



# Tidings

January/February 2023

*The mission of the Orleans Council on Aging & Senior Center is to serve and empower older adults 60+ to age well in Orleans through support, enrichment, and advocacy.*

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- The *Tidings* newsletter is available online. Go to: [www.town.orleans.ma.us](http://www.town.orleans.ma.us) and click on "Government" then under "Departments" click "Council on Aging."
- The newsletter is mailed to Orleans seniors, current Friends' members, and COA volunteers.

## AARP TAX AIDE PROGRAM

**Mondays, February 6th - April 10th**

The AARP Tax Aide Program provides specially trained Tax Counselors to help low and moderate income taxpayers complete their Federal and State income tax returns free of charge. All appointments must be scheduled, no walk-ins are permitted. Don't wait until the last minute to schedule your appointment! **Call the Orleans Senior Center to schedule your appointment today!**



## LUNCH & LEARN

The Orleans COA received a grant from Elder Services of Cape Cod and the Islands to host a 6-month "Lunch & Learn" series. Participants receive a home-cooked meal followed by a brief educational presentation on a variety of subjects. Meals are free, but donations are gladly accepted.



### "Cape Cod Climate Change", Friday, January 20th, 12-1:30pm

Our special guest will be Sarah Griscom, who serves on the Board of Directors for the Cape Cod Climate Change Collaborative - an all-volunteer non-profit organization whose mission is to reach carbon neutrality - or net zero - on Cape Cod and the Islands.

### "Laughter Yoga", Friday, February 17th, 12-1:30pm

Laughter yoga is a modern exercise which involves voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and physical benefits as spontaneous laughter. This program will be facilitated by Dian Hamilton, certified Laughter Yoga Instructor.

**Call the Orleans Senior Center to register.**

*Non-residents may register beginning 1/11 & 2/1*

## WINTER WEATHER POLICY

If Nauset Public Schools are closed due to inclement weather, all Orleans Senior Center activities including transportation and the Rock Harbor Respite program, are cancelled. If this occurs, our building will remain open and our staff will still be available to assist the public unless all Town offices are closed. However, to ensure the safety of our participants, volunteers, and staff, there may also be times when we cancel transportation, programs, or meals due to weather conditions and if that is done, every effort will be made to contact those impacted.



# SPECIAL ACTIVITIES

## WATERCOLOR CLASS

Tuesdays, 2-4pm

January 17, 24, 31 & February 7

Cost: \$48

**Instructor: Carol M. Kimball**

Enjoy a relaxing class to learn methods for watercolor painting on paper. Instruction will include water tints, broad brush strokes, bleeds, detailed strokes, sponge techniques, and completion of a painting within two hours. (All materials and supplies provided.) **Call the Orleans Senior Center to register. Non-residents may register beginning 1/11.**



## POLICIES

### FOR ALL SENIOR CENTER ACTIVITIES

- ◆ Participation is limited & Orleans residents have priority
- ◆ **REGISTRATION IS REQUIRED - NO WALK-INS PERMITTED**
- ◆ **Payment will be required within 2 business days of registration to hold your space**

## SIP & SWIPE CAFÉ

This is a grant-funded special tech teaching program. "Sip & Swipe Café" will provide education on a variety of technology subjects in a comfortable small group setting over coffee to help bridge the technology divide for older adults.



## "OPEN HOUSE TECH SUPPORT"

**Saturday, February 11th, 9:30am-12pm**

Bring your personal device (laptop, phone, tablet) and receive individualized support. We will provide patient help learning something new or answering questions. (This is not a computer repair service.) When you register you will be given an appointment time. Please arrive 10 minutes early to set-up your device and connect to the internet so you'll be ready to go at your assigned time.

Workshops are facilitated by Dawn Steber, Technology Educator for Orleans Elementary and Stony Brook Elementary schools. Dawn grew up on the Cape and is enjoying working with older adults helping to bridge the technology gap.

*Light refreshments will be served. Call the Orleans Senior Center to register. Non-residents may register beginning 1/25.*

*This program is funded in-part with a Title III Grant from Elder Services of Cape Cod & the Islands*

## IMPORTANT REMINDER...

*It's that time of year...  
if you have cold or flu-like symptoms,  
please stay home, test for COVID,  
take care of yourself, and don't pass it on.  
Let's care enough  
to keep one another healthy!*

## WHEN IS IT TIME?

Tuesday, January 24th, 1:30pm

**Presenter: Karen Bain. RN**

This presentation will review and define different options in senior living to provide you with tools which may help inform your decision-making process. We will discuss the benefits of being a part of a senior living community and how to prepare for making a move. We will also discuss updates in relation to Covid and how it affects senior living environments. **Call the Orleans Senior Center to register. Non-residents may register beginning 1/18.**



## ENNEAGRAM

Tuesday, January 31st, 1:30-3:30

**Instructor: Nancy Benben**

This introductory session will introduce you to the nine Enneagram types and explore each one more deeply. The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions. According to the Enneagram, each of the nine personality types is defined by a particular core belief about how the world works. This core belief drives your deepest motivations and fears. Come see how the Enneagram can widen your self-understanding and lead to compassion so that you might live from your truest self. **Call the Orleans Senior Center to register. Non-residents may register beginning 1/18.**



# SPECIAL ACTIVITIES

## WINTER VIRTUAL PROGRAMS

(via ZOOM)

### NASA's "MOON TO MARS"

Wednesday, January 25th, 2pm

Join Solar System Ambassador Marie Kesten Zahn for a look at NASA's "Moon to Mars" initiative. NASA's new Artemis mission is the sister to the Apollo program that started in the 1960s. Artemis will be the program that brings humans back to the Moon! Even though we have been to the Moon before, there is still a lot we can learn when we return. The Artemis missions will advance our engineering capabilities as we test new types of technology that are efficient, affordable, and reliable. This technology will lead to a greater understanding of the challenges we need to overcome in order to send humans to Mars in the future.



