

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

JUNE 2017

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NANCY DOOLEY - COOK / MEAL COORDINATOR
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508-487-7080

www.provincetown-ma.gov
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SENIORS OF THE YEAR

It is with great pleasure
that we announce that the
2017 Provincetown
Seniors of the Year are
Beata Cook and Marion Gouveia.



Beata and Marion are sisters who were born and raised in Provincetown. Although their lives took them on different paths, they are bound together by a strong connection to family, by a heartfelt love of Provincetown, and by a sense of commitment to helping others, often in quiet, unnoticed ways.

Their approaches to aging are based on living life every day without limiting themselves based on thoughts about age. Beata began a new career as a writer for the Provincetown Banner two years ago and Marion is very active in her work at St. Peter the Apostle Church.

As a matter of fact, one thing that surprises people is that they continue to work summer jobs. Marion has worked at John's Footlong for 36 years and Beata is a parking attendant for the town. (Consequently, a luncheon in their honor will be held in the fall, rather than summer, when their schedules ease up!)

Beata and Marion truly epitomize the "Spirit of Positive Aging." Please join us in congratulating them on this well-deserved honor.

Be sure to watch for them in the 4th of July parade!

~Chris

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



TRAVELOGUE

Wednesday, June 7

1:15 pm

HAWAII THE BIG ISLAND

We visit the island of Hawaii in this presentation with host and world traveler, Larry Moodry.

JOIN US AT THE MOVIES!

TUESDAYS @ 1:00 pm

Free movie and popcorn!

June 6: “Allied”

In 1942, a Canadian intel officer encounters a French Resistance fighter on a deadly mission. Brad Pitt, Marion Cotillard
Drama / 124 minutes / 2016 / R

June 13: “Moonlight ”

2017 Academy Award for Best Picture
A life chronicle of a young African American gay man growing up in a rough part of Miami. Mahershala Ali, Shariff Earp
Drama / 116 minutes / 2016 / R

June 20: “Loving ”

Richard & Mildred Loving, a couple arrested for interracial marriage in 1960’s Virginia, began a legal battle that ended with the Supreme Court’s historic 1967 decision. Ruth Negga, Joel Edgerton
Biography / 123 minutes / 2016 / PG-13

June 27: “20th Century Women ”

The story of a teenage boy, his mother, and two other women who help raise him among the love and freedom of Southern California of 1979. Annette Benning, Elle Fanning, Lucas Jade Zumann
Comedy~Drama / 119 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 / CARD ROOM
BRAIN GAMES IN MEDIA CENTER
CHARADES

TAKE A RIDE

HYANNIS / PROVINCETOWN
OUT & ABOUTS / 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

BREAKFAST BUS
“LUNCH BUNCH” WEEKLY LUNCH @ COA
OUT TO LUNCH

RELAX

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

GET SUPPORT & ASSISTANCE

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

JOIN US AT THE COA...

HOUSING REHABILITATION FUNDS *Thursday, June 1 @ 10:00 am*

The Community Development Partnership will present funding opportunities for eligible homeowners. Assistance is available for critical repairs (roofing, siding, electrical, heating, plumbing, structural repairs, and more).

Funding is limited so don't wait! Learn more at this presentation or call Jean at 508-240-7873, ext. 14 for info.

BRIDGE LESSONS *Mondays, 10:00 am - 1:00 pm, June 5 - July 10*

Instructor Buck Harris returns to teach bridge for beginners and those who need a refresher. Learn the basics of standard American bridge, including bidding, play of the hand, defense, and etiquette. Buck will distribute handouts for study and by the end of the course, you can join the weekly COA bridge group. Fee: \$35 for 6 classes. (If you would like info about scholarship funds, call Chris at the COA.)

DEMYSTIFYING DEMENTIA II *Wednesday, June 14 @ 10:30 am - 12 pm*

Patricia Collins, Alzheimer's Family Support Center of Cape Cod, presents the second seminar in our series *Demystifying Dementia*, discussing stages of cognitive decline, associated behaviors, current research and future trends. (Participants do not need to have taken Demystifying Dementia I in order to attend.)

