



Tidings

July/August 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

As you receive this, we will be completing the first phase of our Senior Center HVAC replacement project. The work done so far has replaced three of our old heat and air systems with updated energy efficient units. We've experienced some hiccups along the way, but please know we continue to do our best working with those involved to mitigate the interruptions to the programs and services we know are important to you. As stewards of this incredible resource of our community, we know it is important to find a way to care for the infrastructure while we care for the individuals we serve in order to protect the integrity of the building. We thank you for your patience and will continue to keep you apprised of our progress.

SUMMER "LUNCH AND LISTEN" CONCERT SERIES:

"GEORGE LYONS: SINATRA'S SIGNATURE SOUND"

Friday, July 26, 12-1pm

From The Colonnade to The Park Plaza, George has serenaded guests at some of the most elegant and sophisticated restaurants in the Greater Boston Area. His sound reflects the genuine charisma Sinatra was known for, and pays tribute to some of the finest music of our generation. George Lyons is a World Class Entertainer who, for over 25 years, has been entertaining audiences of all ages across New England.



CAPE HARMONY

Friday, August 9, 12-1pm

Cape Harmony is Cape Cod's all-treble a cappella group, comprised of 10 talented singers from all over the nation who come to Cape Cod during the summer to make music for its residents and visitors.



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 brown bag 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 7/15.*

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

REGISTRATION FOR ALL PROGRAMS BEGINS

MONDAY, JULY 1st, AT 9AM

Please see p. 2 for details

THE SENIOR CENTER WILL BE CLOSED TH 7/4 (Independence Day)

SPECIAL ACTIVITIES

O.S.C.A.R !

Orlans Senior Center Active Recreation. This initiative was created to provide opportunities for Orleans seniors to get outside, try something new, enjoy Cape Cod's unique recreational activities, and encourage health and wellness while having fun!



CAPE ESCAPE MINI GOLF & WENDYS Wednesday, July 24, 10am-1pm Cost: \$5 (lunch on your own)

Escape by playing tourist and enjoying some traditional local summer fun. We're going to play 18 holes of award winning mini golf as we putt through beautiful waterfalls in a nautical setting with a live Koi fish pond. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/15.*

INTRO TO E-BIKES

With Idle Times Bike Shop Tuesday, July 30, 2pm

Electric bikes are an effective means of eco-friendly transportation becoming popular, especially for older adults. However, before stepping into the world of e-bikes, you should be well-informed about what to expect and what factors to consider. We will have e-bikes on display and there will be time for questions to help navigate the process of determining if an e-bike is right for you. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/15.*



REIKI SESSIONS

Monday Morning Appointments July 8, 15, 22, 29 & August 5, 12, 19, 26

Cost: \$5 per session

With 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 7/15.*



IMPORTANT REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, July 1ST 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 Annual Summer's End BBQ 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, July 12 & August 9

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 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

WHALING IN NEW ENGLAND

With Author Dr. Michael Pregot

Tuesday, August 6, 2pm

Many different forms of whaling have been used on Cape Cod - drift, shore, herding, and arctic whaling have all been practiced here at one time or another. Each specific form of whaling has a small history connected to it. In the early 1800's whaling was among the most profitable enterprises in the US, second only to textiles. It remained strong for six decades. The reason why whale products are so valuable, as well as the rationale as to why the whaling center moved from Nantucket, to Wellfleet, to New Bedford and eventually Provincetown will be discussed. Retelling the storied lives of several successful Cape Cod whaling captains makes the session come alive. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/15.*



NATIVE PLANTS TO ATTRACT BIRDS

Tuesday, August 20, 2pm

Do you want to help the environment, water less, and attract birds to your garden? Growing native plants in your garden helps to support the local ecosystem and increase biodiversity. Because they are adapted to our local soil and climate, native plants require less water and other inputs, and they form the base of native food chains that feed birds. Join Master Gardener, Fran Raleigh, to learn more about specific plants native to Cape Cod which can increase the appeal of your yard to our native and migrating birds. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/15.*



SPECIAL PROGRAM

LADIES LUNCH:

Aroma Therapy

Wednesday, August 7, 12pm

Cost: \$5



12pm Luncheon Served: Lemon Orzo Salad with Chicken, Rolls & Dessert

1pm Presentation

Although aromatherapy has been around since 5500 BC, there has been a lot of buzz around this topic in recent years. This presentation will focus on the properties and characteristics of several common plant and tree essences. We will discuss basic uses of aromatherapy, application methods, and even sample some high quality essences. Presented by Lisa Bushy. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/15.*

**“The best thing about being over 70,
is being over 70.
Certainly when I was 45,
the idea of being 70 was like, ‘arghhh!’
But you only have two options in life:
die young or get old. There is nothing else.”**
-Helen Mirren

Orleans Senior Center ANNUAL SUMMER'S END BBQ

Friday, August 23, 11am

Cost:

\$10 for Orleans Seniors & Friends Members

\$15 for Non-Residents



11am Musical Performance with Catie Flynn

12pm Traditional BBQ Lunch

Come join us as we close out the summer with a traditional BBQ in the garden (weather permitting) complete with hot dogs, hamburgers, salads and dessert. We'll be entertained by local favorite, singer songwriter, Catie Flynn. Born and raised on Cape Cod, Catie attended Berklee College of Music and spent time in Nashville before returning home. She sings an eclectic mix of easy listening tunes including Joni Mitchell, Paul Simon, Norah Jones, and more. **SPACE IS LIMITED. Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/15. Please bring a lawn chair if you are able. (Sorry, no refunds once tickets are purchased.)*

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



SPECIAL ACTIVITIES

TAI CHI (with Lisa)

FOR ALL

Wednesdays, 9-10am, Cost: \$42
Aug. 7, 14, 21, 28 Sept. 4, 11, 18

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 7/15.**



FOR THOSE WITH PARKINSON'S

Thursdays, 8:30-9:15am, Cost: \$30
July 11, 25 & Aug. 8, 22 & Sept. 12

Studies have shown that Tai Chi practice was effective in improving postural stability and other functional outcomes in patients with mild-to-moderate Parkinson's disease. Tai Chi training also significantly reduced the incidence of falls in older adults. It is a balance-based exercise that focuses on slow movements with minimal stress on muscles and joints. *Class must have a minimum of 10 participants.* **Call the Orleans Senior Center to register. Non-residents may register beginning 7/8.**

PAINTING CLASSES

With Local Artist, Karen North Wells
Mondays, 1:30-4:15pm
NEW CLASS STARTS IN SEPTEMBER



Class Dates:

Sept. 16, 23, 30 & Oct. 7, 21, 28 & Nov. 18
No class on 10/14, 11/4 & 11/11

In these classes students will learn to paint florals, landscapes and seascapes, while gaining a variety of techniques and principles including color, value and composition from an award winning local artist. All levels welcome, even the first time painter! **Supply list available from the Senior Center reception desk.** Please bring a plastic table cover to protect our tables. **The cost is \$105 for 7 classes, payable in advance.** *These classes often fill early, so don't delay, sign-up now.* **Call the Orleans Senior Center to register. Non-residents may register beginning 7/15.**

CRAFT CORNER

CHRISTMAS IN JULY

Thursday, July 25, 2pm

Cost: \$5

Join us and make your own ornaments in July. This will be a fun afternoon of designing and painting snowflakes. You will choose the color and then create beautiful snowflakes on the outside of a plastic ornament.



BANDANA WREATH

Wednesday, August 28, 2pm

Cost: \$10

Beat the heat and join us in making a fun bandana wreath for your home. No sewing skills required!



Samples of craft projects on display in Senior Center Lobby. Call the Orleans Senior Center to register. Non-Residents may register starting 7/15.

SENIOR CENTER CINEMA

ONE LIFE (PG)

Thursday, July 18, 1:30pm



Starring Anthony Hopkins, this 2023 film tells the true story of Nicholas Winton, who organized the rescue of hundreds of predominantly Jewish children from the Nazis on the verge of WW II.



