

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

SEPTEMBER 2016

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

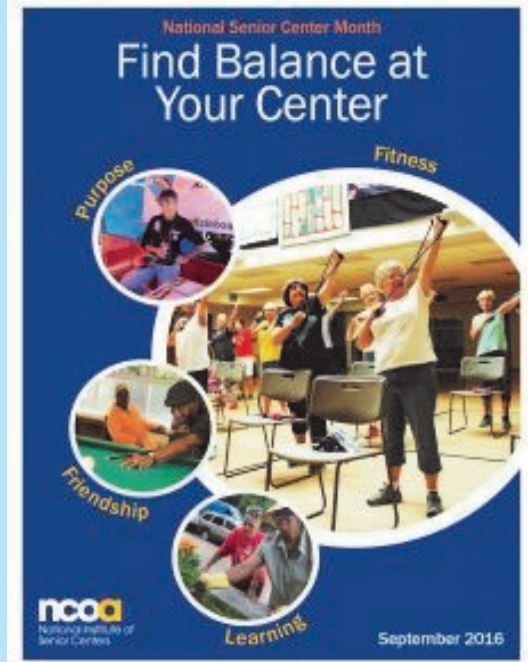
508-487-7080

www.provincetown-ma.gov

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

From the Director

Happy National Senior Center Month! Every day, older adults across America find balance and whole person wellness at senior centers so, fittingly, this year's theme is "Find Balance at Your Center." It's a perfect description of what the COA is all about. Our mission is to promote well-being among older adults--- physically, mentally, spiritually and emotionally. Wellness is all about balance and building resilience to help us cope with life's ups and downs. When you come to the Senior Center to sing, create art, enjoy a good meal, exercise, check your blood pressure, share a story, read in the lounge, learn a new skill, go on a day trip, get support in dealing with a problem, or just to hang out with friends, you are creating balance that will enrich your life. To celebrate, we are honored to host a reading by our own Hilde Oleson this month (see below). Please join us for this special event. ~Chris



"WHY?": A Reading with Hilde Oleson

Thursday, September 22

10:00 a.m.

We are pleased to host this special reading of Hilde's new book of poems, "Why?" Whether you know Hilde through one of the writing groups she facilitates, including the COA's Writing Connection, through community readings or as a neighbor or friend, you know how special this event will be.

Everyone is welcome as we congratulate Hilde on the publication of her newest book, which will be available for purchase. There will be a reception following the reading so plan on staying to chat and enjoy refreshments together.

Please RSVP by September 19.

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



TRAVELOGUE:
THAILAND

Wednesday, September 7
1:15 pm

Visit the “Land of Smiles”
with world traveler, Larry Moodry,
at this free slideshow presentation.

JOIN US AT THE MOVIES!

TUESDAYS @ 1:00 pm
Free movie and popcorn!

September 6: “Star Wars: Episode VII: The Force Awakens ”

The latest Star Wars film with familiar faces as well as some new ones.

Harrison Ford, Mark Hamill, Carrie Fisher
Sci-Fi Adventure / 138 minutes / 2015 / PG-13

September 13: “Joy”

After 10 years of trying to mass-market her floor mop, housewife Joy Mangano is an overnight success.

Jennifer Lawrence, Robert De Niro, Bradley Cooper
Bio-drama / 124 minutes / 2015 / PG-13

September 20: “The Finest Hours ”

A re-telling of the famous rescue performed by the U.S. Coast Guard from the Chatham station during a huge Atlantic storm. Filmed at several sites in Massachusetts, including Chatham.

Drama based on real life / 117 minutes / 2016 / PG-13

September 27: “Infinitely Polar Bear ”

Bipolar, Harvard dropout Cameron is left to care for his two daughters while his wife heads to New York for her job. Cameron’s innate creativity and love of his children help him meet the challenge.

Mark Ruffalo, Zoe Saldana,
Imogene Wolodarsky

Comedy-Drama / 88 minutes / 2015 / R



STAY ACTIVE

BOWLING / ICE SKATING IN ORLEANS
PING PONG

STRENGTH TRAINING with Dot Sanderson
STRETCH & STRENGTH with Dot Sanderson
STRETCH INTO YOGA with Christine Frisco
TAI CHI with Geof Karlson
WALK THE HALLS
YOGA with Christine Frisco

BE WELL

VNA CLINIC:

ASK-A-NURSE, BP, GLUCOSE
HEARING EVALUATIONS
PODIATRIST
WELLNESS PRESENTATIONS

PLAY GAMES

BOARD GAMES
BRIDGE / CRIBBAGE
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

