

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

MARCH 2017

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MAUREEN HURST - ADMINISTRATIVE ASSISTANT
PAT MEDINA - VAN DRIVER / OFFICE AIDE
CHAR PRIOLO - PROGRAM COORDINATOR
NANCY DOOLEY - COOK / MEAL COORDINATOR
CARLA MANCINO - PROGRAM ASSISTANT

508-487-7080

www.provincetown-ma.gov



Welcome to Coastlines!

Happy, happy spring!

March is National Nutrition Month so we take this opportunity to highlight programs and services offered by the COA to help you maintain and improve your health through good nutrition.

“Healthy Meals in Motion”: We are happy to announce that the Family Pantry of Cape Cod has partnered with the COA to offer a new program called “Healthy Meals in Motion.” Once a month, qualifying participants can pick up food here at the Center free of charge, including a wide variety of canned and packaged foods as well as fresh products such as dairy goods, frozen meat and bakery items. This program is unique in that it is a full choice pantry, meaning that clients pre-select the food that they want, receiving only items that they will use. Provincetown is one of four towns on the Lower Cape working with the Family Pantry to offer this program. Distribution days are staffed by both Family Pantry and COA volunteers and we are grateful to them for supporting the program. Participants must meet income eligibility guidelines and food allotment is based on household size. Call COA Outreach Coordinator, Andrea Lavenets, for more info.

“Recipe For a Happy, Healthy New Year”: Nutritionist Kim Condra, Cape Cod Cooperative Extension, will teach a class on eating for better health. See Page 3 for more details.

“COA Food Pantry”: Our food pantry at the Center is open to all and includes non-perishable foods as well as health and hygiene products. This pantry is made possible through the efforts of several volunteers headed up by Ann Maguire and we thank them all for their commitment to keeping it well-supplied.

“Assistance Programs”: If you are having difficulty paying for food or need financial assistance, Andrea can meet with you in your home or here at the Center to discuss programs that may be available to help out. If you sometimes go hungry or find yourself not being able to afford food because of other expenses, please call her for a free confidential appointment.



~Chris

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



**TRAVELOGUE:
GREENLAND**

**Wednesday, March 1
1:15 pm**

The Grandeur of Greenland!
A travelogue DVD presentation
of this beautiful destination
by Larry Moodry - come and enjoy!

JOIN US AT THE MOVIES!

TUESDAYS @ 1:00 pm

Free movie and popcorn!

March 7: "Peggy Guggenheim: Art Addict"

The subject is the remarkable, often-scandalous life of one of the 20th century's greatest art collectors.

Marina Abramovic, Joseph Cornell, Salvador Dali
Documentary / 95 minutes / 2015 / Not Rated

March 14: "Indignation"

Admitted to a rigidly Christian college in the Midwest, Marcus Messner feels liberated from his domineering dad but is faced with other obstacles.

Logan Lerman, Sarah Gadon, Tracy Letts
Drama / 112 minutes / 2016 / R

March 21: "Hell or High Water"

After foreclosure takes the family farm, two brothers decide their best option is to take up bank robbing.

Jeff Bridges, Chris Pine, Ben Foster
Action / 102 minutes / 2016 / R

March 28: "Concussion"

Dr. Bennet Omalu's autopsy studies lead him to the conclusion that multiple concussions could be the cause of serious brain disorders suffered by many U.S. football players. This claim is resisted by the NFL.

Will Smith, Alec Baldwin

Sports Drama / 123 minutes / 2015 / PG



STAY ACTIVE

PING PONG

STRENGTH TRAINING with Dot Sanderson
STRETCH & STRENGTH with Dot Sanderson
STRETCH INTO YOGA with Christine Frisco

WALK THE HALLS

YOGA with Christine Frisco

BE WELL

VNA CLINIC: ASK-A-NURSE, BP, GLUCOSE
HEARING EVALUATIONS

PODIATRIST

WELLNESS & RESOURCE PRESENTATIONS

PLAY GAMES

BOARD GAMES / PUZZLES IN THE LOUNGE
BRIDGE

BRAIN GAMES IN MEDIA CENTER

TAKE A RIDE

HYANNIS / ORLEANS / PROVINCETOWN
OUT & ABOUTS / OUT TO LUNCH
PROVINCETOWN LIBRARY / STOP & SHOP
MEDICAL APPOINTMENTS CAPE-WIDE

CREATE & LEARN

ART CLASSES with Fine Arts Work Center Fellows

DRAWING with Kathi Smith

GARDEN COLLAGE with Ruthie Rogers

GRACE NOTES CHORUS with Mary Abt

KNITTING CIRCLE with Andrea Lavenets

PAINTING with Steve Kennedy

STORY SWAP with Dan Lynch

TECH SUPPORT with Brittany Taylor

TRAVELOGUE with Larry Moodry

WRITING CONNECTION with Hilde Oleson

ENJOY A MEAL

BREAKFAST BUS

"LUNCH BUNCH" WEEKLY LUNCHESES

MEN'S BREAKFAST

OUT TO LUNCH



RELAX

AUTHORS' SERIES / MUSIC SALONS

HANG OUT IN THE LOUNGE OR MEDIA CENTER

COA RADIO SHOW ON WOMR / EVENTS ON PTV

WEEKLY MOVIES / MOBILE LIBRARY

GET SUPPORT & ASSISTANCE

**COA OUTREACH ~ HOME OR OFFICE VISITS*

**FOOD PANTRY *LEGAL ASSISTANCE *SHINE*

**MEDICAL EQUIPMENT *SOCIAL SERVICES*

**STORM REASSURANCE *TAX ASSISTANCE*

JOIN US AT THE COA...

