder Services Senior Dining lunch! Want to...okay, you get the point. Come in and have some fun.

BRAIN HEALTH TIP OF THE MONTH: Change it up! We all need routine at times, but our brains love it when we shake things up. Try doing something in a different way. Use your non-dominant hand to maneuver your computer mouse or eat or write. Take a new turn and go a different route to the grocery store. We've even shaken up the newsletter a bit this month. Instead of the usual word search on the back page, try to solve our jumble puzzle.

Enjoy the summer!

~Chris



ONGOING PROGRAMS: CALL 508-487-7080 FOR INFO OR TO SIGN UP

TRAVELOGUE:
PAPUA, NEW GUINEA

WEDNESDAY, JUNE 3

1:00 p.m.

This culture went from the Stone Age to the Space Age. Museum-quality artifacts will be presented by Larry Moodry as well as a DVD slide show program. Free. Refreshments provided.

**JOIN US AT
THE MOVIES!**

TUESDAYS @ 1:00 PM

FREE MOVIE & POPCORN

June 2: "The Theory of Everything"

Progressively ravaged by ALS, world-famous physicist, Stephen Hawking and his wife face the challenges of this illness and continue with his important work. Eddie Redmayne, Felicity Jones
 Drama / 123 minutes / 2014 / PG-13

June 9: "Kelly & Cal"

Parenthood struggles find a young mother confiding to an unlikely friend, her paralyzed, teenage neighbor. Juliette Lewis, Cybill Shephard
 Drama / 90 minutes / 2014 / R

June 16: "The Imitation Game"

Chronicling mathematical wizard Alan Turing's key role in Britain's successful effort to crack Germany's Enigma code in WWII. Benedict Cumberbatch, Keira Knightley
 Drama / 144 minutes / 2014 / PG-13

June 23: "Into the Woods"

A musical mash-up of fairy tales and characters. Anna Kendrick, Meryl Streep
 Adventure / 125 minutes / 2014 / PG

June 30: "Wild"

Undone by a broken marriage and her mother's death, a woman decides to hike the Pacific Crest Trail.



Reese Witherspoon, Laura Dern
 Drama / 115 minutes / 2014 / R

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

GRACE NOTES CHORUS

MEDIA CENTER COMPUTERS

PIANO PRACTICE

STORY SWAP

TRAVELOGUE

WRITING CONNECTION



ENJOY A MEAL

ELDER SERVICES SENIOR DINING LUNCH

OUT TO LUNCH

SPECIAL MEAL EVENTS

RELAX

HANG OUT IN THE LOUNGE

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 ...

BONE DENSITY SCREENINGS *Wednesday, June 10 at 11:00 a.m.*

Osteoporosis is a bone thinning disease that can lead to fractures. Sign up for this simple, one-minute procedure to determine your bone density. Free. Rides available. Appointments required, RSVP by June 9.

TAKE CONTROL OF YOUR LIFE *Wednesday, June 10 at 1:00 p.m.*

Attorney Arthur B. Crooks will present on behalf of the Massachusetts Bar Association. Topics will include: health care proxies, wills, powers of attorney; Medicaid/Medicare; alternatives to nursing facilities; guardianship. Come find out the latest info and get your questions answered. Free. Rides available. RSVP by June 8.

MEET THE FARMER *Wednesday, June 24 at 1:00 p.m.*

Sustainable Cape returns! Hosted by local farmers, taste freshly prepared local produce, learn a new recipe and take home local ingredients. Free. Rides available. RSVP by June 22.



LEI'D BACK LUAU *Thursday, June 25: Noon - 2:00 p.m.*

See the insert for what's sure to be the party of the summer, hosted by Independence House!

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

OUT TO LUNCH *Tuesday, June 9 at 11:30 a.m.*

Marconi BBQ & Seafood Restaurant in Wellfleet. Entrees \$5+. Suggested bus donation \$3. RSVP by June 4.

SEE THE DAY: WELLFLEET *Thursday, June 11 at 2:00 p.m.*

Check out town center and the ospreys at the harbor. Suggested bus donation: \$3. RSVP by June 9.