## FALL PREVENTION

Wednesday, February 15th, 1pm

Falls are a critical health problem for older adults, and learning to prevent them can keep you safe, healthy, and independent longer. You will learn from the experts at Harvard Medical School about how your body works to keep you balanced, and the health problems, medications, risk factors, and home-hazards that can set you up for a fall. You will also learn specific ways to help you improve your balance and maintain your mobility, and the "right" way to fall to reduce your chances of injury. This workshop is a collaborative work by Injury Prevention Professionals.



Call the Orleans Senior Center to register. The link to join will be sent out a couple days prior to program.

## LOWER CAPE LGBTQ SENIORS

"VALENTINES DINNER DANCE"

Friday, February 3rd, 5-7:30pm

Cost: \$10

A DJ from *Cape Tunes* will be playing songs for your listening and dancing enjoyment. Dinner will include Chicken Caprese, Pasta Alfredo with Spinach and Red Peppers, Salad, and Dessert. Space is limited. **Call the Orleans Senior Center to register.**



## CRAFT CORNER

*In-person Craft Classes*

### PAPER ROSE WREATH

Thursday, January 26th, 2pm

Cost: \$5

Learn how to make your own paper roses and fashion them into a beautiful farmhouse wreath.



### SEASHELL HEART

Thursday, February 2nd, 2pm

Cost: \$10

Using seashells and sea glass make your own nautical Valentines Day wreath.



Call the Orleans Senior Center to register. *Non-residents may register beginning 1/18.*

## SPECIAL VALENTINES DAY

"COMFORT KITCHEN"

Friday, February 10th, 12-2pm

Cost: \$12

Performance by "Torch Song", a popular duo featuring guitarist Robert "RC" Chandler and various female vocalists. Featuring love songs from the 30's, 40's & 50's. We are still not hosting the large-scale indoor events of the past, so participation is limited. Please sign-up soon as we anticipate this will fill up quickly. Payment is required within a few days of registration to hold your space. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/25.*



## REGISTER TODAY

"COMPUTER BASICS" CLASS

Tuesdays & Fridays, 2-3:30pm

April 4th – June 13th

In this free 10-week PC-based course, you'll learn the basics of how to operate a computer and navigate the internet in ways that will enrich your life. This class is designed for people who have little experience and want a solid introduction. You'll gain a clear understanding and the confidence to keep learning more. Space is limited so register today! This program is co-sponsored by Elder Services of Cape Cod and the Islands. **Sign up by calling Denise at Elder Services @ 508-394-4630 x366.**



# REGULAR ACTIVITIES

## ART AFTERNOONS

Fridays, 1:30-4pm  
January 6, 13, 20, 27 &  
February 3, 24



Join fellow artists for fellowship and an opportunity to keep your projects moving along. You must bring all your own supplies and a plastic table cover. **Call to register for each date you plan to attend.**

## BOOK CLUB

2nd Friday of the month, 10am

Please join us for an interesting, lively book discussion. New participants always welcome!



**Friday, January 13th, 10am**

**Book: "The Henna Artist"** by Alka Joshi

**Friday, February 10th, 10am**

**Book: "Good Company"** by Cynthia D'Aprix

**Call to register for each date you plan to attend.**

## KNITTING GROUP

Mondays, 1 - 3pm

This is an opportunity to get together with others and knit for a worthy cause. We knit items to donate to local community organizations. You must bring your own supplies, although we have a hearty supply of yarn. New members always welcome! **Call to register for each date you plan to attend.**



## LEGAL ASSISTANCE

Free half-hour consultations for Orleans seniors with different community lawyers. Have your questions answered about powers of attorney, healthcare proxy, wills and trusts, probate of estates, estate taxation, asset protection, nursing home concerns, and more. **Call the Orleans Senior Center to schedule an appointment.**



## MAC USERS GROUP

3rd Wednesday of the month, 2pm

Users at all levels welcome. **Call to register for each date you plan to attend.**



## MAHJONG PLAYERS

Fridays, 1:30-3:30pm  
January 6, 13, 27 & February 17, 24



Please bring your own board sets and table covers to play with. New players are always welcome! **Call to register for each date you plan to attend.**

## SENIOR CENTER CINEMA

*Celebrating possible "Oscar Nods"*



**Top Gun Maverick (PG13)**

**Thursday, January 19th, 2pm**

A movie sequel starring Tom Cruise.



**Till (PG13)**

**Thursday, February 16th, 2pm**

Based on the true story of a mother seeking justice for the 1955 killing of her son.

Light refreshments will be served. There is no charge, but donations gladly accepted. **Call the Orleans Senior Center to register. Non-residents may register beginning 1/11 & 2/1.**

## PAINTING CLASSES

*With Local Artist, Karen North Wells*

**Mondays, 1:30-4:15 pm**

**New class begins April 3rd**

In these classes students will learn to paint florals, landscapes and seascapes, while gaining a variety of techniques and principles including color, value and composition. All levels welcome, even the first time painter! **Supply list available from front desk.** Please bring a plastic table cover. **The cost is \$100 for 7 classes, payable in advance.** **Call the Orleans Senior Center to register.**



## S.H.I.N.E. - Health Insurance Counseling

SHINE (Serving Health Information Needs of Everyone) offers free help to answer health insurance questions. SHINE counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs to help those eligible for Medicare navigate the complex health insurance system. Call the Orleans Senior Center for appointment times.

# FITNESS PROGRAMS

## ORLEANS SENIOR CENTER FITNESS CLASSES

CLASS TITLE	DAY OF WEEK	CLASS TIMES	COST	DATES OF NEXT SESSION
GENTLE YOGA	MONDAYS	9 - 9:55am	\$35	Feb. 6, 13, 27 & Mar. 6, 13, 20, 27
NIA	FRIDAYS	10 - 11 am	\$25	Feb. 3, 17, 24 & Mar. 3, 10
SIT FITNESS	MONDAYS	11 - 11:45am	\$21	Feb. 6, 13, 27 & Mar. 6, 13, 20, 27
SIT FITNESS	TUESDAYS	11 - 11:45am	\$21	Feb. 14, 21, 28 & Mar. 7, 14, 21, 28
SIT FITNESS	WEDNESDAYS	11 - 11:45am	\$27	Feb. 1, 8, 15, 22 & Mar. 1, 8, 15, 22, 29
SIT FITNESS	THURSDAYS	11 - 11:45am	\$27	Feb. 2, 9, 16, 23 & Mar. 2, 9, 16, 23, 30
YOGA	TUESDAYS	9:45 - 10:40am	\$35	Feb. 14, 21, 28 & Mar. 7, 14, 21, 28
YOGA	THURSDAYS	9:45 - 10:40am	\$45	Feb. 2, 9, 16, 23 & Mar. 2, 9, 16, 23, 30
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$40	Feb. 3, 10, 17, 24 & Mar. 3, 10, 24, 31
ZUMBA	TUESDAYS	8:30 - 9:25am	\$25	Feb. 14, 21, 28 & Mar. 21, 28
ZUMBA	THURSDAYS	8:30 - 9:25am	\$35	Feb. 2, 9, 16, 23 & Mar. 2, 23, 30

