



# Orleans Council on Aging 50th ANNIVERSARY

## *Special Anniversary Message*

**ORLEANS COUNCIL ON AGING & SENIOR CENTER:  
50 YEARS OF CARING PEOPLE CARING FOR YOU...1974 - 2024**



Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital we are to the health and well-being of a community. The theme for 2024 is “Powering Connections.” Senior centers provide countless hours of support and encouragement to older adults, and have become integral to providing support, enrichment and advocacy for those aging in the community. We offer meaningful and joyful opportunities for connection and engagement, which we know contributes to healthy aging. We work diligently to welcome all, respect and honor differences, protect the dignity of those we serve, and respect the right to self-determination. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American’s Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

In Orleans, we have a rich history of working with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment. The idea of a Council on Aging in Orleans was promoted by several dedicated Orleans citizens. Eleanor Blake, one of the founders of the Council on Aging, served as Welfare Worker for the Town of Orleans from 1944-1973. As a result of her work with elderly clients, she recognized a need for resources (transportation, financial, medical) that would allow older adults to maintain an independent lifestyle and also provide an opportunity for social interaction. Others in town became interested and on the Warrant for the May 1974 Town Meeting, articles were approved creating the Orleans Council on Aging and allocating initial funding.

The newly created COA rented space at 12 Main Street in Orleans with a state grant paying the initial rent. The space included offices as well as a drop-in center. The COA sent a questionnaire to town residents aged 59 and over, requesting suggestions for services and activities that they wanted. Soon thereafter, activities grew including health clinics, recreational groups, lunch programs, and outreach services to help connect older adults with needed services. A newsletter was initiated in 1976, and it became clear that transportation was an unmet need for many aging in the community and the COA worked with regional partners to try and address the needs.



In 1979 a generous resident, Ruth Watson, donated land to the Town with a permanent deed restriction that the land be used in perpetuity for the good of Orleans Seniors, and at the same time articles of organization were filed to create the non-profit “Friends of the Orleans COA.” *(continued on next page)*

**REGISTRATION FOR SPECIAL ANNIVERSARY PROGRAMS BEGINS  
TUESDAY, SEPTEMBER 3, AT 9AM**

**ORLEANS COUNCIL ON AGING & SENIOR CENTER  
150 Rock Harbor Road ♦ Orleans, MA 02653 ♦ 508-255-6333  
[town.orleans.ma.us/220/Council-on-Aging-Senior-Center](http://town.orleans.ma.us/220/Council-on-Aging-Senior-Center)**

# SPECIAL ANNIVERSARY MESSAGE

Then, in 1981, construction was completed on the original Senior Center using grants, Town funding, and donations. Activities at the location quickly grew and the meeting rooms had to be expanded in 1987, to meet the needs of the COA. As staffing and organization improved, programming expanded. Here are some of our historical highlights:

- 1991 A regional transportation program was implemented
- 1992 Tax assistance and fuel assistance began
- 1993 Various support groups commenced
- 1994 SHINE health insurance counseling launched and exercise programs started
- 1995 Decision was made to plan for expansion
- 2000 A major expansion/renovation project of the Senior Center was completed giving us the current building which provided space for a supportive daycare program
- 2001 Art at Orleans Senior Center was created with a generous gift from Virginia and Stanley Goldman to fund a permanent art collection for the Senior Center
- 2002 The Garden Walkway project was initiated with a Community Preservation Grant, a bequest from Geoffrey North, significant private fundraising, and significant volunteer contributions by local landscape designer, Sharon Davis
- 2013 A generous bequest from Charlotte Frye allowed the COA to purchase a vehicle to improve and increase transportation services



In the last decade, the COA has worked diligently to be good stewards of our resources, helping take care of our facility and embrace the needs of those aging in place to enhance their quality of life by providing exceptional service and programming. We have worked to provide a warm and welcoming environment and strived to consistently provide innovative, high-quality services and programs. We have continued to embrace collaboration with community partners, enlisted the support and participation of the community regarding aging issues, and advocated for older adults and their care partners.

As we move forward, it will be important that we continue to evolve to ensure that Orleans is a healthy, accessible, and inclusive place for residents to grow up and grow old. We want to expand programming in a way which reflects the changing needs of older adults. It is important that we stay prepared for the future so that we may continue to support the wellness of body, mind and spirit during the aging journey for our residents.

In my tenure here at the COA, I have found many blessings in the work. We benefit from incredible support from the community, our program participants, our volunteers, and our Friends organization. There is always a willingness to find a path forward when we identify a need, have an idea, or suggest a new program. There is a legacy of a passionate and dedicated staff who have worked for the Orleans COA, who believe in the work of Councils on Aging and Senior Centers and have worked to be progressive leaders in the aging network while being responsive to the community. In our work, we have the distinct honor of meeting incredible people, serving the older adults in our community, learning from those who come alongside us, and working to make a difference in the lives we touch...who wouldn't want to be part of this!

