



Tidings

May/June 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
 Lunch Programs..... p. 7
 Resources..... p. 8
 Support Groups p. 9
 Food & Nutrition p. 9
 Friends News..... p. 10
 News Nuggets p. 11
 Caregivers' Info ... p. 8, 9 & 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

We want to thank you in advance for your patience while we replace our HVAC system here at the Senior Center. We have tried our best to plan for some chaos and schedule activities carefully to minimize disruption, but regrettably, there is no way to avoid some disturbance. We apologize for any inconvenience and appreciate your understanding while we work to improve our building.

"DERBY DAY" COMFORT KITCHEN

Friday, May 10, 12pm, Cost: \$8

Come celebrate Kentucky Derby Day with a special menu! You may win our special "horse race" or a prize for the best Derby hat! We'll serve traditional Derby fare including Kentucky Hot Brown Sandwich (open face with turkey & bacon), Old Kentucky Bib Salad with Buttermilk Dressing, Spring Pea Pasta Salad and a special Mint Julep Dessert. **REGISTRATION FOR THIS EVENT ONLY OPENS ON MAY 3RD, prior to registration for other May activities. Non-residents may register beginning 5/8.**



SUMMER "LUNCH AND LISTEN" CONCERT: "BAY STATE ELVIS - KEITH LEWIS"

Friday, June 28, 12-1pm

You don't have to travel all the way to Graceland to reminisce about the "King of Rock and Roll" as Foxboro's own Keith Lewis, known as the 'Bay State Elvis,' will entertain with his award-winning tribute performance. His shows feature a mix of humor and music, including songs by "the King", interpreted and performed as Elvis would. Lewis has even performed his Elvis tribute at Gillette Stadium. **Please bring a lawn chair to enjoy the concert which will be hosted in the Senior Center garden.** These concerts fill up quickly, so call the Orleans Senior Center to register soon! You may bring your own lunch, or purchase a box sandwich lunch at the Senior Center for only \$6. **If you want to order a lunch, let the Senior Center know when you register. Non-residents may register beginning 6/3.**



This event is co-sponsored by the Friends of the Orleans Senior Center

**REGISTRATION FOR ALL PROGRAMS BEGINS
MONDAY, MAY 6, AT 9AM
Please see p. 2 for details**

**TOWN MEETING MON. 5/13 & TOWN ELECTION TUES. 5/21
THE SENIOR CENTER WILL BE CLOSED MON. 5/27 (Memorial Day) &
WED. 6/19 (Juneteenth)**

SPECIAL ACTIVITIES

NEURO GO FITNESS CLASS

Fridays, June 14 - July 26, 2-3pm

Cost: \$20

(no class F 7/5)



This 6-week exercise program is specific for those diagnosed with neurological conditions such as Parkinson's disease, stroke, and more. Each hour-long class will involve exercises aimed to help decrease neurological symptoms, improve your overall fitness level, and challenge your brain. Class is led by an Exercise Physiologist from the VNA of Cape Cod. Participants must be able to ambulate independently and tolerate 60 minutes of seated and standing exercises. Advanced registration is required, no walk-ins accepted. **Please call the VNA of Cape Cod directly at 508-957-7423 to register.** You may be required to obtain a note from your physician, so call early to get your registration paperwork completed. Orleans residents have priority. Payment due by first class.

JUNETEENTH COMMEMORATION

Thursday, May 23, 2-3 pm

In 2021, President Biden signed into law an act designating June 19th as Juneteenth National Independence Day. Our newest federal holiday, the first since the designation of Martin Luther King Day in 1986, has a history that stretches back more than 150 years. Join presenter, G.A. DiGregorio, the Artifactual Scholar, as we look into and discuss the history of the Juneteenth celebrations and the push for the creation of a national holiday. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 5/16.*



SALTY BOOTS LINE DANCING

Tuesdays, May 14 & 28, 2-3pm

Cost: \$12

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 5/9.*



IMPORTANT REGISTRATION INFO

- ♦ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, MAY 6TH 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 Derby Day program 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, May 31 & June 14

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

TAI CHI (with Lisa)

Wednesdays, 9-10am, Cost: \$42
May 22, 29 & June 5, 12, 26 & July 3, 10

Tai Chi is a mind-body exercise rooted in multiple Asian traditions. Tai Chi will help with balance and strengthen integration of body and mind. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/15.**



O.S.C.A.R !

