



Tidings

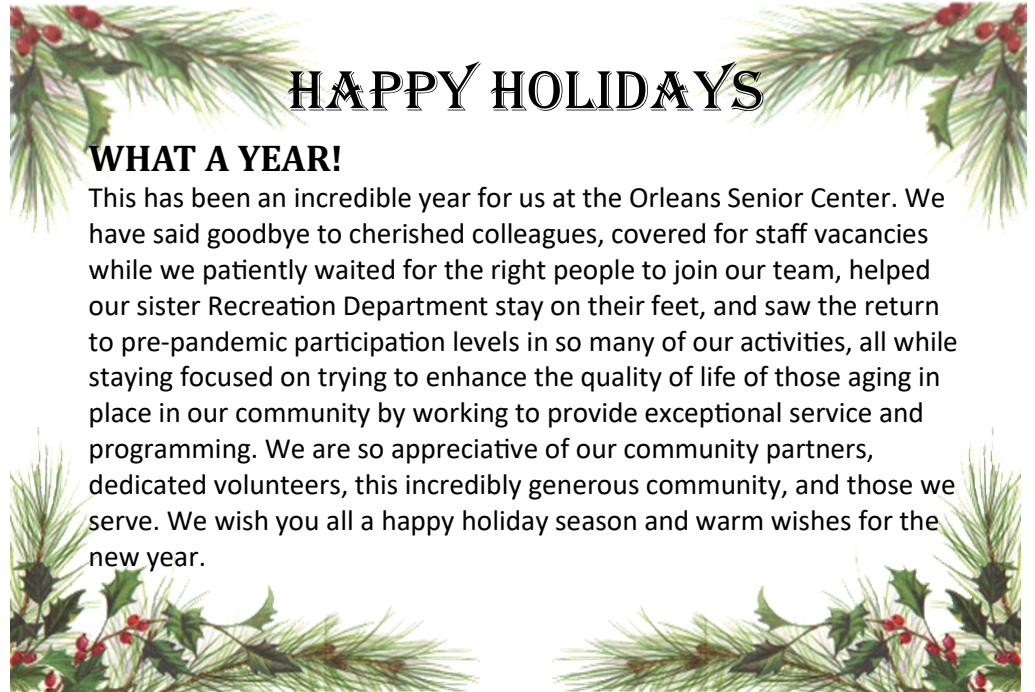
November/December 2023

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.



HAPPY HOLIDAYS

WHAT A YEAR!

This has been an incredible year for us at the Orleans Senior Center. We have said goodbye to cherished colleagues, covered for staff vacancies while we patiently waited for the right people to join our team, helped our sister Recreation Department stay on their feet, and saw the return to pre-pandemic participation levels in so many of our activities, all while staying focused on trying to enhance the quality of life of those aging in place in our community by working to provide exceptional service and programming. We are so appreciative of our community partners, dedicated volunteers, this incredibly generous community, and those we serve. We wish you all a happy holiday season and warm wishes for the new year.

JINGLE & MINGLE

Friday, December 8th, 11am

Cost: \$15 Orleans Seniors, \$20 Non-Residents

11am Performance by The NoteAbles Chorus

12pm Luncheon Served

Menu: Herb Roasted Beef Tenderloin, Twice Baked Potatoes, Squash Souffle, Peas with Pearl Onions, Rolls & Dessert



- ◆ Registration begins November 2nd. No ticket sales after December 1st.
- ◆ Payment must be made within a few days of registration to hold your spot. This program will likely fill up quickly.
- ◆ **No refunds will be given as food is ordered in advance.**
- ◆ Transportation is available for Orleans residents.
- ◆ **Call the Senior Center to register.**
Non-residents may register beginning 11/17.