It is with great pleasure and pride that we celebrate this special milestone of the 50<sup>th</sup> Anniversary of the Orleans Council on Aging and Senior Center!  
*[Judi Wilson, Director, Orleans Council on Aging & Senior Center]*

# SPECIAL ANNIVERSARY ACTIVITIES

## Special Anniversary Event

### TOWNEY TRIVIA

Wednesday, September 25

2pm

With Jack Meagher



How well do you know Orleans and Cape Cod? Join us for a fun filled afternoon of stimulating questions and answers, laughs, and prizes. Test your knowledge, make your own team (no more than five per team) or come and join a team. Start thinking of a catchy name for your group. Satisfy your craving for all things Orleans and Cape Cod and let the games begin. Refreshments will be served. **Call the Orleans Senior Center to register.**

*Non-residents may register beginning 9/16.*

## Special Anniversary Event

### FLAMINGO BINGO

Thursday, September 26

4-6pm

*Includes light sandwiches, chips & dessert*

In celebration of our 50<sup>th</sup>

Anniversary and the recent

sighting of our Cape Cod Flamingo, we will be holding an afternoon of Pink Flamingo Bingo. Bring those lucky charms and wear something pink or a Hawaiian shirt. All bingo supplies provided. We will have special non-monetary game prizes. Bingo and laughs go hand in hand so invite a friend to join you! **Call the Orleans Senior Center to register.** *Non-residents may register beginning 9/16.*



## 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.**
- ◆ **Registration for Special Anniversary Events DO NOT count towards program registration limits.**
- ◆ **Orleans residents and CURRENT Friends Members have priority.**

## Special Anniversary Event

### LUNCH & LEARN:

*"Healthy Aging for Your Body, Mind & Spirit"*

Friday, September 27, 12pm

Come learn more about a holistic approach to aging. Understand what you can do to take an active role in your aging journey by caring for your body, mind and spirit to help you age well.

- Desiree Bassett, Doctor of Physical Therapy at Spaulding Rehab, will discuss healthy aging for your body.
- Jennifer Hoadley, CDP and Regional Manager of Southeastern Mass. Alzheimer's Association, will discuss healthy aging for the mind.
- Shirley Vadar, RN, will discuss healthy aging for the spirit.

Lunch starts at 12pm, and the panel presentation will follow with time for questions. **The menu includes: Chicken Alfredo, Broccoli, Caesar Salad & Dessert.** Space is limited and this is a free program, so participants must commit to attending the full program. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 9/16.*



## Special Anniversary Event

### COA ANNIVERSARY COMMUNITY CELEBRATION

Saturday, September 28, 10am-2pm



**10am-12pm CHILDREN'S ACTIVITIES**

*Bounce House & Face painting*

**10:30-11am FITNESS DEMO**

*Yoga w/ Cindy*

**11am-12pm MUSICAL PERFORMANCE:**

*The Sarah Burrill Band*

**11:30am-1pm "CHOWDA FEST" & LUNCH:**

*Sample chowder from local restaurants and vote for "Orleans Best"*

**12:30-1pm FITNESS DEMO**

*Line Dancing w/ Salty Boots*

**1-2pm MUSICAL PERFORMANCE:**

*Bart Weisman's Jazz Ensemble*

**Come celebrate with us!** Transportation is available for Orleans seniors - call to schedule your ride.

# FY24 AT A GLANCE

## TRANSPORTATION

Provided **4,354 rides** on our buses & **103 volunteer rides** to medical appointments



## RESIDENTS SERVED

The Orleans COA served **1,194 Orleans residents**



## FITNESS

We provided 5,786 units of service through fitness classes



## EDUCATION

339 individuals attended educational programs



## OUTREACH

609 seniors were helped through outreach services

## ADVOCACY

223 Orleans residents were helped through SHINE health insurance counseling



## SUPPORT

**254 people** participated in **7 different support services**

(Bereavement, Caring Connections, Parkinsons, Healthy Meals in Motion, and more)



## ORLEANS COUNCIL ON AGING & SENIOR CENTER

**MISSION:** Serve and empower older adults 60+ to age well in Orleans through support, enrichment, and advocacy.



## MEALS

5,749 meals were served



## HEALTH & WELLNESS

**453 individuals** participated in **health & wellness programs** including safe driving, navigating stress, aging discussion groups, meditation, footcare services, and more



## RECREATION

We provided 1,811 units of recreation & social activities



## PROFESSIONAL SERVICES

168 Orleans residents received tax & legal help



## SUPPORTIVE DAY CARE

Provided **2,779 days** of **respite day care** for caregivers through our Rock Harbor Respite Program while **generating \$204,265** in revenue for the Town's General Fund



## MEDICAL EQUIPMENT

191 people borrowed medical equipment

## VOLUNTEERS

100 volunteers donated 2,780 hours of their time to the COA