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

ENJOY A MEAL

ELDER SERVICES SENIOR DINING LUNCH
MEN’S BREAKFAST
SPECIAL EVENTS



RELAX

CONCERTS / MUSIC SALONS
HANG OUT IN THE LOUNGE OR MEDIA CENTER
LISTEN TO COA RADIO SHOW ON WOMR
WATCH COA EVENTS ON PTV
MOBILE LIBRARY
WEEKLY MOVIES

GET SUPPORT & ASSISTANCE

**COA OUTREACH ~ HOME OR OFFICE VISITS*
**FOOD PANTRY / DISTRIBUTION* **SHINE*
**LEGAL ASSISTANCE* **SOCIAL SERVICES*
**STORM REASSURANCE*

JOIN US AT THE COA...

FALLS PREVENTION *Wednesday, September 14 @ 1:15 pm*

September is National Falls Prevention month. Falls are the leading cause of injuries for older Americans and one of the greatest fears noted by seniors. Some stay home more or limit activities thinking that will help. Many believe that falling is a normal part of aging. It is not! Strength and balance exercises (it's never too late to start), managing medications, having your vision and hearing checked and making your home safer are all steps you can take to prevent a fall. Join us for an informative presentation by VNA Physical Therapist Donna Hardy with plenty of time for q&a. Free. RSVP by 9/13.



DEATH CAFÉ to follow LIVING WITH DYING PRESENTATION

Thursday, September 29, 1:00 - 3:00 pm

We are pleased to offer this unique program again. Join us with your thoughts, questions and concerns about any aspect of grieving, dying and death. We will gather first for a Living With Dying Presentation to be followed by an open-ended discussion in a relaxed and comfortable atmosphere with refreshments provided. The Death Café is facilitated by Brooks Reinhold, Bereavement Coordinator, Beacon Hospice. For more information or questions about the program, call Brooks at 508-778-1622 X 115 or email her at brooks.reinhold@amedisys.com or log on to: deathcafe.com. Free. RSVP by 9/26.

ICE CREAM SOCIAL *Thursday, September 29 @ 3:00 pm*

September is also Intergenerational Month and our friends from Independence House are hosting an afternoon get-together for seniors and the Recreation Department's after-school program children. Come build-your-own-sundae and feel like a kid again! Free. RSVP by 9/26.

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

BENCH BITES AT PILGRIM PARK *Thursday, September 1 @ 2:30 pm*

Pilgrim Park benches with a snack from home. Bus: \$1. RSVP by 8/31.

BENCH BITES AT HERRING COVE *Thursday, September 15 @ 2:30 pm*

Herring Cove boardwalk benches with a snack from home. Bus: \$1. RSVP by 9/14.

OUT TO LUNCH: BRAX LANDING *Tuesday, September 20 @ 10:30 am*

Brax Landing of Harwichport offers picturesque views of Saquatucket Harbor while enjoying their soups, salads, sandwiches and burgers. Food: \$10+. Bus: \$5. RSVP by 9/16.

BENCH BITES AT THE TOWN PIER *Thursday, September 22 @ 2:30 pm*

Town pier benches with a snack from home. Bus: \$1. RSVP by 9/21.

TRURO HISTORIC MUSEUM *Tuesday, September 27 @ 9:30 am*



Explore the new exhibits "Farm to Table" and "Truro's Landscape Before and After Thoreau" as explained by a knowledgeable docent on the premises (admission \$3). Stroll the beautiful grounds, gift shop and watch a 15-minute video at Highland Lighthouse. Then, on to Truro's Captain's Choice for lunch serving soups, salads and seafood. Food: \$10. Bus: \$2. RSVP by 9/23.



TO RSVP OR FOR MORE INFORMATION: 508-487-7080

All programs are held at the Provincetown COA unless otherwise noted.

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**MARRIAGE, MEDICARE & MEDICAID...
WHAT SAME-SEX COUPLES NEED TO KNOW**
Rules for Medicare Coverage for Spouses

-You must be a spouse in a marriage recognized by the jurisdiction in which it was performed. Registered domestic partnerships, civil unions and common law do not qualify you for spousal benefit.

-You must have been married at least one year before you can qualify for Medicare based on your spouse's earning records.

-If your spouse is alive, they must be at least 62 years old. It is not necessary for your spouse to be on Medicare.

-If your spouse is deceased, you must have been married at least one year before their passing. The age at which your spouse died does not matter.

-To qualify for free Medicare Part A, you or your spouse must have worked 40 "quarters" (10 years). If you or your spouse do not have a qualifying work history, the cost of Part A benefits can be over \$400 per month.