THE HILL (PG)

Thursday, August 15, 1:30pm



Starring Dennis Quaid and Colin Ford, this 2023 film is an inspiring story of baseball phenomenon Rickey Hill, who overcomes his physical disability and repairs his relationship with his father in a quest to become a major league baseball (MLB) player.

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 7/8 & 8/1.**

REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm

July 5, 12, 19 & August 2, 16

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, July 12, 10am

"James" by Percival Everett

Friday, August 9, 10am

"The Little Italian Hotel" by Phaedra Patrick

BOWLING RETURNS

SEPT. 4th

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.**



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

RETURNING IN SEPTEMBER



MAHJONG PLAYERS

Fridays, 2-4pm

July 5, 12, 19 & August 2, 16

Please bring your own board sets and table covers to play. New players are always welcome!

No need to pre-register.



SALTY BOOTS LINE DANCING

Tuesdays, July 9, 23 & Aug. 13, 27

2-3pm, Cost: \$24

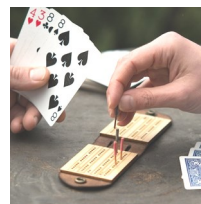
Our instructor will teach the basic footwork and line dances will include a mix of contemporary and country-western dancing. This is easy to learn for newcomers and all are welcome. This is a fun-filled afternoon of line dancing, exercise and camaraderie and no partner is necessary. **Call the Orleans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



GAME LOUNGE at the Center
Tuesdays, 1:30-4pm (**NEW DAY & TIME**)

PING PONG & CRIBBAGE & RUMMIKUB
...and more!

Every Tuesday afternoon we transform space into a fun Game Lounge. We have a regulation ping-pong table and covered tables for recreational games like cribbage, chess, Rummikub, board games, or cards. We even serve snacks. This is a great opportunity to have some fun, stay engaged, and make some connections in a friendly atmosphere. **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 - 9:55am	\$48	Aug. 5, 12, 19, 26 & Sept. 9, 16, 23, 30
NIA	FRIDAYS	10:00 - 11:00am	\$36	Aug. 2, 16, 23, 30 & Sept. 6, 13
SIT FITNESS	MONDAYS	11:00 - 11:45am	\$24	Aug. 5, 12, 19, 26 & Sept. 9, 16, 23, 30
SIT FIT YOGA	TUESDAYS	11:00 - 11:45am	\$21	Aug. 6, 13, 20, 27 & Sept. 10, 17, 24
SIT FITNESS	WEDNESDAYS	11:00 - 11:45am	\$24	Aug. 7, 14, 21, 28 & Sept. 4, 11, 18, 25
SIT FITNESS	THURSDAYS	11:00 - 11:45am	\$24	Aug. 8, 15, 22, 29 & Sept. 5, 12, 19, 26
TAI CHI	WEDNESDAYS	9:00 - 10:00am	\$42	Aug. 7, 14, 21, 28 & Sept. 4, 11, 18
YOGA	TUESDAYS	9:45 - 10:40am	\$24	Aug. 27 & Sept. 10, 17, 24
YOGA	THURSDAYS	9:45 - 10:40am	\$30	Aug. 29 & Sept. 5, 12, 19, 26
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$54	Aug. 2, 9, 16, 23, 30 & Sept. 6, 13, 20, 27
ZUMBA GOLD	TUESDAYS	8:30 - 9:25am	\$18	Sept. 10, 17, 24 (<i>class breaks for July & Aug.</i>)
ZUMBA GOLD	THURSDAYS	8:30 - 9:25am	\$18	Sept. 12, 19, 26 (<i>class breaks for July & Aug.</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

Easy to follow choreography which focuses on balance, range of motion, and coordination. Come ready to work out, have some fun, and leave empowered.