Orlans **S**enior **C**enter **A**ctive **R**ecreation. This initiative was created to provide opportunities for Orleans seniors to get outside, try something new, enjoy Cape Cod's unique recreational activities, and encourage health and wellness while having fun!



SPOHR GARDENS

Wednesday, May 29, 10am- 2pm
Cost: \$2

Join us on a stroll through the woodland gardens in search of the many anchors, millstones, cobblestones, chains and lanterns. These "decorations" along with a breathtaking succession of colorful blooms make Spohr Gardens in Falmouth a magical place to visit. After our stroll we will stop at Seafood Sam's for a bite to eat - lunch is on your own. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/15.**

ENVIRONMENTAL TOXINS

Tuesday, June 4, 2pm

Louise Kulig is a Certified Integrative Nutrition Health Coach who now specializes in Environmental Toxins. To help share this information, she has created a seminar entitled: "Simple Steps to a Healthier You!" Keeping your family and your home healthy in a toxic world can seem overwhelming, but it's simpler than you think. We can't control the toxins "out there," but we can control what we bring into our homes. The #1 source of toxins in your home may not be what you think! **Call the Orleans Senior Center to register. Non-residents may register beginning 5/15.**



CRAFT CORNER

BIRD HOUSE TRIO SIGN

Thursday, May 30, 1-4:30pm
Cost: \$10

Join in the fun and create this cute birdhouse sign. All materials are included as well as a variety of paint colors to personalize your creation. Words for sign could include: Welcome, Family, Home & Thankful. You must be comfortable using a hot glue gun to complete this project. Please wear an apron or older clothing. If you have your own items from "nature" to add, please bring them along. *Non-Residents may register starting 5/15.*



PRESSED FLOWER LANTERNS

Thursday, June 27, 2-4pm
Cost: \$5

Join us and make a pressed flower lantern for a pretty spring decoration. All materials provided. *Non-Residents may register starting 6/3.*



Samples of craft projects on display in Senior Center Lobby. Call the Orleans Senior Center to register.

SENIOR CENTER CINEMA

POOR THINGS (R)

Thursday, May 16, 1:30-4pm



An incredible tale of Bella (OSCAR winner Emma Stone), a young woman brought back to life by a brilliant and unorthodox scientist. Seeking the worldliness she is lacking, Bella runs off on an adventure and grows steadfast in her purpose to stand for equality and liberation.



KILLERS OF THE FLOWER MOON (R)

Thursday, June 20, 1:30-4pm



When oil is discovered in 1920s Oklahoma under Osage Nation land, the Osage people are murdered one by one until the FBI steps in to unravel the mystery. Leonardo DiCaprio stars in this OSCAR nominated film.

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 5/15 & 6/3.**

SPECIAL ACTIVITIES

AARP SMART DRIVER SAFETY COURSE

Wednesday, June 5

9:30am-3pm

ORLEANS RESIDENTS FREE

Cost for Non-residents:

\$20 for AARP members, \$25 for non-members

Even the most experienced drivers can benefit from brushing up on their driving skills, so The Robb Center is offering a driver safety program through AARP at the Orleans Senior Center and **lunch is included**. This updated AARP Smart Driver Course is the largest driver safety course and is designed especially for drivers age 50 and older. By taking the new AARP Smart Driver Course, attendees will be taught the current rules of the road, new traffic control devices, defensive driving techniques, some of the new *technical* features in vehicles like *lane departure warnings*, *blind spot indicators* and *adaptive cruise control*. This class will help you to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). **Call the Orleans Senior Center to register.** *Non-residents may register beginning 5/15.*