### FITNESS CLASS POLICIES

- ◆ All class sizes are limited
- ◆ Payment is made per session and there is no refund for classes missed by participants
- ◆ Payment is required within 2 days of registration
- ◆ Out-of-town residents may be put on a waitlist and if space permits, may participate
- ◆ Participants are required to sign a liability waiver
- ◆ Please consult your physician before beginning any new fitness program

### FITNESS CLASS DESCRIPTIONS

#### GENTLE YOGA (with Debra)

Improves overall muscle tone, enhances breathing which helps lung function, and promotes mental calmness, stress reduction and body awareness. Bring yoga mat.



#### SIT FITNESS (M & W with Debbie and T & TH with Jenny) - Limit of 2 sessions per person

Seated exercises with light weights which help maintain range of motion, coordination, balance, and muscle tone.

#### NIA (with Sue)

Dedicated to physical, emotional and spiritual health, it combines dance, yoga, martial arts and mindfulness with music for non-impact aerobic fitness. Bring yoga mat.

#### ZUMBA GOLD (with Naya)

Easy to follow choreography which focuses on balance, range of motion, and coordination. Come ready to work out and leave empowered. Bring small towel.

#### YOGA (with Jane)

*(limit of 1 session per person - unless space permits)*

Improves overall muscle tone, enhances breathing, and promotes calmness, stress reduction and body awareness. Chair & floor exercises. Bring yoga mat.

#### YOGA FLO (with Cindy)

Focusing on wellness and healthy aging, gently building strength, remodeling the fascia, best suited for students with some familiarity with yoga. Chair & floor exercises. Bring yoga mat.

### SPECIAL UPCOMING SPRING CLASS "NEURO GO FITNESS"

See page 10 for details about this free class for those diagnosed with neurological conditions such as Parkinson's disease, stroke, and more.



## SUPERFOODS FOR ARTHRITIS

If your hips, knees or hands have gotten stiffer and more painful in recent years, you might be among the more than 32 million Americans who suffer from osteoarthritis (OA). This degenerative joint condition, often described as the “wear and tear” form of arthritis, causes the cartilage that normally cushions joints to break down, allowing bone to rub against bone. The result: pain, redness, stiffness and inflammation. This kind of arthritis is mainly treated by pain-relieving medications, but life-style changes can also help a lot. Exercise and weight loss tend to be top of the list. Regularly moving the impacted joint helps stretch and strengthen the muscles surrounding it, which can ease stiffness and promote mobility. If you're overweight, shedding a few pounds will help take some strain off a weight-bearing joint (like your knee or hip), as well as reduce the amount of inflammatory proteins that are naturally produced by fat cells. Whether you follow a specific diet plan or not, regularly adding the following foods to your plate (while simultaneously cutting back on fried food and sweets) might help soothe your achy joints.

- **Salmon:** Oily fish like salmon are rich in inflammation-fighting omega-3 fatty acids, which may help curtail OA symptoms.
- **Olive oil:** Extra-virgin olive oil doesn't have many omega-3s, but it does contain other unsaturated fats that similarly help quiet inflammation in the body.
- **Cherries:** The ruby red hue is a hint that sweet cherries are packed with potent antioxidants that are also found in blueberries and raspberries, and these may help minimize oxidation that contributes to inflammation
- **Garlic:** Several studies have suggested that garlic might combat inflammatory response that damages cartilage.
- **Spinach and kale:** These leafy greens are loaded with vitamin K, which research suggests is important for cartilage health, which also plays a role in strengthening bones.
- **Honey:** There's been some buzz around honey's purported health benefits since ancient times. Honey contains flavonoids (plant-based antioxidants) which counter inflammation.

*(Adapted from article by Barbara Brody, [AARP](#), September 28, 2022)*

## FOOD & MEAL SUPPORT



### COMFORT KITCHEN DELIVERED MEALS

We are providing a limited number of home-cooked, home-delivered meals once a week for vulnerable homebound seniors. This will allow us to connect and be visible to those who may need additional supports. If you are interested in this service, please contact the Outreach Department for information.

### FOOD PANTRIES

There are local food pantries for those with emergency food needs. For more information please contact the Outreach Department.

### HEALTHY MEALS IN MOTION

Through a partnership with The Family Pantry this program allows participants to obtain supplemental food. Eligible participants receive a grocery list each month to select food items which are most suited to their needs. Options include meats, fresh produce, condiments, frozen vegetables, and more! Pick up of these items will be made at the Senior Center, or by arranging home delivery with COA Outreach staff. Participants become a client of The Family Pantry, and are also able to visit the Pantry one additional time per month. **For more information, please contact the Outreach Department at 508-255-6333.**

### “LOCAL” MEALS

Lunches are served on Tuesdays by “LOCAL” (**LOWer CApe Ecumenical Lunches**) at St. Joan of Arc church. The meals are now “grab & go.” If you do not drive and need a meal, please call Lillian, the COA Program Coordinator for help with delivery.

### MEALS on WHEELS

Sponsored by Elder Services of Cape Cod and the Islands. Meals are delivered to homebound seniors by volunteers. Voluntary donation of \$3/meal. For more information call Elder Services at 1-800-244-4630.

