



Tidings

March/April 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.

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

DIRECTOR'S DIALOG

I have the pleasure of announcing that our FISH (Friends In Service Helping) medical ride program is officially resuming in March. This has been a long time coming, as the pandemic dismantled this program. We have a wonderful group of friendly, enthusiastic volunteers assembled to help us get started. This program provides individually arranged rides to take Orleans seniors to medical appointments from Wellfleet to Hyannis. Regrettably, we cannot provide rides for individuals who will be under any form of anesthesia or sedatives during their appointment, but this program will help meet a critical need in our community. Please see page 14 for specific information about requesting rides.

ANNUAL SAINT 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. This event always has a long waitlist, so mark your calendars and call on March 1st to reserve your space. Traditional Irish lunch & dessert will be served. You may register for yourself and immediate family members only, no "group" reservations permitted. **REGISTRATION FOR THIS EVENT ONLY OPENS ON MARCH 1ST, prior to registration for other March activities.** Non-residents may register beginning 3/8. **Cost: \$15.00 for Orleans Seniors and \$20.00 for Non-Resident Seniors. No refunds.**

AARP TAX AIDE PROGRAM

Mondays, Through 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!**



**REGISTRATION FOR ALL PROGRAMS BEGINS
MONDAY, MARCH 4, AT 9AM
Please see p. 2 for details**

**PRESIDENTIAL PRIMARY ELECTION AT THE SENIOR CENTER ON TUES. 3/5
THE SENIOR CENTER WILL BE CLOSED MON. 4/15 (Patriots' Day)**

SPECIAL ACTIVITIES

SALTY BOOTS LINE DANCING

Tuesdays, March 19 & April 2, 16
2-3pm, Cost: \$18

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 3/15.*



SPECIAL PROGRAM

**LADIES LUNCH:
FIRST LADIES WITH TIES
TO MASSACHUSETTES
IN CELEBRATION OF WOMEN'S
HISTORY MONTH**

Tuesday, March 26, 12pm

12pm Luncheon Served

Crunchy Asian Chicken Salad, Rolls, and Dessert

1pm Presentation

This is the perfect time to learn more about strong women role models with ties to our state. Join presenter, Nancy Franks, and get to know the nine First Ladies who lived or learned in Massachusetts - from Martha Washington to Hillary Clinton. The presentation will end with a small, patriotic drawing. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 3/15. This is a free program.*



EASTER COOKIE DECORATING

Thursday, March 28, 2:30pm
Cost: \$5

Decorate and take home a dozen cookies for your friends and family. Cookies and all necessary supplies will be provided. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 3/15.*



IMPORTANT REGISTRATION INFO

- ♦ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, MARCH 4TH 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 Saint Patrick'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.



TECH SUPPORT - *By Appointment*

Fridays, March 22 & April 26

9:30am-12pm

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 schedule an appointment.**

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

SPECIAL ACTIVITIES

QIGONG...WHAT IS IT?

Wednesday, April 3, 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 3/15.**



CAPE COD NORDIC WALKING CLUB INSTRUCTIONAL CLINIC

Tuesday, April 9, 9am

(rain date Thurs. 4/11, 9am)

Come join us for a unique and fun way to get active and improve your overall health and see what everyone is talking about! Our certified instructors will guide you through the basics of Nordic walking and help teach you the Nordic technique. We will provide all equipment for this instructional class. Enjoy the fresh air and get in shape with us! **Call the Orleans Senior Center to register. Non-residents may register beginning 3/15.**



ENVIRONMENTAL TRENDS

Tuesday, April 9, 2pm

Climate change has dramatically increased the vulnerability of Cape Cod to climate hazards leading to more storm surges, increased sea-level rise, flooding, damaging winds, high temperatures during the summer, and increased wildfires. Come listen to Andrew Gottlieb of the Association to Preserve Cape Cod and learn how these trends and more are affecting Cape Cod. **Call the Orleans Senior Center to register. Non-residents may register beginning 3/15.**



FUN SHOPPING TRIPS

Please see page 14 for details about upcoming shopping trips to Hyannis and Plymouth. Leave the driving to us and invite a friend to join you for some fun shopping and lunch out and about.

