



Tidings

September/October 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

This is a very special time for the Orleans Council on Aging & Senior Center, not only is it National Senior Center Month, but we are celebrating our 50th Anniversary! PLEASE SEE THE 4-PAGE INSERT IN THE MIDDLE OF THIS NEWSLETTER FOR DETAILS about this big milestone, as we have some special events planned and we hope you'll join us!



MEDICARE OPEN ENROLLMENT...Coming Soon October 15 – December 7

If you need help with Medicare health insurance decisions during the Open Enrollment period, **call the Orleans Senior Center to schedule your appointment.** *Don't wait...appointments will fill up.*



EngAGE ACADEMY

4 Fridays, Beginning November 1, 2-3:30pm

This 4-part informational series will help participants actively engage in preparation for the aging process to empower you to "Live Well, Age Well." The framework for the sessions will include Preparedness, Circle of Support, Tough Conversations, and Aging Through Change. We find too often that many we interact with aren't prepared for their aging journey, and when this happens it often leaves individuals vulnerable and without a voice or direction at critical times. Older adults are a multi-generational group...65 is not 75, and 75 is not 85. Have you thought about what things might look like for you in ten years? Are you prepared for what might come? If your goal is to "age in place," you need to prepare. This is an interactive group to help you actively engage in your aging journey and you will walk away with planning tools and resources. **Come engAGE with us!** Space is limited. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 10/1.*



REGISTRATION FOR ALL PROGRAMS BEGINS

TUESDAY, SEPTEMBER 3RD, AT 9AM

Please see p. 2 for details

STATE PRIMARY ELECTION T 9/3

SENIOR CENTER WILL BE CLOSED M 9/2 (Labor Day) & M 10/14 (Columbus Day)

SPECIAL ACTIVITIES

O.S.C.A.R !

Orleans 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, while connecting and engaging with others to have fun!



HIGHFIELD HALL & GARDENS

Wednesday, September 18, 10am-2pm

Cost: \$10 (lunch on your own)

Highfield Hall & Gardens, a five-star rated destination, is a magnificent Victorian mansion with beautiful gardens in the heart of Falmouth. There's plenty of history within its glorious old walls and the mansion is surrounded by nearly 400 acres of public conservation land and walking trails. A "must see" on Cape Cod.

CRANBERRY BOG TOUR

Thursday, October 24, 9am-2pm

Cost: \$10 (lunch on your own)

Join us in touring the largest organic cranberry bog on Cape Cod. Learn about the year-round operation of a cranberry bog, see the equipment, and visit with the farm animals.

Call the Orleans Senior Center to register.

Non-residents may register starting 9/16.

TECH TALK: IPHONES

Friday, October 18, 1:30pm

Come learn some cell phone basics with a few easy tips and tricks too! We will review settings, discuss tips for calls and contacts, and talk about "Apps" and safety precautions. There will be plenty of time for questions. Please bring your phone with you. **Call the Orleans Senior Center to register.**

Non-residents may register starting 9/16.



Lower Cape LGBT+ Seniors

"FRIENDSGIVING"

Friday, November 15, 5:30-7:30pm

The difference in this fall tradition lies in *who* you celebrate with, hence the name! We will have dinner and live music with Kim Moberg for a chance to celebrate, have some fun, and connect before the formal holiday season is upon us. More details to come, but be sure to **SAVE THE DATE!**



IMPORTANT REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN TUESDAY, SEPTEMBER 3rd AT 9am.** We will return calls in the order they are received. If our 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 **ANNIVERSARY ACTIVITIES DO NOT COUNT TOWARDS THIS LIMIT.**
- ◆ You may also register for up to 4 Comfort Kitchen and 4 Soup & Sandwich lunches.
- ◆ You may call back on 9/16 to register for more meals & activities, space permitting.
- ◆ 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, payment is due within a few days of registration, or 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 setting to help bridge the technology divide for older adults.