### SNAP

If you are facing financial difficulty, please consider applying for SNAP (Supplemental Nutrition Assistance Program). This program puts healthy food within reach by providing a monthly benefit depending on household size, income and expenses. There are multiple ways to apply. For more information please contact Lynn, the COA Social Service Coordinator.

# SENIOR CENTER LUNCHES

## SOUP & SANDWICH

**Mondays, 12 Noon**

**Cost of Lunch: \$4**

**Reservations Required**



Join us for a Soup & Sandwich lunch on Mondays. Our Cook will prepare a delicious home-cooked lunch which includes soup, sandwich and dessert. Come with a friend or make new ones! **Please call the Senior Center no later than Noon the Friday before to make a reservation.**

**PARTICIPATION IS LIMITED.** Non-residents may call Friday mornings before Noon to sign-up, space permitting.

### SOUP & SANDWICH MENU:

- Jan. 2: **Senior Center Closed (New Year's Holiday)**
- Jan. 9: Beef Barley Soup, Tuna Salad on Marble Bread, Chips & Dessert
- Jan. 16: **Senior Center Closed (MLK Jr. Day)**
- Jan. 23: Chicken & Wildrice Soup, Chicken Pesto Sandwich on Roll, Chips & Dessert
- Jan. 30: Chili, Cornbread, Salad & Dessert
- Feb. 6: Clam Chowder, Grilled Cheese, Chips & Dessert
- Feb. 13: Creamy Tomato Basil Soup, Chicken Salad on Multigrain Bread, Chips & Dessert
- Feb. 20: **Senior Center Closed (Presidents' Day)**
- Feb. 27: Creamy Chicken Gnocchi soup, BLT on Brioche, Chips & Dessert
- Mar. 6: French Onion Soup, Roast Beef Roll-up, Chips & Dessert

### IMPORTANT LUNCH REMINDERS:

- ◆ **CANCELLATIONS:** If you are unable to attend, please call the Senior Center and let us know. **Accurate meal counts help us keep the meals affordable! Repeat offenders cost us money and may lose lunch privileges.**
- ◆ **FRIENDS FISH FRIDAYS:** These meals are generously co-sponsored by the Friends of the Orleans Senior Center. You must be an Orleans resident or taxpayer, or a current Friends member to participate.

## COMFORT KITCHEN

**Fridays, 12 Noon**

**Cost of Lunch: \$6**

**Reservations Required**



Lunch includes a delicious home-cooked meal along with a special dessert treat. Come alone and make new friends, or come with a group...either way, we are sure you'll love it! **Please call the Senior Center no later than Noon on Wednesdays to make a reservation.**

**PARTICIPATION IS LIMITED.** Non-residents may call Wednesday mornings by Noon to sign-up, space permitting.

### COMFORT KITCHEN MENU:

- Jan. 6: Swedish Meatballs, Egg Noodles, Roasted Brussel Sprouts & Dessert
- Jan. 13: Chicken Piccata, Linguini, Salad & Dessert
- Jan. 20: **LUNCH & LEARN (see p. 1 for details)**  
Baked Hawaiian Chicken, Rice, Broccoli & Dessert
- Jan. 27: **FRIENDS FISH FRIDAY!\*\* (see Reminders)**  
Seafood Lasagna, Mandarin Orange Salad, Bread & Dessert
- Feb. 3: Beef Bourguignon with Potatoes & Carrots, Homemade Rolls & Dessert
- Feb. 10: **SPECIAL VALENTINES COMFORT KITCHEN Lunch & Musical Entertainment, Cost \$12 (See p. 3 for details)**  
Roasted Pork Loin, Mashed Potatoes, Broccoli and Cauliflower Au Gratin & Dessert
- Feb. 17: **LUNCH & LEARN (see p. 1 for details)**  
Lasagna Roll-ups, Caesar Salad, Garlic Bread & Dessert
- Feb. 24: **FRIENDS FISH FRIDAY!\*\* (see Reminders)**  
Stuffed Clams, Garlic Parmesan Pasta, Roasted Vegetables & Dessert
- Mar. 3: Shepherd's Pie, Carrots, Rolls & Dessert



# CAREGIVERS' CORNER

## DEMENTIA CAREGIVING SUPPORT GROUP

2nd & 4th Wednesdays

10:30am - Noon

This group is facilitated by the Alzheimer's Family Support Center of Cape Cod and helps families learn more about dementia, develop better coping strategies, and help connect to support services in the community. This group is for anyone caring for a loved one with dementia. **For more information, and to register for the group please call the AFSC at 508-896-5170**



## CARING CONNECTIONS

This is a special program for care partners and their loved ones to attend together. We are hosting a "Caring Café" lunch every other month at the Orleans Senior Center to give you an opportunity to share a meal while connecting with others. You will also get to know our Outreach staff. Some lunches will be followed by a speaker on topics of interest. On alternating months, we will hit the road for a local trip, and transportation will be provided for Orleans seniors. This is part of our new caregiving initiative, to support families who are providing care in the home.



### January Caring Café

Wednesday, January 18th, 12-1:30pm

Join us for a delicious lunch and conversation here at the Senior Center.

### February Caring Connections Road Trip: "Cape Museum of Art & Lunch"

Wednesday, February 15th, 11:30am-2:30pm

Join us for an outing to the Cape Cod Museum of Art to see current exhibits followed by lunch at the Lost Dog Pub.

Participation is limited - *Orleans residents have priority*

No charge, but donations gladly accepted.

**REGISTRATION IS REQUIRED**

Call the Orleans COA Outreach Department to register, or for further information

*Non-residents may register beginning 1/10 & 1/31*

*This program is funded in-part by  
The Friends of the Orleans Senior Center*



ROCK HARBOR RESPITE  
AT ORLEANS SENIOR CENTER

***Our supportive adult day care program is here for you!***  
We are accepting referrals and there is very little wait to be admitted at this time.

"Rock Harbor Respite" is a regional supportive adult day care program offering a safe, caring, person-centered environment for older adults in need of social engagement and those living with physical disabilities and brain changes. Our goal is to promote wellness and independence while providing respite time for caregivers. Our hope is that we complement care plans and help participants to remain in their own homes for as long as possible.

