



Tidings

May/June 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 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:

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2023 theme is **Aging Unbound**, which offers an opportunity to explore diverse aging experiences and promote the importance of enjoying independence and fulfillment by paving our own paths as we age. We all benefit when older adults remain engaged, independent, and included. Here at the Orleans Senior Center our passion is empowering you to age well through support, advocacy and opportunities for enrichment. We want you to stay engaged and thrive in the community. If you haven't visited the Orleans Senior Center recently, sign up for one of our special activities and join the 1,067 Orleans residents who participated in our programs and services last year. We hope to see you soon!



Summer Series

LUNCH AND LISTEN CONCERT:

"Junkin J and the Rockers"

Friday, June 30, 12-1pm

From Blues to Soul, to Rock & Roll, J. Place brings masterful musicianship and passionate vocal stylings to the many hues of Blues and other American music performed. The showmanship of these dynamic musicians complements the tour de force they bring to their performance, and they will take requests from the audience. The Junkin' J's have played at First Night Chatham, The Pearl in Wellfleet, and with the summer Music Series here in Orleans. **Please bring a lawn chair** to enjoy the concert which will be hosted in the Senior Center garden. A reminder that no alcoholic beverages are allowed on the Senior Center property. You may bring your own lunch, or purchase a box sandwich lunch at the Senior Center for only \$6. **If you want to order a lunch, let the Senior Center know when you register. These concerts fill up quickly, so call the Orleans Senior Center to register soon! Non-residents may register beginning 6/2.**



This event is co-sponsored by the Friends of the Orleans Senior Center

HELP US SAVE MONEY AND TREES

Our Tidings newsletter is always posted on our webpage. If you would prefer to access the information electronically, and not receive a paper copy, please call the Orleans Senior Center and let us know and we'll cancel your mailing. However, if you don't use technology please don't worry, we will continue to send your Tidings newsletter in the traditional paper format.

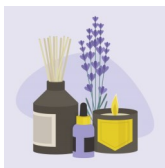
SPECIAL ACTIVITIES

AROMATHERAPY

Thursday, May 11, 2pm

Although aromatherapy has been around since 5500 BC, there has been a lot of buzz around this topic in recent years.

This presentation will focus on the properties and characteristics of several common plant and tree essences. We will discuss basic uses, application methods, and even sample some high quality essences. There is no cost for this program, donations are gladly accepted. Presented by Lisa Bushy. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/5.**



EMOTIONAL FREEDOM TAPPING (EFT)

Tuesdays, May 23, 30 & June 6, 13
2-3:30pm, Cost: \$24

Casey Hammond is a registered nurse certified in the Emotional Freedom Techniques (aka Tapping) and is a homeopathic consultant. Casey will demonstrate how to use Tapping to decrease stress as it has been clinically proven to help decrease anxiety and pain. This is a four week class that builds upon itself. Come and learn how to use Tapping as a health and wellness tool for yourself. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/12.**



SEA CAPTAINS OF CAPE COD

With Author Dr. Michael Pregot
Wednesday, May 31, 2pm

Join Dr. Pregot and learn about each Town's contribution to Maritime History.

This narrative explores the connection each Cape Cod town has to the sea as demonstrated through its seafaring residents. It provides a glimpse into heroic maritime adventures, entrepreneurial brilliance and appreciation of the resolve needed by captains to thrive in a hostile environment. His book examines each Cape Cod town's relative engagement to seafaring life. In reviewing the data, we discover that every town assuredly has a substantive connection to the sea and deserves to be given some credit for its maritime history. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/12.**



POLICIES

FOR ALL SENIOR CENTER ACTIVITIES

- ◆ *To improve equity and access, you may register for 4 programs. After 5/10/23 you may call back and sign-up for additional open slots.*
- ◆ *Orleans residents have priority.*
- ◆ *Payment required within 2 days of registration.*

SIP & SWIPE CAFÉ

This is a special grant-funded technology teaching program intended to provide education 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*
May 13 and June 10

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 wonderful and patient teacher who 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 5/5 & 5/26.**

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

BOWLING

Wednesday, May 24, 1:30pm
Cost: \$10

Do you like to bowl? We'd love to resurrect a bowling group for seniors so we're partnering with The ALLEY Bowling in Orleans to get everyone together for some bowling fun. The \$10 cost includes shoes and 3 strings of bowling. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/12.**



SPECIAL ACTIVITIES

O.S.C.A.R RETURNS!

