



Tidings

March/April 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.

A LOOK INSIDE....

- Special Activities .. p. 1-4 & 11
- Regular Activities..... p. 5
- Fitness Programs p. 6
- Lunch Programs..... p. 7
- Food & Nutrition p. 8
- Health & Wellness..... p. 9
- Friends News..... p. 10
- News Nuggets p. 11
- Caregivers' Info p. 12
- Supportive Day Care p. 12
- Outreach & Volunteers.. p. 13
- Transportation p. 14-15

- The *Tidings* newsletter is available online. Go to: 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.

DIRECTOR'S DIALOG: *New Registration Guidelines*

If you frequent the Senior Center you've likely noticed that our activity level has fully scaled up. We have lots of programs and activities from which to choose, but with waiting lists for many programs, registration time has become burdensome for us and competitive for you. To improve equity and access for all, when registration opens for this programming cycle we have new guidelines. **Orleans residents may only sign-up for 6 meals and/or 4 programs when registration opens on 2/27. Beginning 3/8 you may call back and sign-up for additional open slots before registration is opened to non-residents.** We thank you in advance for your patience and understanding while we try to serve as many as possible, as fairly as possible, as efficiently as possible.

ST. PATRICK'S DAY LUNCHEON

Friday, March 17th

11am Performance & 12pm Lunch, Cost: \$15

"Rose Clancy and Friends" return to the Orleans Senior Center. Rose will have her fiddle and mandolin to perform jigs, reels, and ballads. We'll serve a full traditional "St. Patty's" meal which includes corned beef. Don't forget to wear your green! This event will likely fill up quickly so **call the Orleans Senior Center to register soon. Payment is required within a few days of registration to hold your space. Non-residents may register beginning 3/10.**



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. Donations are gladly accepted.



"Meditation", Friday, March 24, 12-1:30pm

Mercedez Calleros, LMT, Health Coach & Lifestyle Consultant, will share her knowledge, wisdom and experience with meditation. This session is for those who are curious about meditation and interested in exploring what it is by experiencing a few of the methods for meditating. No need to bring anything but your curiosity!

"Container Gardening", Friday, April 21, 12-1:30pm

Master Gardner Donelle Denery will explain how container gardening is a great way to have colorful flowers or delicious vegetables in small spaces! This presentation will focus on various containers, water and sun requirements, and potting mix.

Call the Orleans Senior Center to register.

Non-residents may register beginning 3/15 & 4/3.

SPECIAL ACTIVITIES

ENERGY HEALING AND YOU

Monday, March 27, 2pm

Join Elizabeth Hogan, BS, LMT, CCH, AMTA, in this educational experience that will help you discover the benefits of Energy Healing approaches. Using her Reiki, Crystal Healing and Myofascial Therapies training, with over 25 years of experience, Elizabeth will guide you through new ways to perceive your pain symptoms and other well-being concerns. Come learn how these healing practices complement treatment methods. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 3/15.*



GYOTAKU PRINTMAKING

Tuesday, March 28, 1:30pm

Cost: \$10

Gyotaku, is the Japanese art of making prints from fish molds. Come learn how to produce this ancient art form with the Cape Cod Maritime Museum. We'll provide paper and paint, but participants are welcome to bring their own surfaces to paint (fabric, shirts, cards etc.) In addition, C. C. Maritime Museum totes will be made available at a discounted rate of \$7 per tote as an add-on the day of the event. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 3/15.*



NEW

SIT FIT YOGA

Tuesdays, 11:15am-12pm

April 4, 11, 25 & May 2, 9, 23, 30

Cost: \$21

This is a new chair fitness class taught by Cindy which includes seated exercises that improve flexibility, muscle tone, circulation and heart health. **Call the Orleans Senior Center to register.** *Non-residents may register for waitlist and if space permits, may participate.*



FYI:

In case you're worried that you're too old to pursue your dreams...

Frank Lloyd Wright (American architect, designer, writer, and educator) completed 1/3 of his life's work between the ages of 80 and 92.