The program offers a structured day which includes music, art, fitness and activities to promote optimal social, emotional and physical wellness. Participants start the day with a morning snack and enjoy a delicious home-cooked noontime meal each day, and typically attend two days per week. All staff are fully vaccinated and boosted, and at this time all participants must also be fully vaccinated to participate. We continue to follow strict safety protocols as a result of the pandemic.

### ROCK HARBOR RESPITE

**Monday - Thursday, 9:30am-2:30pm**

*A supportive adult day care program  
serving older adults from Orleans, Brewster,  
Chatham, and Harwich.*

**Fees: \$44/day Orleans Residents**

**\$55/day non-residents**

*Includes all snacks, home cooked lunch & activities*

**For more information about the program,  
admission guidelines, or to learn about the opportunity  
to schedule a complimentary trial day,  
contact Supportive Day Program Director,  
Maria Cecchi, at 508-255-6333 Ext. 19.**

*If not immediately available, please leave a message  
as calls cannot always be taken  
while the program is in session.*

## DIET, EXERCISE, SLEEP CAN SLOW EFFECTS OF BRAIN AGING

Dozens of studies published this year in *Psychophysiology* found that brain connectivity changes dramatically over time. While genetics matter, considerable research shows the big three - diet, exercise, and a healthy lifestyle - can dramatically slow and even put off the effect of age-related brain changes.



- A **healthy diet** can reduce age-related cognitive decline and the risk of developing various neurodegenerative diseases.
- **Exercise** can slow or even reverse the physical decay of your brain. Contrary to conventional wisdom, new brain cells can be created. Research shows exercise can increase the size of your hippocampus, even in your 60s and 70s, mitigating the impact of age-related memory loss.
- As for lifestyle, insufficient **sleep** is associated with accelerated brain atrophy and impaired brain functional connectivity. Alcohol, tobacco, and other drugs directly impact the brain, causing it to age more rapidly, atrophy, and lose functioning ability.

*(Adapted from article by Jeff Haden, Contributing Editor, INC.com, November 22, 2022)*

## BEREAVEMENT SUPPORT GROUP 1st and 3rd Fridays, 10:30am-12pm

This is a small support group of participants who have lost a loved one in the last year. The Bereavement Support Group is facilitated by the VNA of Cape Cod Hospice. Pre-registration is required, walk-ins are not permitted. **For more information on when the next session begins for new participants, call Jeanne Burke, MDiv, Bereavement Coordinator with VNA of Cape Cod Hospice at 508-740-2370.**

## SIGHT LOSS SUPPORT GROUP

This group for individuals with visual impairments is coordinated by Sight Loss Services. In-person meetings occur monthly at the Orleans Senior Center on the first Wednesday of the month at 10:30am. Rides are available for Orleans seniors. **Please call Sight Loss Services at 508-394-3904 to pre-register.**

## MOBILE DENTAL CLINIC

In partnership with Mobile Dental Hygiene Services, we now offer preventative dental services every other month at the Senior Center with licensed public health dental hygienists. Mobile Dental Hygiene Services include dental cleanings, exams, oral cancer screenings, desensitizing treatments, and denture care. **Services are covered for anyone with MassHealth Standard**, and affordable rates are offered for those with no insurance. Brochures are available at the Senior Center and/or go to: [mobiledentalhygiene.com](http://mobiledentalhygiene.com).



**Please call 508-827-6725, or email "smiles@mobiledentalhygiene.com" with any questions and to make an appointment.**

## FOOT CARE SERVICES

Until we are able to find a permanent replacement for long-time footcare nurse, Jennifer Reif, we have a local certified footcare nurse helping to cover our footcare clinics. Sister Rebecca Crandall will provide appointments while we work to find a new footcare provider for the service. For more information, call the Orleans Senior Center.



## MEDICAL EQUIPMENT LOANS

We gratefully accept donations of equipment in good, usable condition, BUT IT MUST BE CLEAN. Equipment is sanitized before it is loaned out to Orleans residents. We will accept and loan wheelchairs, walkers, rollators, canes, commodes, shower seats, tub transfer benches, and bed rails. Medical equipment will only be loaned out to non-residents if an adequate supply exists. Equipment may be kept for as long as needed, but all borrowers must sign a liability waiver.

## TELEPHONE REASSURANCE PROGRAM

If you live alone and would like peace of mind knowing that you can check in with someone daily, join the the Orleans Police Telephone Reassurance Program. For more information call the Outreach Dept.



## NEURO GO FITNESS CLASS

**Mondays, 10-11am**  
**March 27th – May 8th**  
**(no class M 4/17)**



This free 6-week exercise program is specific for those diagnosed with neurological conditions such as Parkinson's disease, stroke, and more. Each hour-long class will involve exercises aimed to help decrease neurological symptoms, improve your overall fitness level, and challenge your brain. Class is led by an Exercise Physiologist from the VNA of Cape Cod. Participants must be able to ambulate independently and tolerate 60 minutes of seated and standing exercises. Advanced registration is required, no walk-ins accepted. Please call the VNA of Cape Cod directly at 508-957-7423 to register. You may be required to obtain a note from your physician, so call early to get your registration paperwork completed. Orleans residents have priority.

## HOME ENERGY ASSISTANCE

The Home Energy Assistance Program (formerly known as Fuel Assistance) runs from November 1st through April 30th. It assists those who meet income guidelines with paying bills for their primary heating source. For those who received assistance in Winter 2022, a cream colored renewal form will be sent out to you late summer/early fall. You are encouraged to send in your completed renewal form as soon as possible. New applicants can start an application online or contact the Outreach Department for more information.



## HEARING AIDS

Good news! In an effort to improve access and lower costs, the Federal Drug Administration has now determined that adults experiencing mild to moderate hearing loss can purchase hearing aids without a prescription or exam. Options begin at \$200. Hearing aids can be purchased at select pharmacy locations, or on a retailer's website. Retailers include CVS, Walgreens, Walmart and Best Buy. Millions of Americans have hearing loss and this change is expected to significantly lower the average cost of hearing aids.



## EVERSOURCE OFFERS PROGRAMS TO ASSIST VULNERABLE OLDER ADULTS

Eversource offers a number of programs to assist elderly customers and those who may have a medical condition.

