



Tidings

January/February 2024

The mission of the Orleans Council on Aging & Senior Center is to serve and empower older adults 60+ to age well in Orleans through support, enrichment, and advocacy.

A LOOK INSIDE....

- Special Activities p. 1-4
- Regular Activities..... p. 5
- Fitness Programs p. 6
- Health & Wellness.. p. 3, 7 & 9
- Lunch Programs..... p. 8
- Food & Nutrition p. 9
- Friends News..... p. 10
- News Nuggets p. 11
- Caregivers' Info p. 11 & 12
- Supportive Day Care p. 12
- Outreach & Volunteers.. p. 13
- Transportation p. 14-15

- The *Tidings* newsletter is available online. Go to: www.town.orleans.ma.us and click on "Government," then under "Departments" click "Council on Aging/ Senior Center."
- The newsletter is mailed to Orleans seniors, current Friends' members, and COA volunteers.

DIRECTOR'S DIALOG

The beginning of a new year is a natural time for reflection and looking forward with hope, and that is precisely what we are doing. Our organizational vision is to "embrace the needs of those aging in place (in our community) to enhance their quality of life by providing exceptional service and programming." Our staff and Board work diligently to accomplish this. But as the Orleans Council on Aging will be celebrating our 50th anniversary later this year (!!)

it is a wonderful time to begin to look forward to the evolving needs of our community and those aging here. We want to progress forward in a planful way and ensure that Orleans remains a healthy, accessible, and inclusive place for residents to grow up and grow old. In the coming months we will be planning opportunities for you to participate in our assessment and planning process as we chart the course for the future of the Orleans Council on Aging. We look forward to the new year with promise, and wish you all a year of wellness, connection, contentment, and peace.



AARP TAX AIDE PROGRAM

Mondays, February 5-April 8

The AARP Tax Aide Program provides specially trained Tax Counselors to help low and moderate income taxpayers complete their Federal and State income tax returns free of charge. All appointments must be scheduled, no walk-ins are permitted. Don't wait until the last minute to schedule your appointment! **Call the Orleans Senior Center to schedule your appointment today!**



A FRIENDLY REMINDER

For the safety and well-being of all, please remember to stay home when you are ill so that the winter viruses sure to appear don't spread unnecessarily and impact those who may be vulnerable. Thank you!

REGISTRATION FOR ALL PROGRAMS BEGINS

MONDAY, JANUARY 8, AT 9AM

Please see p. 2 for details

THE SENIOR CENTER WILL BE CLOSED THE FOLLOWING DAYS:

Mon. 1/1 (New Year's) & Mon. 1/15 (MLK Day) & Mon. 2/19 (Presidents' Day)

SPECIAL ACTIVITIES

Line Dancing is back!

SALTY BOOTS LINE DANCING

Tuesdays, January 16, 30 &

February 6, 27

2-3pm, Cost: \$24

Our instructor will teach the basic footwork and line dances will include a mix of contemporary and country-western dancing. This is easy to learn for newcomers and all are welcome. This is a fun-filled afternoon of line dancing, exercise and camaraderie and no partner is necessary. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/12.*



HOW TO USE THE iPad FOR BEGINNERS

Friday, January 26, 1:30pm

Are you a new iPad owner and want help learning more about how to use it? Do you want to see if an iPad might be helpful before investing in one? Do you want to expand your knowledge of the iPad you already have and don't really use too much? We understand that for many who have never owned or used a tablet before, learning to use your iPad can be overwhelming. The iPad is a revolutionary device with the power to do many things. It can send and receive emails, surf the internet, play music, watch movies, manage travel plans, take and store photos, and so much more. Learning to do all this takes a basic understanding of how to navigate the iPad. Our technology support educator, Dawn Steber, will help you learn the basics and get you started exploring your device. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/19.*



QR CODES FOR BEGINNERS

Friday, February 9, 1:30pm

What is a QR code? How do they work? QR codes are being used everywhere - grocery stores, the symphony, doctors' offices, pharmacies, travel tickets, and even your favorite restaurants may use a QR code for their menu. Don't get left behind by fear of the technology! Come learn how to use QR codes in your everyday life with our technology support educator, Dawn Steber. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/19.*