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

Special Holiday Trip

ENCHANTED VILLAGE

Wednesday, November 29th

Cost: \$5 (does not include lunch)



Ride in our van to Jordan's furniture in Avon and enjoy Boston's historic Enchanted Village, which dates back to the 1960s when it was first displayed in Boston's downtown crossing. The holiday display was originally created in 1958. At that time, Jordan Marsh Company commissioned a Bavarian toy maker to create 28 fully decorated holiday scenes with 250 "magically" animated figures in the 1930s. Join us for this special trip to bring some nostalgia to your holiday season! We will leave Orleans at 8:30am and return at approximately 2:30pm. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/17.**

BACKYARD BIRDS

Tuesday, December 5th, 2pm

Join Mass Audubon Naturalist, Christine Bates, for a presentation on identifying common backyard birds, including those confusing sparrows and finches. She will also discuss the best bird-feeding practices and native plants that attract birds. Need a holiday gift for the nature-lover in your life? Christine will suggest the best bird feeders and seed to use on Cape Cod. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/17.**



HOLIDAY SHOPPING

ROAD TRIP

Walmart & Wareham Crossing

Wednesday, December 6th

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

We will leave Orleans at 9am and return at approximately 2pm. Wareham Crossing includes retail stores like JC Penny, LL Bean Outlet, Michaels, Target, Yankee Candle and more! **Call the Senior Center to register. Non-residents may register beginning 11/17.**



IMPORTANT REGISTRATION INFO

- ◆ ALL PROGRAM REGISTRATIONS BEGIN THURSDAY, NOVEMBER 2ND AT 9am.
- ◆ To improve equity and access, you may register for up to 4 special activities. The holiday "Jingle Mingle" event does not count towards this limit.
- ◆ You may also register for up to 4 Comfort Kitchen and 4 Soup & Sandwich lunches.
- ◆ Many of our programs have waitlists. If you are unable to attend a program as planned, kindly call to cancel with 24 hours notice so we can offer the slot to someone on the waitlist.
- ◆ For programs with a cost, your payment holds your place. If payment is not received within a few days of registration, we will move your name to the waitlist.
- ◆ Orleans residents have priority.

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, November 17th and December 15th
9:30am-12pm, *By Appointment*

Good news! We have decided to make our appointment times a little longer to be sure you receive the help you need. 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 5 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. Support is 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

“ALTERNATIVE WELLNESS SERIES”

This special series of programs and activities explores some less traditional health and wellness approaches to support healthy aging.

SELF-CARE 101

Tuesday, November 14th, 2pm

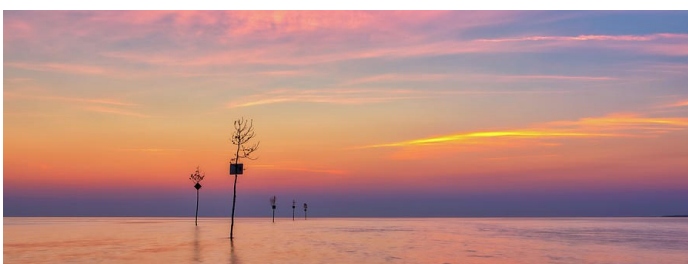
We're often so busy taking care of everyone and everything that we often forget to take care of ourselves. We can end up depleted, stressed and our lives out of balance. Think of the airplane analogy, *“In the event of an emergency, place the oxygen mask on yourself first.”* You can't help anyone else if you don't take care of yourself. This workshop offers easy ways to take care of YOU - physically and emotionally. Olivia Miller, author and owner of OHMWorks, will help provide simple hands-on techniques and gentle movements to help you enjoy more energy and experience less emotional stress. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 11/9.*

QIGONG...WHAT IS IT?

Wednesday, December 6th, 2pm

The Chinese word Qigong (chi kung) means “energy work.”

Come for an informational program with David Silver of Cape Cod Tai Chi & Qigong to learn more about why this gentle exercise is a highly effective way to reduce stress, increase energy, enhance healing, and improve your vitality and longevity. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 11/17.*



REIKI SESSIONS

Monday Mornings, Nov. 13 - Dec. 4
Reiki Master, Shirley Wladar, RN



Reiki is an energy healing technique which promotes relaxation and reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. **Call the Orleans Senior Center to schedule an appointment.** One free 30-minute appointment per person. *Non-residents may register beginning 11/9.*