- **Medical Hardship Status:** if you're experiencing financial hardship and have a serious illness, you can have a medical protection added to your account which will prevent shut-off due to nonpayment. Documentation from your doctor is required for this program.
- **Life Support Customer:** If you have a serious medical condition that requires life supporting equipment, you can enroll in Eversource's critical care notification program. In the event of a storm or planned outage, you will be notified in advance of the outage so that you can make other arrangements. Documentation from a doctor is required for this program.

*For more information, please call the Outreach Department for a confidential discussion and copies of the required forms.*

## BIGGEST SOCIAL SECURITY CHANGES FOR 2023



Social Security benefits will get their biggest boost in decades in 2023, thanks to inflation, surging consumer prices, and rising wages. Here's what's in store for the year to come.

**Bigger benefits** - Rampant inflation produced an 8.7 percent cost-of-living adjustment (COLA) for Social Security beneficiaries in 2023, the biggest percentage jump since 1981. That translates into a \$146 boost in the average monthly retirement benefit.

**No Medicare premium offset** - In 2022, a 5.9 percent COLA raised the average retirement benefit by \$92 a month. But a record-high hike in Medicare Part B premiums undercut that increase for the majority of Medicare enrollees whose Part B premiums are deducted directly from Social Security payments. That won't be the case in 2023, as the standard Part B premium declines from \$170.10 a month to \$164.90, leaving many beneficiaries with a few extra dollars in their monthly deposit.

*(Adapted from article by Andy Markowitz, [AARP](#), December 5, 2022)*

## SHINE NEWS

### **Can I change my Medicare Plan after Open Enrollment?**

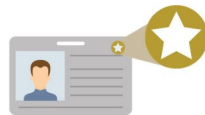
Even though Medicare's Annual Open Enrollment ended on 12/7/2022

(that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan—Part C) you may still have some options. **How can SHINE help you?** State certified SHINE Counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE Counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. **Please call the Senior Center at 508-255-6333 to make an appointment with a SHINE Counselor.**



## **FULL ENFORCEMENT OF REAL ID EXTENDED**

The Massachusetts Registry of Motor Vehicles (RMV) is alerting the public the U.S. Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from May 3, 2023, to **May 7, 2025**. Beginning May 7, 2025, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities. Massachusetts residents may go online for information about the REAL ID and about online renewal eligibility. Visit: <https://www.mass.gov/ID> to find detailed information.



## **NAUSET NEIGHBORS NEEDS VOLUNTEERS**

Want to make a difference in a neighbor's life? Join Nauset Neighbors, an all-volunteer non-profit organization, that helps seniors stay independent and active. You can help by providing friendly visits, rides to appointments, tech assistance and simple handyman tasks. Volunteering is easy and you can volunteer when it fits your schedule. There is a waiting list of seniors who need a hand. Please consider volunteering with Nauset Neighbors. Contact them at: [nausetneighbors.org](http://nausetneighbors.org) or call at 508-514-7067.



## **2023 SENIOR TAX WORK-OFF PROGRAM**



The Town of Orleans Senior Tax Work-Off Program offers qualified senior homeowners the opportunity to provide volunteer services to the Town of Orleans in exchange for a property tax bill reduction of up to \$1,500 per fiscal year. Tax Work-Off participants may work in an array of volunteer positions across the town. The program is administered by the Council on Aging in consultation with other departments. For information on eligibility or other questions, please come in to the Senior Center for information, or go to: <https://www.town.orleans.ma.us/council-on-aging>

## **NEW SESSION AGING NAVIGATION DISCUSSION GROUP**



**3rd Fridays, 1-2:30pm  
In March, April, May and June**

Facilitated by COA Director, Judi Wilson, this discussion group will focus on an intentional exploration of aging issues. We will discuss cognitive, emotional and physical health, worries and fears, challenges and opportunities, and more. This is not a therapeutic group, it is intended to generate interactive discussion in a safe environment to help build resilience through connection. This group is for new participants. Participants should be willing and prepared to share. Group will begin on Friday, March 17th. **Call the Orleans Senior Center to register. Non-residents may register beginning 2/7.**

## **AMERICORPS RADON TESTING AVAILABLE NOW**

RSVP Senior Environment Corps (SEC) volunteers are conducting home radon testing for homeowners on Cape Cod. SEC Volunteers have been trained to perform radon tests in a way designed to provide the most accurate results. The cost of the test, including postage and a confidential lab report, is \$35. Testing must be done during cold weather when homes are closed up and air is not changing rapidly through open windows and doors. Radon is a naturally occurring odorless and is the second leading cause of lung cancer. Homeowners may register for a radon test by calling Elder Services at 508-394-4630 x524.



## FRIENDS of the ORLEANS SENIOR CENTER

### ANNUAL APPEAL RESPONSE... MANY THANKS!

Once again the Friends wish to thank you all for your generous donations in response to our recent annual appeal for support of the Orleans Senior Center. The Friends is a non-profit organization whose purpose is to assist and support the Orleans Senior Center in its many services to Orleans seniors. Because of your donations in the past year we have been able to continue to support the many programs of the Orleans Senior Center and assist them in meeting the needs of our seniors, for example, by the purchasing of groceries when needed and obtaining needed services for those recovering from a hospital stay. We are also committed to assisting financially in the maintenance of the Center's garden and surrounding landscape.

The Friends were able to assist in providing special home-cooked holiday dinners in November and December, which were enjoyed by many. Early in December, the Friends were pleased to host a special "Deck the Halls" dinner for our wonderful COA staff.



We are all blessed in this community to have such an active Senior Center and staff whose outreach has such a positive impact on our senior population.



A special thanks to our wonderful staff and to all of you who continue to donate to the Friends!!