REIKI SESSIONS

Monday Mornings,

April 22, 29 & May 6

Cost: \$5

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. Non-residents may register beginning 3/15.**



GET YOUR GARDEN READY

Tuesday, April 23, 2pm

Presented by Master Gardener, Donelle Denery, this program will focus on the proper steps to get your garden ready in anticipation of your planting season. Flower, vegetable, and container garden preparation will be discussed. Spring preparation will set you up for a successful growing season! **Call the Orleans Senior Center to register. Non-residents may register beginning 3/29.**



AI (ARTIFICIAL INTELLIGENCE)

Cape Cod Technology Council

Tuesday, April 30, 2pm

Artificial intelligence (AI) refers to computer systems capable of performing complex tasks that historically only a human could do, such as reasoning, making decisions, or solving problems. Today, the term “AI” describes a wide range of technologies that power many of the services and goods we use every day – from apps that recommend TV shows to chatbots that provide customer support in real time. But do all of these really constitute artificial intelligence as most of us envision it? And if not, then why do we use the term so often? Join presenter, Stephen Smith, from the Cape Cod Technology Council for a discussion of these issues we are hearing so much about in current news. **Call the Orleans Senior Center to register. Non-residents may register beginning 3/29.**



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 3/15.**



"WE THE PEOPLE: *Creating the Constitution of the United States*"

Friday, March 29, 12-1:30pm

Today's politicians often reference the Constitution, but do you understand it? At the end of the Revolutionary War, the newly independent United States were left with the question of how to govern themselves. By 1786, it had become apparent that government under the Articles of Confederation was not effective. So, a new form of national government needed to be created. Join presenter, G. A. DiGregorio, the Artifactual Scholar, as we take a look at the struggle to create the Constitution of the United States, a subject so relevant to today's politics.

"LAUGHTER YOGA"

Friday, April 5, 12-1:30pm

Led by Dian Hamilton, we will participate in simple, easy and fun exercises, games, yogic breathing, all which help lead to group laughter followed by a deep relaxation. Together we will deep breathe, clap and laugh. Laughter strengthens the immune system, is anti-stress and aerobic and brings people together. Be a part of a global movement for health, joy and world peace!

KINDNESS ROCK PROJECT

Thursday, April 11, 2pm

We want to replenish our Senior Center Kindness Rock Garden. Come paint rocks with inspirational messages that will provide meaning and enjoyment for all those who see them when they come to the Senior Center. We have the rocks, paints, brushes, even creative ideas...ALL WE NEED IS YOU! **Call the Orleans Senior Center to register. Non-residents may register beginning 3/15.**



LOWER CAPE LGBT+ SENIORS & FRIENDS

(Lesbian, Gay, Bisexual, and Transgender)



ENERGY BALANCING FOR HEALTH & HARMONY

with Olivia Miller, the owner of OHM Works
Friday, April 26, 5-6:30pm

The body's energy centers (known in Eastern traditions as *chakras*) play an essential role in our physical, emotional and mental health. It is through these centers that energy is absorbed, processed and transferred. Lifetime experiences – such as illness, trauma and stress may cause energy blockages, leading to imbalances, sickness and repetitive patterns of unhealthy behaviors. We will explore the 7 major chakras functions and influences – as we clear, activate and rebalance our bodies, minds and emotions. Enjoy a restorative "energy tune-up" that promotes wellness, vitality and harmony. This is a free program, and light refreshments will be served. Make an evening of it with your friends! **Call the Senior Center to register by 4/19.**



