



Tidings

September/October 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/Senior Center."
- The newsletter is mailed to Orleans seniors, current Friends' members, and COA volunteers.

DIRECTOR'S DIALOG:

Registration for our programs, meals and other events in this issue of Tidings, begins on **Monday, August 28th at 9:00 am**. Our phone lines will be very busy. Please leave a message, only once, and someone will return your call. We ask for your patience as we try and handle multiple phone calls. You may stop by the COA after 9:00 am that morning to register in person and someone will help you. Initially you may now sign up for 6 Comfort Kitchen Meals and 3 Soup & Sandwich meals.

A very special thank you to **Keith Campbell**, who recently retired from the COA Board. Keith served two terms on the Board and we will miss his vast knowledge of town history, business experience and willingness to always help when needed. He was instrumental in many projects at the COA, most recently obtaining additional handicapped spaces in our lot. It's not goodbye, as we are very fortunate to see Keith several times per week when he attends our lunches and other programs. A big welcome to our newest COA Board Member, Bill Salem.

Are you turning 65 this Fall? See page 4 to learn about our SHINE Birthday party. This event will help to prepare you for your Medicare options before turning 65.

OCTOBERFEST CELEBRATION

Friday, October 20th

11:00am - Performance by "Ragtime Jack"

12:00pm - Oktoberfest lunch



Jack has been performing for more than 45 years. He is master of traditional country blues and ragtime & stride piano, and a powerful singer and interpreter of song. He was recently inducted into the Old Time Country Music Hall of Fame, alongside Patti Page and Johnny Cash. His repertoire covers the spectrum from Appalachia to Broadway, and from Vaudeville to New Orleans. His energy is infectious and his performances are always uplifting, engaging, and informative.

Menu: Sauerkraut Fritters, Bratwurst with Red Cabbage & Apples, German Potato Salad, Black Forest Cake, Birch, Root & Ginger Beer

Cost: \$10.00 Orleans Seniors \$12.00 Non – Resident Seniors

No reservations accepted after October 17th ***This will be an indoor event.***

CALL THE ORLEANS SENIOR CENTER TO REGISTER

Non-Resident Seniors may register beginning 10/5.

HELP US SAVE MONEY AND TREES

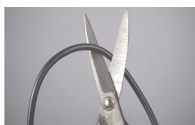
Our Tidings newsletter is always posted on our webpage. If you would prefer to access the information electronically, and not receive a paper copy, please call the Orleans Senior Center to let us know and we'll cancel your mailing.

SPECIAL ACTIVITIES

CUTTING THE CORD

With Chuck Nilosek

Tuesday, Sept. 26th, 2pm



Cord cutting simply means canceling your pay-TV service for a far more cost effective and better product. Cord cutting has been a growing trend since 2009, when over-the-air broadcast signals switched from analog to digital.

Today, cord cutting is accelerating due to factors such as the emergence of DVRs for TV antennas, and the existence of streaming services that provide access to the Cable TV shows that are not available from a television antenna.

CALL THE ORLEANS SENIOR CENTER TO REGISTER

LEARN TO PLAY BEGINNER MAHJONG

Tuesdays 2 - 4pm

Sept. 12, 19, 26 & Oct. 3, 10

Cost: \$30 (Includes the 2023 Mahjong card)

The class consists of the fundamentals; the tiles and their function, to the Charleston and the National Mahjong League rules, the terminology and using the current yearly card, to striving for the winning hand. No Mahjong experience or knowledge is required and a Mahjong set is provided for the duration of this five week class. Upon completion you will be confident and knowledgeable to join a game of Mahjong and have sparked new friendships!

CALL THE ORLEANS SENIOR CENTER TO REGISTER

Non-residents may register beginning 9/6



GENEALOGY WORKSHOP

Tuesday, October 24th

2:00 - 4:00pm

Presented by David Martin of
Cape Cod Genealogical Society

This overview of genealogical methods will help you start your research about your ancestry. Mr. Martin will speak about how to use probate and land deeds, researching cemeteries, and using the internet to develop your strategy to find your ancestors.

