



Tidings

July/August 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:

In an effort to be fully transparent, we want to inform you that beginning in July you will notice some changes in our program fees. Like you, we have experienced inflation in our expenses. We have done our best to keep the fee increases as modest as possible, but because we have to self-fund our programs, and it has been years since we've adjusted many of our fees, it became necessary to pass some of the increased costs along to participants. If you find yourself unable to participate in a desired program due to the costs, please know that scholarships are available for Orleans seniors who otherwise could not afford to participate in a COA program. Applicants must be able to demonstrate need. For more information, please contact our Outreach Department for a confidential discussion of your situation.

Summer Series

LUNCH AND LISTEN CONCERTS:

"One Man Band - 50's to Today"

Friday, July 21, 12-1pm

A grand master of the acoustic guitar and vocals, Matt Browne covers a range of genres dating from the 50's to today. Having played from New York City to Cape Cod to Maine, his focus has always been about the crowd he plays to.



"Hyannis Sound"

Friday, August 18, 12-1pm

Hyannis Sound is a professional seasonal a cappella group based out of Cape Cod. The group carries a one-of-a-kind tradition that started in 1994 which brings together 10 college-aged singers from across the country to spend their summer making incredible music and unforgettable memories. ***This program is supported in part by the FOCOA and a grant from the Orleans Cultural Council.***



Concerts are enjoyed in the Senior Center garden weather permitting, so please bring a lawn chair. You may bring your own lunch, or purchase a boxed 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 7/14 & 7/28.***

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 to let us know and we'll cancel your mailing.

SPECIAL ACTIVITIES

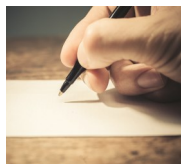
WRITING THE STORIES OF YOUR LIFE: LEAVING A LEGACY

Mondays, 2-3:30pm

July 17, 24, 31 & Aug. 7, 21, 28

Cost: \$10

We all have stories that have shaped our lives and memories. These words are the fabric that weaves together our family history and deserves to be preserved. Whether you are new to writing or want to improve your skills, join us for journaling, discussion, and creative inspiration in a safe and supportive environment. Using journal prompts, motivational exercises, discussion, and optional sharing of our writing, we will investigate how to preserve our memories for future generations or even just for ourselves. We will explore various ways to put your story on paper through reflection, what to share and what to let go of, and how to keep your writing practice fresh. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/14.*



WATERCOLOR CLASS

Wednesdays, 2-4pm

Instructor: Carol M. Kimball

Session 1: July 19, 26 & August 2, 9

Session 2: August 16, 23, 30 & September 6

Cost: \$52 per session

Enjoy a relaxing class learning methods for watercolor painting on paper. Instruction will include water tints, broad brush strokes, bleeds, detailed strokes, sponge techniques, and completion of a painting within two hours. *All materials and supplies provided.* **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/14.*



CRIBBAGE

Tuesdays, 2-3:30pm

July 18, 25, &

August 1, 8, 15, 22, 29

Come and join in for a fun afternoon of Cribbage, laughs, and friends. Please bring a board if you have one. If there are other games you'd like to see offered, contact the COA Program Coordinator. **Call the Senior Center to register.**



POLICIES

FOR ALL SENIOR CENTER ACTIVITIES

- ◆ *Program registration opens 7/5. To improve equity and access, you may register for up to 4 programs. Beginning 7/17 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

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

July 14 and August 18,

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.**

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



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!