POLICIES

FOR ALL SENIOR CENTER ACTIVITIES

- ◆ Participation is limited & Orleans residents have priority
- ◆ Registration required - no walk-ins
- ◆ **PAYMENT REQUIRED WITHIN 2 BUSINESS DAYS OF REGISTRATION TO HOLD YOUR SPACE**

SIP & SWIPE CAFÉ

This is a special grant-funded technology teaching program. It is intended to 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"

Saturdays, 9:30am-12pm, By Appointment

March 25, April 29, May 13

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 if needed so you'll be ready to go at your assigned time. Workshops are facilitated by Dawn Steber, Technology Educator for Orleans Elementary School. Dawn is a great teacher and enjoys helping older adults learn more about how to use technology and get "unstuck". *Light refreshments will be served.* **Call the Orleans Senior Center to register.** *Non-residents may register beginning 3/15 & 4/3.*

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

AARP TAX AIDE PROGRAM

Mondays through 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 tax appointments must be scheduled. Don't wait until the last minute, **call the Orleans Senior Center to schedule your appointment today!**



SPECIAL ACTIVITIES

WINTER VIRTUAL PROGRAMS

(via ZOOM)

AARP'S SIX PILLARS OF BRAIN HEALTH

Wednesday, March 29, 1pm

Do you think you're too old to grow additional brain cells? Think again! In AARP'S "Six Pillars of Brain Health" program, presented virtually by AARP Massachusetts Community Ambassador Ruth Levitsky, attendees learn how they can take charge of their brain health and improve their quality of life at any age. This is an interactive presentation to learn more about keeping your brain healthy. **Call the Senior Center to register.** The link to join will be sent out a couple days prior to the program.



LEARN TO PLAY BEGINNER MAHJONG

Fridays, 1:30-3:30pm

March 24, 31 & April 7, 14, 21

Cost: \$20 (includes card)

The class consists of the fundamentals; the tiles and their function, the Charleston and the National Mahjong League rules, the terminology, using the current yearly card, and striving for the winning hand. No Mahjong experience or knowledge is required and a Mahjong set is provided for the duration of this five week class. Upon completion you will be confident and knowledgeable to join a game of Mahjong and have sparked new friendships! **Call the Orleans Senior Center to register.** Non-residents may register beginning 3/15.



LET'S TALK ABOUT TOMORROW

Wednesday, April 19, 2pm

Presented by the Homeless Prevention Council, "Let's Talk About Tomorrow" is an exploratory information and planning session which brings seniors together to discuss long-term housing needs. This workshop is designed to bring increasing awareness to issues around senior housing on the Lower Cape. **Call the Orleans Senior Center to register.** Non-residents may register beginning 3/15.



CRAFT CORNER

In-person Craft Classes

"PEEP" BUNNY DOOR HANGER

Thursday, March 23, 2pm

Cost: \$10

Come paint and decorate a cheerful wooden "Peep" bunny for spring with Judi.



EASTER COOKIE DECORATING

Thursday, April 6, 2:30pm

Cost: \$5

Decorate and take home a dozen cookies for your friends and family. Cookies and all necessary supplies will be provided.



Call the Orleans Senior Center to register. Non-residents may register beginning 3/15.

DISABILITY PLACARDS

Wednesday, April 12th, 2pm

Presenter: Michele Elicks

Join Michele from Mass DOT and get all the information on disabled parking placards and license plates for Massachusetts residents with disabilities. Learn about the laws governing disability placards and plates, and how you can obtain temporary or permanent placards, or a permanent license plate. **Call the Orleans Senior Center to register.** Non-residents may register beginning 3/15.

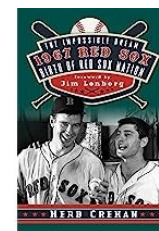


BASEBALL HISTORY

Wednesday, April 5, 1-2pm

Cost: \$5

Join Herb Crehan for an afternoon of baseball history. Herb is in his 26th year as a Contributing Writer and has written more than 150 feature articles for *RED SOX MAGAZINE*. He has authored three books on the Boston Red Sox, including *The Impossible Dream 1967 Red Sox: Birth of Red Sox Nation*. Join us for a fun afternoon and enjoy a Fenway Frank, Crackerjacks and soda while conversing with Herb about everything Red Sox. **Call the Orleans Senior Center to register.** Non-residents may register beginning 3/15.



SPECIAL ACTIVITIES

NEW

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.