NEW

GAME LOUNGE at the Center

Wednesdays, 1:30-4pm

Every Wednesday afternoon beginning in March we'll be transforming space into a fun Game Lounge. We have a regulation ping-pong table and covered tables for recreational games like chess, backgammon, board games, or cards. We'll even be serving snacks. Bring your friends or come and make new ones! **This activity starts on March 6th and is a drop-in activity, no registration is required.**



REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm

Mar. 1, 8, 22, 29 & Apr. 12, 19, 26

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, March 8, 10am

"The Lioness of Boston" by Emily Franklin

Friday, April 12, 10am

"The Island of Sea Women" by Lisa See

BOWLING

Wednesdays, 1:30pm

Mar. 20 & Apr. 17

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 NO 3/5

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, NO 3/4

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

Mar. 1, 8, 22, & Apr. 5, 12, 19,

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



RUMMIKUB

Tuesdays, 2-3:30pm NO 3/5

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



SENIOR CENTER CINEMA

The Miracle Club (PG-13)

Thursday, March 21, 1:30pm



This delightful comedy-drama film set in 1967 Ireland, features women from different generations and walks of life as they take a pilgrimage to the sacred French town of Lourdes, hoping for a miracle. The movie features actresses Maggie Smith, Kathy Bates, and Laura Linney.



My Sailor My Love (PG)

Thursday, April 18, 1:30pm



In this drama/romance, the thorny relationship between a woman and her retired father worsens after he becomes romantically involved with the housekeeper she hires for him.

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 3/15 & 3/29.**

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	April 8, 22, 29, & May 6, 13, 20
NIA	FRIDAYS	10:00 - 11:00 am	\$54	April 5, 12, 19, 26 & May 3, 10, 17, 24, 31
SIT FITNESS	MONDAYS	11:00 - 11:45 am	\$21	April 1, 8, 22, 29 & May 6, 13, 20
SIT FIT YOGA	TUESDAYS	11:00 - 11:45 am	\$21	April 9, 16, 23, 30 & May 7, 14, 28
SIT FITNESS	WEDNESDAYS	11:00 - 11:45 am	\$24	April 3, 17, 24 & May 1, 8, 15, 22, 29
SIT FITNESS	THURSDAYS	11:00 - 11:45 am	\$27	April 4, 11, 18, 25 & May 2, 9, 16, 23, 30
TAI CHI	WEDNESDAYS			RETURNING IN MAY...MORE DETAILS SOON!
YOGA	TUESDAYS	9:45 - 10:40 am	\$42	April 9, 16, 23, 30 & May 7, 14, 28
YOGA	THURSDAYS	9:45 - 10:40 am	\$54	April 4, 11, 18, 25 & May 2, 9, 16, 23, 30
YOGA FLO	FRIDAYS	8:30 - 9:25 am	\$54	April 5, 12, 19, 26 & May 3, 10, 17, 24, 31
ZUMBA GOLD	TUESDAYS	8:30 - 9:25 am	\$36	April 9, 16, 23 & May 7, 14, 28
ZUMBA GOLD	THURSDAYS	8:30 - 9:25 am	\$48	April 4, 11, 18, 25 & May 9, 16, 23, 30

FITNESS CLASS POLICIES

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

Since January the Parkinson's Support Group is 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:

- Mar. 4: Tortellini Minestrone Soup, Chicken Caesar Wrap, Chips & Dessert
- Mar.11: Carrot Ginger Soup, Tuna Sandwich Chips & Dessert
- Mar. 18: Couscous Chicken Soup, Chicken Salad Wrap Chips & Dessert
- Mar. 25: Italian Wedding Soup, Turkey & Cranberry Sandwich, Chips & Dessert
- Apr. 1: Chicken & Wild Rice Soup, Chicken Salad Wrap, Chips & Dessert
- Apr. 8: French Onion Soup, Roast Beef Wraps Chips & Dessert
- Apr. 15: **SENIOR CENTER CLOSED (Patriots' Day)**
- Apr. 22: Homemade Chili, Cornbread, Salad & Dessert
- Apr. 29: Clam Chowder, BLT, Chips & Dessert
- May 6: Roasted Squash Soup, Egg Salad Sandwich Chips & Dessert