CCRTA "GO CARD" REGISTRATION SESSION

Monday, June 17, 10am-2pm

Introducing the "Go Card"



Cape Cod Regional Transit Authority is phasing out the old Charlie Card and fare box systems and transitioning to a new "Go Card." Come to the Senior Center for more information about how to use the CCRTA's public transportation system. You can receive help completing the Go Card ID Form and have your picture taken, and you'll receive your new "Go Card" in the mail a few days later. These cards will enable you to ride for free on the CCRTA fixed routes using the new free fare program for seniors. Why hassle with Cape traffic this summer when we have one of the best public transportation systems in the state? Come to the Senior Center for this program to learn more about your transportation options.

Lower Cape LGBTQ+ Seniors & Friends

ANNUAL PRIDE BBQ

Friday, June 21, 5-7pm, Cost: \$5

Join us as we celebrate Cape LGBTQ Pride month with our Annual Pride BBQ in the garden at the Orleans Senior Center, complete with all the traditional BBQ fixings! The Sarah Burrill Band will be performing and is geared for fun, dance and sing-along's (every song's a sing along). A mix of blues, reggae, R&B, country and rock and roll! From Patsy Cline to Prince, the Beatles and Stones, and all that's in between. This event has become a Pride month tradition for many and space is limited so sign-up early. Pre-registration is required, no walk-ins. **Call the Senior Center to register by 6/17.** **PLEASE BRING A LAWN CHAIR IF YOU CAN.**



REIKI SESSIONS

Monday Mornings, June 17 & 24

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 6/3.*



HANG UP ON Gift Card Scams
ReportFraud.ftc.gov

? Buying a gift card to pay someone?

! STOP. It's a scam!

! Gift cards are for gifts.

Do NOT use a gift card to pay: the IRS or Social Security, tech support, a family member in trouble, ransom or to avoid arrest or deportation, a member of the military, or to keep your utilities on.

Report gift card scams at: **ReportFraud.ftc.gov**

REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm

May 3, 10, 17, 24, 31 & June 7, 14, 28

Join fellow artists for fellowship and an opportunity to keep your projects moving along. Please bring a plastic table cover along with your supplies.

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, May 10, 10am

"Hope" by Jane Goodall

Friday, June 14, 10am

"The Dictionary of Lost Words" by Pip Williams

BOWLING

Wednesday, May 22, 1:30pm

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 (Not 5/21)

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

May 3, 10, 17, 24, 31 &

June 7, 14, 28

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 (Not 5/21)

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.**



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 is a drop-in activity, no registration is required.**



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	\$54	June 3, 10, 17, 24 & July 1, 8, 15, 22, 29
NIA	FRIDAYS	10:00 - 11:00 am	\$42	June 7, 14, 21, 28 & July 5, 12, 19
SIT FITNESS	MONDAYS	11:00 - 11:45 am	\$27	June 3, 10, 17, 24 & July 1, 8, 15, 22, 29
SIT FIT YOGA	TUESDAYS	11:00 - 11:45 am	\$27	June 4, 11, 18, 25 & July 2, 9, 16, 23, 30
SIT FITNESS	WEDNESDAYS	11:00 - 11:45 am	\$21	June 12, 26 & July 3, 10, 17, 24, 31
SIT FITNESS	THURSDAYS	11:00 - 11:45 am	\$21	June 6, 13, 20, 27 & July 11, 18, 25
TAI CHI	WEDNESDAYS	9-10 am	\$42	May 22, 29 & June 5, 12, 26 & July 3, 10
YOGA	TUESDAYS	9:45 - 10:40 am	\$54	June 4, 11, 18, 25 & July 2, 9, 16, 23, 30
YOGA	THURSDAYS	9:45 - 10:40 am	\$42	June 6, 13, 20, 27 & July 11, 18, 25
YOGA FLO	FRIDAYS	8:30 - 9:25 am	\$48	June 7, 14, 21, 28 & July 5, 12, 19, 26
ZUMBA GOLD	TUESDAYS	8:30 - 9:25 am		<i>On break...returning in September</i>
ZUMBA GOLD	THURSDAYS	8:30 - 9:25 am		<i>On break...returning in September</i>

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 & TH with Debbie) - 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 (Sorry, on break and returning in September.)