TECH SUPPORT - By Appointment

Fridays, September 20 & October 18

9:30am-12pm

Bring your personal device (laptop, phone, tablet) and receive individualized support. We will provide patient help learning something new or answering questions. *(This is not a computer repair service.)* When you register you will be given an appointment time. Please arrive 5 minutes early to set-up your device 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

OKTOBERFEST CELEBRATION

Friday, October 25, 11am
Cost: \$15



11am Performance by "Ragtime Jack"

12pm Oktoberfest Lunch Served, Menu to include: Bratwurst with Red Cabbage & Apples, German Potato Salad, Sauerkraut Fritter & Black Forest Cake (Served with Root and Ginger Beer)

Jack is a master of traditional country blues, ragtime & stride piano, a powerful singer and interpreter of song. He was recently inducted into the Old Time Country Music Hall of Fame, alongside Patti Page and Johnny Cash. His repertoire covers the spectrum from Appalachia to Broadway and his energy is infectious and his performances are always uplifting, engaging, and informative. This is an indoor event. **Call the Senior Center to register.** *No refunds for non-attendance.* Non-residents may register beginning 9/16.

THE EASTERN COYWOLF

Thursday, October 10, 2pm
With Peter Trull



Eastern Coyotes, now often referred to as "Coywolves," are found throughout Massachusetts and eastern North America. Here on Cape Cod with its fragmented habitats, open space "island ecosystem," and growing human population, coyotes thrive and are evident to us in our neighborhoods year-round. Unfortunately, they are not well understood by most people and their presence may cause alarm for many. Much of what we are told by others is misguided or exaggerated and can bring out fear and anxiety. As a researcher and educator, Peter offers an objective view and informs his audiences of this predator's place in our world and our place in theirs. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 9/16.*

ATTENTION SNOW BIRDS

Please help us save paper & postage
Call the Senior Center at 508-255-6333 and let us know when you'll be away this winter. We can temporarily stop your mailing and add you back when you return. *Thank you!*



MAHJONG PARTY!

Wednesday, October 30
10:30am - 3:30pm
Cost: \$10 (includes lunch)



Lunch: Crunchy Asian Grilled Chicken Salad & Dessert

Join other Mahjong enthusiasts for a marathon Mahjong party day! Five fun-filled hours playing your favorite game. We will take a break at 12:15 for a delicious lunch prepared in-house. This is a fun way to spend the day with friends or meet new friends to play with.

Sign-up as a group of 4 or request to be added to a group. Newer players are welcome as everyone had to learn the game at one time, and we welcome all here at the Orleans Senior Center. Please bring your own Mahjong set if you have one. Space is limited. **Call the Orleans Senior Center to register by 10/25.**

ONE-ON-ONE SEWER APPOINTMENTS

Wednesday, October 2
10am-12pm



If you have questions regarding the upcoming sewer transition that you've been afraid to ask, or you need more information about how you will be impacted as an Orleans homeowner, schedule a one-on-one appointment with John Nelson, the Town's Water/Sewer Program Coordinator. He can provide you with information on timing of the project which may impact you, what you need to do, what resources you may need for the process, and more. **Call the Senior Center to schedule your appointment.**

"ROSH HASHANAH" COMFORT KITCHEN

Friday, October 4, 12pm,
Cost: \$8



Come celebrate Rosh Hashanah, with a special Rosh Hashanah menu including **Apple Cider Braised Chicken, Carrot Tzimmes (sweet carrots), Noodle Kugel, and Honey Cake for dessert.** *Non-residents may register for this special meal beginning 9/16.*

SPECIAL ACTIVITIES

NEW

"SIT FIT" [With Cindy]

Fridays, 11-11:45am

Oct. 4, 11, 18 & Nov. 1, 8, 15, 22

Cost: \$21

In response to demand, we're adding a 5th day of chair fitness. This class includes seated exercises with light weights which help maintain range of motion, balance, coordination, and muscle tone. **Call the Orleans Senior Center to register.** Non-residents may be put on a waitlist and if space permits, may participate.