We are pleased to announce the return of OSCAR. **O**rleans **S**enior **C**enter **A**ctive **R**ecreation. This initiative was created to provide opportunities for Orleans seniors to get outside, try something new, enjoy Cape Cod's unique recreational activities, and encourage health and wellness while having fun!



INTRO. TO BIRD WATCHING

Wednesday, May 24, 9:30am-12pm

Cost: \$10

This trip will include a 1.5 hour walk at Wellfleet Audubon Sanctuary led by naturalist Jim Sweeney. Are you always wondering, "What's that bird?" This walk introduces basic birding skills including how to recognize birds through color, shape, size, markings, songs, and behavior. Participants will park at Orleans Senior Center for transport as a group. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/12.**

KAYAKING ORLEANS WATERS

Tuesday, June 28, 10am-2pm

Cost: \$10

Kayak on Town Cove with the staff of **Goose Hummock**. Their staff will teach novice kayakers how to kayak, and guide more experienced kayakers. Kayaks and life preservers will be provided. You may request a 2-person kayak or a single. Due to boat accessibility, participants must be ambulatory. Please dress appropriately. Participants will park at Orleans Senior Center for transport as a group. A liability waiver is required which will be signed on arrival. **Call the Orleans Senior Center to register. Non-residents may register beginning 6/2.**

WALK IT OUT CHALLENGE

Thursday, June 1, 1-2pm

Are you interested in improving your cardiovascular fitness and improving your mood but aren't sure where to start? Join us for this hour-long presentation from a Physical Therapist from the VNA of Cape Cod which includes information about the health benefits of walking, proper shoes and gear, massage techniques, and an open discussion period. Participants will receive a 4-week walking program to follow independently. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/19.**



CRAFT CORNER

In-person Craft Classes

FLAG DOOR HANGER

Monday, May 22, 2pm

Cost: \$10

Come paint and decorate a patriotic flag for your door just in time for the summer holidays!



Kindness Rock Project

KINDNESS ROCK PROJECT

Thursday, June 1st, 2pm

We want to replenish our Senior Center Kindness Rock Garden. Come paint rocks with inspirational messages that will provide meaning and enjoyment for all those who see them when they come to the Senior Center. We have the rocks, paints, brushes, even creative ideas...ALL WE NEED IS YOU!



Call the Senior Center to register. Non-residents may register beginning 5/12.

ANNUAL LGBTQ PRIDE BBQ

With Musical Guest: Sheri Lynne

Friday, June 23, 5:30-7pm

Cost: \$5

Join us as we celebrate Cape LGBTQ Pride month with our Annual Pride BBQ in the garden at the Orleans Senior Center, complete with all the traditional BBQ fixings! Sheri Lynne has been performing on Cape Cod, throughout New England and the East coast for over 25 years. A club stage regular in Provincetown, famous for her Melissa Etheridge tribute show, she and her band have been featured at the likes of Union Station, the Sou' Wester, The Compass Lounge, Embargo and just about any other performance venue you can think of! Country, Rock, Blues, Pop and originals have kept her delighting audiences with her versatile vocals and dynamic arrangements for years. A headliner at many Cape Cod Pride Festivals she's known for bringing our communities together through music, entertainment, diversity and celebration! From Pink and Sheryl Crow to Janis Joplin, Sheri Lynne is sure to bring something for everyone!!! Pre-registration is required. Space is limited so **call the Orleans Senior Center to register. PLEASE BRING A LAWN CHAIR.**



SPECIAL ACTIVITIES

TAI CHI (with Lisa)

Wednesdays, 9-10am, Cost: \$42
May 24, 31 & June 7, 14, 21, 28 &
July 12

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 5/12.*



WHAT YOU WANT TO KNOW ABOUT CBD

Monday, June 12, 2-3pm

CBD is here to stay and it is becoming more mainstream. It is a supplement you may want to learn more about, particularly with all the talk about its potential benefits. We'll talk about how to safely choose a brand, and what CBD can do for you. We will address uses with pain, anxiety, sleep and more. Presented by Meg Willis BA, NASM, CPT-BCS, PN1. **Call the Senior Center to register.** *Non-residents may register beginning 5/26.*