INTRODUCTION TO SAILING *Pleasant Bay Community Boating* Tuesday, August 29, 1-3:30pm, or Wednesday, August 30, 1-3:30pm



PBCB has graciously offered us an opportunity to introduce sailing to seniors who rarely have the chance to get out on the water. We will take a small group over to beautiful Pleasant Bay for a couple of hours on the water with their instructors. If you have never explored our Cape Cod waters this way, consider taking advantage of this amazing opportunity! **All participants will be required to sign a liability waiver.** Transport will be provided on Senior Center vans. Due to boat accessibility, participants must be ambulatory. Please wear sneakers or boat shoes and bring a sweatshirt or raincoat. ***This program is for Orleans Seniors.***

PLEASANT BAY CRUISE *With Pleasant Bay Community Boating* Thursday, August 31st, 1-2:30

Take a cruise around Pleasant Bay on PBCB's floating classroom the *Friend*. The *Friend* is a 37' USCG inspected, completely solar-powered pontoon boat that was donated to PBCB by the Friends of Pleasant Bay. This boat is truly unique and the first of its kind in the US. A guide will talk about the area's history and ecology, while pointing out landmarks and points of interest around the bay. The *Friend* is fully accessible, stable, comfortable, and partly shaded. **All participants are required to sign a liability waiver.** Transport will be provided on Senior Center vans for those who do not drive. Please wear sneakers or boat shoes and bring a sweatshirt or raincoat as well as sunscreen and a hat. ***This program is for Orleans Seniors.***



Call the Orleans Senior Center to register. ONLY ONE BOATING PROGRAM PER SENIOR.

CAPE COD NORDIC WALKING CLUB INSTRUCTIONAL CLINIC Tuesday, July 18, 9am (rain date Thurs. 7/20, 9am)



Come join us for a unique and fun way to get active and improve your overall health and see what everyone is talking about! We offer group walks around beautiful Cape Cod designed to help you get fit and stay healthy. Our certified instructors will guide you through the basics of Nordic walking and help teach you the Nordic technique. We will provide all the equipment for this instructional class. So come and enjoy the fresh air and get in shape with us! **Call the Orleans Senior Center to register.** Space is limited and this will likely fill-up. *Non-residents may register beginning 7/14.*

NAVAGATING STRESS THROUGH YOUR BREATH AND MINDSET



With Mercedes Calleros
Thursday, July 27, 8:45 am

Discover the magic of your body's healing systems and begin recovering from overwhelm, stress, and anxiety. In this session, you will experience breathing and mindset exercises to help you find your way to a more calm and neutral space from which to discern your next actions positively. Please bring a yoga mat. This session will be held outside in the garden weather permitting. Held indoors if raining. **Call the Orleans Senior Center to register.** Space is limited.

POETRY WRITING Wednesday, July 19 & Tuesday, July 25, 2-3:30 pm, Cost: \$5

Looking to spark some creative energy this summer? This poetry course is for the beginner to the experienced. We'll start with some exercises in imagery and look at one or two poetic forms that can serve as a conduit for whatever you've been obsessing over. Finally, those who are willing will be encouraged to deliver their work in a final open mic. Open mic is open to anyone who wants to share a poem. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/12.*

SPECIAL ACTIVITIES

CAPE COD MUSEUM OF NATURAL HISTORY

Wednesday, July 26, 10am

Cost: \$10

Join us as we walk through the Pollinator Path filled with multi-colored blooming plants such as Orange Butterfly Weed Yarrow, Purple Coneflower and many more varieties that attract pollinators and provide them with nectar. We will break into small groups and enter the Butterfly House, where you will be able to watch caterpillars go through the different stages of their life cycle. Participants will park at The Orleans Senior Center for transport as a group. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/14.*



POLLINATOR GARDEN

Presented by Master Gardener, Elizabeth Hutchison Taylor

Tuesday, August 1, 2pm

If you are interested in starting a pollinator garden, then you are probably aware of a startling fact: worldwide research indicates declines in insect populations of 40 to 70% over the past 40 years. The refuge you create should include native plants as a priority. Join us and learn about what it takes to have your own pollinator garden, including the light, soil, water, and plants that will attract our native pollinators. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/14.*



THINKING SOLAR?

