

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

MARCH 2016

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

508-487-7080

www.provincetown-ma.gov

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

From the Director

March is here and with it the promise of new beginnings and the return of perennial favorites ~ spring flowers, birds (including some snowbirds!) and whales.

March is also National Social Work Month. Outreach Coordinator Andrea Lavenets holds a Bachelors degree in Social Work. She offers supportive services to seniors and made 400 home visits last year! After assisting local poet Hilde Oleson this winter, Hilde wrote the following poem and we are so honored to share it with you. Enjoy! ~Chris



The Poetry of Our Lives

The social worker who came to my house yesterday
To keep me from becoming case number two zillion
In the annuals of old ladies who fell off the cliff talked with me about my writing.
I showed her 3 poems I had written.
She said, "I could never have done these."
No, my head is telling me.
She could not.
But neither could I have used the skills she used to calm me,
Involve me in different thoughts, straighten out a mess
In my house, which indirectly straightened out my head.
We are each as unique as a snowflake,
Sometimes as useless.
Drifting aimlessly, melting at the first ray of sun,
Or piling up until we become a problem.
We are so different in shape and aim and posture.
We land in different places, insert our lives in various ways,
Until like the melted snowflake we are a part of the landscape.
Then in the sequence of the days,
The silence of the nights, our lives exert their own abilities,
Each of us moving to a different rhythm, learning our own rhymes.
Every life a story,
And we, the story tellers, expressing ourselves through our actions.
For some of us life is a sonnet, others write limericks.
To one life is free verse, changing with the days,
To others just an ode to what was done.
Each of us writes with a free hand, reaching out to use the talent that we have
And try to share the melody.
~ Hilde Oleson

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



TRAVELOGUE
MOSCOW

A Soviet Showcase

Wednesday, March 2 @ 1:00 pm

Join us for a
free slide show presentation
with world traveler Larry Moodry.

JOIN US AT THE MOVIES

Tuesdays @ 1:00

Free movie and popcorn!



March 1: "Batkid Begins"

A young leukemia patient, Miles Scott, gets his wish to become Batman and a single act of charity becomes a huge Internet sensation.

Documentary / 87 minutes / 2015 / PG

March 8: "A Walk In The Woods"

After living abroad, an aging travel writer decides to return to America and walk the Appalachian Trail with his wisecracking friend.

Robert Redford, Nick Nolte, Emma Thompson

Drama / 104 minutes / 2015 / R

March 15: "A Little Chaos "

Headstrong landscape designer Sabine De Barra, finds herself at odds with the chief architect of King Louis XIV's new palace at Versailles.

Kate Winslet, Matthias Schoenaerts

Drama / 113 minutes / 2015 / R

March 22: "Minions "

Born to serve despicable villains and accidentally killing them off, these little Minions set out on a dangerous journey to find their next boss.

Sandra Bullock, Jon Hamm, Michael Keaton

Animation / 91 minutes / 2015 / PG

March 29: "The Walk"

Philippe Petit's incredible high-wire walk at the World Trade Center, 1974, is subject of this film.

Ben Kingsley Drama / 123 minutes / 2015 / PG

STAY ACTIVE

BOWLING / ICE SKATING IN ORLEANS
PING PONG

STRENGTH TRAINING with Dot Sanderson
STRETCH & STRENGTH with Dot Sanderson

TAI CHI with Geof Karlson
WALK THE HALLS

YOGA with Christine Frisco

BE WELL

VNA CLINICS: ASK-A-NURSE, BP, GLUCOSE
BRAIN HEALTH

HEARING EVALUATIONS

PODIATRIST

WELLNESS PRESENTATIONS

PLAY GAMES

BOARD GAMES / CARD GAMES
BRAIN GAMES IN MEDIA CENTER

TAKE A RIDE

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

CREATE & LEARN

*CREATIVE ARTS (Painting: Steve Kennedy/
Drawing: Kathi Smith / Beading: Ruthie Rogers/
Arts & Writing: Fine Arts Work Center Fellows)*
GRACE NOTES CHORUS with Mary Abt

OPEN STUDIO

STORY SWAP with Dan Lynch

TECH SUPPORT with Provincetown Library

TRAVELOGUE with Larry Moodry

WRITING WORKSHOPS with Hilde Oleson

ENJOY A MEAL

ELDER SERVICES SENIOR DINING LUNCH

MEN'S BREAKFAST



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 ~ HOME OR OFFICE VISITS
FOOD PANTRY / FOOD DISTRIBUTION

LEGAL ASSISTANCE SHINE

SOCIAL SERVICES STORM REASSURANCE

NEW PROGRAMS AT THE COA ...

AFTERNOON MUSIC SALON: PAVIA Wednesday, March 9 @ 1:15 pm

Our well-loved chanteuse is back on piano and accordion, too! Free. Rides available. RSVP by 3/8.