LEARN TO PLAY BEGINNER MAHJONG

Oct. 25 & Nov. 1, 8, 15, 22

Fridays 2-4pm

Cost: \$30 (Includes the 2024 Mah Jong card)

The class consists of the fundamentals including the tiles and their function, the Charleston and National Mahjong League rules, terminology, using the current yearly card, and striving for the winning hand. No Mahjong experience or knowledge is required. A Mahjong set is provided for use during the five week class. Upon completion you will be confident and knowledgeable to join a game of Mahjong and have sparked new friendships! **Call the Orleans Senior Center to register.** Non-residents may register starting 9/16.



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 Oct. 14 & Nov. 4 or 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.**



CRAFT CORNER

CERAMIC TILE PAINTING

with Barbara Greenspan

Thursday, October 31, 2pm

Cost: \$10

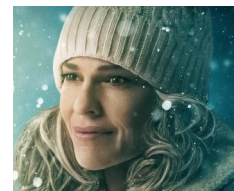
You will have the opportunity to trace a design onto a bisque tile and then paint your design with underglazes. You can bring a design with you or use one provided. These tiles are standard size; 4.25" x 4.25" or 6" x 6" square. The tiles will be kiln-fired then overglazed and fired again. Your finished tile can be used as a trivet or made into a coaster. Participation is limited. **Call the Orleans Senior Center to register.** Non-residents may register starting 9/16.



SENIOR CENTER CINEMA

ORDINARY ANGELS (PG)

Thursday, September 19, 1:30pm



Based on a remarkable true story, a fierce but struggling hairdresser (Hilary Swank) rallies the masses to help a widowed father save his critically ill young daughter. What unfolds is the inspiring tale of faith, everyday miracles, and ordinary angels.



THE FABULOUS FOUR (R)

Thursday, October 17, 1:30pm



This comedy follows a group of life-long friends (Bette Midler, Susan Sarandon & others) on an outrageous trip to Florida, to be bridesmaids in the surprise late-in-life wedding of their girlfriend.

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 9/16.

**Please see special 4-page insert
in the middle of this newsletter for
SPECIAL
50th ANNIVERSARY EVENTS
HAPPENING IN SEPTEMBER!**

REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm

Sept. 6, 13, 20, & Oct. 4, 11, 18

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 are always welcome! **No need to pre-register.**



Friday, September 13, 10am

"The Book of Lost Names" by Kristen Harmel

Friday, October 11, 10am

"West With Giraffes" by Lynda Rutledge

BOWLING

Wednesday, October 2

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 an afternoon of 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.**



GAME LOUNGE

At the Center

Tuesdays, 1:30-4pm

NO GAMES ON 9/3 DUE TO ELECTION

COME & JOIN THE FUN!

Ping Pong, Cribbage & more!

Tuesday afternoons we transform space into a fun Game Lounge. We have a regulation ping-pong table and covered tables for recreational games like cribbage, chess, board games, or cards. We even serve snacks. This is a great opportunity to make friends and stay engaged in a fun and friendly atmosphere. **This is a drop-in activity, no registration is required.**



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

Sept. 6, 13, 20 & Oct. 4, 11, 18

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



REIKI SESSIONS

Monday Morning Appointments

Sept. 9, 16 & Oct. 7, 21, 28

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.**



SALTY BOOTS LINE DANCING

Tuesdays, Sept. 10, 17 & Oct. 8, 22

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. All are welcome! **Call the Orleans Senior Center to register.**



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

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) and (F with Cindy) - Limit of 2 sessions per person

Seated exercises with light weights which help maintain range of motion, coordination, balance, and muscle tone.

NIA (with Sue)

Dedicated to physical, emotional and spiritual health, it combines dance, yoga, martial arts and mindfulness with music for non-impact aerobic fitness. Bring a yoga mat.

YOGA (with Jane)

(limit of 1 session per person - unless space permits)

Improves overall muscle tone, enhances breathing, and promotes calmness, stress reduction and body awareness. Chair & floor exercises. Bring a yoga mat.

YOGA FLO (with Cindy)

Focusing on wellness and healthy aging, gently building strength, remodeling the fascia, best suited for students with some familiarity with yoga. Chair & floor exercises. Bring a yoga mat.