TAKE CONTROL OF YOUR LIFE *Thursday, June 15 @ 1:30 pm*

Sponsored by the Massachusetts Bar Association, Elder Law Attorney Ingrid Epperly will provide information on health care proxies, wills, powers of attorney, Medicaid/Medicare, alternatives to nursing facilities, and guardianship. Come learn the latest. There will be plenty of time for questions. Free.

FOURTH OF JULY LUNCH *Wednesday, June 28 @ Noon*

Celebrate Independence Day with a special Fourth of July indoor picnic in the dining room, including a sing-along with patriotic songs. Donation: \$3. Rides available, \$1 donation. RSVP required by 6/23.

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

PROVINCETOWN SCHOOLS *Thursday, June 1 @ 12:30 pm*

See our elementary/middle schools and newly-reconstructed auditorium/theater. Engage in a dialogue with 7th graders comparing your attending school then with now! Bus donation: \$1. RSVP by 5/31.

BREAKFAST BUS *Tuesday, June 6 @ 9:00 am*

The Red Cottage in Dennis. Food: \$10+ (cash only). Bus donation: \$5. RSVP by 6/1.



MACMILLAN PIER *Thursday, June 8 @ 2:30 pm*

Meet our knowledgeable Harbor Master, Rex McKinsey, to learn how commerce, tourism and marine issues are conducted. There will be time to sit and/or stroll as well. Bus donation: \$1. RSVP by 6/7.

SEE CHATHAM *Tuesday, June 13 @ 9:00 am*

Picturesque Chatham from the overlook, conservation area facing Monomoy Island then to Chatham Squire for lunch and a stroll through town! Food: \$10+. Bus donation: \$5. RSVP by 6/8.

SEE TRURO: CHEQUESSETT CHOCOLATES & SALTY MARKET *Thursday, June 15 @ 2:30 pm*

Tour the roads of North Truro with stops for snacks (\$3+). Bus donation: \$2. RSVP by 6/14.

ARNOLD'S WITH MINI GOLF *Tuesday, June 20 @ 10:30 am*

Lunch and a few great laughs in a friendly game of Mini Golf \$8. Lunch \$7+. Bus: Free. RSVP by 6/15.

PORTUGUESE FLAGS AND JOE'S COFFEE *Thursday, June 22 @ 2:30 pm*

A ride to see the streets decked out and a snack at Joe's Coffee Shop \$3+. Bus donation: \$1. RSVP by 6/21.

OUT TO LUNCH *Tuesday, June 27 @ 10:30 am*

Beacon Room in Orleans. Food: \$12+. Bus donation: \$5. RSVP by 6/22.

TRURO: HIGHLAND LIGHTHOUSE/MUSEUM *Thursday, June 29 @ 2:30 pm*

Sit, stroll or visit exhibits (\$5 each, lighthouse and/or museum). Bus donation: \$2. RSVP by 6/28.

OUTREACH UPDATES Andrea Lavenets

For people with Medicare, MOON has a new meaning: “Medicare Outpatient Observation Notice”. This newly required notice must be given to some patients who have been admitted to a hospital for “observation.”

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare Coverage.

For example, if you have original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for a skilled nursing facility stay. If you are under observation, you would not get any follow-up skilled nursing facility coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is an Accountable Care Organization, the rules are different and the three-day requirement may be waved.

For further assistance about this or any Medicare issue, make an appointment with our SHINE volunteer, Bill Goodbody. SHINE volunteers offer free, confidential counseling on Medicare and related health and drug insurance programs. Call 508-487-7080 to schedule an appointment.

With appreciation to...

...to Michelle Foley, our COA Board member who has resigned from the Board as she prepares to leave the Cape. Michelle has been on the Board for two years and we are so thankful for her service, commitment and thoughtful consideration of issues on behalf of seniors. She also served (literally!) on the Lunch Bunch crew. All the best in your new home, Michelle.