NEW

TAI CHI (with Lisa)

Wednesdays, 5/24– 6/28 & 7/5

9-10am, Cost: \$42



Tai Chi is a mind-body exercise rooted in multiple Asian traditions. Tai Chi will help with balance and strengthen integration of body and mind. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 4/7.*

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.**



AARP SMART DRIVER SAFETY COURSE

Wednesday, June 7, 10am-3pm

ORLEANS RESIDENTS FREE

Cost for Non-residents: (lunch included)

\$20 for AARP members, \$25 for non-members

Even the most experienced drivers can benefit from brushing up on their driving skills, so The Robb Center is offering a driver safety program through AARP at the Orleans Senior Center and lunch is included. This updated AARP Smart Driver Course is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the new AARP Smart Driver Course, attendees will be taught the current rules of the road, new traffic control devices, defensive driving techniques, some of the new *technical* features in vehicles like *lane departure warnings*, *blind spot indicators* and *adaptive cruise control*. This class will help you to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). **Call the Orleans Senior Center to register.** Non-residents may register beginning 4/7.



NEW SESSION

AGING NAVIGATION DISCUSSION GROUP

3rd Fridays, 1-2:30pm, (beginning 3/17)

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. Participants should be willing to share in a small group setting. **Call the Orleans Senior Center to register soon as there are only a couple of slots remaining.**



REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm
March 3, 10 & April 7, 21

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



Friday, March 10th, 10am

"The Secret Keeper of Jaipur" by Alka Joshi

Friday, April 14th, 10am

"Recollections of My Nonexistence" by Rebecca Solnit

KNITTING GROUP

Mondays, 1:30 - 3:30pm

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
March 10 & April 14, 28

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

4 FILMS CELEBRATING "OSCAR NODS"



ELVIS (PG13)

Tuesday, March 21, 1pm (*it's a long movie!*)

THE BANSHEES OF INISHERIN (R)

Wednesday, March 29, 2pm

TAR (R)

Thursday, April 6, 2pm

THE FABELMANS (PG13)

Thursday, April 13, 2pm

We'll serve popcorn and M&Ms. There is no charge, but donations gladly accepted. **Call the Orleans Senior Center to register. Non-residents may register beginning 3/15.**

LIVELY LINE DANCING

March 30 & April 20

2-3:15pm, Cost: \$5

This is a fun-filled afternoon of line dancing, exercise and camaraderie, and no partner is necessary. **Call the Orleans Senior Center to register. Non-residents may register beginning 3/17.**



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	\$30	Apr. 3, 24 & May 1, 8, 15, 22
NIA	FRIDAYS	10 - 11 am	\$35	Apr. 7, 14, 21 & May 5, 12, 19, 26
SIT FITNESS	MONDAYS	11 - 11:45am	\$21	Apr. 3, 10, 24 & May 1, 8, 15, 22
SIT FIT YOGA	TUESDAYS	11:15am - 12pm	\$21	Apr. 4, 11, 25 & May 2, 9, 23, 30
SIT FITNESS	WEDNESDAYS	11 - 11:45am	\$27	Apr. 5, 12, 19, 26 & May 3, 10, 17, 24, 31
SIT FITNESS	THURSDAYS	11 - 11:45am	\$18	Apr. 6, 13, 20, 27 & May 4, 11
YOGA	TUESDAYS	9:45 - 10:40am	\$40	Apr. 4, 11, 18, 25 & May 2, 9, 23, 30
YOGA	THURSDAYS	9:45 - 10:40am	\$40	Apr. 6, 13, 20, 27 & May 4, 11, 18, 25
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$35	Apr. 7, 14, 28 & May 5, 12, 19, 26
ZUMBA	TUESDAYS	8:30 - 9:25am	\$ 35	Apr. 4, 11, 18, 25 & May 2, 9, 23
ZUMBA	THURSDAYS	8:30 - 9:25am	\$40	Apr. 6, 13, 20, 27 & May 4, 11, 18, 25

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 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 FITNESS CLASSES:

- Sit Fit Yoga (see p. 2 for details)
- Neuro Go Fitness (see p. 4 for details)
- Tai Chi (see p. 4 for details)



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:

- Mar. 6: French Onion Soup, Roast Beef Roll-up, Chips & Dessert
- Mar. 13: Italian Wedding Soup, Italian Slider, Chips & Dessert
- Mar. 20: Chicken Noodle Soup, Egg Salad Sandwich, Chips & Dessert
- Mar. 27: Creamy Butternut Squash Soup, Grilled Cheese, Chips & Dessert
- Apr. 3: Kale Soup, Turkey Cranberry Wrap, Chips & Dessert
- Apr. 10: Beef Barley Soup, BLT Sandwich, Chips & Dessert
- Apr. 17: **Senior Center Closed (Patriots Day)**
- Apr. 24: White Chicken Chili, Cornbread, Salad & Dessert
- May 1: Wonton Soup, Crunchy Asian Salad with Chicken & Dessert

IMPORTANT LUNCH INFO:

- ◆ **MEAL SIGN-UP POLICY (NEW)**
To provide equity and access, Orleans residents may only sign-up for a maximum of 6 meals when registration opens on 2/27. After 3/8 you may call back and sign-up for additional open slots.
- ◆ **CANCELLATIONS:**
If you are unable to attend a meal which you signed-up for, please call the Senior Center and let us know as soon as possible, as we often have a waiting list of people who want to attend. "No shows" cost us money and repeat offenders may have their lunch privileges suspended.

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:

- Mar. 3: Shepherd's Pie, Carrots, Rolls & Dessert
- Mar. 10: Oven BBQ Chicken, Macaroni & Cheese, Coleslaw & Dessert
- Mar. 17: **No Comfort Kitchen**
- SPECIAL ST. PATRICK'S DAY EVENT**
See p. 1 for details
- Mar. 24: **LUNCH & LEARN (see p. 1 for details)**
Sticky Ginger Soy Chicken, Asian Garlic Noodles, Broccoli & Dessert
- Mar. 31: **FRIENDS FISH FRIDAY!** (see Reminders)**
Crab Cakes, Rice Pilaf, Sauteed Carrots and Zucchini & Dessert
- Apr. 7: Meatless Lasagna, Salad, Garlic Bread & Dessert
- Apr. 14: Chicken Croquettes, Mashed Potatoes, Green Beans & Dessert
- Apr. 21: **LUNCH & LEARN (see p. 1 for details)**
Chicken Pasta Alfredo, Broccoli, Caesar Salad & Dessert
- Apr. 28: **FRIENDS FISH FRIDAY!** (see Reminders)**
Salmon with Brown Sugar and Mustard Glaze, Risotto, Asparagus & Dessert
- May 5: **Cinco de Mayo Celebration!**
Chicken and Beef Enchiladas, Spanish Rice, Mexican Salad & Dessert

"FRIENDS FISH FRIDAYS"

Meals are generously co-sponsored by the Friends of the Orleans Senior Center. You must be an Orleans resident or taxpayer, or current Friends member to participate.

FOOD, GLORIOUS FOOD

If you find yourself needing some help with grocery shopping and/or food delivery due to health changes, there are some new options you should be aware of.

- **Ring Bros. Marketplace Doorstep Services:** Offers both telephone ordering hours Monday-Saturday from 8-11 AM by calling 508-394-2244 ext 28 as well as online ordering (www.ringbrosmarketplace.com). Payment is by debit or credit card at this time. Delivery fee to Orleans is \$10.
- **Heart to Home Meals:** This is a frozen prepared meal delivery service which can be ordered online (www.hearttohomemeals.com) or by phone (508-658-3000) without a commitment or delivery fee. Several types of diets can be accommodated as well as differing portion sizes. Meals can be heated in the oven or microwave.
- **Friends Market:** Friends offers online ordering with curbside pickup through their website. They use an online shopping provider called ROSIE for this service, and users must create an account. Online prices may vary from in store pricing. Payment is by credit card.
- **Instacart/Peapod:** Both of these options work with online ordering. Instacart does offer a Senior Support line to assist with placing the online order. Delivery fees can vary. You can use SNAP benefits for eligible purchases at select stores.
- **Telegrocers:** This company offers grocery ordering by phone and delivers from Stop and Shop in the Orleans area. Delivery fees are based upon the amount of your order. Leave a message at 1-888-902-7467.