With Mariel Marchand from Cape Light Compact
Tuesday, August 8, 2pm

This free presentation will provide an overview of how solar photovoltaics (PV) work and will discuss questions to consider when deciding whether to install solar on your home. Factors such as costs and benefits, available financial incentives, leasing versus owning, roof age, battery storage, and more will be discussed. **Call the Senior Center to register.** *Non-residents may register beginning 7/28.*



TAI CHI (with Lisa)
Wednesdays, 9-10am
August 9, 16, 23, 30 &
September 6, 13, 20

Cost: \$49

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 7/28.*

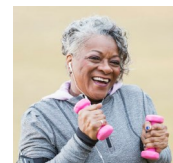


FIT & STRONG
Wednesdays & Fridays

10 - 11:30am

August 11-November 22

This is a free, 12-week (24 class) evidence-based, multiple component exercise program. It combines flexibility, strength training and low impact aerobics as well as walking with health education for sustained behavior among older adults with lower extremity osteoarthritis (OA). Chairs will be used for balance. Advanced registration is required, no drop ins will be accepted. **(No classes on 9/8, 10/13, 10/18, 10/20 and 11/10)** Please contact Amy Chipman at the VNA of Cape Cod to register at 508-957-7423, and with any questions you may have. *A medical note may be required from your PCP to participate. Orleans residents will have priority.*



YOUR BODY IS CALLING

With Mercedes Calleros
Thursday, August 17, 8:45am

Moving our bodies daily is one of the keys to aging well. When and how we move our bodies daily makes a difference in how we age. And, moving our bodies joyously definitely makes a difference in how we feel. Come learn tips on how to incorporate movement into your daily routine and receive a complimentary copy of her *Stretching for Mobility* guide to take home. Dress comfortably as we will be moving our bodies – it will NOT be vigorous exercise. We will concentrate on breathing and feeling into our muscle and bone structures. This session will be held outside in the garden weather permitting - indoors if raining. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/28.*



REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm

July 7, 14, 28 & August 4, 11, 25

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, July 14th, 10am

"The Last Chinese Chef" by Nicole Mones

Friday, August 11, 10am

"The Dry" by Jane Harper

BOWLING

Wednesday, July 12, 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. This is a Commitment, not open bowling. The \$10 cost includes shoes and 3 strings of bowling. Payable to the Bowling Alley. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/10.*



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.**



LIVELY LINE DANCING

ON BREAK, BACK IN SEPTEMBER

This is a fun-filled afternoon of line dancing, exercise and camaraderie, and no partner is necessary.



MAC USERS GROUP

3rd Wednesday of the month, 2pm

RESUMING IN SEPTEMBER



MAHJONG PLAYERS

Fridays, 2-4pm (NEW START TIME)

July 14, 28 & August 4, 11, 25

Please bring your own board sets and table covers to play. New players are always welcome!

Call to register for each date you plan to attend.



SENIOR CENTER CINEMA

WOMEN TALKING (PG-13)

Thursday, July 20, 2pm

This film was an Academy Award Nominee for Best Picture. It explores the power of female solidarity and courage in the face of oppression. This is an imagined response based on real events.



BOOK CLUB: THE NEXT CHAPTER (PG-13)

Thursday, August 17, 2pm



Four lifelong friends reunite for a trip to Italy where they experience new adventures and the power of friendship.

We'll serve popcorn and M&Ms! There is no charge, but donations are gladly accepted. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/12 & 7/28.*