IMPORTANT REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, JANUARY 8TH AT 9AM.** We will return calls in the order they are received. If the lines are busy please leave **ONE** message that you want to register and we will call you back. Please do not leave multiple messages as this is a very busy time and other COA calls need to get through.
- ◆ To improve equity and access, you may register for up to 4 special activities. The Valentine's Day event does not count towards this limit.
- ◆ You may also register for up to 4 Comfort Kitchen and 4 Soup & Sandwich lunches.
- ◆ Many programs have waitlists. **IF YOU ARE UNABLE TO ATTEND 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, 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, January 26 & February 9
9:30am-12pm, *By Appointment*

Please bring your personal device (laptop, phone, tablet) and receive individualized support. We will provide patient help learning something new or answering your 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

SPECIAL VALENTINE'S DAY LUNCHEON



Friday, February 16, 11am

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

11am Performance by "Kalifornia Karl"

12pm Luncheon Served

Menu Stuffed Chicken Marsala, Mashed Potatoes, Asparagus, Rolls, and Dessert

Star Search winner, "Kalifornia Karl" Detken, is a New England transplant from California who has become one of the busiest entertainers. He will entertain us with songs from the 50's. Karl has appeared in movies such as "Duets" with Gwyneth Paltrow and has shared a stage with Michael Buble, Kansas, Motley Crue, Huey Lewis and more. This program will likely fill up quickly. **Call the Orleans Senior Center to register.** No reservations after February 9. *Non-residents may register beginning 1/26. No refunds will be given as food is ordered in advance.*

CAPE COD'S CONNECTIONS TO THE TITANIC



Wednesday, January 31, 2pm

Join Cape Cod Maritime Museum's, Emily Sullivan, to learn the connection between the disaster and the ties to Cape Cod. When the RMS Titanic sank to the bottom of the Atlantic Ocean on April 15, 1912, it immediately became the deadliest nautical disaster of all time. It's believed that over 1,500 of the estimated 2,240 passengers onboard died after the ship struck an iceberg, and the story has become mythical over the past century, culminating in the 1997 film on the subject. Various cities and regions on the East Coast of North America have connections to the disaster. Halifax, Nova Scotia, for instance, is home to about 150 graves of Titanic passengers, and the vessel's 700 survivors arrived in New York City on the RMS Carpathia three days after the sinking. Cape Cod has connections to the RMS Titanic, its wreckage, and her stories, too. Find out how the Cape fits into this story. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/19.*

TAKING CARE OF YOUR BODY SO IT TAKES CARE OF YOU



Wednesdays, 9-10am

January 24, 31 & February 7, 14, 21, 28

Learn a full body workout with a different focus each week guided by a local Physical Therapist from Spaulding Rehab.

Week 1: Upper Body exercises

Week 2: Lower Body exercises

Week 3: Core and Balance Exercises

Week 4: Functional Exercises with Chores

Week 5: Dynamic/Walking exercises

Week 6: Reviewing...Putting it all together

Space is limited and this is a free program, so participants must commit to attending a minimum of 5 of the 6 classes. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/19.*

COLORED PENCIL DRAWING WORKSHOP



Tuesday, February 13, 2pm

Cost: \$5

Attend this class with Tara Gagnon to learn how to make the most from colored pencils including shading, layering, and mixing colors. The first hour of the workshop we will cover the process from sketch to completion. We will review the tools and materials used in a typical project, the setup of the drawing board, and how to layer and mix color to achieve deep rich color and detail. The second hour will include a hands on demonstration where everyone will have a chance to try different colored pencil techniques. Bring your own colored pencils if you have them, and if not, pencils will be provided for use. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/19.*

DRUMMING CIRCLE



Wednesday, February 14, 2pm

Join Sue Landers in this hands-on activity to learn the sounds the drum makes, practice techniques, and experiment with African rhythm. The focus of this class is sensing your internal rhythms as well as connecting in rhythm with others. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/19.*

SPECIAL ACTIVITIES

LUNCH & LEARN

Last winter's "Lunch & Learn" series was so successful, we've decided to bring it back! Participants receive a home-cooked meal followed by a brief educational presentation on a variety of subjects. **Space is limited and this is a free program, so participants must commit to attending the full program, not just lunch.** Donations gladly accepted. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/19.*



"Know Your Numbers"

Friday, January 26, 12-1:30pm

This program focuses on providing an in-depth explanation of vital signs and why they matter. Vital signs include heart rate, blood pressure, respiratory rate, temperature, and pain. Come find out what your numbers are all about, how they're monitored, and what they say about overall health. Presented by the Public Health Nurse from the VNA of Cape Cod.