HEALTHY EATING TIPS FOR SENIORS

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Read nutrition labels and use recommended serving sizes. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value. Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. Remember, healthy eating begins with you! (ncoa.org)

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.

HEARING AIDS MAY SLOW COGNITIVE DECLINE

By Madeline Holcombe, [CNN](#), 12/7/22

Hearing loss has been linked to the risk of developing dementia, but wearing hearing aids may reduce the risk of long-term cognitive decline by 19%, according to a meta-analysis of 31 studies published in JAMA Neurology. The analysis also found that individuals who wore hearing aids performed 3% better on cognitive scoring. If you think you may have hearing loss, consider speaking with your physician about getting your hearing tested. Hearing aid options are more accessible and affordable than in years past.



PANDEMIC CAUSED MORE SLEEP PROBLEMS FOR OLDER PEOPLE

By Ruben Castaneda, *US News & World Report*, 1/26/22

People tend to sleep less soundly as they grow older, but the COVID-19 pandemic changed living and social life patterns in ways that helped create more sleep issues among older people. Strategies to improve sleep include avoiding alcohol and caffeine for at least four hours before bedtime, having the right mattress, and having a wind-down period before bedtime.



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.

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 who recently retired, 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.





FRIENDS of the ORLEANS SENIOR CENTER

The Friends of the Orleans Council on Aging (FOCOA) have always been aware of the enormous amount of time the staff at the Senior Center devote to outreach to Orleans' seniors, especially to the growing numbers of those who live alone. It is because of your response to our annual appeal that we are able to provide financial support for those in need of help in paying for certain essentials, as brought to our attention by COA staff. We thank you again for your thoughtfulness and generosity.

Recently, the Friends provided funding for the following programs:

- Caring Café lunch program for January, February and March
- Friends' Fish Fridays for January-March
- Comfort Kitchen meals delivered to the homebound
- The Friends also pay for the costs involved in mailing out the Tidings

In response to a question from a member of the Friends: our Annual Appeal is sent out on a fiscal year basis, but we include the form on our Tidings pages for the convenience of anyone who would like to join but has not yet had the opportunity.

Again, many thanks to our wonderfully generous donors and a special thanks and appreciation to the wonderful caring staff at our Senior Center!

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

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.**



ORLEANS CITIZENS FORUM

Keep your eyes out for an upcoming program from the Orleans Citizens Forum in March on “Doing Business in Orleans: Some Perspectives from Survivors.” This program will build off a series of discussions the Chamber of Commerce has been having on the business climate in Orleans and the special challenges of making it in a town with the oldest population in the State, a tourist bulge in the summer, a long slow down during the off season, the ongoing Covid saga, e-commerce, labor shortages, threats from climate change, and navigating the ongoing sewer construction project.

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. You are encouraged to apply as soon as possible. If you are struggling paying your increased heating bills this year, and want more information regarding eligibility, contact the Outreach Department for more information.



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>

VETERANS ASSISTANCE

The Veterans Agent for Orleans residents is Shawney Carroll. Her office is located at the Harwich Community Center and she is available on Tuesdays and Thursdays by appointment. To schedule an appointment call the Veterans Office at 508-430-7510.



iPad LOAN PROGRAM

Complete with Internet Access!

The COA wants to be sure all Orleans seniors have access to the growing virtual world. For this reason the COA has iPads to loan out. These iPads have been enabled with data plans which mean you can use them to go online, even if you don't have home internet service. You can borrow these devices and bring them home to get more familiar with iPad devices, connect with family on video sites, check email, access the internet, or just play games to get more familiar with using the technology. If you're thinking about purchasing an iPad, this is a great way to check them out. No idea how to use an iPad? Not to worry, we can help get you started and it comes with a resource book which is easy to use.



For more information, or to sign-up to borrow an iPad, contact the COA Outreach Department at 508-255-6333.



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.



March Caring Café

Wednesday, March 15, 12-1:30pm

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

April Caring Connections Road Trip: "Shark Center & Lunch"

Wednesday, April 19, 10:30am-2pm

Join us for an outing to the Shark Center of Chatham followed by pizza and salad at Knot's Landing.

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 3/10 & 4/3.