NATIVE PLANTS

*Presented by Master Gardener,
Gary Bowden*

Thursday, June 15, 2pm

Gary Bowden is an Orleans resident and a Master Gardener. He is also a founding member of the Pollinator Pathway Cape Cod, a new collaborative organization founded in 2021 with the goal of educating the public about the threats faced by our native pollinators and to demonstrate the beauty and value of native plants in our landscapes. Gary will speak to us about how home gardeners are part of the solution and how their efforts in the garden or in the community can make a difference. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 5/26.*



DEPRESSION SCREENING CLINIC

Thursday, June 22, 10am-12pm

Has your mood changed? Have you lost interest in your daily activities and hobbies? Sit down for a free, one-on-one confidential screening with a Public Health Nurse from the VNA of Cape Cod and get connected with local resources that can help. Pre-registration is required. For more information, or to secure a confidential appointment, contact Orleans Social Services Coordinator, Lynn Brine, at 508-255-6333 Ext. 16.

AARP SMART DRIVER SAFETY COURSE

Wednesday, June 7, 10am-3pm

ORLEANS RESIDENTS FREE

Cost for Non-residents:

\$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.**



SMART PHONE CLASS

Wednesday, June 7, 2-3pm

Come learn the basics from the experts at Verizon. Get up to date with the latest in wireless technology and attend a personalized Q&A for older adults in a relaxed environment. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 5/19.*



REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm
May 5, 19 & June 2, 16, 30

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, May 12th, 10am

"The Sweetness of Water" by Nathan Harris

Friday, June 9, 10am

"Demon Copperhead" by Barbara Kingsolver

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
May 12, 26 & June 9, 23

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

TICKET TO PARADISE (PG-13)
Thursday, May 18, 2pm



Starring George Clooney and Julia Roberts, this is a romantic comedy about the sweet surprise of second chances.



A MAN CALLED OTTO (PG-13)
Thursday, June 29, 2pm



Based on the NYT Bestseller, *A Man Called Ove* by Fredrik Backman, this film stars Tom Hanks and is a heartwarming story of love, loss, and life.

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 5/10 & 6/2.**

LIVELY LINE DANCING

Thursday, June 8, 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 5/19.**



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	\$40	June 5, 12, 26 & July 3, 10, 17, 24, 31
NIA	FRIDAYS	10 - 11 am	\$40	June 2, 9, 16, 23, 30 & July 7, 14, 21
SIT FITNESS	MONDAYS	11 - 11:45am	\$24	June 5, 12, 26 & July 3, 10, 17, 24, 31
SIT FIT YOGA	TUESDAYS	11:15am - 12pm	\$21	June 6, 13, 20, 27 & July 11, 18, 25
SIT FITNESS	WEDNESDAYS	11 - 11:45am	\$24	June 7, 14, 21, 28 & July 5, 12, 19, 26
SIT FITNESS	THURSDAYS	11 - 11:45am	\$27	June 1, 8, 15, 22, 29 & July 6, 13, 20, 27
YOGA	TUESDAYS	9:45 - 10:40am	\$35	June 6, 13, 20, 27 & July 11, 18, 25
YOGA	THURSDAYS	9:45 - 10:40am	\$45	June 1, 8, 15, 22, 29 & July 6, 13, 20, 27
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$45	June 2, 9, 16, 23, 30 & July 7, 14, 21, 28
ZUMBA	TUESDAYS	8:30 - 9:25am		<i>On break...returning in September</i>
ZUMBA	THURSDAYS	8:30 - 9:25am		<i>On break...returning in September</i>

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 FIT YOGA (with Cindy)

Seated exercises that improve flexibility, muscle tone, circulation and heart health.

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 (Sorry...on break...returning in September)

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.

SENIOR CENTER LUNCHES

SOUP & SANDWICH

Mondays, 12 Noon

Cost of Lunch: \$4

Reservations Required



Join us for a Soup & Sandwich lunch on Mondays. We 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. SPACE IS LIMITED.** Non-residents may call Friday mornings before Noon to sign-up, space permitting.