FITNESS PROGRAMS

ORLEANS SENIOR CENTER FITNESS CLASSES

CLASS TITLE	DAY OF WEEK	CLASS TIMES	COST	DATES OF NEXT SESSION
GENTLE YOGA	MONDAYS	9:00 - 9:55 am	\$36	Aug. 14, 21, 28 & Sept. 11, 18, 25
NIA	FRIDAYS	10:00 - 11:00 am	\$42	Aug. 4, 18, 25 & Sept. 1, 15, 22, 29
SIT FITNESS	MONDAYS	11:00 - 11:45 am	\$21	Aug. 7, 14, 21, 28 & Sept. 11, 18, 25
SIT FIT YOGA	TUESDAYS	11:15 - 12:00 pm	\$27	Aug. 1, 8, 15, 22, 29 & Sept. 5, 12, 19, 26
SIT FITNESS	WEDNESDAYS	11:00 - 11:45 am	\$27	Aug. 2, 9, 16, 23, 30 & Sept 6, 13, 20, 27
SIT FITNESS	THURSDAYS	11:00 - 11:45 am	\$27	Aug. 3, 10, 17, 24, 31 & Sept. 7, 14, 21, 28
YOGA	TUESDAYS	9:45 - 10:40 am	\$42	Aug. 1, 22, 29 & Sept. 5, 12, 19, 26
YOGA	THURSDAYS	9:45 - 10:40 am	\$48	Aug. 3, 17, 24, 31 & Sept. 7, 14, 21, 28
YOGA FLO	FRIDAYS	8:30 - 9:25 am	\$48	Aug. 4, 11, 18, 25 & Sept. 1, 15, 22, 29
ZUMBA GOLD	TUESDAYS	8:30 - 9:25 am	\$24	Sept. 5, 12, 19, 26
ZUMBA GOLD	THURSDAYS	8:30 - 9:25 am	\$24	Sept. 7, 14, 21, 28

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. Chair & floor exercises. 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 (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.

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.**

FOOT CARE SERVICES

We have a local certified footcare nurse for our foot care clinics. Sister Rebecca Crandall provides 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.



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.**



PARKINSON'S SUPPORT GROUP

4th Thursday, 2-3:30pm

A new Parkinson's peer led support 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.

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 to help those eligible for Medicare navigate the complex health insurance system. **Call the Orleans Senior Center for appointment times.**

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.

SIGHT LOSS SUPPORT GROUP

Taking a break for July & August

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.**

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.



SENIOR CENTER LUNCHES

SOUP & SANDWICH

Mondays, 12 Noon

Cost of Lunch: \$6

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:

- July 3: Broccoli Cheddar Soup, Chicken Pesto Sandwich, Chips & Dessert
- July 10: French Onion Soup, Ham & Cheese Croissants, Chips & Dessert
- July 17: Chicken & Wild Rice Soup, Chicken Caesar Wrap, Chips & Dessert
- July 24: Italian Wedding Soup, BLT Sandwich, Chips & Dessert
- July 31: Tomato Basil Soup, Egg Salad on Wheat, Chips & Dessert
- Aug. 7: Chicken Meatball and Orzo Soup, Chicken Salad Sandwich, Chips & Dessert
- Aug. 14: Kale Soup, Turkey Club Sandwich, Chips & Dessert
- Aug. 21: Minestrone Soup, Italian Sliders, Chips & Dessert
- Aug. 28: Chili, Salad, Corn Bread, Dessert
- Sept. 4: **Senior Center Closed - Labor Day**

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY

To provide equity and access, you may only sign-up for a maximum of 6 meals when registration opens on 7/5. You may call back beginning 7/17 and sign-up for additional open slots. Please note new meal costs.

◆ 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: \$8

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:

- July 7: BBQ Chicken, Macaroni & Cheese, Broccoli Slaw & Dessert
- July 14: Grilled Steak Tips, Baked Potatoes, Salad & Dessert
- July 21: **No Comfort Kitchen (Lunch & Listen Program...See Page 1)**
- July 28: **FRIENDS FISH FRIDAY!** (see Reminders)** Stuffed Quahogs, Garlic Parmesan pasta, Roasted Veggies & Dessert
- Aug. 4: Chicken Marsala, Angle Hair Pasta, Caesar Salad & Dessert & Dessert
- Aug. 11: Pork Loin, Mashed Potatoes, Sauteed Carrots and Zucchini & Dessert
- Aug. 18: **No Comfort Kitchen (Lunch & Listen Program...See Page 1)**
- Aug. 25: **FRIENDS FISH FRIDAY!** (see Reminders)** Lobster Rolls, Clam Chowder, Coleslaw & Dessert (**COST = \$12**)
- Sept. 1: Sticky Ginger Soy Chicken, Asian Garlic Noodles, Mandarin Spinach Salad & Dessert
- Sept. 8: **COUNTRY WESTERN END OF SUMMER BBQ (See page 8 for more info)**

"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.