CALL THE ORLEANS SENIOR CENTER TO REGISTER

Non-residents may register beginning 10/17



POLICIES

FOR ALL SENIOR CENTER ACTIVITIES

- ◆ Program registration opens 8/28 at 9:00 am. To improve equity and access, you may register for up to 4 programs. Beginning 9/11 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-12:00pm, *By Appointment*
September 29th and October 13th

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

TAI CHI (with Lisa)

Wednesdays, 9-10am

10/18 - 11/29 (no class 11/22)

Cost: \$42.00

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 10/11/23.

SPECIAL ACTIVITIES

O.S.C.A.R RETURNS!

We are pleased to announce the return of OSCAR. Orlans Senior Center Active Recreation. 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!



Heritage Museum & Gardens

Wednesday, September 27th

9:30am – 2:30pm

Cost: \$10

Heritage offers 100 Magnificent Acres to explore, an American Automobile Collection & many other Museum Exhibits. You will find walking trails, outdoor discovery opportunities, gardens that invite lingering, and exhibits to expand your understanding of art and history. Take a ride on the Carousel, or linger at one of the many exhibits. It's a place of joy and fun. And it's a place you'll want to visit again and again. Bring your own lunch or purchase one at Lily's Café. This trip is rain or shine and payment is due within 2 days of registering. No refunds.



No consumption of alcoholic beverages is allowed on this trip. This trip requires at least ten registered participants. Ride the Senior Center Van (Orleans Seniors) or meet us at Heritage.

CALL THE ORLEANS SENIOR CENTER TO REGISTER

Non-residents may register beginning 9/20

BURIED IN TREASURES

Barnstable County Department of Health and Environment

Mondays, Sept. 11th - January 22nd

9:00 - 11:00am (16 week commitment)



Join us for this multi-week "Buried in Treasures" workshop for help with Compulsive Acquiring, Saving and Hoarding!

- Free copy of the Buried in Treasures book
- Support from others with similar struggles
- Decluttering strategies for your home
- Skills to achieve your long term goals

No workshops on 10/9, 12/25 & 1/15/2024

For more information or to sign-up, call (774) 330-3001

POTTERY CLASS

Thursday, Oct. 19 & Nov. 30 at 2pm

Cost \$10



Creating with clay can be fun and relaxing. Come join Barbara Greenspan for an introduction to pottery. We will be using low-fire earthenware clay and hand-building techniques to create one-of-a-kind creations using leaves, flowers, and textured fabrics. No prior experience is needed. These pieces will be fired in her kiln and brought back to you for glazing at the 2nd class, so you must attend both classes. After another kiln firing your finished pottery will be dropped off for pick up.

CALL THE ORLEANS SENIOR CENTER TO REGISTER

Non-residents may register beginning 10/16

PAINTING CLASSES

With Local Artist,

Karen North Wells

Mondays, 1:30-4:15pm

New class begins September 25th
(No class 10/9 & 11/6)



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 from an award winning local artist. All levels welcome, even the first time painter!

Supply list available from the front desk.

Please bring a plastic table cover to protect our tables.

The cost is \$105 for 7 classes, payable in advance.

CALL THE ORLEANS SENIOR CENTER TO REGISTER

Kindness Rock Project

KINDNESS ROCK PROJECT

Monday, September 18th, 2pm

We want to replenish our Senior Center Kindness Rock Garden. Join others and 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 ORLEANS SENIOR CENTER TO REGISTER

SPECIAL ACTIVITIES

CAPE COD NORDIC WALKING CLUB INSTRUCTIONAL CLINIC

Tuesday, October 17, at 9am
(rain date Thurs. 10/19, 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! 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. Enjoy the fresh air and get in shape with us!

CALL THE ORLEANS SENIOR CENTER TO REGISTER

Non-residents may register beginning 10/10

COA SHOPPING ROAD TRIPS

We will leave Orleans at 10am and return at 2pm. Space is limited. These trips require at least three registered participants



Dennis Dash Trip

Monday, September 25th

Ocean State Job Lot, Big Lots and Dollar Store

Cost: \$2 round trip (does not include lunch)

Hyannis Shopping Trip

Monday, October 23rd

Trader Joe's plaza, Target and Cape Cod Mall

Cost: \$2 round trip (does not include lunch)

CALL THE ORLEANS SENIOR CENTER TO REGISTER IN ADVANCE FOR THESE TRIPS

WATERCOLOR CLASSES

Wednesdays, 2-4pm

Instructor: Carol M. Kimball

Session 1: Sept. 27 & Oct. 4, 11 & 25

Session 2: Nov. 1, 8, 15 & 29

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 9/13 & 10/18



IT'S A MAHJONG PARTY!