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:

- May 6: Roasted Squash Soup, Egg Salad Sandwich Chips & Dessert
- May 13: Creamy Tomato Basil Soup, Chicken Salad Wrap, Chips & Dessert
- May 20: Hungarian Mushroom Soup, Grilled Ham & Cheese, Chips & Dessert
- May 27: **SENIOR CENTER CLOSED (Memorial Day)**
- June 3: Beef Barley Soup, Tuna Salad Sandwich, Chips & Dessert
- June 10: Clam Chowder, BLT Sandwich, Chips & Dessert
- June 17: Minestrone Soup, Grilled Cheese, Chips & Dessert
- June 24: Vegetable Beef Soup, Turkey & Cheese Roll-Up, Chips & Dessert
- July 1: Chili, Cornbread, Salad & Dessert

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY

Registration begins Monday, May 6, 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 5/15 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:

- May 3: Beef Enchiladas, Spanish Rice, Fiesta Salad & Dessert
- May 10: **SPECIAL DERBY DAY LUNCH...see p. 1**
- May 17: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Linguine with Clam Sauce, Caesar Salad, Garlic Bread & Dessert
- May 24: Baked Orange Chicken, Rice, Mandarin Orange Salad & Dessert
- May 31: Meatloaf, Mashed Potatoes, Roasted Vegetables & Dessert
- June 7: Roast Pork Loin, Mashed Potatoes, Broccoli & Cauliflower Au Gratin, & Dessert
- June 14: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Cape Cod Reuben, Coleslaw, Baked Beans & Dessert
- June 21: Chicken Parmesan, Pasta, Salad, Garlic Bread & Dessert
- June 28: **NO COMFORT KITCHEN**
"LUNCH & LISTEN CONCERT"...see p. 1
- July 5: Chicken Croquettes, Mashed Potatoes, Glazed Carrots & 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.

FOOT CARE SERVICES

We have a local certified footcare nurse, Sister Rebecca Crandall, providing footcare appointments **for non-diabetic 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.**



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.



NOTARY SERVICES

The COA can provide notary services for certain required notarizations. The notary service 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.



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.**

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.

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.**



SUPPORT & NUTRITION

SUPPORT GROUPS

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.**

CARING CONNECTIONS

This is a special program for care partners and their loved ones to attend together. The COA hosts a “Caring Café” to provide an opportunity to share a meal while connecting with others. **Please see p. 12 for dates and details.**

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.**

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.**



Nauset Beach Photo, 04/24, J. Wilson

FOOD & MEAL SUPPORT



COMFORT KITCHEN

DELIVERED MEALS

The COA provides a limited number of home-cooked, home-delivered meals once a week for vulnerable homebound seniors. This allows 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

YOUR SUPPORT IS VERY MUCH APPRECIATED

The Friends once again wish to express their appreciation of your continued generous financial support, thus enabling us to continue our support of the Orleans Senior Center.

At our recent meeting, the Friends Board voted unanimously to continue to financially support activities such as the Caring Connections program, and monthly art therapy programs for the Rock Harbor Respite program participants. We also voted to support the meals delivered to homebound and vulnerable older adults through the COA Comfort Kitchen program on Fridays.

The Friends will continue its sponsorship of the popular Friends Fish Fridays as part of the COA's lunch programming and will help with the cost of the annual Pride Barbecue. We are also helping sponsor a new educational program about the Juneteenth holiday.

The town of Orleans is scheduled to replace one of the COA vehicles in fiscal year 2025. However, the Friends support the cost of maintenance for both COA vehicles on an annual basis.

The Orleans Council on Aging & Senior Center will celebrate its 50th anniversary in September - not in May as we had announced in the previous issue of Tidings - our apologies!