HAPPY ST. PATRICK'S DAY Wednesday, March 16 @ Noon

Our annual Elder Services St. Patrick's Day lunch and sing-along! RSVP by 3/14 at 10:00 am: 508-487-2700.

MEMORY SCREENING Friday, March 18

The Alzheimer's Family Caregiver Support Center will offer free memory screenings. Call for appointment/info.

EDWARD HOPPER PRESENTATION Monday, March 21 @ 1:30 pm



Lisbeth Wiley Chapman shares a slideshow of the history and architecture of 30 locations where Edward Hopper painted in Wellfleet and South Truro. Free. RSVP by 3/18.

"HEADS UP!" Wednesday, March 23 @ 1:15 pm

In our game-of-the-month, you guess the words based on teammates' clues. Lots of laughs! Free. RSVP by 3/22.

HOUSING REHAB ASSISTANCE Monday, March 28 @ 1:00 pm

If your home is in need of critical repairs like roofing, heat, windows and more, you may be eligible to receive up to \$35,000 through a grant via the Community Development Partnership. Learn more at this talk. RSVP by 3/24.

TEA PARTY WITH THE DAISY TROOP Wednesday, March 30 @ 3:30 pm

The Provincetown Girl Scouts Daisy Troop (ages 5-7) host an old-fashioned tea party. Wear your fancy tea party clothes (hat? boa?) and enjoy tea and Girl Scout cookies with the girls. Free. Rides available. RSVP by 3/29.

DEATH CAFÉ Thursday, March 31 @ 1:30 pm

This very popular program returns, facilitated by Beacon Hospice. We'll demystify death with an informal sharing of thoughts and, this year, add a segment on "Empowering Your Healthcare Journey: Education, Knowledge, Communication." Light refreshments. Free. Rides available. RSVP by 3/28.

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

TIME TOGETHER Thursday, March 10 @ 2:30 pm

Savory and Sweet Escape in North Truro. Food: \$3+. Bus: \$2. RSVP by 3/9.

OUT TO LUNCH Tuesday, March 15 @ 11:00 am

Super Buffet in West Yarmouth offers a huge selection. \$7.50+ Bus: \$5. RSVP by 3/10.

KELTIC KITCHEN & KOTTAGE Tuesday, March 22 @ 9:00 am

Keltic Kitchen in Yarmouth serves a traditional Irish breakfast or lunch. Famous for corned beef hash. Shop next door at the Keltic Kottage for Irish goods. Food: \$8+. Bus: \$5. RSVP by 3/17.

SEE THE DAY: WELLFLEET Thursday, March 24 @ 2:00 pm

Tour Wellfleet with a stop at Marconi BBQ for "food to go" home for later. Bus: \$2. RSVP by 3/23.

WAMPANOAG MUSEUM Tuesday, March 29 @ 9:00 am

Mashpee Wampanoag Museum with our private docent. Admission: \$4. Lunch at the Wicked Restaurant for local, fresh, organic food and gf menu. \$8+. Bus: \$5. RSVP by 3/24.

SEE THE DAY: PROVINCETOWN Thursday, March 31 @ 2:30 pm

Beech Forest to see the thaw and hear the return of birdsong. Bus: \$1. RSVP by 3/30.



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

One part of my job is ensuring that the needs of seniors are being met at home. This month Elder Services of Cape Cod & the Islands is highlighted:

Meals On Wheels (MOW)

MOW brings meals to people aged 60 and older who are homebound and unable to prepare their own meals. The menu is varied and the meals are nutritionally balanced, prepared without added salt, and consist of dinner, dessert, milk, bread and margarine.

Senior Dining

Every Wednesday a congregate meal is held at the Council on Aging. If you would like to attend call 487-2700 by Tuesday at 10:00 a.m. to make a reservation. Transportation can be provided if needed.

Home Care Program

This program provides eligible elders with the supportive services that they may need to live safely and independently at home. Services may include meal preparation, shopping, homemaking, personal care, emergency response systems or adult day care.

Money Management Program

A trained, insured and supervised volunteer is matched with an older adult who needs help with bill paying and other routine financial tasks. This can include organization and keeping track of financial and medical insurance papers to establishing a budget, helping write checks, balancing the checkbooks, interpreting statements and sorting mail.

The Family Caregiver Support Program

This program advocates for caregivers, identifying gaps in service, assesses the needs of elders and facilitates connections to resources and education.

If interested in any of these services, please call me for a referral or you can call Elder Services directly and ask to speak to Intake & Referral at 508-394-4630.

With appreciation to...



...Adam Spencer, dance instructor extraordinaire, for bringing ballroom dancing to the COA. It has been a delight having you here.
 ...Chris Morin at Independence House for a great New Year's party. Always lots of fun.
 ...John Thomas for a magical, musical afternoon salon.
 ...Brenda Silva for the delicious chili and more at our Soup & Salad lunch. Yum!