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:

- July 1: Chili, Cornbread, Salad & Dessert
July 8: French Onion Soup, Roast Beef Wrap, Chips & Dessert
July 15: Chicken & Rice Soup, BBQ Chicken on a Roll, Chips & Dessert
July 22: Fish Chowder, BLT on Wheat, Chips & Dessert
July 29: Italian Wedding Soup, Italian Stromboli, Chips & Dessert
Aug. 5: Kale Soup, Egg Salad on White Bread, Chips & Dessert
Aug. 12: Corn Chowder, Chicken Caesar Wrap, Chips & Dessert
Aug. 19: Zuppa Tuscano Soup, Chicken Caprese Sandwich, Chips & Dessert
Aug. 26: Chicken Noodle Soup, Turkey Club Wrap, Salad & Dessert
Sept. 2: **SENIOR CENTER CLOSED (Labor Day)**

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY:

Registration begins Monday, July 1, 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 7/15 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:

- July 5: Chicken Croquettes, Mashed Potatoes, Glazed Carrots & Dessert
July 12: Surf & Turf, Steak & Shrimp on the BBQ, Salad, Roasted Potatoes, & Dessert
July 19: **FRIENDS FISH FRIDAY!** (see Reminder)**
 **Stuffed Quahogs, Rice Pilaf, Summer Salad & Dessert**
July 26: **NO COMFORT KITCHEN**
"LUNCH & LISTEN CONCERT" ...see p. 1
Aug. 2: Meatloaf, Mashed Potatoes, Roasted Vegetables & Dessert
Aug. 9: **NO COMFORT KITCHEN**
"LUNCH & LISTEN CONCERT" ...see p. 1
Aug. 16: **FRIENDS FISH FRIDAY!** (see Reminder)**
 **Clam Chowder, Lobster Rolls, Cole Slaw & Dessert, Cost \$15**
Aug. 23: **NO COMFORT KITCHEN...**
"ANNUAL SUMMER BBQ" ...see p. 3
Aug. 30: Chicken Pad Thai, Zucchini & Carrots & Dessert
Sept. 6: Turkey and Veggie Hand Pies with Gravy, 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.

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.**



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

ANNUAL MEETING

The Friends held their Annual Meeting on June 6, 2024, during which the past year was reviewed and officers for the next fiscal year were elected. Our annual report included the Friends' continued financial assistance and sponsorship of many COA programs such as Healthy Meals in Motion, which allows participants to obtain supplemental food through a partnership the COA has with the Family Pantry, and the Friends provide items not available through the pantry. The Friends also co-sponsored the "Lunch and Listen" concert series. Funding assistance by the Friends for future COA programs was also discussed and will be definitely included in a future meeting agenda. The Friends are always open to helping Orleans seniors meet unexpected and unique challenges that can occur at any time.

We continue to receive generous contributions in response to our annual membership drive and we thank you all for enabling the Friends to continue to financially assist in our Orleans Senior Center's many programs as

well as our "Friends Care" benevolent fund. The Friends are also looking forward to celebrating the 50th anniversary of the Orleans COA/Senior Center in September.

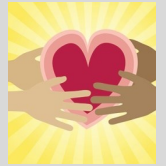
Friends Board:

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.

<input type="checkbox"/> I agree to non-voting membership & governance by the Board of Directors.	Date: _____
<input type="checkbox"/> Supporter \$100	Name _____
<input type="checkbox"/> Donor \$50	Mailing Address _____
<input type="checkbox"/> Family \$25	Town/Zip _____ Phone _____
<input type="checkbox"/> Individual \$15	Email: _____
<input type="checkbox"/> Other \$ _____	<input type="checkbox"/> 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

SENIOR TAX WORK-OFF PROGRAM



The Town of Orleans Senior Tax Work-Off Program offers qualified senior homeowners the opportunity to volunteer for the Town of Orleans in exchange for a property tax bill reduction of up to \$1,500 per fiscal year. Tax Work-Off participants may work in an array of volunteer positions across the town. The program is administered by the Council on Aging in collaboration with other departments. There is still time to participate in 2024. Not able to volunteer due to health issues, but a property tax deduction would be truly helpful? This year there is an “angel provision” which allows someone to volunteer for you. For income guidelines and additional information, please come in to the Senior Center, call Director Judi Wilson, or go to: www.town.orleans.ma.us and go to the Council on Aging Department’s page.