Wednesday, October 18th

10:30am - 3:30pm

Cost: \$10.00 includes lunch



Lunch: Crunchy Asian grilled Chicken Salad & Dessert

Join other MahJong enthusiasts for a marathon MahJong party day. Five fun-filled hours playing your favorite game. We will take a break at 12:15 for a delicious lunch – prepared in house. A fun way to spend the day with friends or meet new friends to play with.

Sign-up as a group of 4 or request to be added to a group. Newer players are welcome. Everyone had to learn from someone. Please bring your own MahJong set if you have one.

CALL THE ORLEANS SENIOR CENTER TO REGISTER

If you need me I'll be playing MahJong!

SHINE BIRTHDAY PARTY!

Are you turning 65 this fall?

Tuesday, September 26th

4:00pm



Attend our SHINE Birthday Party to learn about your Medicare Options before turning 65.

The session will review Medicare coverage options:

- Medicare parts A & B
- Medicare Advantage Plans (Part C)
- Medicare Prescription Drug Plans and Coverage (Part D)
- Medicare Supplement Plans (Medigap)

Information about Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth, and other programs to assist beneficiaries with limited resources to pay for health care costs will be addressed. We will even address tips on how to prepare for Open Enrollment 2024.

SHINE provides FREE unbiased health insurance counseling information and assistance to Mass residents with Medicare, their caregivers, and those approaching Medicare eligibility. Save the date!

CALL THE ORLEANS SENIOR CENTER TO REGISTER

Happy Birthday!

REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm

Sept. 1, 15, 22, 29 & Oct. 6, 13, 27

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, September 8, 10am

“Sam” by Allegra Goodman

Friday, October 13, 10am

“Saints for All Occasions” by J. Courtney Sullivan

BOWLING

Wednesday, Sept. 20th & Oct. 18

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 on 9/13.**

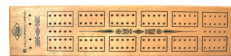


CRIBBAGE

Tuesdays, 2-3:30pm

Sept. 5, 12, 19, 26 & Oct. 3, 10, 17, 24, & 31

Come and join in for a fun afternoon of Cribbage, laughs and friends. Please bring a board if you have one. **CALL THE ORLEANS SENIOR CENTER TO REGISTER**



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! Great friends are made here! **Call to register in advance.**



LIVELY LINE DANCING

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



TAKING A BREAK AT THIS TIME

MAC USERS GROUP

3rd Wednesday of the month, 2pm



MAHJONG PLAYERS

Fridays, 2-4pm

Sept. 1, 15, 22, 29 & Oct. 6, 13, 27

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

TRUTH (rated R)

Thursday, September 21, 2pm



Based on a riveting incredible true story of one of network news’ biggest scandals. Starring Robert Redford and Cate Blanchett, who believes she’s broken the biggest story of the 2004 election. This thriller goes behind the scenes to expose the intricacies of journalistic integrity and what it takes to reveal the TRUTH.

80 FOR BRADY (PG-13)

Thursday, Oct. 19, 2pm

Lily Tomlin, Jane Fonda, Rita

Moreno and Sally Field star in this hilarious and heartfelt comedy, inspired by a true story of friendship and adventure. They set out on an unforgettable trip to see their hero Tom Brady play in the Super Bowl.