### FRIENDS BOARD:

*Carol Hackett, President*  
*Mary Sullivan, Treasurer*  
*Barbara O'Connor, Secretary*

*Bonnie Engelhardt*  
*Claire Gradone*  
*Charlotte McCully*  
*Nancy Noble*



### OUR FRIENDS CARE

*We know that unexpected or unique challenges can occur at any time. Please reach out to the Orleans Outreach Department for a confidential discussion of your situation if you find yourself in need.*



### 2022-2023 FRIENDS ANNUAL SUPPORT...IT'S TIME TO RENEW!

The Friends of the Orleans Council on Aging (FOCOA) is a non-profit organization whose purpose is to assist and support the Orleans Senior Center with its mission to enhance the quality of life for older adults and caregivers in our community. The Friends fiscal year runs from July 1, 2022 through June 30, 2023. Any individual or family who makes a donation of \$15 or more during that time period shall be entitled to cast one vote at the Annual Meeting.

Supporter \$100

Name \_\_\_\_\_

Donor \$50

Mailing Address \_\_\_\_\_

Family \$25

Town/Zip \_\_\_\_\_ Phone \_\_\_\_\_

Individual \$15

Email: \_\_\_\_\_

Other \$ \_\_\_\_\_

I would like to be part of the Friends team, please contact me.

USE THIS SLIP TO MAIL YOUR SUPPORT TO THE FRIENDS, OR DROP IT OFF AT THE ORLEANS SENIOR CENTER

**Please make checks payable to: Friends of the Orleans COA**

Mail to: Friends of OCOA, PO Box 404, Orleans, MA 02653 OR Drop off at 150 Rock Harbor Road, Orleans

# GUIDANCE & GRATITUDE

## NOTES FROM THE OUTREACH OFFICE



### **IMPORTANT...We Need to Know**

If you rely upon oxygen, c-pap or bi-pap, or need refrigeration for medications, PLEASE call the Orleans Senior Center so that we may be aware of your situation. In the event of a community emergency like prolonged power outages, we want to prioritize your needs with our community emergency management team. Call the Social Service Coordinator, Lynn Brine, to confidentially discuss your situation.

### **Medication Review**

As we start off the new year, it is an opportunity to take a look at your medications. Too often medication dosages change or medications get discontinued, but you may still have the incorrect items on hand. Here are some tips to avoid medication mistakes:

- Find out the name of your medication.
- Ask questions about how to use the medication.
- Know what your medication is for.
- Read medicine labels and follow directions.
- Keep all of your health care providers informed about your medications and dietary supplements (including vitamins and herbals).
- Keep a list of your medications with you at all times and let a loved one know.
- Ask the COA for a File of Life which you can keep on your refrigerator for police/fire in case of an emergency.
- Dispose of medications you are no longer taking. Please do not flush medications down the toilet. Orleans Police Department and CVS at Skaket Landing collect medications and dispose of them properly.

*(adapted from [www.fda.gov](http://www.fda.gov))*

### **Assistance Programs**

With rising costs of groceries and utilities, please consider contacting the Outreach Department if you are interested in options which can offer assistance. We can talk about your circumstances and help you apply for food assistance, energy assistance or other options. Please call the Senior Center and ask to speak with the Outreach Department for a confidential discussion.



## VOLUNTEER SPOTLIGHT



**Mary Sullivan**

Mary is originally from Newton, Massachusetts although she summered on the Cape her entire life and made this her home years ago with her husband of 44 years, Brian, and their two children. Mary has worked locally for the last 49 years as a Vice President of a local bank and now as Manager of the Orleans office of Unique Properties. When working at the bank Mary volunteered at the Orleans Senior Center once a month helping with check book balancing. From early on Mary has enjoyed volunteering and has served on the Boards of Salvation Army, Chatham/Orleans VNA, and now the Friends of the Orleans Council on Aging. Mary has been an active member of the Friends Board for the past 14 years. She works many hours behind the scenes processing memberships, paying bills, and more, all while passionately advocating for the needs of vulnerable seniors in our community. We are incredibly lucky to have her on our team!



## CURRENT VOLUNTEER OPPORTUNITIES

- **Volunteers to deliver groceries for our Healthy Meals in Motion program once a month**
- **Kitchen Servers**

*For more information,  
contact COA Program Coordinator, Lillian Parnell  
at 508-255-6333.*

# TRANSPORTATION

## COMMUNITY TRANSPORTATION RESOURCES



### DART:

Low cost public transportation, by reservation, from place to place on Cape Cod. Available for all ages. Please register by calling **1-800-352-7155** M-F, 8am-5pm.

### H2O:

Fixed route public transportation between Orleans and Hyannis. Call **1-800-352-7155** for information. *Reminder:* Have exact change ready. **Free fares on Wednesdays for seniors on fixed routes.**

### B.H.T. Boston Hospital Transportation:

Medical appointments at Boston hospitals daily. Pick-ups in Wellfleet, Eastham, Orleans, Harwich, Hyannis, Barnstable & Sagamore. Call **1-800-352-7155** to reserve by 11:00am the day before. Cost: \$30 round trip, \$15 one-way.

### FLEX Bus:

Low cost fixed route from Harwich to Provincetown. **Some off-route pickups available, with reservations, up to 3/4 mile off fixed route.** Cost: \$1.00 for seniors. Schedules available at the Senior Center. For more information call 1-800-352-7155.

## CAPE SYMPHONY RIDES

### Cost: \$15 per trip

The Orleans Senior Center once again provides transportation to many Sunday Cape Symphony performances. Payment is required within two days of registration, and payment should be made by check or with correct change. Those registered will receive a call the day before the performance with ride details. Orleans residents will have registration priority. This does not include tickets to the events.

### UPCOMING PERFORMANCES:

- **Sunday, January 22nd, 3pm Show**  
"The Romantics"
- **Sunday, February 12th, 3pm Show**  
"The Roaring '20s"
- **Sunday, April 2nd, 3pm Show**  
"Passport Down Under"

**CALL THE ORLEANS SENIOR CENTER TO REGISTER.**

*Non-residents may register beginning 1/17*

## SENIOR CENTER TRANSPORTATION



### IN-TOWN SHOPPING AND ERRANDS:

#### Orleans Senior Center Bus Service

Transportation is provided on our handicapped accessible mini-buses around Orleans for shopping, errands, and more. Rides are provided Monday through Friday. See page 15 for daily schedule.