HOUSEHOLD HAZARDOUS WASTE COLLECTION

Saturday, September 14

9:30am-12pm

At Orleans DPW, 40 Giddiah Hill Road

The final Orleans hazardous waste collection day for 2024 is coming up. Help protect our Cape environment by disposing of hazardous waste properly. This service is free, and only requires proof of residency. Bring your pesticides, cleaners, auto and boat fluids, and more. For more information call #1-800-319-2783 or go to:

www.loveyourlocalwater.org



Barnstable County HUMAN RIGHTS COMMISSION

Seniors are frequently discriminated against, but the BCHRAC and your town liaison can help with age discrimination resources. If you feel you may have been illegally discriminated against in housing, education, employment, town or county services, banking or credit, or public accommodation, based solely upon your age, please contact Constance Kremer at constancekremer@gmail.com, or by phone at 508-246-7443. Constance is the Orleans liaison to the Barnstable County Human Rights Advisory Commission. The commission is a Cape-wide resource available to help address human rights concerns. Go to: www.capecod.gov/departments/human-rights

iPad LOAN PROGRAM

The COA wants all Orleans seniors to have access to the growing virtual world so we have **internet-equipped iPads to loan out**. You can utilize these devices to go online, even if you don’t have home internet service. You can borrow these devices and bring them home to get more familiar with iPads, connect with family on video sites, check email, access the internet, or just play games to get more familiar with using the technology. This is a great way to check out the technology and if its new to you, we can help get you started and it comes with an easy to use resource book. **For more information, or to borrow an iPad, contact the COA Outreach Department at 508-255-6333.**



Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time



Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at www.nia.nih.gov/memory-and-aging.



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

On break...back in September

This is a special program for care partners and their loved ones to attend together. We host a "Caring Café" lunch every other month at the Orleans Senior Center to give you an opportunity to share a meal while connecting with others. Some lunches will be followed by a speaker on topics of interest. On alternating months, we will hit the road for a local trip. If you want to learn more, contact our Outreach Department.



FAMILY CAREGIVER SUPPORT

The Family Caregiver Support Program is a program at Elder Services of Cape Cod funded through the Older Americans Act which strives to support and promote the ability of caregivers to continue in their caregiving role by helping them to make informed decisions, solve problems and reduce stress. Who is eligible for services?

- Anyone caring for a spouse, parent, sibling, other family member or neighbor who is 60 years or older.
- Anyone caring for someone with Alzheimer's Disease or Dementia.
- Anyone over the age of 55 caring for a disabled individual
- Grandparents age 55 or older who are caring for a child age 18 or younger.

For more information, or to learn about available support groups, call 508-394-4630 and ask for the Family Caregiver Support Program



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



A Gentle Reminder

Many insurance or benefit assistance programs require regular updates to maintain enrollment. If you do not return the requested information timely, you can lose these benefits. You may not realize that the benefits have stopped until you are in a doctor's office or get a bill. Please do not overlook these renewal forms. If you have questions about something you have received, you can contact the Outreach Department for information about next steps.

Social Security Questions

If you have questions for Social Security about Medicare, benefits, overpayments or redeterminations, you now have the option to schedule a video appointment with them. You must have a device which uses Microsoft Teams for the appointment. Appointments can be scheduled by calling 800-772-1213. Phone appointments as well as in-person options remain available.

Avoiding Mosquito Bites

Not only are bites from mosquitoes itchy and uncomfortable, for seniors they can pose additional challenges. As we age, our skin becomes thinner and more fragile. Scratching the bites can cause skin tears and expose us to potential infections. Older adults may be more prone to reactions from bites, and if immune compromised, more susceptible to serious illness like West Nile virus. Recent research has indicated that coconut scented soaps or lotions may be a safer bet than floral scents, since mosquitoes are drawn to floral scents while searching for nectar. Clothing treated with permethrin is effective at decreasing mosquito bites as well as tick bites. Picking clothing in green, purple, blue or white (colors mosquitoes avoid) may also be helpful to avoid bites. Use an insect spray contacting DEET. Lawn spraying can be effective in the short term, but does not prevent mosquitoes from returning to your yard and other insects can be impacted. If you are interested in a non-toxic repellent, catnip essential oil has been shown to be quite effective.