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 9/14 & 10/12**

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	\$48	Oct. 2, 16, 23, 30 & Nov. 6, 13, 20, 27
NIA	FRIDAYS	10:00 - 11:00 am	\$18	Oct. 6 & Nov. 3, 17
SIT FITNESS	MONDAYS	11:00 - 11:45 am	\$24	Oct. 2, 16, 23, 30 & Nov. 6, 13, 20, 27
SIT FIT YOGA	TUESDAYS	11:00 - 11:45 am	\$24	Oct. 3, 10, 17, 24, 31 & Nov. 14, 21, 28
SIT FITNESS	WEDNESDAYS	11:00 - 11:45 am	\$21	Oct. 4, 11, 25 & Nov. 1, 8, 15, 29
SIT FITNESS	THURSDAYS	11:00 - 11:45 am	\$24	Oct. 5, 12, 19, 26 & Nov. 2, 9, 16, 30
YOGA	TUESDAYS	9:45 - 10:40 am	\$48	Oct. 3, 10, 17, 24, 31 & Nov. 14, 21, 28
YOGA	THURSDAYS	9:45 - 10:40 am	\$48	Oct. 5, 12, 19, 26 & Nov. 2, 9, 16, 30
YOGA FLO	FRIDAYS	8:30 - 9:25 am	\$30	Oct. 6, 13, 27 & Nov. 3, 17
ZUMBA GOLD	TUESDAYS	8:30 - 9:25 am	\$42	Oct. 3, 10, 17, 24, 31 & Nov. 21, 28
ZUMBA GOLD	THURSDAYS	8:30 - 9:25 am	\$42	Oct. 5, 12, 19, 26 & Nov. 2, 9, 30

FITNESS CLASS POLICIES

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

FITNESS CLASS DESCRIPTIONS

GENTLE YOGA (with Debra)

Improves overall muscle tone, enhances breathing which helps lung function, and promotes mental calmness, stress reduction and body awareness. Chair & floor exercises. Bring a 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 a 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 and have some fun.

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 a 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 a 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 (**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone) 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

MOBILE DENTAL CLINIC CANCELLED



We regret to inform everyone that the Mobile Dental Clinic has suspended their services. Regrettably, they came to a crossroads with the financial sustainability of their business and are taking a break to consider whether there is a path forward. From the Mobile Dental Hygiene team, "It has been our absolute pleasure to provide our Cape Cod community with preventative dental care and the relationships we've made with Orleans residents and community partners over the past several years are invaluable. Please accept our apologies for any inconvenience."

SIGHT LOSS SUPPORT GROUP

This group for individuals with visual impairments is coordinated by Sight Loss Services. In-person meetings occur monthly at the Eastham Senior Center.

Please call Sight Loss Services at 508-394-3904 for additional information.

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 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:

- Sept. 4: **Senior Center Closed - Labor Day**
- Sept 11: Fish Chowder, Tuna Roll-up, Chips & Dessert
- Sept 18: Creamy Corn & Zucchini Soup, Turkey & Swiss on a Croissant, Chips & Dessert
- Sept 25: Creamy Butternut Squash Soup, Grilled Cheese, Chips & Dessert
- Oct 2: Chili, Cornbread, Salad, Chips & Dessert
- Oct 16: Creamy Tomato & Basil Soup, Tuna Salad Sandwich, Chips & Dessert
- Oct 23: Ramen Chicken Noodle Soup, Chicken Salad Roll-up, Chips & Dessert
- Oct 30: Creamy Tuscan Ravioli Soup, Grilled Ham & Cheese, Chips & Dessert
- Nov 6: Chicken Pot Pie Soup, Reuben, Chips & Dessert

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY

To provide equity and access, you may initially sign-up for a maximum of 6 Comfort Kitchen Meals and 3 Soup and Sandwich meals.

You may call back beginning 9/11 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:

- Sept. 1: Sticky Ginger Soy Chicken, Asian Garlic Noodles, Mandarin Spinach Salad & Dessert
- Sept. 8: **COUNTRY WESTERN BBQ**
- Sept 15: Stuffed Zucchini Boats with Meat, Peppers, Onions and Sauce, Tossed Salad & Dessert
- Sept 22: **FRIENDS FISH FRIDAY!** (see Reminders)**
Crab Cakes, Baked Beans, Coleslaw & Dessert 
- Sept 29: Rolled Chicken Saltimbocca in a White Wine Sauce, Couscous, Broccoli & Cauliflower Bake & Dessert
- Oct 6: Meat Lasagna Roll-Ups, Caesar Salad, Garlic Bread & Dessert
- Oct 13: Huli Huli Chicken, Coconut Rice, Brown Sugar Roasted Pineapple & Dessert
- Oct 20: Octoberfest *(See page 1 for more info)*
- Oct 27: **FRIENDS FISH FRIDAY!** (see Reminders)**
Seafood Lasagna, Honey Garlic Butter Roasted Carrots & Dessert 
- Nov 3: Classic Beef Stew, Fall Harvest Salad, Squash Rolls & 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.