ZUMBA GOLD (with Naya)

Easy to follow choreography which focuses on balance, range of motion, and coordination. Come ready to work out, 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:

- Sept. 2: **SENIOR CENTER CLOSED (Labor Day)**
- Sept. 9: Chili, Salad, Cornbread, Chips & Dessert
- Sept. 16: Chicken & Wild Rice Soup, Caprese Grilled Cheese, Chips & Dessert
- Sept. 23: Beef & Barley Soup, Egg Salad on Wheat, Chips & Dessert
- Sept. 30: Butternut Squash Soup, Chicken Salad on a Croissant, Chips & Dessert
- Oct. 7: Clam Chowder, BLT Sandwich, Chips & Dessert
- Oct. 14: **SENIOR CENTER CLOSED (Columbus Day)**
- Oct. 21: Tomato Soup, Tuna Fish on a Croissant, Chips & Dessert
- Oct. 28: Creamy Tuscan Ravioli Soup, Chicken Caesar Wrap, Chips & Dessert
- Nov. 4: Hungarian Mushroom Soup, Ham & Cheese on a Bulky, Chips & Dessert

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY:

Registration begins Tuesday, September 3, 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 9/16 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:

- Sept. 6: Turkey and Veggie Hand Pies with Gravy, Salad & Dessert
- Sept. 13: Roasted Pork Loin, Mashed Potatoes, Squash & Dessert
- Sept. 20: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Seafood Crepes, with Bechamel Sauce, Roasted Veggies & Dessert
- Sept. 27: **NO COMFORT KITCHEN**
50th ANNIVERSARY "LUNCH & LEARN"
Please see special Anniversary insert for details
- Oct. 4: **SPECIAL COMFORT KITCHEN...see p. 3**
Apple Cider Braised Chicken, Carrots, Noodle Kugel & Dessert
- Oct. 11: Meatball Stroganoff, with Egg Noodles, Green Beans & Dessert
- Oct. 18: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Baked Cod, Roasted Vegetables, Rice Pilaf & Dessert
- Oct. 25: **NO COMFORT KITCHEN**
"OKTOBERFEST" ...see p.3 for details
- Nov. 1: Classic Pot Roast, with Carrots, Potatoes, Salad, Rolls & Dessert
- Nov. 8: Chinese Orange Chicken, Rice, Broccoli, & Dessert

REMINDER



"FRIENDS FISH FRIDAYS"

Meals are generously co-sponsored by the Friends of the Orleans Senior Center. You must be an Orleans resident or taxpayer, or current Friends member to participate.

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 connect with others for engagement and enrichment. ***Please see p. 12 for dates and details.***

NAMI: For People w/ Mental Illness Every Wednesday, 2-3pm

This drop-in support group is provided through NAMI, National Alliance on Mental Illness. Group meets at the Federated Church of Orleans. ***For more information, contact NAMI Cape Cod at 508-778-4277.***

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

WHO ARE WE?

The Friends of the Orleans Senior Center is an organization whose purpose is to assist and support the dedicated Senior Center staff members who are actively reaching out to those in our community who are in need of help. To do this, the Friends rely on the generous donations from our many supporters. Thank you all for your kind and generous support!

Orleans is fortunate to have such a vibrant and active Senior Center with a dedicated and caring staff. Seniors constitute over 59% of Orleans' total population and the Friends are committed to supporting the COA staff in their goal to provide healthy lifestyles and recreational and educational opportunities for all of our seniors.

These are just some of the ways your contributions have helped to support the work of the COA:

- Fund **We Care**, a program that supports purchasing critical items for essential needs as recommended by the Senior Center Outreach staff

- Purchasing supermarket gift cards for distribution by the Senior Center staff to seniors in need
- Supporting home delivered meals for homebound seniors to support outreach
- Help with transportation costs and COA vehicle maintenance
- Support "Lunch & Listen" concerts in June, July and August
- Paying the postage costs of the "Tidings" newsletter

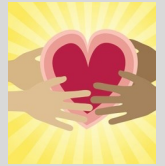
Thank you all again for enabling the Friends to continue to financially assist in our Orleans Senior Center's many programs!