FINE ARTS WORK CENTER CLASSES

FINE ARTS WORK CENTER
in Provincetown

For the fourth year in a row, we are fortunate to be able to offer classes taught by Fellows from the Fine Arts Work Center. Be sure to check out the insert in this newsletter for info on these free offerings.

AUTHORS' SERIES: JEANNETTE DE BEAUVOIR *Wednesday, March 8 @ 1:30 pm*

Happy International Women's Day! We'll celebrate by featuring Jeannette de Beauvoir, author, artist, actor, poet and editor whose 10th book *Our Lady of the Dunes* is a coming of age novel taking place in Provincetown in 1942. In tribute to International Women's Day, Jeannette will discuss and read from her book as well as share information on women authors with handout materials for you. Free. Light refreshments.

MUSIC SALON: PETER DONNELLY & STEVEN SOLLOG *Wednesday, March 22 @ 1:30*

You wanted them back and here they are! We welcome Peter Donnelly and Steven Sollog bringing us guitar, piano and wonderful vocals for us to sing along with or just relax and listen. Free. Light refreshments.

RECIPE FOR A HAPPY, HEALTHY NEW YEAR *Thursday, March 23 @ 10-11:30 am*

Join us for the latest recommendations and information on eating for better health. Topics include: *Cooking for One or Two*, *A Review of the New Food Label* and *Quick and Healthy Cooking*. Ask questions, share successful tips and enjoy a cooking demonstration with tastings and free recipes. This workshop is facilitated by Cape Cod Cooperative Extension Nutritionist, Kim Condra. Free. RSVP by 3/20.

LIVING WITH MORTALITY / DEATH CAFÉ *Wednesday, March 29 @ 1:15 –3:15 pm*

We are pleased to host the unique program, Death Café, once again. Brooks Reinhold, Bereavement Coordinator, Beacon Hospice, will facilitate starting with a short documentary on end of life issues. You will then have the opportunity to share your thoughts, questions or concerns about any aspect of grieving, dying and/or death. For more info, call Brooks at 508-778-1622, e-mail her at brooks.reinhold@amedisys.com or log onto www.deathcafe.com. Free program, refreshments served. RSVP 508-487-7080 by 3/27. All are welcome.

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

THE BREAKFAST BUS *Tuesday, March 7 @ 9:00 am*

The Homeport Restaurant in Orleans for a traditional breakfast. Food: \$7+ Bus donation: \$5. RSVP by 3/2.

EASTHAM LIBRARY *Thursday, March 16 @ 2:30 pm*

Explore the beautiful new Eastham Library where the original structure remains as part of the new architecture. Bus donation: \$3. RSVP by 3/15.

OUT TO LUNCH *Tuesday, March 21 @ 10:30 am*

Laurino's in Brewster for great lunch items & a fun pizza menu! Food: \$10+ Bus donation: \$5. RSVP by 3/16.

COTUIT CENTER FOR THE ARTS *Tuesday, March 28 @ 8:30 am*



A docent will give us a tour of the "Art Fiber" exhibit, which includes works of Robert Greene and the Fiber Frenzy group. Colorful, eye popping & free. Lunch at Wicked Restaurant with their cutting edge menu. Food: \$12+. Bus donation: \$5. RSVP by 3/23.

HERRING COVE *Thursday, March 30 @ 2:30 pm*

See the changes winter has imposed on our shoreline and possibly whales! Bus donation: \$1. RSVP by 3/29.

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

Massachusetts Association of Councils on Aging has partnered with Honoring Choices Massachusetts to bring you up-to-date health care planning information, MA documents and tools and discussion guides. All competent adults, 18 years old and older, have the right to make their own personal health care plan. Visit www.honoringchoicesmass.com to use the 3-Step Planning Guide to help you make a plan.
Step 1: EXPLORE. Consider information and reflect on your values and beliefs to make choices for care.
Step 2: PLAN. Use the Tool Kits & 5 Massachusetts planning documents to communicate your choices.
Step 3: CONNECT. Put your plan into action to promote everyday wellness and honor your choices.

*Here are the 5 care planning documents we use in Massachusetts. You can download and print individuals at the website listed above.

Health Care Proxy: A legal document in which you choose your Health Care Agent to make health care decisions on your behalf if you are unable to do so;

Personal Directive or Living Will: A personal document, not legally binding, to give your Health Care Agent instructions and information about the kind of care you want;

Durable Power of Attorney: A legal document in which you choose a trusted person to make financial decisions on your behalf if you are unable to do so;

Medical Orders for Life-Sustaining Treatment (MOLST): A medical order and form for adults with serious advancing illness to document their choices about life-sustaining treatments;

Comfort Care/Do Not Resuscitate: A medical order and form to document your choice to receive comfort care measures but not to be resuscitated.