[Adapted from AARP.org, "Repelling Mosquitoes: What Science Says Does and Doesn't Work," By Jodi Helmer, 2023/2024]



Monthly Food Delivery Volunteers

We currently need a few dedicated individuals to join our "Healthy Meals in Motion" Team. This is a volunteer opportunity which occurs on the third Friday of every month and would take approximately one to one and a half hours of your time. The position helps deliver food to seniors in Orleans through our COA collaboration with The Family Pantry. You need to drive and have the ability to climb stairs and carry approximately 5-15 pounds. We also want volunteers with a healthy dose of compassion accompanied by a kind smile as you make the rounds in the community. We do our best to send you to the same households each month and keep your destinations grouped close together.



FISH Drivers

We are always looking for a few more volunteers willing to join our FISH team (*Friends In Service Helping*). Our FISH volunteers drive Orleans seniors to medical appointments, typically from Wellfleet to Hyannis. You can volunteer as little as once a month, and we will work with your availability accommodating your vacations, appointments, company, etc. Help us to meet the critical transportation needs in our community!



The Orleans Council on Aging follows best practices for volunteer management. All volunteer positions require an application with emergency contact information, a valid picture ID, a CORI background check (which takes as little as 5 minutes), and for drivers we require copy of valid drivers license and proof of vehicle insurance.

For more information on volunteering, 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 9:30am and return at approximately 1pm. Space is limited. We will pick you up at your home (Orleans Seniors) or you can meet us at the Senior Center. **Call the Orleans Senior Center to register.**



DENNIS DASH TRIP

Wednesday, July 31

Ocean State Job Lot, Big Lots and Dollar Store **with lunch on your own.**

THRIFT SHOP TOUR

Wednesday, August 14

Hop on the Senior Center van for a thrift shop "field trip" to seek out rare treasures and bargains only to be found in our local thrift shops. We will visit five shops in the greater Orleans area **with lunch 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.

- **RESERVATIONS 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. (FISH & COA BUS) 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 RHV Pickup: approx. 10am *CALL TO SCHED. Tonset Woods: approx. 11am *CALL TO SCHED.	YES	NO	Limited	NO	NO
GROCERY SHOPPING AT SHAW'S RHV Pickup: approx. 12:30pm *CALL TO SCHED. Tonset Woods: approx. 1:15pm *CALL TO SCHED.	NO	Limited	NO	NO	YES
GROCERY SHOPPING AT FRIENDS MARKET	YES	NO	Limited	NO	YES

PLEASE REMEMBER...ALL RIDES & ALL STOPS MUST BE SCHEDULED AHEAD OF TIME.
\$2 donation per trip is appreciated. \$5 donation per trip for out of town medical appointments.
 Please let us know if you require wheelchair accommodations.

SCHEDULING RIDES

- **To schedule a ride, PLEASE CALL THE ORLEANS SENIOR CENTER**
Monday - Friday, between 8:45am - Noon at 508-255-6333.
- When calling to schedule a ride, please say, "I 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:

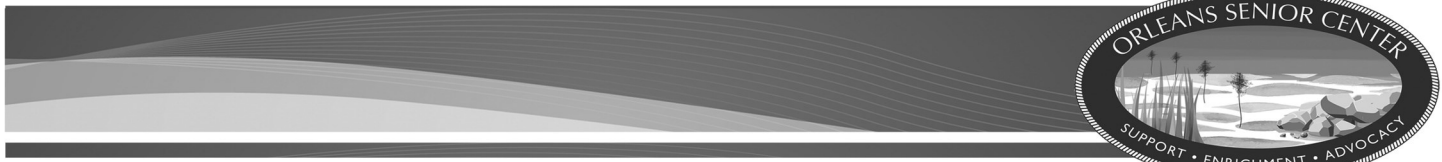
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry bags, but may not enter homes.
- ***Last minute and repeated cancellation of rides, unless 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:
Wednesday, August 28, at 1pm
at the Orleans Senior Center
(NO MEETING IN JULY)

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.