SANDWICH HERITAGE GARDENS & MUSEUM *Tuesday, June 16 at 8:30 a.m.*

An annual favorite! Enjoy the gardens, carousel and museums, including "The Wyeths: America Reflected." Artistic installations are tucked amidst the grounds of peonies, lilacs and rhododendrons. Lunch at the Magnolia Café or bring one. Bus free thanks to the Friends of the COA. Discounted admission: \$16. RSVP by June 11.

FESTIVAL FLAGS AND JOE'S COFFEE SHOP *Thursday, June 18 at 2:30 p.m.*



Snack at Joe's after seeing the Portuguese Festival flags and roosters along Commercial Street. Bus donation: \$1. RSVP by June 17.

CAPE ABILITIES FARMS *Tuesday, June 23 at 8:30 a.m.*

Tour the farm in Dennis and shop their market for freshly grown produce, pies, honey, jams. Then enjoy lunch at the Sesuit Harbor Café overlooking the picturesque waterway. Authentic Cape Cod fare and raw bar. Entrees: \$9+. Suggested bus donation: \$5. RSVP by June 18.

PROVINCETOWN MONUMENT & MUSEUM *Wednesday, June 24 at 1:00 p.m.*

Townie Week-admission free! Suggested bus donation: \$1. RSVP by June 23.

LAVENDER & LOBSTERS *Tuesday, June 30 at 10:00 a.m.*

The Lavender Farm in Harwich will be in bloom and you can buy lavender in a variety of forms in their shop. Aromatherapy claims that lavender promotes relaxation...ahh! We'll lunch at the Lobster Claw in Orleans. Entrees: \$7+. Suggested bus donation: \$5. RSVP by June 25.

*** ***NOTE:*** *Many of our summer activities are outdoors. Please plan accordingly if you are allergic to bees.*

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
DISCOUNT ASSISTANCE

Verizon & Comcast-

If you have a disability that prevents you from using a touchtone telephone or a telephone directory, Verizon and Comcast can help. A physician must complete a waiver verifying the condition that applies to you, making you eligible for free directory assistance. Qualification categories include: physical disability, cognitive/intellectual disability, visual impairment, and age (62+ Verizon, 65+ Comcast). Applications are available in the office and I am able to assist with the application process if necessary.

Eversource-

If you are currently eligible for fuel assistance or are receiving one of the benefits listed below, you may also be eligible for Eversource's discount rate.

- Supplemental Social Security
- SNAP (Food Stamps)
- MassHealth Basic & Standard
- MA Veterans Benefits

*To qualify, your household income must also meet eligibility requirements and your utility bill must be in your name. To apply, a completed application with supporting proof must be submitted. To inquire about whether or not you may receive the discount rate call the Customer Service Center at 800-566-2080.

Please call and schedule an appointment for either of these assistance programs!

With appreciation...

...to our amazing art instructors Gail Browne, Steve Kennedy and Kathi Smith. Not only are you talented, accomplished artists, but each of you has that rare quality of being able to share your skills and passion with others. Thank you for sharing it with us year after year!

...to the Provincetown Police Department for hosting the Community Policing Academy here during the day to make it easier for people to attend. Thank you!

...to Dr. Molly Perdue of the Alzheimer's Family Support Center of Cape Cod for conducting memory screenings here, holding support groups locally and providing support to so many on the Outer Cape.



REMINDERS!

1. The COA bus does not use Commercial Street in the summer months. Be sure to speak with our driver, Pat, when you schedule a ride about options.



2. Some programs require reservations. If so, an RSVP will be requested in the newsletter listing. Usually, this is because we need to know how many to expect 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.



TAI CHI SCHEDULE CHANGE

Beginning June 1, Tai Chi with Geof Karlson will move to Mondays at 11:30 a.m. This popular class uses the slow movement of two types of Tai Chi to enhance mental and physical balance and focus on mindfulness. No registration required. Donations appreciated.