END OF SUMMER COUNTRY WESTERN BBQ Friday, September 8th



**11:00 North Country Band
Performance**
12:00 BBQ Lunch
**Cost: \$10 for Orleans seniors
\$15 for Non-Resident seniors**

Join us for a lively fun-filled end of summer Country Western BBQ featuring the North Country Band. They are a group of professional musicians who share a love of country music. They have played at many Cape Cod events as well as in the Boston and Worcester areas. We will be serving up a traditional summer BBQ meal with all the fixin's including a yummy dessert!

You don't want to miss this opportunity to join your friends and neighbors for some great music, food and laughs. Sure to be a toe-tapping event! Wear those bandanas, cowboy boots and western hats!

Call the Senior Center to register. *Space is limited—this will be an indoor event.* Non-Residents may register beginning 8/4.

FREE FARMERS MARKET COUPONS



Elder Services of Cape Cod and the Islands, Inc. will be distributing Farmers Market coupons for low-income seniors who participate in programs such as SNAP, Mass Health, fuel assistance, etc. A Federal Grant from the Department of Agriculture provides coupons worth \$50.00. **There are a limited number of coupons available. Coupons are available beginning Monday July 10, on a first come first serve basis. Orleans seniors can get coupons at the local Elder Services Senior Nutrition site which distributes Meals on Wheels in our community—Orleans United Methodist Church at 73 Main Street, Orleans (508) 255-9871.** You do not have to be an Elder Services' consumer to receive this benefit.

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.

PAINTING CLASSES

With Local Artist, Karen North Wells
Mondays, 1:30-4:15 pm

New class begins September 25th

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 \$105 for 7 classes, payable in advance.** Call the Orleans Senior Center to register.



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.**



"The best thing about being over 70 is being over 70.

Certainly when I was 45, the idea of being 70 was like, "Arghhh!"

But you only have two options in life: die young or get old.

There is nothing else."

HELEN MIRREN

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.



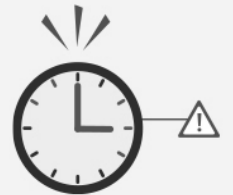
TECHNOLOGY WARNING

During our "Sip & Swipe" Tech Café program, we have found several seniors who had inadvertently signed up for trial online programs not realizing that part of the deal was a automatic self-renewing subscription. These sneaky charges can really add up, so make sure you are checking your cable and credit card bills carefully to make sure you know if you are being charged for something like this. And if you aren't using any of your paid subscriptions, don't forget to cancel them. It can be tricky to find out where to do this, but all providers are required to have a field for "managing subscriptions," though it doesn't always appear on the app, you sometimes have to go to the actual website.

THREE SIGNS YOU'RE BEING SCAMMED:

1. You're told to act immediately

Impostors want you to act before you have time to think and may pretend to be a relative in need, a utility company or even Bank of America.



2. They ask for your personal info or codes

Never share codes or personal information when contacted unexpectedly by phone, text, email, computer alert or social media.



3. You're asked to pay in an unusual way

Be wary if asked to pay by wire transfer, gift card codes or payment apps.



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

On break...back in September

This is a special program for care partners and their loved ones to attend together. We host 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. Some lunches will be followed by a speaker on topics of interest. On alternating months, we will hit the road for a local trip. If you want to learn more, contact our Outreach Department.



FAMILY CAREGIVER SUPPORT

The Family Caregiver Support Program is a program at Elder Services of Cape Cod funded through the Older Americans Act which strives to support and promote the ability of caregivers to continue in their caregiving role by helping them to make informed decisions, solve problems and reduce stress. Who is eligible for services?

- Anyone caring for a spouse, parent, sibling, other family member or neighbor who is 60 years or older.
- Anyone caring for someone with Alzheimer's Disease or Dementia.
- Anyone over the age of 55 caring for a disabled individual
- Grandparents age 55 or older who are caring for a child age 18 or younger.