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY

Registration begins Monday, March 4, 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 3/13 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:

- Mar. 1: Baked Hawaiian Chicken, Rice, Broccoli & Dessert
- Mar. 8: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Cod Fish Cakes, Crunchy Ramen Slaw, & Dessert
- Mar. 15: **ST. PATRICK'S DAY EVENT (see p. 1)**
- Mar. 22: Chicken Pasta Alfredo, Broccoli, Caesar Salad & Dessert
- LUNCH & LEARN (see p. 4 for details)**
- Mar. 29: Spinach Lasagna, Salad, Garlic Bread & Dessert
- Apr. 5: **LUNCH & LEARN (see p. 4 for details)**
Cheesy Chicken Enchiladas, Spanish Rice, Fiesta Salad & Dessert
- Apr. 12: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Stuffed Scallops, Bruschetta Orzo Salad, Mandarin Orange Spinach Salad & Dessert
- Apr. 19: Oven Baked BBQ Chicken, Macaroni & Cheese, Green Beans & Dessert
- Apr. 26: Meatball Stroganoff, Egg Noodles, Green Beans & Dessert
- May 3: Beef Enchiladas, Spanish Rice, Fiesta Salad & 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.

GET READY TO CONNECT & CELEBRATE

Every March, the national Administration for Community Living (ACL) recognizes its Senior Nutrition Program and the services it has provided to millions of older Americans since 1972. We celebrate this at the local level as we know the impact nutrition has on health and independence. The 2024 theme is, *“Connection in Every Bite.”* This highlights one of the most important aspects of the nutrition and meal programs for older adults: the profound relationship between food and social connection. When local nutrition programs serve and build their communities through meals and fellowship, it’s a powerful reminder that coming together over a meal transcends sustenance. It fosters a sense of belonging that we know has a positive impact on health and well-being. If you haven’t tried one of our Senior Center Lunch programs, you don’t know what you’re missing! See page 8 for details and come in for a meal and to connect with others and see how it can enrich your community life.



IDENTIFY SYMPTOMS OF STRESS & TIPS TO HELP DEAL WITH IT

What might stress look like?

- Headaches
- Digestive Issues
- Sleep disturbances
- Irritability
- Social Withdrawal

Options that may help to feel better

- Exercise, even light walking
- Focus on good nutrition
- Staying hydrated with water (remember soda and caffeinated drinks can cause dehydration)
- Focus on a sleep routine and be consistent



FOOD & MEAL SUPPORT

COMFORT KITCHEN DELIVERED MEALS

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



FOOD PANTRIES

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

HEALTHY MEALS IN MOTION

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

“LOCAL” MEALS

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

MEALS on WHEELS

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

SNAP

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



FRIENDS of the ORLEANS SENIOR CENTER

THANK YOU FOR YOUR SUPPORT

The Friends Board members are once again so very impressed by and appreciative of the outstanding generosity of your response to our annual membership appeal! Your contributions enable us to continue to financially assist the Council on Aging in presenting its many and varied programs as well as meeting the needs of those seniors facing unexpected emergencies. It is never too late to show your support through a donation to the Friends. You can use the form below or use the forms and envelopes available at the Senior Center.

Recently, the Friends Board increased its donation towards the COA Healthy Meals in Motion program, which allows participants to obtain food through a partnership with the Family Pantry. The Friends' funds helps to pay for supplemental items not available from the Pantry. Christmas gifts for vulnerable Orleans seniors were also provided for by the Friends. We also approved a request to help fund the 2024 popular Lunch & Listen concert series at the Senior Center.

Our We Care fund, which your donations continue to supplement, is always available to COA staff to access to help our most vulnerable or disabled Orleans citizens. We are looking to the future and have recently had several discussions regarding possible new programs for the Senior Center that the Friends could sponsor.