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.

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

SOCIAL SECURITY CHANGES TO ACCESSING ONLINE SERVICES



The Social Security Administration announced that customers who created an online account (e.g., *my Social Security* account) before September 18, 2021, will soon be required to transition to a [Login.gov](https://login.gov) account to continue access to their online services. Over five million of these account holders have already transitioned to [Login.gov](https://login.gov). The agency is making the changes to simplify the sign-in experience and align with federal authentication standards while providing safe and secure access to online services. For more information go to: <https://login.gov/help/get-started/overview>

LET'S TALK ABOUT TOMORROW

Tuesday, October 22, 1pm

This workshop is sponsored by the Homeless Prevention Council located at 8 Main Street, Orleans. Join HPC's Senior Case Manager, Maureen, for a conversation about future housing options as you age. This event is free and open to residents from all Lower & Outer Cape towns. It will be held at HPC's office located at 8 Main Street, Orleans. Light refreshments will be served. Please call HPC at (508) 255-9667 to register.

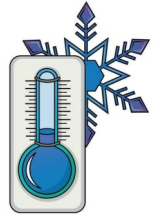


TOWN HALL MEETING ASSISTIVE LISTENING

Assistive Listening is available to provide real-time audio support during meetings in the Nauset and Skaket Rooms at Town Hall. It can be easily accessed via your smartphone, or you may come to the video room for a handheld receiver with headset. If listening on your own device, **please use headphones** to prevent feedback in the room. To access our Assistive Listening System on your personal device, please download the Listen Everywhere app by visiting the app store (available for [Apple iOS](#) or [Android](#)) or scanning the QR code above. After opening the app, log on to **Orleans Public WiFi**, select either the Nauset or Skaket Room, and start listening!



HOME ENERGY ASSISTANCE *Formerly Fuel Assistance*



This program provides assistance with paying bills for your primary heating source during the winter season. If you received assistance last winter, you should receive a YELLOW renewal application by mail. Please return the application as soon as possible, updating any changes in your household and your income. New applicants can call the Outreach Department in October to schedule an appointment for more information about the home energy assistance program including eligibility requirements, application process, etc.

BSU SENIOR COLLEGE

Senior College at Bridgewater State University is a noncredit lifelong learning program for curious older adults. The schedule is filled with many short-term virtual courses (via Zoom) and in-person courses starting in September, October, and November—and registration is now open! They offer timely courses in history, science, wellness, music, culture, political science, language and art. For a single fee of \$95 per person, participants can take as many courses as they like, making this an affordable lifelong learning program! They also offer need-based scholarships with a simple email request process. For more information, call 508-531-1052, go to www.bridgew.edu/seniorcollege, or email: BSUSeniorcollege@bridgew.edu



NAUSET NEIGHBORS: *Volunteers Needed!*



Want to make a difference in your neighbors' lives? Nauset Neighbors is an all-volunteer non-profit organization whose mission is to help older adults stay independent in their homes and active in their communities. They offer friendly visits, rides to appointments, simple handyman tasks, and more to members. But without more volunteers, they can't provide all the help that is needed. Volunteering is easy and flexible with simple on-line scheduling. You can call them at 508-514-7067 or visit their website at: nausetneighbors.org

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

The mission of Caring Connections is to create a warm and welcoming environment for family care partners and those they care for, normalizing the care partner relationship and providing opportunities for connection and engagement. If you want to learn more, contact the Orleans Senior Center at 508-255-6333 and ask for Outreach.



What's next?

OCTOBER CARING CONNECTION

Wednesday, October 16, 1:30pm - 3pm

Let's get into the spirit with autumn activities and enjoy a seasonal snack.

Save the Date!

NOVEMBER CARING CONNECTION

Wednesday, November 20, 12-1:30PM

We'll enjoy lunch together and then Attorney Debra Coccoro will join us to discuss the important legal documents everyone should consider, especially in caregiving situations, and answer any questions you may have.

