

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

JULY 2017

CHRIS HOTTLE, MSW - *DIRECTOR*
ANDREA LAVENETS - *OUTREACH COORDINATOR*
MAUREEN HURST - *ADMINISTRATIVE ASSISTANT*
PAT MEDINA - *VAN DRIVER / OFFICE AIDE*
NANCY DOOLEY - *COOK / MEAL COORDINATOR*

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

Happy summer and we hope you enjoy celebrating Independence Day and all that the season brings. Be sure to look for our Provincetown 2017 Seniors of the Year, Marian Goveia and Beata Cook, in the Fourth of July parade!

At the COA, we are fortunate to work with wonderful people every day. We enjoy seeing folks who use the Center and keeping in touch with what's going on in their lives. We like checking in with our volunteers and instructors, many of whom have been connected to the COA for years. Our collaborations with community partners are exciting and much appreciated. We are also privileged to work with a professional and dedicated staff.

Goodbyes, therefore, are always tough. Last month, we said farewell to our Program Coordinator, Char Priolo. Char began working at the COA in 2015. Since joining the team, she has been a welcoming, smiling presence for all. Char has hosted ongoing programs and has introduced new programs, especially those featuring live entertainment. Prior to working here, she was on the COA Board, including serving as President, so her commitment to the COA is longstanding. We wish Char all the best and hope she can take some well-deserved time for herself!

We also acknowledge with sadness the passing of Diana Fabbri in June. Diana worked at the COA for almost ten years, as both Program Coordinator and Van Driver, retiring in 2014. Before that, she volunteered with the Friends of the Provincetown COA for several years. Diana was a champion of senior housing in town, loved helping others and will be greatly missed.

As the days grow warmer, we invite you to stay cool at the COA. Come in and enjoy the Center lounge where you can read books and magazines, do jigsaw puzzles, color, play chess or other games, complete word searches, use a sewing machine to catch up on mending, or just sit and enjoy the air-conditioning. The lounge is open during regular office hours so visit us - it's always cool at the COA!

~Chris



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



TRAVELOGUE
Wednesday, July 5
1:15 pm

“BILTMORE”

THE VANDERBILT ESTATE

A dvd presentation with host and world traveler, Larry Moodry.

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm
Free movie and popcorn!

July 4: No movie / closed for the holiday

July 11: “Lion”

A true story of 5-year-old Saroo who is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. Over 20 years later, Saroo searches in India for his lost family. Dev Patel, Rooney Mara, David Wenham
 Drama / 118 minutes / 2016 / PG-13

July 18: “The Hollars”

After learning of his mother’s grave illness, John Hollar leaves New York City returning to his hometown where he deals with his dysfunctional family, a persistent ex-girlfriend and an old rival. Sharlto Copley, Charlie Day, Richard Jenkins
 Comedy / 105 minutes / 2016 / PG-13

July 25: “Jackie”

First Lady Jackie Kennedy struggles to preserve her husband’s legacy after his shocking assassination in Dallas. Battling through exhaustion, overwhelming heartache and anger, she defines his legacy as well as her own. Natalie Portman, Peter Sarsgaard
 Drama / 100 minutes / 2016 / R



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
CARD ROOM

TAKE A RIDE

HYANNIS / PROVINCETOWN
STOP & SHOP
PROVINCETOWN LIBRARY
MEDICAL APPOINTMENTS CAPE-WIDE

CREATE & LEARN

GRACE NOTES CHORUS &
UKULELE BAND with Mary Abt
STORY SWAP with Dan Lynch
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson



ENJOY A MEAL

“LUNCH BUNCH”:
WEEKLY LUNCH @ COA

RELAX

HANG OUT IN THE LOUNGE
OR IN THE MEDIA CENTER
COA RADIO SHOW ON WOMR
COA EVENTS ON PTV
WEEKLY MOVIES

GET SUPPORT & ASSISTANCE

- *COA OUTREACH ~ HOME / OFFICE VISITS
- *FOOD PANTRIES
- *SHINE
- *SOCIAL SERVICES
- *LEGAL ASSISTANCE
- *MEDICAL EQUIPMENT
- *STORM REASSURANCE

*The Provincetown Police Department
invites you to the annual*



SUMMER COOKOUT

at the COA



*Thursday, July 20
Noon*

Join us for this special event!

*Each summer, our dedicated Police Department
hosts a cookout especially for seniors.*

*Officers will cook, serve and join you for lunch
while you relax and enjoy a wonderful meal.*

Lunch is free and rides are available.

Reservations are required by July 17 so call now!

508-487-7080

OUTREACH UPDATES Andrea Lavenets

Need help with prescription drug costs?