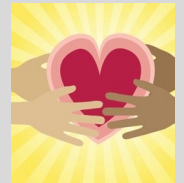
The Orleans Council on Aging/Senior Center will celebrate its 50th anniversary in May and the Friends are eager to help in any way we can. Once again, thank you for your continued generous support for the work of the wonderful staff at our wonderful Orleans Senior Center!

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>	

OUR FRIENDS CARE

We know that unexpected or unique challenges can occur at any time. Please reach out to the Orleans Outreach Department for a confidential discussion of your situation if you find yourself in need.



2023-2024 FRIENDS ANNUAL SUPPORT...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

SNOW MOBILE

The “Snow Mobile” program is a partnership between the Friends of Snow Library and the Orleans Council on Aging. The Snow Mobile brings the library to you!



This is a library delivery service for residents who are unable to get to the library on their own. Borrow books (regular or large print), audio books, DVDs, CDs, & magazines. This is a free service and late charges will not accrue. Borrowers are responsible for loss or damage to materials. For more information contact the Snow Library Reference Desk at 508-240-3760.

CHANGES IN PUBLIC TRANSPORTATION

Introducing the “Go Card”

Cape Cod RTA is going to begin phasing out the old Charlie Card and S & B fare box systems over the coming months. During that transition period, they will be phasing in a new system using the Cape Cod RTA Go Card. As they get closer to an implementation for Go Card, they will be providing the necessary details.



New Free Fares

Older adults and persons with a disability will be able to participate in the **fixed route free fare** program using their Charlie Card picture I.D. previously issued through the CCRTA’s certification process. Riders need to show the bus driver the Charlie Card and will be able to ride for free on the CCRTA fixed routes. Over the next several months, the Charlie Card will be replaced by the CCRTA developed “**Go Card**” for use on the CCRTA’s **fixed route** system to travel for free.

NOTARY SERVICES

The Council on Aging can provide notary services for certain required notarizations. The notary will be available by appointment only, no walk-ins. A valid ID is required to perform any notarization and the notary will determine whether they are able to notarize the document. If circumstances warrant it, the notary will be able to come to your home to provide the service. For more information, contact COA Outreach Worker, Myra Elliott, at 508-255-6333 Ext. 13.



CARE PROGRAM

If you or someone you know is living with cognitive loss, there is an exciting opportunity for you. The Alzheimer’s Family Support Center CARE (Community Alzheimer’s Respite and Engagement) Program at the Cape Cod Mall will brighten your day with bowling, crafts, and conversation that are created for people along the cognitive spectrum. CARE is cost-free to anyone who would like to come, regardless of ability to pay. The CARE Program runs Mondays, Wednesdays, Thursdays, and Fridays. For more information, or to reserve your spot, call AFSC at 508-896-5170.



DIGITAL EQUITY

As our communities become increasingly dependent on the internet and technology, the ability to access and make use of these tools is not just a luxury – it is a necessity for all of us to fully participate in society. The Town of Orleans is developing a digital equity plan, which will help our town to better understand the challenges community members face with the internet and technology and to identify solutions. We’ve been working on this at the COA since the pandemic and are thrilled that the issue is being addressed in a more holistic way by our community. All residents are encouraged to share information about their experiences with the internet, technology and devices, and digital skills through a survey available at the Senior Center. To take the link online, go to: https://mbicx.qualtrics.com/jfe/form/SV_bxTIMGFVF8KjigC And, stay on the lookout for information about a community-wide workshop, which will be held in April!

SLAM THE SCAM & PROTECT YOURSELF

If you receive a suspicious call:



- **Hang up**
- **Don’t** believe them
- **Don’t** trust your caller ID
- **Don’t** give them money
- **Don’t** give them personal information
- Report the scam at oig.ssa.gov



SSA.GOV/SCAM

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.