Marriage and Medicare Part D Low Income Subsidy

-Also called "Extra Help", assists with paying for drug costs. If you are getting this benefit and then get married, your eligibility will be recalculated as you are now considered a two-person household.

Savings Programs

-Can also pay for deductibles and co-insurance. Just like the Low Income Subsidy, married couples are treated as a two-person household.

Marriage and Medicare Premiums

-Some higher tax filers have to pay for Part B and Part D premiums based on IRS tax returns from two years prior. The surcharge for married couples also may depend on whether you file separately or jointly.

These issues are things that a SHINE rep can assist you with. Call the COA to make an appointment!

With appreciation to...

...the COA Board for hosting the annual evening at Herring Cove Beach and for all of their efforts year-round to support the mission of the COA. We are fortunate to have such a dedicated group in our corner!

...the Friends of the Provincetown Council on Aging for all of their hard work and commitment to fundraising so that we can provide all of the programs that we offer. The next time that you're at the COA, look around. The new dining room furniture, kitchen and meal supplies, program refreshments, lounge furniture...all have been bought with monies raised by the Friends. Their next bake sale will be at the fire-house by Town Hall on Saturday, September 3, 10:00 am-2:00 pm so please stop by!

**GOT UKULELES?**

Our Grace Notes Chorus is learning to play the ukulele and could use more instruments. If you have a ukulele that you no longer play, please consider donating it and give us a call at 508-487-7080. Thank you!

REMINDER

Some programs require reservations so that we can order food, plan rides or schedule space. Be sure to reserve your place by the deadline. *Without a reservation, we may not be able to accommodate you or the program may be cancelled.*

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

SEPTEMBER 2016

Bold is new program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>COA HOURS</u></p> <p>MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</p>	<p><u>APPOINTMENTS</u></p> <p>HEARING 508-255-1285</p> <p>SHINE 508-487-7080</p> <p>VETERANS AGT 508-487-7099</p>	<p><u>ELDER SERVICES</u></p> <p><u>WEDNESDAY LUNCH</u></p> <p>RSVP BY TUESDAY 10:00 508-487-2700</p>	<p>Stop & Shop* 9:30¹ Library* 10:00 Stretch Yoga 10:30 Bench Bites* 2:30 Grace Notes 4:00 Veterans Agent*</p>	<p>Writing 2 Connection 10:00</p>
<p><u>CENTER CLOSED</u> ⁵</p>  <p>Labor Day</p> <p>COA Radio Show WOMR 12:30</p>	<p>Orleans* 9:00 ⁶ Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Strength Training⁷ 10:15 Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00 ES Lunch* Noon Travelogue 1:15 How to Bridge*2</p>	<p>Stop & Shop* 9:30⁸ Library* 10:00 Stretch Yoga 10:30 Grace Notes 4:00 Veterans Agent*</p>	<p>Writing 9 Connection 10:00</p>
<p>Hyannis* 8:30 ¹² Stretch & Strength 10:15 Tai Chi 11:30 Social Services*</p>	<p>Yoga 9:00 ¹³ Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Strength Training¹⁴ 10:15 ES Lunch* Noon Legal Aid 1:00 Falls Prevention* 1:15</p>	<p>Stop & Shop*9:30¹⁵ Library* 10:00 Stretch Yoga 10:30 Bench Bites* 2:30 Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>Writing 16 Connection 10:00</p>
<p>Hyannis* 8:30 ¹⁹ Stretch & Strength 10:15 Tai Chi 11:30 Social Services* SHINE*</p>	<p>Yoga 9:00 ²⁰ Men's Breakfast* 9:00 at Seashore Pt Out to Lunch* 10:30 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Strength Training²¹ 10:15 ES Lunch* Noon Hearing* 1:00 Story Swap 1:00</p>	<p>Stop & Shop*9:30²² Library* 10:00 Reading with Hilde* 10:00 Stretch Yoga 10:30 Bench Bites* 2:30 Grace Notes 4:00 Veterans Agent*</p>	<p>Writing 23 Connection 10:00</p>
<p>Hyannis* 8:30 ²⁶ Stretch & Strength 10:15 Tai Chi 11:30 Social Services*</p>	<p>Yoga 9:00 ²⁷ Museum* 9:30 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Strength Training²⁸ 10:15 ES Lunch* Noon Charades 1:15</p>	<p>Stop & Shop*9:30²⁹ Library* 10:00 Stretch Yoga 10:30 Death Café* 1:00 Ice Cream* 3:00 Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>Writing 30 Connection 10:00</p>



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH



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

SENIOR
CENTER
MONTH
BALANCE
OUT
ABOUT
LABOR
DAY
SEPTEMBER
AUTUMN
CAFE
MUSEUM
SING
SMILES
SUNDAE