SOUP & SANDWICH MENU:

- May 1: Wonton Soup, Crunchy Asian Salad with Chicken & Dessert
- May 8: Lemon Chicken Orzo Soup, Chicken Salad Wrap, Chips & Dessert
- May 15: Chili, Salad, Cornbread, & Dessert
- May 22: Creamy Tomato Basil Soup, Egg Salad Sandwich, Chips & Dessert
- May 29: **Senior Center Closed (Memorial Day)**
- June 5: Clam Chowder, Tuna Salad on Roll, Chips & Dessert
- June 12: Beef Barley Soup, Chicken Bacon Ranch Wrap, Chips & Dessert
- June 19: **Senior Center Closed (Juneteenth)**
- June 26: Zuppa Toscana Soup (sausage), Turkey Sandwich, Chips & Dessert
- July 3: Broccoli Cheddar Soup, Chicken Pesto Sandwich, Chips & Dessert

IMPORTANT LUNCH INFO:

- ◆ **MEAL SIGN-UP POLICY (NEW)**
To provide equity and access, you may only sign-up for a maximum of 6 meals when registration opens on 5/1. After 5/10 you may call back and sign-up for additional open slots.
- ◆ **CANCELLATIONS:**
If you are unable to attend a meal, please call to 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. SPACE IS LIMITED.** Non-residents may call Wednesday mornings by Noon to sign-up, space permitting.

COMFORT KITCHEN MENU:

- May 5: **Cinco de Mayo Celebration!**
Chicken and Beef Enchiladas, Spanish Rice, Mexican Salad & Dessert
- May 12: **No Comfort Kitchen (Police Reassurance Program)**
- May 19: Orange Chicken, Rice, Mandarin Spinach Salad & Dessert
- May 26: **FRIENDS FISH FRIDAY!** (see Reminders)**
Baked Scallops, Risotto, Sautéed Veggies & Dessert
- June 2: Shepherd's Pie, Carrots, Rolls & Dessert
- June 9: Chicken Madeira, Mashed Potatoes, Asparagus & Dessert
- June 16: Meat Lasagna, Caesar Salad, Garlic Bread & Dessert
- June 23: **FRIENDS FISH FRIDAY!** (see Reminders)**
Fish Tacos, Spanish Rice, Tomato-Black Bean-Corn Salad & Dessert
- June 30: **No Comfort Kitchen (Lunch & Listen Program...see p. 1)**
- July 7: BBQ Chicken, Macaroni & Cheese, Broccoli Slaw & 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.

SURPRISINGLY EASY TIPS THAT COULD IMPROVE YOUR HEALTH

Change can be hard, but making little changes can be easier to stick with, and over time they can yield large benefits in terms of your health. Here are some small changes that could improve your health. Don't feel as if you need to do them all. The goal is a healthier you, one small step at a time.

Start and end your day with a bottle of water.

A 2020 study of hydration in older adults found that adding 2 bottles of water a day improved their blood pressure and kidney function. The key? Timing. The adults drank an 18-ounce bottle of water in the morning within two hours of getting up and another bottle two hours before going to bed.

Don't discard the liquid on top of your yogurt.

The clear liquid that can collect in your yogurt carton is whey protein, a natural part of dairy products. If you dump it, you're missing out on precious probiotics, calcium and protein. Instead, stir it in.

Eat a banana a day.

It's a good source of potassium, which can help lower blood pressure and reduce the risk of stroke, a 2014 study of 90,000 postmenopausal U.S. women suggests. Potassium helps our nerves and muscles communicate and offsets sodium's harmful effects on blood pressure. The Harvard Medical School says that most Americans don't get enough of this mineral in their diet, so add a banana to your morning oatmeal, or have one after exercise.

Go green — as in tea.

Hey, coffee lovers, help your brain by sipping a cup of super-healthy green tea once a day for one cup of your beloved java. Numerous studies of green tea have found it rich in powerful antioxidants called catechins that are anti-inflammatory and anticancer, but a 2019 review of green tea research published in the *International Journal of Molecular Sciences* also found several studies suggesting that a daily cup or two of green tea has significant brain benefits, including improved brain function and protection against cognitive decline.

(Candy Sagon, The Ethel, from AARP, 3/10/22)

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” (**LOW**er **CA**pe 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.

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.**

NEW

PARKINSON'S SUPPORT GROUP

4th Thursday, 2-3:30pm

Beginning May 25

A new Parkinson's peer led support group will begin on May 25th. This group will meet on the 4th Thursday of each month from 2-3:30pm. This group is designed for people with Parkinson's and their care partners. Registration is required. Please contact Hilary at 860-214-5615 to register for the group, or for additional information.