March Caring Connection Cafe

Wednesday, March 20, 11:30am - 1pm

Lets get a jump on spring! Join us for an early garden project followed by a tasty lunch. Menu will include: Beef Stew, Garden Salad, Homemade Rolls & Dessert

April Caring Connection Cafe

Wednesday, April 17, 11:30am - 1 pm

Enjoy a delicious lunch and an opportunity to hear from a social worker with extensive experience working with caregivers. Bring your questions or ask them when you register. Menu will include: Shrimp Scampi, Pasta, Orange Spinach Salad, & 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 3/15 & 3/29.

***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



MYTHS ABOUT ALCOHOL USE AND OLDER ADULTS

April is Alcohol Awareness Month. Did you know that older adults are more sensitive to alcohol? Have you talked to your doctor about how alcohol might effect the medications you take? At what point could your alcohol consumption be a problem?

Myth: I don't have a problem with alcohol since I don't drink hard liquor.

Reality: Alcohol is alcohol. There is the same amount of alcohol in a 12 ounce beer, a 5 ounce glass of wine and 1.5 ounces of liquor (80 proof).

Myth: Over the counter medicines and alcohol can be used together safely.

Reality: Alcohol and medications interact with each other. The medications can intensify the effects of the alcohol. Taking medication even hours after a drink can cause the drug not to work.

Myth: The doctor would tell me if alcohol and medication misuse were a problem.

Reality: Some medical providers do not question patients about alcohol use, or patients minimize the extent of their drinking. This puts older adults at risks for potentially harmful reactions. Discuss your alcohol use honestly with your provider.

Myth: If an older adult says that drinking is their last remaining pleasure, it doesn't matter as long as others are not at risk.

Reality: Problem drinking impacts health and quality of life. It can lead to loneliness, depression, forgetfulness and can reduce problem solving skills. Substance use treatment can be helpful with older adults.

For more information about your medications and alcohol use, speak to your doctor or your pharmacist.

(Adapted from Getting Connected Linking Older Adults with Resources on Medication, Alcohol and Mental Health, www.SAMHSA.gov, 2019)



VOLUNTEER SPOTLIGHT



April is National Volunteer Month. This is a special opportunity to recognize the impact of volunteer service and the power of volunteers to build stronger communities and be a transformative force in our culture. Volunteer service makes such a difference in our community, and here at the Orleans Senior Center, our volunteers are absolutely essential to our operations. They make so many of our services and activities possible and continually inspire us with their commitment to serve and to make a difference for their neighbors. In 2023, we benefitted from the gift of time and energy of 83 amazing individuals who provided 2,873 hours of service. Our volunteers delivered home cooked meals to homebound seniors, provided critical health insurance counseling, served food at Senior Center programs, provided legal counsel, delivered books, completed tax forms, helped out in our kitchen, knit items for local causes, served on Boards, and so much more. On behalf of the Council on Aging, thank you to each one of our volunteers for sharing the gift of time and energy with us. Your energy and service makes all the difference and enables us to more effectively, efficiently and compassionately serve the community!

With our deepest appreciation,

*The Staff of the Orleans Council on Aging
& Senior Center*

VOLUNTEER OPPORTUNITIES

FISH (Friends In Service Helping) Drivers

Volunteers willing to drive seniors to medical appointments. Help us to meet the critical transportation needs in our community! We will work with your availability.

Kitchen Helpers

We are looking for a couple of servers to join our kitchen team and help serve lunch during our Senior Center lunch programs and special events. This is a social opportunity, and you even get a free lunch!

For more information, please contact Program Coordinator, Lillian Parnell, at 508-255-6333 X 14.

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.

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, March 20

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

“PLYMOUTH SHOPPING TRIP”

Wednesday, April 17

Colony Place has many stores to choose from including: Walmart, Bath & Body Works, Burlington Coat Factory, DSW, J. Jill, Old Navy, Petco and many more stores and restaurants. Lunch is on your own.



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.