*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.*

GUIDANCE & GRATITUDE

NOTES FROM THE OUTREACH OFFICE



Changes to Mass Health and SNAP... Watch your mail

During the time of the public health emergency, protections were put in place to prevent Mass Health benefits from ending and to increase SNAP benefits for recipients. These protections are now ending, and state agencies will be sending out communications regarding benefit changes and the need to complete redetermination paperwork. If your address has changed, please be sure that you update it with the appropriate agency. For Mass Health, please call their customer service line at 1-800-841-2900. For SNAP Benefits, you may call the Senior Assistance Line at 1-833-712-8027. Both of these agencies encourage recipients to create online accounts, so if you do have computer access you may want to set these up. Please watch your mail for communication from these agencies and any possible deadlines. Once you receive paperwork for a re-determination, please consider reaching out to the Outreach team if you need assistance.

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.

Information & Referral

If you would like information about available community resources for older adults, or have questions about your situation, please call the Senior Center and ask to speak with a member of our Outreach Department for a private and confidential discussion.



VOLUNTEER UPDATE



Thank you!

In honor of Volunteer Recognition Month in April, the Orleans Council on Aging and Senior Center wants to thank our incredible volunteers for the invaluable contributions you have made to us and the seniors of Orleans throughout this last year. Your dedication and service is essential to the work that we do and has helped us immensely as we have scaled up our activities and created a new normal. You are truly indispensable to our organization and make an incredible difference in our community and in the lives of so many we serve.

Last year you generously donated a total of 2,177 hours of your time helping us cook and serve meals, deliver food, assist our supportive daycare participants, deliver holiday meals and meals to the homebound, donate hand-knit goods to local organizations, work on our advisory boards, provide tax assistance and legal consultations, deliver books, counsel individuals regarding important health insurance decisions, assist with programs, and more. Thank you so much for the generous gift of your time and service to help make this such a wonderful place! We appreciate all that you do and how you contribute to the culture of compassion we try to cultivate here at the Orleans Senior Center!

CURRENT VOLUNTEER OPPORTUNITIES



We are currently seeking volunteers for our FISH Program (Friends In Service Helping) to drive seniors to medical appointments.

We are trying to reinstate our volunteer medical ride program to better meet the transportation needs of those we serve. We are seeking volunteers who will drive seniors to medical appointments from Orleans to Hyannis. Drive as much or as little as you want, we will work with your availability and around your commitments and vacations.

*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, April 2, 3pm Show**
"Passport Down Under"
- **Sunday, April 23, 3pm Show**
"Aretha: Queen of Soul"
- **Sunday, May 14, 3pm show**
"Exotic Tales"

CALL THE ORLEANS SENIOR CENTER TO REGISTER.

Non-residents may register beginning 3/15 & 4/3

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:

We are happy to report that after a long hiatus, we are currently working to resume our FISH (Friends In Service Helping) volunteer medical ride program! With the official change in the public health emergency status of the pandemic, we feel the time is right. Look for more news in the next issue of the Tidings.

BUS SERVICE

ORLEANS SENIOR CENTER BUS SCHEDULE

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

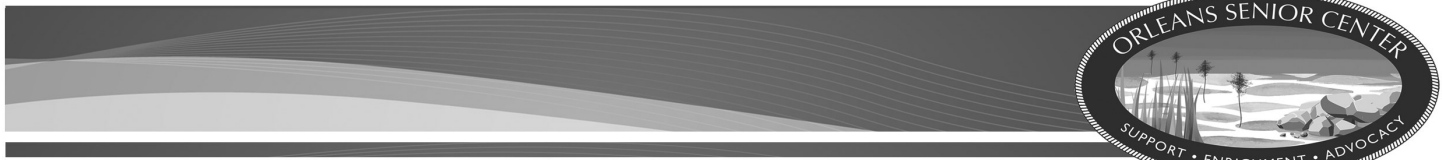
- We will not transport anyone who is sick.
- **Masks are required on COA vehicles - no mask, no service.** Vehicles' relatively small enclosed spaces make this safest for riders and drivers.
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling 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
Denise Dunlap
Deborah Steven
Claudia Trend
Mary Walsh

**UPCOMING PUBLIC COA BOARD MEETINGS:
Wednesdays, 1pm, March 22 & April 26
at the Orleans Senior Center**

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Welcome Spring!