INDEPENDENCE HOUSE SURVEY

Independence House is conducting a Cape-wide survey of people 50+ years of age who experienced abuse as a child. They are looking at relationships between child abuse and the life choices made in adulthood. The survey is confidential and they realize that completing it may bring up bad memories; if so, you can call the Independence House hotline at 800-439-6507 to speak with someone in confidence.

Surveys and return envelopes are available on the COA bulletin board in the VMCC lobby.



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 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 or the program may be cancelled.* Thank you.

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 2016

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 Painting* 9:30 Movie 1:00 Bridge 1:00 Buried Treasure* 2:30 Veterans Agent*</p> | <p>Drawing* 9:30 2 Strength Training 10:15 Blood Pressure/Ask- A-Nurse/Gluc 11-1 ES Lunch* Noon Travelogue 1:00 Tech Support 1:00 COA Board 1:30</p> | <p>Stop & Shop* 9:30 3 Painting* 9:30 Library* 10:00 Open Studio 1-4 Grace Notes 4:00 Veterans Agent*</p> | <p>Writing 4 Connection 10:00</p> |
| <p>Hyannis* 8:30 7 Stretch & Strength 10:15 Tai Chi 11:30 COA Radio Show WOMR 92.1 12:30 Color* 1:00 DocuPoems* 1:00 Social Services*</p> | <p>Yoga 9:00 8 Painting* 9:30 Flash Fiction* 10:00 Movie 1:00 Bridge 1:00 Drawing Memory* 1:00 Tax Assistance* Veterans Agent*</p> | <p>Drawing* 9:30 9 Strength Training 10:15 ES Lunch* Noon Beading 1:00 Legal Aid 1:00 Tech Support 1:00 Music Salon* 1:15</p> | <p>Stop & Shop* 9:30 10 Painting* 9:30 Library* 10:00 Open Studio 1-4 Time Together* 2:30 Grace Notes 4:00 Podiatrist* Veterans Agent*</p> | <p>Writing 11 Connection 10:00</p> |
| <p>Hyannis* 8:30 14 Stretch & Strength 10:15 Tai Chi 11:30 Color* 1:00 DocuPoems* 1:00 Social Services*</p> | <p>Yoga 9:00 15 Men's Breakfast* 9:00 Painting* 9:30 Flash Fiction* 10:00 Out to Lunch* 11:00 Movie 1:00 Bridge 1:00 Drawing Memory* 1 Veterans Agent*</p> | <p>Drawing* 9:30 16 Strength Training 10:15 Blood Pressure/Ask- A-Nurse 11-1:00 ES St. Pat's Lunch* Noon Beading 1:00 Hearing* 1:00 Story Swap 1:00 Tech Support 1:00</p> | <p>Stop & Shop* 9:30 17 Painting* 9:30 Library* 10:00 Town Forum* 10:30 Open Studio 1-4 Grace Notes 4:00 Veterans Agent*</p> | <p>Writing 18 Connection 10:00 Memory Screenings*</p> |
| <p>Hyannis* 8:30 21 Stretch & Strength 10:15 Tai Chi 11:30 Color* 1:00 DocuPoems* 1:00 Hopper* 1:30 Social Services* SHINE*</p> | <p>Yoga 9:00 22 Keltic Kitchen* 9:00 Painting* 9:30 Flash Fiction* 10:00 Movie 1:00 Bridge 1:00 Drawing Memory* 1 Tax Assistance* Veterans Agent*</p> | <p>Drawing* 9:30 23 Strength Training 10:15 ES Lunch* Noon Beading 1:00 Tech Support 1:00 Heads Up* 1:15</p> | <p>Stop & Shop* 9:30 24 Painting* 9:30 Library* 10:00 Open Studio 1-4 See the Day* 2:00 Grace Notes 4:00 Podiatrist* Veterans Agent*</p> | <p>Writing 25 Connection 10:00</p> |
| <p>Hyannis* 8:30 28 Stretch & Strength 10:15 Tai Chi 11:30 Housing Rehab* 1 Color* 1:00 DocuPoems* 1:00 Social Services* SHINE*</p> | <p>Yoga 9:00 29 Museum* 9:00 Painting* 9:30 Flash Fiction* 10:00 Movie 1:00 Bridge 1:00 Drawing Memory* 1 Veterans Agent*</p> | <p>Drawing* 9:30 30 Strength Training 10:15 ES Lunch* Noon Tech Support 1:00 Girl Scout Tea* 3:30</p> | <p>Stop & Shop* 9:30 31 Painting* 9:30 Library* 10:00 Death Café* 1:30 Open Studio 1-4 See the Day* 2:30 Grace Notes 4:00 Veterans Agent*</p> | <p>APPOINTMENTS HEARING 508-255-1285 SHINE 508-487-7080 VETERANS AGT 508-487-7099 ELDER SERVICES LUNCH 508-487-2700</p> |



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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

CROCUS
DAFFODIL
ENJOY
EQUINOX
FLOWERS
HAPPY
IDES
LIGHT
PEEPS
SEASON
SMILE
SPRING
SPRUNG
WALK
WIND