HEALTHY EATING and STAYING ACTIVE

Eating healthy has benefits that can help people ages 60 and up. As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives.

- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease.
- Choose foods with little to no added sugar, saturated fats, and sodium. Add a touch of fresh herbs to spice up your meals, but limit salt.
- Get enough protein during your day to maintain muscle mass. Be mindful of your nutrient needs. Check with your healthcare provider.
- Make eating a social event and enjoy meals with friends and family members as often as possible.
- With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated.
- Maintain a healthy weight or prevent additional weight gain by following a healthy dietary pattern and adopting an active lifestyle.
- Being physically active can help you stay strong and independent. For older adults, regular physical activity supports a number of health benefits, including brain function, balance, and bone strength.
- Check out page 6 of this newsletter for the various fitness classes held at the Senior Center. We have chair exercise classes to help get you started. Also yoga, Tai Chi, Nia, and Zumba classes.

We would love to have you join us!

Article adapted from the USDA Food & Nutrition Service website: www.myplate.gov

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.



FRIENDS of the ORLEANS SENIOR CENTER

A NEW LOOK

The Senior Center's outdoor appearance has been enhanced thanks to new garden plantings at the front and side of the building. The Friends assisted financially in the hiring of the landscape architect and the purchase of the new plantings.

The Friends also provided the funds for the purchase of Stop and Shop food gift cards given out by the Senior Center Outreach Department to select seniors in our community.

The Friends co-sponsored the always popular summer series of Lunch and Listen Concerts in the Senior Center garden and continue their support of "Friends Fish Fridays" and the home delivery of meals for housebound seniors as well as many other programs and needs as identified by the COA.

We continue to provide financial support for the mailing of the Tidings newsletter every other month.

THANK YOU AGAIN!

As has become routine, the Friends continue to receive generous contributions and we thank you all for your thoughtfulness and financial support which enables us to continue to assist in the Senior Center's many and varied programs.

- Carol Hackett - President
- Mary Sullivan - Treasurer
- Barbara O'Connor - Secretary
- Charlotte McCully - COA Board Liaison
- Bonnie Engelhardt
- Claire Gradone

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.



2023-2024 FRIENDS ANNUAL SUPPORT...IT'S A NEW YEAR & 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, 2023 through June 30, 2024. 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

BE READY FOR AN EMERGENCY



- Have a written list of contact information for important people and care providers.
- List medicines you need, dosage instructions, any allergies, as well as a supply of these medications.
- Keep fresh batteries for flashlights and radios.
- Plan for your food needs, particularly if you follow a special diet. Plan your pet's food as well. Don't forget bottled water.
- Charge your cellphone and keep your phone charger on hand
- Have cash and prescription eyeglass/contacts

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.



ATTENTION SNOW BIRDS

Please help us save paper & postage

How? Please call the Senior Center at 508-255-6333 to let us know when you'll be away this winter so we can remove your name from the mailing list and add it back when you return.

Thank you!



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.



CHANNEL 18 IS NOW CHANNEL 8



Comcast has changed the Orleans Government Access Channel from **Channel 18** to **Channel 8**. If you or anyone you know watches the Town of Orleans Board and Committee meetings on television you should now be tuning into **Channel 8**. This change does not affect the website broadcast or recording of the meetings.

DAYLIGHT SAVINGS TIME MOVE YOUR CLOCKS BACK

**Daylight savings time ends on Sunday,
November 5th at 2:00am.**



On Saturday night, clocks *are set back 1 hour* to "fall back." There will be more light in the morning. Don't forget to also check the batteries in your smoke detectors.

HEALTH CARE PROXY

A health care proxy allows you to pick someone to make medical decisions for you in the event that you are not able to make them yourself. Consider who you would want to act on your behalf and ask them if they would be willing to be your health care agent. The form is simple to complete and must be witnessed. You should keep the original and provide copies to your agent and your doctors.

Please ask the Outreach Department for more information or to obtain a health care proxy form.



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 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.