Please call me if your need assistance.

With appreciation to...

...our dedicated Police Department for hosting the annual Valentine’s lunch. Besides great food and fun, it’s such a nice opportunity to get to know our local officers and thank them for the kindnesses that they show to residents. We’re already looking forward to the summer bar-b-q!



2017 SENIOR OF THE YEAR

Nominations are being accepted for the 2017 Senior of the Year. Nominees must be town residents, 60+ years of age who are enthusiastically involved in the community, a role model to peers and exemplify the “Spirit of Positive Aging.” Send a brief bio to:

Chris Hottle, COA, 2 Mayflower St. 02657 or
chottle@provincetown-ma.gov
 by March 28.

WINTER WEATHER POLICY



*If Provincetown Schools are closed,
 COA programs and rides will be cancelled.
 The COA office will be open and staff available.*

*If the Town of Provincetown offices are closed,
 the COA office will not be open.
 All programs and rides will be cancelled.*

*For your safety, rides and programs
 may be cancelled at other times
 based on weather conditions.*



If you’re not sure, call us to check.

COUNCIL ON AGING BOARD

- Amy Howell (Chair)
- David Ketchum (Vice-Chair)
- Chris Asselin (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

MARCH 2017

Bold is new program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>COA HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</p>	<p><u>APPOINTMENTS</u> <i>HEARING</i> 508-255-1285 <i>MEALS ON WHEELS</i> 508-349-2658 VETERANS AGENT 508-487-7099</p>	<p>Drawing* 9:30 1 Strength Training 10:15 Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00 Lunch* Noon Board Mtg 1:30 Travelogue 1:15</p>	<p>Stop & Shop*9:30 2 Library* 10:00 Stretch Yoga 10:30 Open Studio 1-4:00 Grief Support*2:30 Knitting 3:00 Veterans Agent*</p>	<p>Writing 3 Connection10:00</p>
<p>Hyannis* 8:30 6 Drawing the Archive* 10:00 Stretch & Strength 10:15 COA Show 12:30 WOMR 92.1 fm Collage 2:00 Social Services*</p>	<p>Breakfast Bus* 9 7 Yoga 9:00 Painting* 9:30 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Drawing* 9:30 8 Strength Training 10:15 Lunch* Noon Life Drawing* 1 Legal Aid* 1:00 Tech Help 1-2:00 Author Series*1:30</p>	<p>Stop & Shop*9:309 Library* 10:00 Stretch Yoga 10:30 Open Studio 1-4:00 Grief Support*2:30 Knitting 3:00 Veterans Agent* Podiatrist*</p>	<p>Writing 10 Connection10:00</p>
<p>Hyannis* 8:30 13 DrawingArchive 10 Stretch & Strength 10:15 Collage 2:00 Social Services* SHINE*</p>	<p>Yoga 9:00 14 Painting* 9:30 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Drawing* 9:30 15 Strength Training 10:15 Lunch* Noon Life Drawing* 1 Story Swap 1:00</p>	<p>Stop&Shop*9:30 16 Library* 10:00 Stretch Yoga 10:30 Open Studio 1-4:00 Eastham Libr*2:30 Grief Support*2:30 Knitting 3:00 Veterans Agent*</p>	<p>Writing 17 Connection10:00</p>
<p>Hyannis* 8:30 20 DrawingArchive 10 Stretch & Strength 10:15 Collage 2:00 Social Services* SHINE*</p>	<p>Yoga 9:00 21 Men's Breakfast* 9 Painting* 9:30 Out to Lunch*10:30 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Drawing* 9:30 22 Strength Training 10:15 Lunch* Noon Life Drawing* 1 Hearing* 1:00 Tech Help 1-2:00 Music Salon* 1:30</p>	<p>Stop&Shop*9:30 23 Library* 10:00 Nutrition Talk* 10 Stretch Yoga 10:30 Open Studio 1-4:00 Grief Support*2:30 Knitting 3:00 Veterans Agent* Podiatrist*</p>	<p>Writing 24 Connection10:00</p>
<p>Hyannis* 8:30 27 DrawingArchive 10 Stretch & Strength 10:15 Collage 2:00 Social Services* SHINE*</p>	<p>Cotuit Arts*8:30 28 Yoga 9:00 Painting* 9:30 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Drawing* 9:30 29 Strength Training 10:15 Lunch* Noon Life Drawing* 1</p>	<p>Stop&Shop*9:30 30 Library* 10:00 Stretch Yoga 10:30 Open Studio 1-4:00 Herring Cove*2:30 Grief Support* 2:30 Knitting 3:00 Veterans Agent*</p>	<p>Writing 31 Connection 10:00</p>



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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

IDES
MARCH
SAINT
PATRICK
VERNAL
EQUINOX
DAYLIGHT
SAVINGS
TIME
SEASON
SPRING
CROCUS
DAFFODIL
JONQUIL
TULIP