THE BENEFITS OF CHIROPRACTIC CARE

Tuesday, December 12th, 2pm
With Dr. Kevin Lowey



Chiropractic is a healthcare discipline which emphasizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery. Chiropractic adjustments work by helping to place your body in the proper position that then allows the body to heal itself. If you've always wanted to learn more about this popular healthcare practice, this is your opportunity to come and ask questions. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 11/17.*

RELAX AND RESTORE SOUND BATH

Friday, December 15th, 2pm



A sound bath is defined as deep immersion in sound waves. Besides bringing down pain, anxiety, and tension, it can slow heart rate and blood pressure. Sound baths don't include a melody, beat, rhythm, or repetition of tones that the mind can hook onto like music does. It is centered on changing resonance and overtones to push the listener to release and let go. Come join Lynette Walker of Yoga Center of Cape Cod and take advantage of this meditative wellness experience. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 11/17.*

SPECIAL ACTIVITIES

3rd Annual ANTIQUUE ROAD SHOW- THEMED EVENT

With Eldred's Antiques

Wednesday, December 13th, 1-3pm

Are you mystified about one of your possessions? Curious if you might be holding on to something valuable? Here's a chance to find out. Each person may bring 2 items for appraisal and a professional appraiser will tell you what it's worth today. The event is inspired by PBS's "Antiques Roadshow" and features local certified appraiser Eric Mulak, from Eldred's Antiques, who will be on hand for individual discussions and appraisals of antiques, family heirlooms, and other items. Come find out what your items are really worth. **No weapons please. Call the Senior Center to register. Non-residents may register beginning 11/17.**



FREE CLASS ZUMBA GOLD

**Thursday, December 7th &
Tuesday, December 12th
8:30am**

Come try this fun fitness class for free! Zumba Gold is the ultimate dance fitness for fun-loving adults age 60+. Move to the beat of the music at your own speed and revitalize your body. Maintain your health and cardiovascular fitness in an active dance class which accommodates all levels. **Call the Senior Center to register. One free class per person. Non-residents may register beginning 11/17.**



AFTERNOON PAINT PARTY Thursday, December 14th, 2-4pm Cost: \$15

Come join artist Caroline McNally from Cape Creative Paintworks. She will instruct participants through a painting experience, resulting in a beautiful winter lighthouse painting for you to take home. No painting experience required. Light refreshments will be served. Payment required within 3 days of registration. No refunds. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/17.**



LOWER CAPE LGBT+ SENIORS (Lesbian, Gay, Bisexual, and Transgender) "HOLIDAY PARTY"



Friday, December 1st, 5:30pm

Cost: \$10

5:30pm **"Mocktail Hour" & Appetizers**
with Piano Music by Fred Boyle

6:30pm **Dinner Served**

Menu: Beef Tenderloin Medallions,
Caprese Chicken, Festive Salad,
Roasted Mixed Potatoes, Rolls & Dessert

Call the Senior Center to register by 11/28.

MAKING THE MOVE TO LONG-TERM CARE: When & How to Make the Decision

Thursday, December 7th, 1:30-3:30pm

Caring for someone with Alzheimer's or another dementia-related disease at home can grow more challenging over time. This panel discussion with Alzheimer's Family Support Center staff and caregivers will address when it might be time to start the conversation, what steps to take, and other services that are available in the community. To register, call the Orleans Council on Aging at (508) 255-6333. For more information, call the AFSC at (508) 896-5170, or email: info@capecodalz.org.



PAINTING CLASSES

With Local Artist, Karen North Wells
Mondays, 1:30-4:15pm
New Class begins January 22nd
No class on 2/19 & 3/4



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. Non-residents may register beginning 12/15.**

REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm
Nov. 3, 17 & Dec. 1, 15, 29

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

Monthly, Fridays, 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, November 3rd, 10am

"The Night Travelers" By Armando Lucas Correa

Friday, December 1st, 10am

"The Girl Who Fell From the Sky" By Simon Mawer

BOWLING

Wednesdays, 1:30pm
November 15th & December 20th
Cost: \$10

Do you like to bowl? We're working 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 and is payable in cash to the The Alley on bowling day.

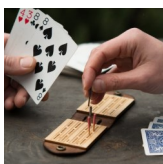
Registration is required as walk-ins are not permitted.
Call the Orleans Senior Center to register.