"Meditation"

Friday, February 23, 12-1:30pm

Mercedez Calleros, LMT, Health Coach & Lifestyle Consultant, will share her knowledge, wisdom and experience with meditation. This informational session will help those who are curious and interested in exploring meditation by learning different methods for meditating.

WRITING YOUR OWN OBITUARY

Thursday, February 29, 2pm

With John Parke

Why leave the writing of your obituary to a family member or friend when you can write your own? Have you ever read an obituary and cringed? Perhaps it wasn't very flattering, or it didn't seem to capture the person's life as you think they would have preferred, or the content was so brief that you were left wondering what the real story of that person's life was. Attend this class and write your own obituary without criticism or judgement. We will review different styles of obituaries, what makes a good obituary, and common "do's and don'ts." Participants will then write their own obituary and can choose to share or not with the group for discussion and feedback. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/19.*

LOWER CAPE LGBT+ SENIORS

(Lesbian, Gay, Bisexual, and Transgender)



MOVIE NIGHT: "May December" (R)

Friday, January 19, 5:30-8:30pm

Cost: \$5

In this film starring Natalie Portman and Julianne Moore, twenty years after a notorious tabloid romance, a married couple buckle under the pressure when an actress meets them to do research for a film about their past. This film has been nominated for a Golden Globe.

Dinner menu: "Baked Potato Bar" with vegetables, chili, cheese, etc. **Call the Senior Center to register by 1/12.**

COA SHOPPING ROAD TRIPS

We will leave Orleans at 10am and return at approximately 2pm. Space is limited. Cost is \$2 for each trip. **Call the Orleans Senior Center to register.**



"Hyannis Shopping Trip"

Wednesday, January 24

We'll take you to Trader Joe's, Target, Cape Cod Mall, Hobby Lobby, etc. Lunch is on your own.

"Market Basket in Bourne"

Wednesday, February 21

This trip may arrive home to Orleans earlier than 2pm.

Save the date!

ANNUAL ST. PATRICK'S DAY LUNCHEON



Friday, March 15, 11am

Perennial favorites "Rose Clancy and Friends" will return to play at the Orleans Senior Center for our popular St. Patrick's Day celebration. We are sharing the news now, as **registration for this event opens on March 1st**, prior to registration for other March activities. This event always has a long waitlist, so mark your calendars and call on March 1st to reserve your space. As always, Orleans residents will have priority. You may register for yourself and immediate family members only, no "group" reservations permitted. More details will be available in our March/April newsletter. **Call the Orleans Senior Center to register beginning 3/1.** *Non-residents may register beginning 3/8.*

REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm

Jan. 5, 12, 26 & Feb. 2, 9, 23

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. **No need to pre-register.**



BOOK CLUB

2nd Friday of the month, 10am

Please join us for an interesting, lively book discussion. New participants always welcome! **No need to pre-register.**



Friday, January 12, 10am

"Horse" by Geraldine Brooks

Friday, February 9, 10am

"Lessons in Chemistry" by Bonnie Garmus

BOWLING

Wednesdays, 1:30pm

January 17 & February 21

Cost: \$10

Do you like to bowl? We are partnering with The ALLEY Bowling in Orleans to host a bowling group for seniors. Come join us for the 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 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

Come and join in for a fun afternoon of Cribbage, laughs and friends. Please bring a board /game if you have one. **No need to pre-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. We have some supplies, or bring your own. New members always welcome! **No need to pre-register.**



MAC USERS GROUP

3rd Wednesday of the month, 2pm.

No need to pre-register.