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 10/1

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 challenges and brain changes. Our goal is to promote wellness and independence while providing respite time for caregivers. Our hope is to 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. We regularly include music, art, and special events. Participants enjoy a delicious home-cooked noontime meal each day, and typically attend two days per week. Because we know those we serve are vulnerable, we follow health and safety protocols. ***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

PLEASE NOTE: We are no longer accepting new referrals of Chatham participants. Those individuals are encouraged to contact the Chatham COA, as they are planning to launch their own SDP in coming months.

**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 you reach voicemail, please leave a message as calls cannot always be taken while the program is in session.

OUTREACH & VOLUNTEERS

NOTES FROM THE OUTREACH TEAM



Town Alerts

Did you know that you can register to receive alerts from the Town? These alerts can be emergency management related – such as storm precautions, or non-emergency notifications about road work or specific detours. By providing your contact information, your address, and your preferred contact method, you can be notified about issues which could impact you in your neighborhood. Registration can be done online through the Town of Orleans website, or by calling the Outreach Department at the Senior Center.

Emergency Preparedness

While we enjoy the weather of summer and fall, it is easy to forget that hurricane season runs from June to November. Hurricane Bob was the last hurricane to hit the Cape, in August of 1991, leaving thousands of homes without power for an extended period and causing millions of dollars of damage. Would you be ready if a significant storm hit us again? Could you stay in your home or would you need to consider evacuating to the home of a friend or loved one? What if you do not have power? The Red Cross recommends having available the following: gallon of water per person per day, shelf stable food for a few days, flashlight with batteries, cell phone with charger and extra battery pack, and copies of important personal documents (including a list of phone numbers). If you have a car, plan to fill your tank in advance of the storm. Planning ahead gives you the best chance to successfully “weather” the storm.

In Case of Power Outage

If you rely on electricity for life sustaining medical equipment (oxygen, CPAP, home dialysis, etc.), please reach out to the Outreach Department so we can make note of this and discuss options which are available in an emergency situation.

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 schedule a confidential appointment to talk about your circumstances and help you apply for food assistance, energy assistance, or other options.



Monthly Food Delivery Volunteers

We currently need a few more 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.



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.**



“HYANNIS SHOPPING TRIP”

Wednesday, September 11

We'll take you to the Hyannis location of your choice i.e. Trader Joe's, Target, Cape Cod Mall, Hobby Lobby, etc. Lunch is on your own.

“PLYMOUTH SHOPPING TRIP”

Wednesday, October 23

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

SENIOR CENTER TRANSPORTATION



IN-TOWN SHOPPING AND ERRANDS: Orleans Senior Center Bus Service

Transportation is provided on our handicapped accessible mini-buses around Orleans for shopping, errands, and more. Rides are provided Monday through Friday. See page 15 for daily schedule.

- **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) <i>Please schedule appts. between 9:30am-2:30pm</i>	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:

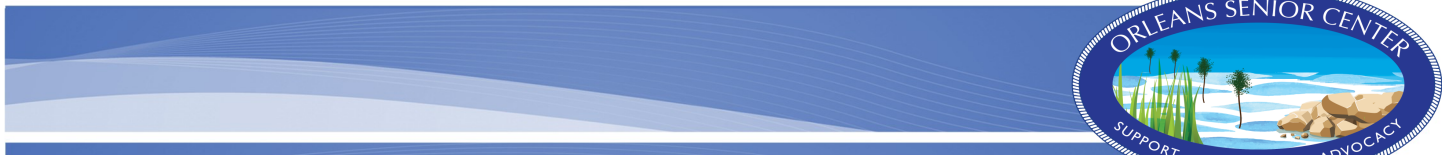
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry bags, but may not enter homes.
- ***Last minute and repeated cancellation of rides, unless 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:

Sandy Chernick
Denise Dunlap
Mark Kaminsky
Bill Salem
Deborah Steven
Claudia Trend
Mary Walsh

***UPCOMING PUBLIC COA BOARD MEETINGS:
Wednesdays, Sept. 25 and Oct. 23 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, and generous support from the FRIENDS of the Orleans COA.