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.**

MORNING EXERCISE

Exercise can offer many benefits for people age 50 and older, including reduced risk of chronic issues like heart disease, diabetes, arthritis, high blood pressure, stroke, osteoporosis and Alzheimer's disease. Morning exercise in particular may provide somewhat of an advantage, as research has shown it may be more effective for weight loss than exercising later, and it also may improve lower-body muscle strength and reduce abdominal fat and blood pressure in women. For more information, go to: <https://www.eatthis.com/morning-exercises-shouldnt-skip-after-50/>

(Alexa Mellard, *Eatthis.com*, 10/26/22)

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

We have a local certified footcare nurse graciously helping to cover our footcare clinics. Sister Rebecca Crandall will provide footcare appointments **for Orleans seniors** while we work to find a long-term 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

THANK YOU

The Friends' message may be getting a bit repetitive, but it is due to a very positive circumstance: the continued support from all of you who have so generously contributed to our annual membership drive. We appreciate your thoughtfulness and concern. Because of your support, the Friends are able to continue to work with the Senior Center staff to assist seniors in our community and to offer financial support towards programs such as:



- **Caring Connections** – a program to support families who provide care for loved ones in the home.
- **Comfort Kitchen** - home delivered meals once a week to the homebound
- **Lunch and Listen** – summer concert series
- **Friends Fish Fridays** – served once a month as one of the senior center's Comfort Kitchen lunches
- **Healthy Meals in Motion** - we provide supplemental household items not available at local food pantries

Our thanks again to all of our donors and as always to the dedicated, hard-working staff of our wonderful 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

SHINE NEWS

Medicare Savings Programs

There are several programs under the MassHealth umbrella. MassHealth Standard is for those with very low income and, if 65 or over, have only \$2000 in the bank for individuals, or \$3000 for a couple. The layers above Standard are Medicare Savings Programs, otherwise called "Buy-In" in Massachusetts. The asset limits for these programs are now \$18,180 for an individual and \$27,260 for a couple. The income limit has just increased to \$2734 per month for an individual (\$32,808 annually), or \$3698 per month for a couple (\$44,376 annually). If your income and assets are now below these limits, a Medicare Savings Program may indeed save you money. One way these programs save money is by paying your Medicare Part B premium for you; thus the Social Security income you actually receive would be higher. You would need to complete one of two applications and send it to MassHealth for them to verify you qualify.

Please call the Senior Center to make a confidential appointment with a SHINE Counselor to explore Medicare Savings Programs, or for assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

DID YOU KNOW?

The critical shortage of workers in the homecare service industry is significantly impacting older adults right here in Orleans. People often end up waiting months for the supportive homecare services they need, including homemakers and health aides. We have recently learned that one local resident has been on a waiting list for homecare services for one year! Have you thought about and planned for what your needs might be as you age in place, and how you will meet them? We are witnessing more crisis situations and we urge you to have proactive conversations with loved ones, and begin to think about and plan for your aging journey. Do you have someone who will help you? Do you have a health care proxy? Have you expressed end of life wishes to next of kin? If you have questions, call our Outreach team to schedule an appointment for information on resources and suggestions for planning.



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.



SCAMS TARGETING OLDER AMERICANS ARE ON THE RISE

Data from the Federal Trade Commission indicates that US consumers lost nearly \$8.8 billion to fraud and scams last year, an increase of 30% over 2021, and much of the fraud was targeted at older adults, whose median amount lost was more than \$1,000. Investment scams, impostor or impersonator scams, online shopping schemes, sweepstakes and lottery scams and business and job opportunity frauds are among the most common types. The justice system is challenged by the fact that these crimes are innovative and constantly changing and becoming increasingly sophisticated. We are seeing older adults right here on the Cape fall victim to these scams and have known some to have lost hefty sums of money. If you feel like you have been the victim of a scam, don't be embarrassed, call the police. For more information, call the AARP Fraud Watch Network [Helpline](https://www.aarp.org/fraud-prevention), at 877-908-3360. This is a free resource and you can call to speak with trained fraud specialists who provide support and guidance on what to do next and how to avoid scams in the future.

(Christina Lanzito, AARP.org, 2/28/23)

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 is provided for Orleans seniors. This is part of our caregiving initiative, to support families who are providing care in the home.



May Caring Café

Wednesday, May 17th 12-1:30pm

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

June Caring Connections Road Trip: Lunch at Cobies (Route 6A in Brewster)

Wednesday, June 21st, 11:30-2 pm

Come enjoy a summer lunch at one of our local treasures.