- **RESERVATION ARE REQUIRED AT LEAST 2 BUSINESS DAYS PRIOR TO RIDE.**
- **ALL RIDE REQUESTS MUST BE MADE BY CALLING THE SENIOR CENTER BETWEEN 8:45am—12pm, Monday—Friday at 508-255-6333.**
- Rides may be limited if we cannot meet demand.

RIDES TO MEDICAL APPOINTMENTS:

Orleans Senior Center Bus Service & FISH (*Friends In Service Helping*)



We are now meeting the essential need for help with rides to medical appointments with two different resources: the Senior Center Bus & FISH volunteer drivers. This service is reserved for those who are unable to drive, and don't have family or friends available to help. How we meet your need will depend on the appointment time and location, whether you need handicapped accessible transportation, current demand for rides, and driver availability. We will do our best to meet your need. We need you to adhere to the following guidelines for requesting rides to medical appointments.:

- **RESERVATIONS FOR RIDES TO MEDICAL APPOINTMENTS ARE REQUIRED A MINIMUM OF ONE WEEK IN ADVANCE** of your appointment, but more notice is appreciated. Medical rides may be requested up to one month in advance.
- **We provide rides to medical appointments from Wellfleet to Hyannis.**
- **MEDICAL APPOINTMENTS SHOULD BE SCHEDULED BETWEEN 9:30am-2:30pm MONDAY - FRIDAY.** No rides are available on holidays, and we don't go to Hyannis on Fridays from Memorial Day—Labor Day.
- **ALL RIDE REQUESTS MUST BE MADE BY CALLING THE SENIOR CENTER BETWEEN 8:45am—12pm, Monday—Friday at 508-255-6333.**
- **Out of town medical rides are \$5.**
- Rides may be limited if we cannot meet demand.
- Masks may be required.

BUS SERVICE

ORLEANS SENIOR CENTER BUS SCHEDULE

	MON	TUES	WED	THUR	FRI
RIDES FOR MEDICAL APPTS. Please schedule appts. between 9:30am-2:30pm	YES	YES	YES	YES	YES
ERRANDS AROUND ORLEANS Bank, Post Office, Pharmacy, Library, etc. (9:45am-2pm)	YES	YES	YES	YES	Limited
RIDES TO ORLEANS SENIOR CENTER	YES	YES	YES	YES	YES
GROCERY SHOPPING AT STOP & SHOP	YES	NO	YES	NO	NO
GROCERY SHOPPING AT SHAW'S	NO	<i>Limited</i>	NO	NO	YES
GROCERY SHOPPING AT FRIENDS MARKET	YES	NO	YES	NO	YES
<p><u>PLEASE REMEMBER...ALL RIDES & ALL STOPS MUST BE SCHEDULED AHEAD OF TIME.</u> <i>\$2 donation per trip is appreciated. \$5 donation per trip for out of town medical appointments.</i> Please let us know if you require wheelchair accommodations.</p>					

SCHEDULING RIDES



- 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:

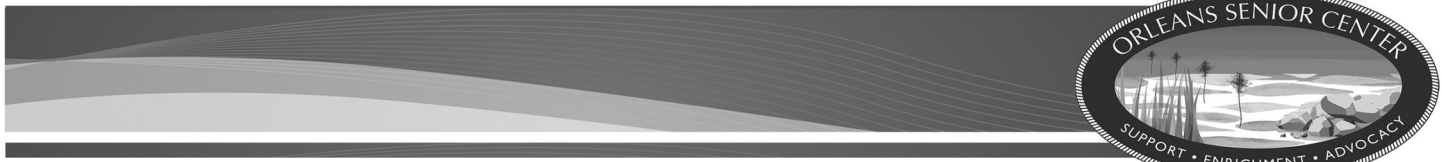
- We will not transport anyone who is sick. We reserve the right to require masks as needed.
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry 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.**
- Riders are required to treat drivers courteously and respectfully.
- Seat belts are required at all times.
- **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, March 27 & April 24
at 1pm at the Orleans Senior Center**

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