CRIBBAGE

Tuesdays, 2-3:30pm
Nov. 14, 21, 28 & Dec. 5, 12, 19

Come and join in for a fun afternoon of Cribbage, laughs and friends. Please bring a board if you have one. **Call the 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! **Call to register in advance.**



MAC USERS GROUP

3rd Wednesday of the month, 2pm



MAHJONG PLAYERS

Fridays, 2-4pm

Nov. 3, 17 & Dec. 8, 29

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

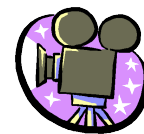
BARBIE (PG-13)

Thursday, November 16th, 1:30pm



When Barbie gets kicked out of Barbieland for not being perfect enough, she sets out on an adventure to find her place in the world. Come see the film

that helped reinvigorate movie theatres this year.



INDIANA JONES - THE DIAL OF DESTINY (PG-13)

Thursday, December 21st, 1:30pm



In 1936, archaeologist Indiana Jones is on a quest to find the Dial of Destiny, a powerful artifact that can control the weather. The Nazis are also after the Dial, and it is a race against time. The is Harrison Ford's latest adventure, perhaps his last, in the Indiana Jones series.

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 11/9 & 12/1.*

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	Dec. 4, 11, 18, & Jan. 8, 22, 29
NIA	FRIDAYS	10:00 - 11:00 am	\$42	Dec. 1, 15, 29 & Jan. 5, 12, 19, 26
SIT FITNESS	MONDAYS	11:00 - 11:45 am	\$18	Dec. 4, 11, 18 & Jan. 8, 22, 29
SIT FIT YOGA	TUESDAYS	11:00 - 11:45 am	\$27	Dec. 5, 12, 19, 26 & Jan. 2, 9, 16, 23, 30
SIT FITNESS	WEDNESDAYS	11:00 - 11:45 am	\$27	Dec. 6, 13, 20, 27 & Jan. 3, 10, 17, 24, 31
SIT FITNESS	THURSDAYS	11:00 - 11:45 am	\$21	Dec. 7, 14, 21 & Jan. 4, 11, 18, 25
YOGA	TUESDAYS	9:45 - 10:40 am	\$48	Dec. 5, 12, 19 & Jan. 2, 9, 16, 23, 30
YOGA	THURSDAYS	9:45 - 10:40 am	\$42	Dec. 7, 14, 21 & Jan. 4, 11, 18, 25
YOGA FLO	FRIDAYS	8:30 - 9:25 am	\$42	Dec. 1, 15, 29 & Jan. 5, 12, 19, 26
ZUMBA GOLD	TUESDAYS	8:30 - 9:25 am	\$24	Jan. 9, 16, 23, 30
ZUMBA GOLD	THURSDAYS	8:30 - 9:25 am	\$30	Dec. 14 & Jan. 4, 11, 18, 25

FITNESS CLASS POLICIES

- ◆ All class sizes are limited
- ◆ Payment is made per session and there is no refund for classes missed by participants
- ◆ Payment is required within 3 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.

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.

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.

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 peer-led Parkinson's support group meets on the 4th Thursday of each month from 2-3:30pm. *(Due to Thanksgiving, the November meeting will be 11/30.)* This group is designed for people with Parkinson's and their care partners. Registration is required. PLEASE NOTE: Beginning in January the Parkinson's Support Group will be changing the meeting schedule. Please contact Hilary at 860-214-5615 to register for the group, or 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.

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.**

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.**

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.



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.



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:

- Nov 6: Chicken Pot Pie Soup, Reuben, Chips & Dessert
- Nov. 13: French Onion Soup, Roast Beef roll-ups, Chips & Dessert
- Nov. 20: Zuppa Tuscano Soup, Egg Salad Sandwich, Chips & Dessert
- Nov. 27: Beef & Barley Soup, BLT, Chips & Dessert
- Dec. 4: Butternut Squash Soup, Grilled Cheese, Chips & Dessert
- Dec. 11: Chicken & Wild Rice Soup, BLT, Chips & Dessert
- Dec. 18: Chili, Cornbread, Salad, & Dessert
- Dec. 25: SENIOR CENTER CLOSED (Christmas)
- Jan. 1: SENIOR CENTER CLOSED (New Year's Day)
- Jan. 8: Kale Soup, Grilled Ham & Cheese Chips & Dessert

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY

Registration begins 11/2 at 9am. To provide equity and access, you may initially sign-up for a maximum of 4 Comfort Kitchen Meals and 4 Soup and Sandwich meals. You may call back beginning 11/17 and sign-up for additional open meals slots.