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 5/10 & 6/2

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!

"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 because we know those we serve are vulnerable.

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



The Importance of Valid Identification

There has been a lot of talk about the need to get the REAL ID for travel purposes (the deadline has been extended until May 7, 2025). But we still need valid IDs for things like cashing checks, applying for health insurance benefits or energy assistance programs and more. If you or a loved one are no longer driving, you should obtain a state identification card which should be kept current as well. The Registry of Motor Vehicles continues to designate Wednesday mornings for scheduled appointments for seniors 65 years of age and older. If you need assistance with scheduling an appointment and you are over 65, you may call 857-368-8005.

Telephone Reassurance Program

For those who live alone, the Orleans Police Department offers a daily reassurance call to residents or those visiting town. Participants call a designated number to check in each morning. If the Police Department has not received a call by 10am, a call is made. In the event that there is no response, a police officer goes out to the home and if necessary, can access the home using a key previously provided to ensure that there is not an emergency situation. Registration forms can be obtained by calling the Outreach Department or by contacting the Orleans Police Department at 508-255-0117. There is no charge to participate in this program.

Are You Getting HIP?

HIP stands for Healthy Incentives Program. HIP puts money back on your EBT card (up to a monthly cap of \$40 for a household of 1-2) when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors. You can earn HIP incentives at participating: Farmers' markets (where some or all vendors may participate in HIP), farm stands, mobile markets or community supported agriculture (CSA) farm share programs. You must have SNAP benefits left on your card in order to make a purchase. The Orleans Farmers Market which takes place on Saturdays from 10am-12pm, participates in this program!

VOLUNTEER SPOTLIGHT



Patty Fettig

If you participate in any of our lunch programs, you may have seen Patty as she has become an integral part of our kitchen crew. Patty grew-up in Orleans and moved to Vermont in 1975, where she raised her family. She returned to Orleans in 2011, to help take care of her Mom. Patty has been working at the Local Scoop on Route 6A in Orleans for the past 12 years making their delicious ice cream and treats. She started volunteering with the COA in August of 2022, and now we benefit from her passion for entertaining and helping in the kitchen. Patty works behind the scenes helping Dawn in the kitchen most Mondays and Fridays and helps us make the magic happen! Thank you Patty, for all you do to support our Senior Center lunches!

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 **Monday—Thursday**. 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.

MASS HEALTH RIDES

If you are a Mass Health member, you may be eligible for non-emergency transportation to and from your Mass Health covered services/appointments.



THIS IS NOW AN ONLINE PROCESS. Each health provider must submit their own request to Mass Health. You should discuss transportation needs with your healthcare providers, as the provider needs to create an online account with Mass Health Customer Service. If a provider has questions about the Prescription for Transportation (PT-1), please direct your provider or their office to contact Mass Health Customer Service at #800-841-2900. *Note: once approved, members should schedule transportation at least three days prior to an appointment.*



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 other options, but are limited in capacity for rides to out-of-town appointments.

- **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 Mondays, Wednesdays or Thursdays,**
- 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:

Please be patient as we continue work on resuming our FISH (Friends In Service Helping) volunteer medical ride program. We need more volunteers to make it work, so please help spread the word. We'll gladly embrace volunteers willing to drive as little as once a month. 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	YES	YES	Limited
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:

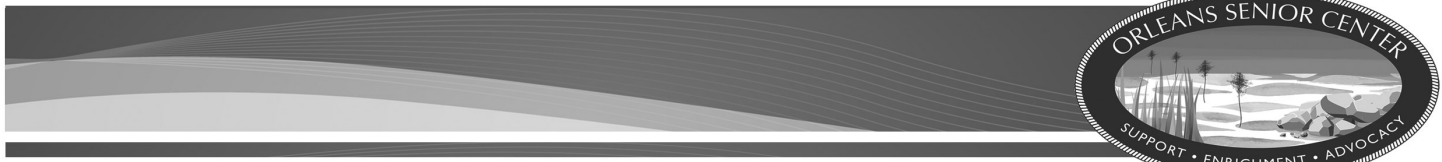
- We will not transport anyone who is sick.
- ***Masks are now optional on COA vehicles. However, if you exhibit any symptoms of illness you will be asked to wear one to protect others due to the relatively small enclosed space on our vehicles.***
- Rides may be limited depending on demand.
- Buses are 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, May 24 & June 28
at the Orleans Senior Center

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