...all who made our Creative Arts Show such a special event: our instructors, students, volunteers, and guests. We were all so impressed with the scope and quality of the artwork so kudos to all!

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

JUNE 2017

Bold is new program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>APPOINTMENTS HEARING 508-255-1285</p> <p>MEALS ON WHEELS 508-349-2658</p> <p>VETERANS AGENT 508-487-7099</p>	<p>COA HOURS</p> <p>MON-THURS 8 AM - 5 PM</p> <p>FRIDAY 8 AM - NOON</p>		<p>Stop & Shop*9:30 1</p> <p>Library* 10:00</p> <p>Housing Rehab 10:00 am</p> <p>Stretch Yoga 10:30</p> <p>Card Room 12-3</p> <p>School* 12:30</p> <p>Veterans Agent*</p>	<p>Writing 2</p> <p>Connection10:00</p>
<p>Hyannis* 8:30 5</p> <p>Bridge 10:00</p> <p>Stretch & Strength 10:15</p> <p>Radio Show 12:30</p> <p>WOMR 92.1 fm</p>	<p>Yoga 9:00 6</p> <p>Breakfast Bus* 9:00</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Strength Training 7</p> <p>10:15</p> <p>Blood Pressure/ Glucose/Ask-A-Nurse 11-1:00</p> <p>Lunch* Noon</p> <p>Travelogue 1:15</p> <p>COA Board 1:30</p>	<p>Stop & Shop*9:308</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Card Room 12-4:00</p> <p>Pier* 2:30</p> <p>Veterans Agent*</p>	<p>Writing 9</p> <p>Connection10:00</p>
<p>Hyannis* 8:30 12</p> <p>Bridge 10:00</p> <p>Stretch & Strength 10:15</p> <p>SHINE*</p>	<p>Yoga 9:00 13</p> <p>See Chatham* 9:00</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Strength Training14</p> <p>10:15</p> <p>Dementia* 10:30</p> <p>Lunch* Noon</p> <p>Legal Aid 1:00</p>	<p>Stop&Shop*9:30 15</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Card Room 12-4:00</p> <p>Legal 1:30</p> <p>See Truro* 2:30</p> <p>Grace Notes 4:00</p> <p>Veterans Agent*</p> <p>Podiatrist*</p>	<p>Writing 16</p> <p>Connection10:00</p>
<p>Hyannis* 8:30 19</p> <p>Bridge 10:00</p> <p>Stretch & Strength 10:15</p> <p>SHINE*</p>	<p>Yoga 9:00 20</p> <p>Arnold's* 10:30</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Strength Training21</p> <p>10:15</p> <p>Lunch* Noon</p> <p>Hearing 1:00</p> <p>Story Swap 1:00</p>	<p>Stop&Shop*9:30 22</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Card Room 12-4:00</p> <p>Flags/Joe's* 2:30</p> <p>Grace Notes 4:00</p> <p>Veterans Agent*</p>	<p>Writing 23</p> <p>Connection10:00</p>
<p>Hyannis* 8:30 26</p> <p>Bridge 10:00</p> <p>Stretch & Strength 10:15</p> <p>SHINE*</p>	<p>Yoga 9:00 27</p> <p>Out To Lunch* 10:30</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Strength Training28</p> <p>10:15</p> <p>4th of July Lunch* Noon</p>	<p>Stop&Shop*9:3029</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Card Room 12-4:00</p> <p>Highland* 2:30</p> <p>Grace Notes 4:00</p> <p>Veterans Agent*</p> <p>Podiatrist*</p>	<p>Writing 30</p> <p>Connection10:00</p>



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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

JUNE
FLAG
FATHERS
DAY
PORTUGUESE
FESTIVAL
SUMMER
BEACH
FUN
GARDEN
RELAX
SAIL
SOLSTICE
SUN
SWIM