◆ CANCELLATIONS:

If you are unable to attend a meal, please call to let us know as soon as possible, as we often have a waiting list of people who want to attend. "No shows" cost us money and repeat offenders may have their lunch privileges suspended.

COMFORT KITCHEN

Fridays, 12 Noon

Cost of Lunch: \$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:

- Nov 3: Classic Beef Stew, Fall Harvest Salad, Squash Rolls & Dessert
- Nov. 10: SENIOR CENTER CLOSED (Veterans Day)
- Nov. 17: **FRIENDS FISH FRIDAY!** (see Reminders)**
Cod Au Gratin, Rice Pilaf, Mandarin Orange Salad, Spinach Squares & Dessert 
- Nov. 24: SENIOR CENTER CLOSED (Thanksgiving Break)
- Dec. 1: Sticky Soy Ginger Chicken, Asian Noodles, Asparagus & Dessert
- Dec. 8: **JINGLE MINGLE (see p. 1 for details)**
- Dec. 15: **FRIENDS FISH FRIDAY!** (see Reminders)**
Shrimp Scampi, Angel Hair Pasta, Salad, & Dessert 
- Dec. 22: Dijon Panko Roasted Pork Tenderloin with Apples, Smashed Potatoes, Carrots & Dessert
- Dec. 29: Chicken Marsala, Mashed Potatoes, Green Beans, & Dessert
- Jan. 5: Pesto Caprese Chicken, Pasta Alfredo with Broccoli, & 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.

MEALS ON WHEELS VOLUNTEERS NEEDED

Elder Services of Cape Cod is looking for new Meals on Wheels Drivers. Volunteers deliver a nutritious meal, a well-being check, and a smile! Meals are delivered to homes of seniors 60 and older, Monday through Friday, between 10am-12noon. Deliveries typically take approximately 2 hours. Volunteer once a week, or serve as a substitute/fill-in driver, as needed. Volunteer on your own, partner with a spouse or friend, or adopt a route with your group. Training is provided and mileage reimbursement is available. Please contact Dawn Ericson-Taylor, Volunteer Resource Center Manager, at 508-394-4630, ext 530 or send an email to dawn.ericson-taylor@escci.org to learn more about this rewarding opportunity.

TIPS FOR AGING WELL

Simply living longer isn't enough. What we really want is to live longer well, staying healthy enough to continue doing things we love. While having good genes helps, a growing body of research suggests that how well you age depends largely on you and what you do. Fortunately, research also finds that it's never too late to make changes that can help you live a longer and healthier life. Here, from the American Geriatrics Society's Health in Aging Foundation are tips for living longer and better:

Eat a Rainbow

You need fewer calories when you get older, so choose nutrient-rich foods like brightly colored fruits and vegetables. Eat a range of colors—the more varied, the wider range of nutrients you're likely to get. Aim for 2 servings of salmon, trout or other fish rich in heart healthy omega-3 fatty acids a week. Limit red meat and whole-fat dairy products. And choose whole grains over the refined stuff.

Toast with a Smaller Glass

Drinking a moderate amount of alcohol may lower your risks of heart disease and some other illnesses. But what's "moderate" changes with age. It means just one drink per day for older men, and 1/2 drink daily for older women. (A "drink" is one oz. of liquor, 6 oz. of wine, or 12 oz. of beer.) Since alcohol can interact with many drugs, ask your healthcare professional whether any alcohol is safe for you.