- **Reservations are required at least 2 business days prior to needed ride.**
- **To schedule rides, please call the Senior Center at 508-255-6333 between 8:45am-12pm, M-F.**
- Rides may be limited if we cannot meet demand.

### RIDES TO MEDICAL APPOINTMENTS:

#### Orleans Senior Center Bus Service

We are doing our best to provide medical rides for those without any other options, but are still somewhat limited in capacity due to safety protocols.

- **Reservations for rides to medical appointments are required one week in advance of your appointment, but more notice is appreciated.**
- **If you want a ride to an out-of-town medical (Hyannis) appointment, please try to schedule the appointment between the hours of 9:30am-2pm on Tuesdays, Thursdays, or Fridays.**
- To request a medical ride, call the Senior Center at 508-255-6333 between 8:45am-12pm, M-F.
- Our ability to meet needs is dependent on demand for our service.
- **Rides may be limited if we cannot meet demand.**

### DART PASSES

The COA has a limited amount of passes which can be used for door-to-door rides on the Cape Cod RTA DART bus. These rides can be helpful for appointments when family, friends, or the Senior Center are not available to provide a ride. Please call the Outreach Department for more information.

### ORLEANS SENIOR CENTER FISH PROGRAM:

**Regrettably, we have had to suspend our volunteer FISH medical ride program (Friends In Service Helping) until further notice.**



# BUS SERVICE

## ORLEANS SENIOR CENTER BUS SCHEDULE

	MON	TUES	WED	THUR	FRI
<b>RIDES FOR ORLEANS MEDICAL APPTS.</b> Please try to schedule appts. between 10am-1:30pm	YES	YES	YES	YES	YES
<b>ERRANDS AROUND ORLEANS</b> Bank, Post Office, Pharmacy, Library, etc. (9:45am-2pm)	YES	YES	<i>Limited</i>	YES	YES
<b>RIDES TO ORLEANS SENIOR CENTER</b>	YES	YES	YES	YES	YES
<b>GROCERY SHOPPING AT STOP &amp; SHOP</b>	YES	NO	YES	NO	NO
<b>GROCERY SHOPPING AT SHAW'S</b>	NO	<i>Limited</i>	NO	NO	YES
<b>GROCERY SHOPPING AT FRIENDS MARKET</b>	YES	NO	YES	NO	YES
<p><b><i>PLEASE REMEMBER...ALL RIDES &amp; ALL STOPS MUST BE SCHEDULED AHEAD OF TIME.</i></b></p> <p><b><i>\$2 donation per trip is appreciated.</i></b></p> <p>Please let us know if you require wheelchair accommodations.</p>					

### SCHEDULING RIDES WITH THE ORLEANS SENIOR CENTER



- To schedule a ride, PLEASE CALL THE ORLEANS SENIOR CENTER Monday - Friday, between 8:45am - Noon at 508-255-6333.
- Please say you "need to schedule a ride." Don't ask for anyone by name, as the person who helps you will depend on our activity and staffing level.
- All requests for local rides (shopping, errands, appointment, etc.) must be made by noon at least 2 business days in advance.
- All requests for rides to out of town medical appointments must be scheduled one week in advance.

### REMINDERS FOR RIDERS:

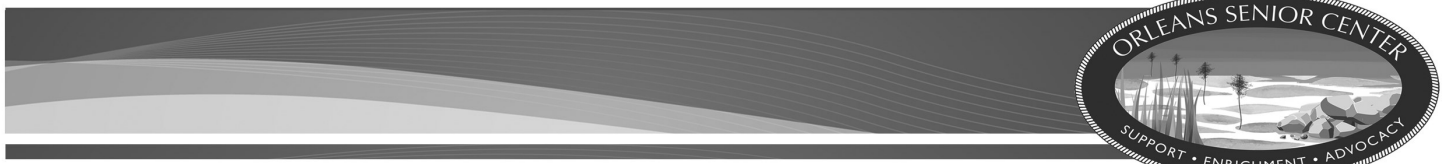
- We will not transport anyone who is sick.
- **Masks are required on COA vehicles - no mask, no service.** Vehicles' relatively small enclosed spaces make this safest for riders and drivers.
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations.
- Drivers may help carry bags, but may not enter homes.
- ***Last minute and repeated cancellation of rides, unless an emergency, is frowned upon. It impacts drivers, and other seniors.***
- ALL STOPS MUST BE SCHEDULED AHEAD OF TIME.
- A \$2 donation per round trip is appreciated.

**THANK YOU!**

ORLEANS SENIOR CENTER & COUNCIL ON AGING  
150 ROCK HARBOR RD.  
ORLEANS, MA 02653

NON-PROFIT  
US POSTAGE  
PAID  
PERMIT #16  
ORLEANS, MA  
02653

**OR CURRENT RESIDENT**



**ORLEANS SENIOR CENTER &  
COUNCIL ON AGING  
150 Rock Harbor Rd.  
Orleans, MA 02653  
508-255-6333**

**HOURS:  
Monday-Friday 8:30am-4:30pm**

*www.town.orleans.ma.us*  
*click on "Council on Aging"*

**STAFF CONTACTS:**

Director..... Judi Wilson  
Assistant to the Director ..... Donna Faivre  
Program Coordinator ..... Lillian Parnell  
Social Service Coordinator ..... Lynn Brine  
Outreach Worker ..... Myra Elliott  
Supportive Day Prog. Director..... Maria Cecchi  
Principal Clerk..... Kelly Ekstrom

**COA BOARD:**

Anita Rogers, *Chair*  
Sandy Chernick  
Keith Campbell  
Deborah Steven  
Claudia Trend  
Mary Walsh

*There is one VACANT COA Board position*

**UPCOMING PUBLIC COA BOARD MEETINGS:**  
*Wednesdays, 1pm, Jan. 25th & Feb. 22nd  
at the Orleans Senior Center*

*The printing of this newsletter was funded by the Town of Orleans as well as grant funds from the Massachusetts Executive Office of Elder Affairs. Postage was generously paid for by the FRIENDS of the Orleans COA.*

**And now we welcome  
the new year,  
full of things  
that have never been."**

**- Rainer Maria Rilke**