MAHJONG PLAYERS

Fridays, 2-4pm

Jan. 5, 12 & Feb. 2, 23

Please bring your own board sets and table covers to play. New players are always welcome! **No need to pre-register.**



NEW

RUMMIKUB

Tuesdays, 2-3:30pm

Come and join in for a fun afternoon of a friendly game of Rummikub. This is a tile-based game combining the elements of the card game rummy with tiles. Don't know how to play? No worries, we'll teach you! Come join a small group for some winter fun. **Since this is a new program, please call the Senior Center to register.**

SENIOR CENTER CINEMA

PAST LIVES (PG-13)

Thursday, January 18th, 1:30pm



After emigrating from South Korea, two deeply connected childhood friends are reunited in New York for one fateful week. This film will likely have Oscar nods.



OPPENHEIMER (R)

Thursday, February 15th, 1:30pm



This 3-hour film takes audiences into the mind of physicist J. Robert Oppenheimer, whose landmark work on the Manhattan Project created the first atomic bomb. Another film likely to have Oscar nods.

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 1/12 & 2/2.

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	\$42	Feb. 5, 12, 26 & Mar. 4, 11, 18, 25
NIA	FRIDAYS	10:00 - 11:00 am	\$30	Feb. 23 & Mar. 1, 8, 22, 29
SIT FITNESS	MONDAYS	11:00 - 11:45 am	\$15	Feb. 12, 26 & Mar. 11, 18, 25
SIT FIT YOGA	TUESDAYS	11:00 - 11:45 am	\$21	Feb. 6, 13, 20, 27 & Mar. 12, 19, 26
SIT FITNESS	WEDNESDAYS	11:00 - 11:45 am	\$24	Feb. 7, 14, 21, 28 & Mar. 6, 13, 20, 27
SIT FITNESS	THURSDAYS	11:00 - 11:45 am	\$27	Feb. 1, 8, 15, 22, 29 & Mar. 7, 14, 21, 28
YOGA	TUESDAYS	9:45 - 10:40 am	\$30	Feb. 20, 27 & Mar. 12, 19, 26
YOGA	THURSDAYS	9:45 - 10:40 am	\$42	Feb. 15, 22, 29 & Mar. 7, 14, 21, 28
YOGA FLO	FRIDAYS	8:30 - 9:25 am	\$42	Feb. 2, 9, 23 & Mar. 1, 8, 22, 29
ZUMBA GOLD	TUESDAYS	8:30 - 9:25 am	\$42	Feb. 6, 13, 20, 27 & Mar. 12, 19, 26
ZUMBA GOLD	THURSDAYS	8:30 - 9:25 am	\$48	Feb. 1, 8, 15, 22, 29 & Mar. 14, 21, 28

FITNESS CLASS POLICIES

- ◆ All class sizes are limited
- ◆ Payment is made per session and there is no refund for classes missed by participants
- ◆ Payment is required within 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, Sister Rebecca Crandall, providing footcare appointments **for Orleans seniors.** This service costs \$35, payable at time of service. **For more information, or to schedule an appointment, 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

1st Thursday, 2-3:30pm

Beginning in January the Parkinson's Support Group is now meeting on the 1st Thursday of each month from 2-3:30pm. This peer-led Parkinson's support group is designed for people with Parkinson's and their care partners. Sometimes the group will have speakers, other times it will break down into smaller discussion groups. Registration is required. **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 Team.**



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, 12pm
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:

- Jan. 1: **SENIOR CENTER CLOSED (New Year's Day)**
- Jan. 8: Kale Soup, Grilled Ham & Cheese Chips & Dessert
- Jan. 15: **SENIOR CENTER CLOSED (MLK Day)**
- Jan. 22: Clam Chowder, BLT sandwich Chips & Dessert
- Jan 29: Cream of Broccoli Soup, Grilled Cheese Chips & Dessert
- Feb. 5: Tomato Basil Soup, Tuna Melt Chips & Dessert
- Feb. 12: Hungarian Mushroom Soup, Turkey & Cheese Sandwich, Chips & Dessert
- Feb. 19: **SENIOR CENTER CLOSED (Presidents' Day)**
- Feb. 26: Lemon Chicken Orzo Soup, Egg Salad Sandwich, Chips & Dessert
- Mar. 4: Tortellini Minestrone Soup, Chicken Caesar Wrap, Chips & Dessert

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY

Registration begins Monday, January 8, 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 on 1/19 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, 12pm
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:

- Jan. 5: Pesto Caprese Chicken, Pasta Alfredo with Broccoli & Dessert
- Jan. 12:  **FRIENDS FISH FRIDAY!** (see Reminder)**
Salmon with Brown Sugar & Maple Glaze, Risotto, Roasted Vegetables & Dessert
- Jan. 19: Chicken Piccata, Linguini, Salad & Dessert
- Jan. 26: **LUNCH & LEARN (see p. 4 for details)**
French Meat Pie with gravy, Maple Roasted Beets & Carrots & Dessert
- Feb. 2: Chicken Croquettes, Mashed Potatoes, Glazed Carrots & Dessert
- Feb. 9:  **FRIENDS FISH FRIDAY!** (see Reminder)**
Crab Quesadillas with Chipotle Mayo, Rice, Fiesta Salad & Dessert
- Feb. 16: **VALENTINE'S EVENT** (see p. 3 for details)**
- Feb. 23: **LUNCH & LEARN (see p. 4 for details)**
Meatloaf, Scalloped Potatoes, Roasted Squash & Dessert
- Mar. 1: Baked Hawaiian Chicken, Rice, Broccoli & Dessert



REMINDER **"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.

MEMORY CONCERNS:

What's Normal, What's Not?

As we age, it's normal to experience some changes in memory and most older adults experience some type of cognitive change. The most common changes include forgetting names, requiring more time and concentration to learn new things, and having trouble switching focus. Normal age-related memory loss may result from your brain's decreased ability to retrieve information. Although it can be irritating, these memory changes should not be significant enough to affect your daily living.

When should you be worried? If you find yourself experiencing memory problems which are impacting your ability to complete daily tasks and activities it could be symptomatic of brain disease and time to seek guidance. Symptoms could include forgetting appointments and get-togethers, driving and not remembering where you wanted to go, not opening mail or forgetting to pay bills, extensive word-finding difficulties, significant mood changes like irritability or depression, or isolating yourself from others.

Feeling that you might have a problem can be troubling, but ignoring the concerns won't make them go away. Studies indicate that subtle changes in cognitive abilities can occur years before noticeable symptoms of brain disease. If you are worried, write down your concerns and talk about them with someone you trust as well as your physician. Help and support is available. But by not addressing your concerns, obtaining treatment, and planning accordingly, you may be leaving important life decisions to others who don't know your wishes.

#1 EXERCISE TO DO AS YOU AGE

Take a seat. Please stand slowly (don't use your hands) and then be seated again slowly. Consider that your first "rep." Essentially that is a squat, the one exercise fitness gurus say stands out for healthy aging. Why? When you go to the bathroom, that's a squat. Get into the car, that's a squat. If you don't do them well it affects the way you live. Squats strengthen all of the muscle groups in your legs, your glutes, as well as muscles in your lower back and core. Those muscles provide the foundation for most activities of daily living. *(Adapted from "The Best Exercise You Can Do For Your Health," by Michelle Crouch, AARP.org, 11/2023)*

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

MANY THANKS

Once again the Friends wish to thank our many faithful and generous supporters for your much appreciated donations in response to our recent annual appeal for the Orleans Senior Center in its mission to enhance the quality of life for older adults. The Friends is a non-profit organization whose purpose is to assist and support the Orleans Senior Center in its many services to Orleans seniors. Because of your donations in the past year we have been able to continue to support the many programs of the Orleans Senior Center and assist them in meeting the needs of our seniors, for example, by the purchasing of groceries when needed and obtaining needed services for those recovering from a hospital stay.

Your donations also help our We Care fund, which we have used many times over the past year to help support certain vulnerable or disabled Orleans citizens by purchasing critical items for essential needs. The Friends are always ready to provide help when and where it is needed. Your contributions help your neighbors in need.

The Friends were able to assist in providing special Thanksgiving home delivered dinners in November and helped with COA holiday outreach in December, which was appreciated and enjoyed by all. In late November, the Friends were pleased to help provide food for a special dinner for our wonderful COA staff while they decorated the Senior Center. We are all blessed in this community to have such an active Senior Center and staff whose outreach has such a positive impact on our senior population and our community.

If you have not yet sent in a donation and would like to show your support, it is not too late to send a donation to the Friends. Forms and envelopes are available at the Senior Center, or you can clip the form below and send it in or drop it off to our box at the Senior Center.