For more information, call 508-394-4630 and ask for the Family Caregiver Support Program



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 news and conversation, fitness and activities to promote optimal social, emotional and physical wellness. In addition, we regularly include music, art, and special events. 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 participants must also be fully vaccinated to participate and we follow 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, Eastham, Harwich & Wellfleet

Fees: \$50/day Orleans Residents

\$65/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



Staying Well in the Heat

The warmer temperatures of summer can result in dehydration or heat stroke if you are not careful. If you start to feel light-headed, nauseated or dizzy after being outside, listen to your body. Get into the shade or seek out air-conditioned areas. A cool shower or pouring cold water over wrists, ankles and the back of the neck can also help get body temperature down. Keep up your fluid intake, and remember that drinks with alcohol or caffeine are dehydrating. Limit your time outside on the hottest days, and find shade and opportunities to cool off. If you do not have air conditioning, consider spending some time at the movies, in an air-conditioned store, or here at the Senior Center. And on Cape Cod it's not too hard to find a place to dip your toes in the water! (*Adapted from AARP.org [How to Stay Healthy as Summer Temps Rise](#) 6/15/2022*)

Medication Information

Do you have questions about how to take your medications correctly? Are you wondering if there is a more affordable way to get your prescriptions? The Massachusetts College of Pharmacy and Health Sciences offers a community service program to answer questions and help you be successful with your medication plan. Call the Toll-Free Help Line at (866) 633-1617, Monday-Friday from 8:30am-5pm.

Tax Exemptions

If you are concerned about affording your property tax bill, consider reaching out to the Outreach Department to learn whether you might be eligible for either a Senior Tax Exemption or a Tax Deferral. Exemptions are based on income and particular situations. We can talk to you about your options and assist you with an application if appropriate.

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 consultation.

VOLUNTEER SPOTLIGHT



Arlene Barrett

Arlene, together with her husband Dean and Mom, moved to Cape Cod 28 years ago from upstate N.Y., where she was a bank manager. They enjoyed walking, gardening and entertaining their 7 children, 16 grandchildren and 4 great grandchildren. She continued her banking career for 16 additional years at Cape Cod Five, retiring to take care of her husband and Mom. She started coming to the Senior Center for exercise classes and socialization. Since the deaths of her loved ones, and being a caregiver at heart, she very much enjoys volunteering here at the Senior Center in the kitchen. Arlene helps serve meals, assists with the Tidings mailings, and helps on movie days. She feels very fortunate to be part of the Orleans Senior Center volunteer team.

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,**
- **OUT OF TOWN MEDICAL RIDES are \$5 as of July.**
- 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.



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> <i>\$2 donation per trip is appreciated. \$5 donation per trip for out of town medical appointments.</i> 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. Effective 7/1/23, **OUT OF TOWN MEDICAL RIDES ARE \$5.00 PER TRIP.**

REMINDERS FOR RIDERS:

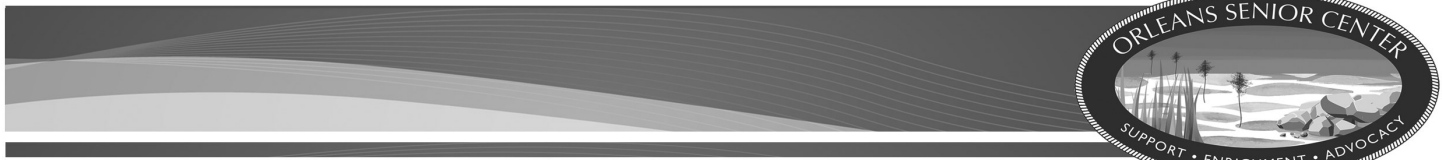
- We will not transport anyone who is sick.
- ***Masks are now optional on COA vehicles. However, if you exhibit any symptoms of illness you will be asked to wear one to protect others due to the relatively small enclosed space on our vehicles.***
- Rides may be limited depending on demand.
- Buses are 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.
- Donations for rides are greatly 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
Denise Dunlap
Deborah Steven
Claudia Trend
Mary Walsh

***UPCOMING PUBLIC COA BOARD MEETING:
Wednesday, July 26, 1pm, (no August mtg.)
at the Orleans Senior Center***

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