(From American Geriatrics Society, Health in Aging Foundation)

FOOD & MEAL SUPPORT

COMFORT KITCHEN DELIVERED MEALS

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



FOOD PANTRIES

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

HEALTHY MEALS IN MOTION

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

"LOCAL" MEALS

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

MEALS on WHEELS

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

SNAP

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



FRIENDS of the ORLEANS SENIOR CENTER

FRIENDS ANNUAL APPEAL

The Friends Annual Appeal in support of the Orleans Senior Center will be mailed in early November. We are most appreciative of your past donations and hope that you will once again respond to our appeal in the same generous manner. If you don't receive a letter, our contribution envelopes will be available at the Orleans Senior Center. During our September meeting, we elected the following to the Friends Board:

- Carol Hackett, President
- George Waugh, Treasurer
- Barbara O'Connor, Secretary
- Charlotte McCully, COA Board Liaison
- Arlene Barrett
- Bonnie Engelhardt
- Claire Gradone

The Board co-sponsored the Senior Center's Lunch & Listen summer concert programs, which have been very popular. The second of two deliveries of food cards that the Friends paid for will be sent out to seniors in need between the Thanksgiving and Christmas holidays.

FOCOA will also give \$4,000 towards the COA's landscaping expenses this year. The Friends continue to sponsor "Friends' Fish Fridays" and many other programs and needs as identified by the COA.

We are so grateful to be able to welcome our two new members, George Waugh and Arlene Barrett, to the board! George has volunteered to take on the job of Treasurer.

We also bid our long-time FOCO Board Member and Treasurer, Mary Sullivan, a reluctant farewell. Mary has long been an active community volunteer, serving on the boards of the Salvation Army and the Chatham/Orleans VNA as well as the Friends Board for the past 14 years. She processed Friends membership applications, paid bills and kept the Friends Board well aware of its financial status. She has also volunteered to be available to our new treasurer to provide any assistance, if needed. We will miss her!

FRIENDS CARE

The Friends are aware that unexpected or unusual challenges can occur at any time. If you find yourself in need of help, please reach out to the Orleans Outreach Department for a confidential discussion of your situation.

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.

Date: _____

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 the Orleans Senior Center drop box**

HAVE FUN DOING TAXES!!

Do you enjoy people?

Do you think numbers can be fun?

If yes, then we're looking to share the fun with you!



Since 1968 AARP Foundation Tax-Aide Volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge. New volunteers participate in a training program each fall. Over a three week period of time (twice a week for 3 weeks) they are trained in the process of completing tax returns. Counselors, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15, wonderful people are met and needed help is given. Schedules are flexible and allow for vacation time. Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information call 1-888-227-7669

LET'S TALK ABOUT TOMORROW Wednesday, November 29th, 12:30pm

"Let's Talk About Tomorrow" is being presented by the Homeless Prevention Council (HPC) at 12:30pm on Wednesday, November 29th. Join HPC at their new office for a conversation about future housing options as you age. Andrew Bardetti from South Coastal Counties Legal Services will also be presenting about tenant and landlord rights. This event is free and open to residents from all Lower & Outer Cape towns. Light refreshments will be served. Please call HPC at (508) 255-9667 to register.



NAUSET NEIGHBORS SEEKING VOLUNTEERS

Nauset Neighbors is concerned that without more volunteers, they will not be able to meet the needs of their members. Regrettably, they have had to make the difficult decision to close new membership requests until at least 2024 as a result. If you would be interested in volunteering to help your neighbors with rides, visits, small home chores, tech assistance, etc. please email: volunteerintake@nausetneighbors.org

HOUSEHOLD HAZARDOUS WASTE DAY



Due to weather, the Household Hazardous Waste Day at the Orleans DPW was rescheduled to Saturday, November 18th, from 9am-12pm.

SOCIAL SECURITY UPDATE



The Social Security Administration has announced that Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January. Many will see the cost-of-living adjustment (COLA) beginning in January 2024. Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600, from \$160,200.

Social Security begins notifying people about their new benefit amount by mail starting in early December. Individuals who have a personal *my* Social Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in *my* Social Security. People will need to have a *my* Social Security account by November 14 to see their COLA notice online. To get started, visit www.ssa.gov/myaccount.

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.