A special thanks to all of you who continue to donate to the Friends!! Another very special thanks to the wonderful staff at the Orleans Senior Center!!!

Friends Board:

Carol Hackett, <i>President</i>	Arlene Barrett
George Waugh, <i>Treasurer</i>	Bonnie Engelhardt
Barbara O'Connor, <i>Secretary</i>	Claire Gradone
Charlotte McCully, <i>Liaison to COA Board</i>	

2023-2024 FRIENDS ANNUAL SUPPORT...*Please don't forget 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.

I agree to non-voting membership & governance by the Board of Directors. 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

NATIONAL CAREGIVERS DAY

February 16

In honor of National Caregivers Day, we want to reach out to those caring for others and acknowledge that you are seen. We honor your commitment, and value the contribution you are making to your loved ones. We also want to offer a gentle reminder to take care of yourself. Self-care is not selfish, it's an investment in your well-being, allowing you to continue providing quality care to those who depend on you.

5 Practical Self-Care Tips for Caregivers:

1. **Take Time Out:** Give yourself permission to take breaks every day. 15 minutes of quiet time can help you recharge and de-stress.
2. **Move Your Body:** Regular physical activity, even for a short time, can boost your mood and energy levels. Explore activities you enjoy, like walking or yoga.
3. **Savor Small Joys:** Carve out time for activities that bring you joy, whether reading a chapter of a book, listening to music, or spending time in nature.
4. **Seek Support:** Don't face challenges alone. Connect with friends, family, support groups, or therapists for emotional support and stress management.
5. **Prioritize Sleep:** Aim for 7-8 hours of sleep each night. Sleep is crucial for physical and emotional well-being, and helping you maintain focus.

If you are an Orleans care partner needing help and/or looking for support, please call our Outreach Team to schedule a private appointment to discuss your situation and we will do our best to connect you with appropriate resources to meet your needs.

MEDICARE FRAUD

The best way to stop Medicare fraud is to prevent it. Follow these tips to protect yourself from scammers:

- **If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare information to anyone except your doctor or people you know should have it. Remember, **Medicare will never call you** unprompted and ask you for your personal information.
- **Check your Medicare Notices (MSNs) or statements carefully.** If you see a charge for a service you didn't get or a product you didn't order, it may be fraud.
- **If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227) or visit Medicare.gov**

Orleans Senior Center

WINTER WEATHER POLICY

If Nauset Public Schools are closed due to inclement weather, all Orleans Senior Center activities are cancelled, including transportation and the Rock Harbor Respite program. If this occurs, our building will remain open and our staff will still be available to assist the public unless all Town offices are closed. However, to ensure the safety of all, there may also be times when we cancel transportation, programs, or meals due to weather conditions and if that is done, every effort will be made to contact those impacted. ***If you regularly participate in activities here, please check with us to make sure we have your preferred contact information as we send group texts and robo-calls for last minute cancellations which you won't want to miss.***



SOCIAL SECURITY UPDATE

Social Security recipients can now download a copy of your Benefit Statement, also known as the SSA-1099 or the SSA-1042S, for the past six years using your personal my Social Security account. A Benefit Statement shows the total amount of benefits a person received from Social Security in a calendar year. It lets you know how much Social Security income to report to the Internal Revenue Service on your tax return. If you misplace your Benefit Statement, you can instantly get a replacement form with your personal my Social Security account.



LEGISLATIVE BREAKFAST

You're Invited! The Aging and Disability Resource Consortium is hosting a Legislative Breakfast on February 9, at the Doubletree by Hilton in Hyannis at 9:30am. Here's your chance to let your elected representatives know about the issues that impact you and others in the aging and disability communities. This event is co-sponsored by Cape Organization for Rights of the Disabled (CORD) and Elder Services of Cape Cod and the Islands (ESCCI). R.S.V.P. by January 26 by contacting CORD at 508-775-8300. The Aging and Disability Consortium provides adults of all ages living with disabilities with streamlined access to information, options counseling, assistance with service planning, and connections to services and supports, ensuring a seamless "no wrong door" experience for all.

CAREGIVERS' CORNER

DEMENTIA CAREGIVING SUPPORT GROUP

2nd & 4th Wednesdays

10:30am-12pm

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" to provide an opportunity to share a meal while connecting with others. If you want to learn more, contact our Outreach Team.