September Caring Connections Café

Wednesday, September 20th 12-1:30pm

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

October Caring Connections Road Trip

Whydah Pirate Museum in Yarmouth

Wednesday, October 18th 10:30-2:15pm

Let's see the gold and then have a bowl of Captain Parker's chowder.

Please contact our Outreach Department to sign up for these events in advance at 508-255-6333.



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



New Workshop!

The Buried in Treasures workshop is a 16 week program offering support for compulsive acquiring, saving and hoarding. You will receive a workbook, support from others, decluttering strategies and skills to achieve long term goals. See page 3 of this newsletter for more information. To sign up please call 774-330-3001. This program will be held at the Orleans Senior Center.

In Case of Power Outage

If you rely on electricity for life sustaining medical equipment (oxygen, CPAP, home dialysis, etc.), please reach out to the Outreach Dept so we can make note of this and discuss options which are available in case of an emergency situation.

Mass Health Renewals

All Mass Health members will receive renewal notices in the year following April 1, 2023. If you want to know when your renewal is scheduled, or need to update your contact information, please call Mass Health Customer Service at 1-800-841-2900. The renewal notice will likely come in a blue envelope, and most members will have 45 calendar days to respond to this notice. Once you have responded, be alert to requests for further information, as missing deadlines could result in termination of health insurance coverage.

Home Energy Assistance (formerly Fuel Assistance)

This program offers assistance with paying bills for your primary heating source during the winter season. If you received assistance last winter, you should be receiving a renewal application which will be on BLUE paper this year. Please return the application as soon as possible, updating any changes in your household and your income. New applicants can reach out to the Outreach Department in October for more information about the home energy assistance program.

We are here to HELP!



VOLUNTEER SPOTLIGHT



Dianne & John Greaney

Dianne and John Greaney moved to Orleans in 2007, after 40 years in South Florida. Both grew up in Holyoke, MA, and met while Dianne was a junior in high school working in her family's drug store. In 1967, they married and moved to Florida where Dianne taught School and John received flight instruction. Dianne continued teaching and earned her master's in Education. In the '80s John worked for Imperial Industries as assistant to the CEO. Later he worked as a consultant founding Kestrel International Aviation Services, which he brought to Orleans. Dianne began life in Orleans as a "full time volunteer". She divided her time between the COA Art Board, the Orleans Historical Museum and the Cape Cod Hospital Auxiliary. In 2016 her priority became caring for John. She continues fundraising for the hospital and chairs the committee that makes and donates puppets for sick and injured children. She and John volunteer with the COA Tidings mailings and they also participate in the OPD/ COA Reassurance and Project Lifesaver programs.

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 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><u>PLEASE REMEMBER...ALL RIDES & ALL STOPS MUST BE SCHEDULED AHEAD OF TIME.</u> <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:

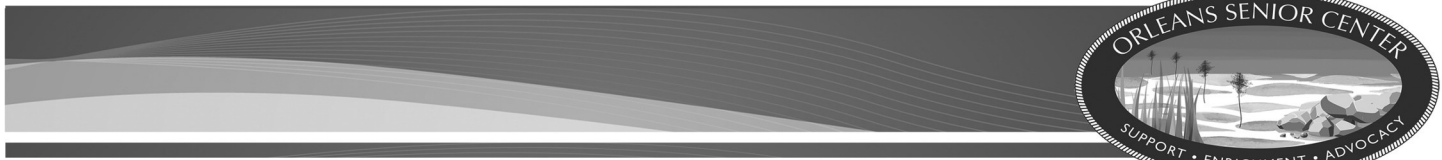
- We will not transport anyone who is sick.
- **Masks are now optional on COA vehicles. However, if you exhibit any symptoms of illness you will be asked to wear one to protect others due to the relatively small enclosed space on our vehicles.**
- Rides may be limited depending on demand.
- Buses are 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/220/
Council-on-Aging-Senior-Center*

STAFF CONTACTS:

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

COA BOARD:

Anita Rogers, *Chair*
Sandy Chernick
Denise Dunlap
Bill Salem
Deborah Steven
Claudia Trend
Mary Walsh

UPCOMING PUBLIC COA BOARD MEETINGS:
Wednesday, September 27, 2023 at 1:00pm
and Wednesday, October 25, 2023 at 1:00pm
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.