December Caring Connection Cafe: "HOLIDAY LUNCH"

Wednesday, December 20th, 12pm

Come enjoy a holiday themed meal at the Senior Center, complete with cranberry punch and a special dessert. Let's share some of our favorite holiday traditions and make some new memories together.

No charge, but donations gladly accepted.

REGISTRATION IS REQUIRED.

**Call Lynn or Myra in the Outreach Department
at 508-255-6333 to register.**

Non-residents may register beginning 11/17.

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



ROCK HARBOR RESPITE
AT ORLEANS SENIOR CENTER

Our supportive adult day care program is here for you!

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

The program offers a structured day which includes 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



Covid, Covid, Covid

Call 1-800-232-0233 to obtain 4 free rapid COVID tests per household. This way you have the tests already on hand if you begin to experience COVID symptoms. COVID vaccines are available at your local pharmacies and appointments can also be scheduled at Cape Cod Hospital's Pharmacy by calling 508-957-8600.

SNAP

SNAP benefits have increased automatically on October 1st due to an annual cost of living adjustment. You may also be able to increase your SNAP by providing documentation of medical expenses for dental care, eyeglasses, transportation, and more. Please contact the Outreach team to discuss your situation.

Home Energy Assistance

As colder weather approaches, it is time to think about energy assistance. The Home Energy Assistance Program (formerly known as Fuel Assistance) runs from November 1st through April 30th. It assists those who meet income guidelines with paying bills for their primary heating source. For those who received assistance last winter, you should have received a blue colored renewal form. You are encouraged to send in your completed renewal form as soon as possible. New applicants can start an application online or contact the Outreach Department for more information.

Community Holiday Meals

There are some community sponsored holiday meals, and some hosted by faith communities. If you would like information about holiday meal offerings, please contact the Outreach Department to speak with Lynn or Myra.

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



MARY SULLIVAN:

A Special Friend Retires

The Orleans Senior Center extend a very special thank you to Mary Sullivan who recently retired as Treasurer of the Friends Board. Mary joined the Friends Board back in 2009. As a Friends volunteer, she has devoted many hours working quietly behind the scenes handling all of the bookkeeping aspects of the organization, which included making deposits, financial reports, processing incoming mail, and so much more related to the FOCOA finances. Over the years, she assisted with Friend's fundraising events, even serving up ice cream and and tea. Mary has always been a true advocate for those served by the COA and genuinely passionate about the work that happens at the Orleans Senior Center, especially serving those who are vulnerable. Mary's heart and spirit, and her business and banking experience has supported the FOCOA for 15 years, and we will all miss her dearly. ***With grateful appreciation for your many years of volunteer service, thank you Mary!***

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 need volunteers who really want to make a difference driving seniors to medical appointments 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.**
- 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



- 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. OUT OF TOWN MEDICAL RIDES ARE \$5.00 PER TRIP.**

REMINDERS FOR RIDERS:

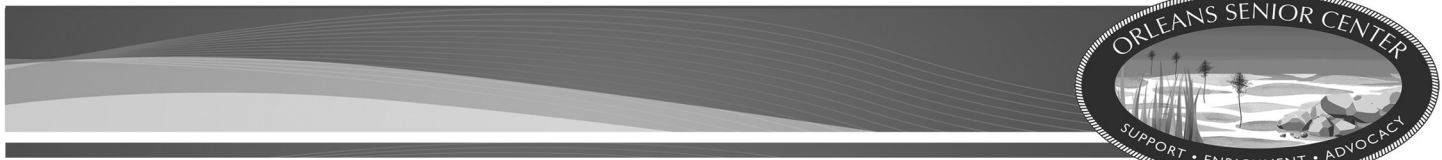
- We will not transport anyone who is sick.
- ***If you exhibit any symptoms of illness you will be asked to wear a mask to protect others due to the relatively small enclosed space on our vehicles.***
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know 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](http://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 Worker Myra Elliott
Supportive Daycare Director..... Maria Cecchi
Principal Clerks Kelly Ekstrom
..... & Greta Avery

COA BOARD:

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

UPCOMING PUBLIC COA BOARD MEETINGS:

**Wednesday, November 29, 2023 at 1pm
at the Orleans Senior Center**

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