January Caring Connection Cafe

Wednesday, January 17, 11:30am

Please join us for lunch and a conversation with a Social Worker who has spent years working with caregivers. Bring your questions to draw upon her experiences! Menu will include: Chicken Francese, Rice, Salad & Dessert

February Caring Connection Cafe

Wednesday, February 21, 12pm

Let's have lunch followed by some fun games to drive away the cold weather blues. Be ready to play, have some fun, and laugh! Menu will include: Chicken Pot Pie with Peas, Carrots & Dessert

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 1/19.

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. We follow health and safety protocols as a result of the pandemic because we know those we serve are vulnerable.

This program really makes a difference for the families who participate, so call now for more information!

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.

OUTREACH & VOLUNTEERS

NOTES FROM THE OUTREACH TEAM



New Year, New Plans

The new year is a great opportunity to take stock of your current living situation, get things in order, and plan for the future. We have recently had a number of conversations with older adults about aging in place and finances. Some people in town reside in subsidized housing in which the costs are a percentage of one's income, typically 30%. Each year the rent is re-calculated but it remains at that set percentage. If you do not live in a subsidized housing situation, have you reviewed how your income compares to your expenses? Maybe you live in a condo and the HOA fees are increasing or sewer connection costs have you worried. Perhaps it is more difficult to afford groceries or medications. Utility costs can also eat into a significant portion of your income. If you are already finding your financial situation challenging, it may be time to consider applying for senior housing. The wait for subsidized housing can be years-long. In the meantime, consider meeting with a member of the Outreach Team to have a private conversation about your situation and learn what options may be available to you.

Town Alerts & Civic Ready

The Town of Orleans uses a communication program called Civic Ready to alert residents by text, phone or email about emergencies or other important community information. You may sign up for alerts through the Town of Orleans website. If you don't have internet or need assistance with this process, please reach out to the Council on Aging Outreach Team for help.

Home Energy Assistance

With winter upon us, home heating costs are rising. If you are struggling to pay the increased costs associated with heating, help may be available. The Home Energy Assistance Program (formerly known as Fuel Assistance) runs from November 1, through April 30. 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 which you should have completed and returned. New applicants apply online. If you want to know whether you might be eligible for assistance, or need help with the application process, please contact the Outreach Team.

VOLUNTEER SPOTLIGHT

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 their out-of-town medical appointments, particularly those in Hyannis. Drive as much or as little as you want, we will work with your availability and around your commitments and vacations.



Informational F.I.S.H. Meeting for Volunteers Wednesday, January 10, 10am

We will be holding an informational meeting on Wednesday, January 10, from 10-11am about this vital service for our Orleans seniors. We will discuss all the details, answer any questions you may have, and provide volunteer packets should you decide to join our team. We hope you'll join us and come learn more about this opportunity to make a difference in our community. **Please RSVP to Program Coordinator, Lillian Parnell, if you'd like to join us and learn more.** If you are interested in becoming a FISH volunteer, but are unable to attend this meeting, kindly call Lillian and we will connect with you at another time.



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.



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 Team 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:

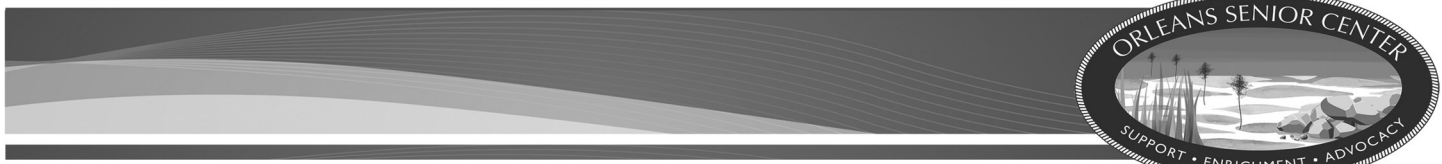
- We will not transport anyone who is sick.
- ***If you exhibit any symptoms of illness you will be asked to wear a mask to protect others due to the relatively small enclosed space on our vehicles.***
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know 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:
Wednesdays, January 24th & February 28th
at 1pm 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.