Thank you again for your support of our truly outstanding Orleans Senior Center and its caring and supporting staff!

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.



2024-2025 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, 2024 through June 30, 2025.

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

SMALL HOME UPGRADES WITH BIG IMPACT FOR AGING

It doesn't always take a big home addition, a sizable financial investment or an overhaul of the way you live to ensure that you can stay in your home as you age. Consider minor changes to make your house a safer place to grow older.

- 1. Change out doorknobs and other hardware**
Many older homes have round doorknobs, which people can find hard to turn as they lose dexterity in their hands. It's easy and relatively inexpensive to switch your doors to lever handles.
- 2. Declutter, then upgrade storage options**
To avoid tripping on the stuff that collects on floors and in hallways, set up dedicated storage areas for small items that get underfoot.
- 3. Create safer floors and walkways**
Small scatter rugs that can slide around present a fall risk, so swap out several small throw rugs for a large low-pile area rug that's secured by a pad underneath and anchored by pieces of furniture.
- 4. Add user-friendly lighting**
Improved lighting decreases the risk of falls. So that can mean getting brighter bulbs or just increasing the light you have in the space.
- 5. Add safe, visible handrails**
Use bannisters and for added security, install grab bars in a shower and elsewhere in a bathroom. Grab bars should be installed by a professional.
- 6. Upgrade your shower and toilet**
If your home has a traditional bathtub that you step up and into, it may be time to shift to a walk-in shower and higher profile toilet.
- 7. Swap out your chairs**
It's important to have the right kind of chairs as you get older. Make sure to have chairs with sturdy arms to steady you as you stand up or sit down.

(From AARP.org, by Melissa Rayworth, 2/1/23)

DENTAL CARE FOR HOMEBOUND INDIVIDUALS

Mobile Dental Hygiene Services is now booking in-home preventative dental care visits to individuals who are unable to access dental care in traditional office settings. Please call **508-827-6725** or email **smiles@mobiledentalhygiene.com** for more information and to make an appointment.



GARDEN TOUR

The Orleans Improvement Association will host its 24th Annual Garden Tour, "Wandering Thru Olde Cape Cod," on Saturday, June 22, 2024, from 10am to 4pm. The tour features five beautiful and varied gardens and attendees will observe plein air painters at work in the gardens, interact with master gardeners, and following the tour, attend receptions at local art galleries from 3-6 pm. Tickets will be on sale Memorial Day Weekend. *Learn more at orleansimprovement.org.*



MEN'S COFFEE CLUB Thursdays, 1:30-3:30pm September - June

At St. Joan of Arc Parish Center

Members originate from all walks of life. Men come from Orleans, Brewster, Eastham, Harwich, Dennis, etc. Topics vary and are presented by the assigned moderator with group discussion. Coffee and doughnuts provided. For more information contact David Dolbec at dwdolbec@gmail.com or 508-240-5461.



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.



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.



May Caring Connection Cafe

Wednesday, May 15, 10:45am-1pm

Let's be creative as we make inspirational plaques under the guidance of an art therapist. Lunch to follow and you can bring your projects home with you. Menu will include chicken kabobs, rice pilaf, and dessert.

June Caring Connection Road Trip

Wednesday, June 12, 12-1:30 pm

Meet us at Cobie's and enjoy lunch on us to kick off the summer! Onion rings or fries? It's up to you to decide. Either way, we will enjoy catching up with each other and ending our lunch with the perfect summer treat – ice cream!

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 5/8 & 6/3.

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



Eversource Bills

Do you have an outstanding bill that exceeds \$300 and is more than 60 days past due? Eversource offers a program called New Start to help forgive outstanding debt as you make agreed upon monthly payments. Income guidelines do apply. Call 866-315-2496 for more information.