By now some of you may have reached the gap or “donut hole” with your Medicare Prescription Drug Plan (Part D). In 2017, you fall into the Medicare Part D gap when negotiated retail costs of your medications reach \$3,700. Once in the gap, you are now responsible for 40% of the negotiated retail cost for brand name medications and 51% for generics. Prescription Advantage, a state-run program can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on income only and there is no asset limit! If you are a Mass resident and eligible for Medicare, the income limits are:

- Age 65+: \$60,300 or less for a single person or \$81,200 or less for a married couple
- Under age 65 and disabled: \$22,673 or less for a single person / \$30,531 or less for a married couple

There is no charge for joining Prescription Advantage if you have an annual income at or less than \$36,180 for a single person or \$48,720 for a married couple. (There is a \$200 per person annual enrollment fee for those with higher incomes.) You may also join if you are 65+ and not eligible for Medicare. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is no income limit. Medicare also has a program called “Extra Help” which can assist with the cost of your Medicare Part D plan’s premium, deductible, and co-pays.

If you need assistance please call the COA to make an appointment with the SHINE counselor, offering free and confidential counseling on all aspects of Medicare and related health insurance.

With appreciation to...



...the Cape Cod Vet Center for taping the reading of names for “The Moving Wall,” a replica of the Vietnam Veterans Memorial that will be shown in Wareham in August. What a special tribute. ...Ruthie Rogers and her Garden Collage class students who have graced the VMCC lobby display case with their beautiful artwork, framed by a colorful rainbow made by the children in the Recreation Department after-school program. Be sure to enjoy it the next time you visit us. ...everyone who has “liked” us on Facebook. If you haven’t checked us out, please do!

HEALTHY MEALS IN MOTION

The Family Pantry of Cape Cod and the COA are offering a new food program where qualifying seniors can pick up food monthly at the Center free of charge. This program is unique in that people can pre-select the food they want, including canned and packaged goods, dairy products, meats and bakery items. Participants must meet income eligibility guidelines.

For more info, call Andrea Lavenets, COA Outreach Coordinator. A reminder that the COA has a pantry on-site open to all.

COUNCIL ON AGING BOARD

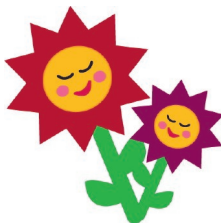

- Amy Howell (Chair)
- David Ketchum (Vice-Chair)
- Chris Asselin (Clerk)
- Julie Knapp
- Gladys Johnstone (Alternate)

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*

JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 3 Bridge Lessons*10 Stretch & Strength 10:15 Radio Show 12:30 WOMR 92.1 fm SHINE*	Yoga 9:00 4 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training 5 10:15 Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00 Lunch* Noon Travelogue 1:15	Stop & Shop*9:30 6 Stretch Yoga 10:30 Card Room 12-3:00 Grace Notes 4:00 Veterans Agent*	Writing 7 Connection10:00
Hyannis* 8:30 10 Bridge Lessons*10 Stretch & Strength 10:15 SHINE*	Yoga 9:00 11 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training 12 10:15 Lunch* Noon Legal Aid 1:00	Stop & Shop*9:30 13 Stretch Yoga 10:30 Card Room 12-3:00 Grace Notes 4:00 Veterans Agent*	Writing 14 Connection10:00
Hyannis* 8:30 17 Stretch & Strength 10:15 SHINE*	Yoga 9:00 18 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training 19 10:15 Lunch* Noon Hearing* 1:00 Story Swap 1:00	Stop&Shop*9:30 20 Stretch Yoga 10:30 Summer Police Cookout* Noon Card Room 12-3:00 Grace Notes 4:00 Veterans Agent*	Writing 21 Connection10:00
Hyannis* 8:30 24 Stretch & Strength 10:15 SHINE*	Yoga 9:00 25 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training 26 10:15 Lunch* Noon	Stop&Shop*9:30 27 Stretch Yoga 10:30 Card Room 12-3:00 Grace Notes 4:00 Veterans Agent* Podiatrist*	Writing 28 Connection10:00
Hyannis* 8:30 31 Stretch & Strength 10:15 SHINE*			<u>APPOINTMENTS</u> <i>HEARING</i> 508-255-1285 <i>MEALS ON WHEELS</i> 508-349-2658 <i>VETERANS AGENT</i> 508-487-7099	<u>COA HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON



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2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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

HAPPY
JULY
FOURTH
INDEPENDENCE
DAY
FIREWORKS
FLAG
RED
WHITE
BLUE
STARS
STRIPES
PARADE
SUMMER
FUN