COUNCIL ON AGING BOARD

- Char Priolo (Chair)
- David Ketchum (Clerk)
- Chris Asselin
- Bob Gaynor
- Gladys Johnstone (Alternate)
- Florence Alexander (Emeritus)

PROVINCETOWN COUNCIL ON AGING MISSION STATEMENT

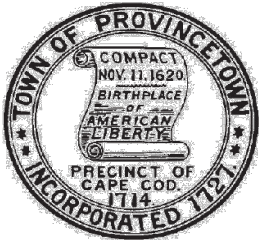
Since 1972, the Provincetown Council on Aging has been a welcoming resource and activity center for seniors and their families. Our mission is to promote the well-being and independence of older adults by identifying their needs and interests, developing supportive programs, coordinating community services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

* *Reservation Required*

JUNE 2015

Bold is new program or time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 1 Aerobics 10:15 Tai Chi 11:30 ‘Specially for Seniors: WOMR Radio Show 92.1 fm: 12:30	Orleans* 9:00 2 Yoga 9:00 Police Acad* 10:00 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*	Strength Training 3 10:15 Blood Pressure/Ask- A-Nurse/Glucose 11-1:00 ES Lunch* Noon Travelogue 1:00 COA Board 1:00	Stop & Shop* 9:30 4 Library* 10:00 Cribbage Noon Grace Notes 4:00 Veterans Agent*	Writing 5 Connection 10:00
Hyannis* 8:30 8 Aerobics 10:15 Tai Chi 11:30	Yoga 9:00 9 Police Acad* 10:00 Out to Lunch* 11:30 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*	Strength Training 10 10:15 Bone Density* 11 ES Lunch* Noon Legal Aid* 1:00 Legal Talk* 1	Stop & Shop* 9:30 11 Library* 10:00 Cribbage Noon See the Day* 2:00 Grace Notes 4:00 Podiatrist* Veterans Agent*	Writing 12 Connection 10:00
Hyannis* 8:30 15 Aerobics 10:15 Tai Chi 11:30	Heritage Gardens 16 Museum* 8:30 Yoga 9:00 Police Acad* 10:00 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*	Strength Training 17 10:15 ES Lunch* Noon Hearing* 1:00 Story Swap 1:00	Stop & Shop* 9:30 18 Library* 10:00 Cribbage Noon Festival* 2:30 Grace Notes 4:00 Veterans Agent*	Writing 19 Connection 10:00
Hyannis* 8:30 22 Aerobics 10:15 Tai Chi 11:30	Cape Abilities 23 Farm* 8:30 Yoga 9:00 Police Acad* 10:00 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*	Strength Training 24 10:15 ES Lunch* Noon Farmer* 1:00 Monument* 1:00	Stop & Shop*9:30 25 Library* 10:00 Cribbage Noon Luau* Noon Grace Notes 4:00 Podiatrist* Veterans Agent	Writing 26 Connection 10:00
Hyannis* 8:30 29 Aerobics 10:15 Tai Chi 11:30	Yoga 9:00 30 Lavender* 10:00 Movie 1:00 Bridge 1:00 Social Services* Veterans Agent*	COA HOURS MON-THURS 8 AM-5PM FRIDAY 8 AM-NOON	ELDER SERVICES WEDNESDAY LUNCH RSVP 508-487-2700 by Tuesday 10 a.m.	APPOINTMENTS VETERANS AGENT 508-487-7099 ***** HEARING 508-255-1285



PROVINCETOWN COUNCIL ON AGING
 2 MAYFLOWER STREET
 PROVINCETOWN, MA 02657

PRSRST STD
 PERMIT #16
 PROVINCETOWN
 02657 MA

HAPPY SUMMER!

To answer the jumble question, unscramble each clue then re-arrange the * letters to get the solution. Not sure if you got it? Call us to check your answer! 508-487-7080



_ _ _ _ RWMA
 * _ _ _
 _ _ _ _ _ _ _ TOOUK
 _ _ _ _ _ _ _ *
 _ _ _ _ _ HEBAC
 * _ _ _
 _ _ _ _ _ MWIS
 _ _ _ _ _ *
 _ _ _ _ _ SNUYN
 _ _ _ _ _ *
 _ _ _ _ _ XLERA
 *

JUMBLE QUESTION:
 WHAT DID WE HAVE TO GO
 THROUGH TO GET TO
 SUMMER?

SOLUTION:
 _ _ _ _ _