Laughter

You have probably heard the saying, "laughter is the best medicine." Why is laughter so good for us? Laughter increases our intake of air, stimulating our hearts and lungs. Positive thoughts help our bodies fight stress which can boost our immune systems. Laughter can help improve your mood and help you connect with others. Laughter is contagious – share a laugh with someone by telling a joke or a funny story. Find greeting cards or comic strips which make you laugh, and keep them around when you need a bit of a lift. Watch a comedy show or a funny movie. Maybe even brush up on a knock-knock joke to share (the library probably has some good joke books). Try to find some times to laugh – it really is good medicine, and you don't need to call your doctor or go to the pharmacy!

Adapted from www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456

Assistance Programs

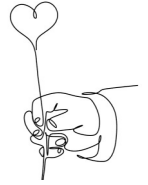
With rising costs of groceries and utilities, please consider contacting the Outreach Department if you are interested in options which can offer assistance. We can talk about your circumstances and help you apply for food assistance, energy assistance or other options. Please call the Senior Center and ask to speak with the Outreach Department for a confidential discussion.

Information & Referral

If you would like information about available community resources for older adults, or have questions about your particular situation, please call the Senior Center and ask to speak with a member of our Outreach Department for a private and confidential discussion.

WE RISE BY LIFTING OTHERS

"We rise by lifting others." This profound insight from Robert G. Ingersoll, a 19th century orator and human rights activist, distills a fundamental truth - that elevating those around us ultimately uplifts ourselves. This sentiment is at the heart of volunteering and we believe it is why you do what you do to help us serve the community. Our success and happiness are not dependent solely on our own efforts, but on the collective efforts of those around us. When we help others, we create a positive cycle of support and encouragement that can benefit everyone involved and contribute to the betterment of our community.



Whether it's through volunteering your time to serve lunch to those with dementia so their caregivers have a day of respite, or offering guidance with decisions in the complex world of Medicare and health insurance, or delivering food to your neighbors with tight budgets make it through the month, or serving on Boards to advocate for the COA, or driving someone to a medical appointment, or helping low income residents file their taxes, or helping with so many other special programs of the COA...YOU ARE lifting others. Every small act of kindness and support can make a difference, and acts of kindness can be the most powerful, least costly, and most underrated agents of human change. You are truly lifting others and making a difference in the community, and we are blessed by your service.

A special "Thank You" to the Hot Chocolate Sparrow!

The staff of the Orleans COA want to thank the Hot Chocolate Sparrow for their generous contribution towards our volunteer thank-you gifts. Orleans is truly a wonderful place knowing people support the community and the community supports the people!

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.

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

Cost: \$2

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.**



PROVINCETOWN TRIP

Wednesday, May 22

P Join others for a trip to Provincetown before the tourists arrive. Visit the Race Point Visitor Center, walk down Commercial Street, or go to lunch. (Lunch is on your own.)

HYANNIS TRIP

Wednesday, June 26



We'll take you to Trader Joe's plaza, Target and the Cape Cod Mall, Festival Plaza, the Paper Store or Panera, even Main Street...you decide! (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><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/PER TRIP.**

REMINDERS FOR RIDERS:

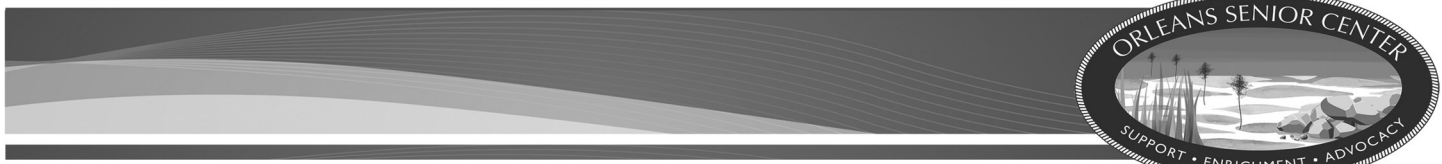
- We will not transport anyone who is sick. We reserve the right to require masks as needed.
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry 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

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
Mary Walsh
VACANT POSITION

**UPCOMING PUBLIC COA BOARD MEETINGS:
Wednesdays, May 22 & June 26
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.

