



# Tidings

November/December 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](http://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

On behalf of the Orleans Council on Aging and Senior Center, we wish to extend our sincere appreciation to all who participate in our activities and services who make our work so meaningful and enjoyable. We also wish to thank those who come along side us and bless us with help, support and wisdom, and make it possible to accomplish all that we do. We wish you all a peace filled, joyous, and healthy holiday season!



## JINGLE & MINGLE

Friday, December 13, 11am-1pm

Cost: \$15

11am Performance by *Two For The Road*

12pm Luncheon Served

**Menu:** Herb Roasted Beef Tenderloin, Twice Baked Potato Casserole, Butternut Squash, Festive Salad, Rolls & Dessert



- ◆ Payment must be made within a few days of registration to hold your spot. This program will likely fill up quickly. No ticket sales after December 6.
- ◆ **No refunds will be given as food is ordered in advance.**
- ◆ Transportation is available for Orleans residents.
- ◆ **Call the Senior Center to register. Non-residents may register beginning 11/18.**

## MEDICARE OPEN ENROLLMENT.

October 15 – December 7

At the time this newsletter went to print, we had very few SHINE Open Enrollment appointment slots remaining. If you need help with Medicare health insurance decisions during the Open Enrollment period, **call the Orleans Senior Center and we will advise you how to seek guidance to the best of our ability.**



## REGISTRATION FOR ALL PROGRAMS BEGINS

**MONDAY, NOVEMBER 4TH, AT 9AM**

*Please see p. 2 for details*

*PRESIDENTIAL ELECTION T 11/5 (MOST PROGRAMS CANCELLED)*

*SENIOR CENTER WILL BE CLOSED THE FOLLOWING DAYS:*

*M 11/11 (Veterans Day) & TH 11/28 & F 11/29 (Thanksgiving Break) & W 12/25 (Christmas)*

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 ACTIVITIES

## LADIES LUNCH:

Wednesday, November 13, 12:15pm

Cost: \$5

*With Cranberry Shores Chorus*

Join us for a relaxing afternoon enjoying a fabulous meal followed by listening to holiday classics with the Cranberry Shores Chorus. Luncheon menu will be Chicken Francaise with Angel Hair Pasta, Fall Harvest Salad & Dessert. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 11/8.*



## TECH TALK:

### Online Shopping

Friday, November 15, 1:30pm

Much of our economy is migrating to online platforms and while everyone wants to shop locally when possible, it is hard to avoid online shopping altogether. With the holidays approaching, this is a good time to learn more about how to safely navigate "E-commerce". We will discuss safety protocols for protecting personal information, recommended security measures for using your credit card online, and more. We'll look at a couple of sites and have time for questions and answers. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 11/8.*



## Lower Cape LGBTQ+ Seniors

### FRIENDSGIVING

Musical entertainment by Kim Moberg

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

Cost: \$10

The difference in this fall tradition lies in *who* you celebrate with, hence the name! We will have a home-cooked dinner of traditional Thanksgiving fare with live music for a chance to celebrate, have some fun, and connect before the formal holiday season is upon us. **Call the Orleans Senior Center to register.**



## IMPORTANT REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, NOVEMBER 4TH 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.
- ◆ You may also register for up to 4 Comfort Kitchen and 4 Soup & Sandwich lunches.
- ◆ You may call back on 11/18 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, November 15 & December 13

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

## MEMORY SCREENINGS

**Tuesday, November 19, 9am-3pm**  
**With Alzheimer's Family**

**Support Center**

November is National Memory Screening Month. We are collaborating with the Alzheimer's Family Support Center (AFSC) to provide free, one hour, **confidential**, memory screenings for Orleans seniors. These screenings are not diagnostic, but may indicate whether participants should see a doctor for further testing. The Alzheimer's Family Support Center is a local non-profit that provides comprehensive services for families and individuals living with Alzheimer's and dementia. Registration is required. **For more information, or to make an appointment, call AFSC at (508) 896-5170.**



**NEW**

## QIGONG

**Wednesdays, 9:45am**  
**Beginning December 4**  
**Cost: \$42 (7 classes)**

Qigong is a holistic mind, body, and spirit practice similar to Tai Chi. It involves a series of exercises which use slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind to improve your health and well-being. **See page 6 for class dates. Call the Orleans Senior Center to register.** Orleans residents have priority.



## CHRISTMAS AROUND THE WORLD

**Monday, December 2, 2pm**

Grab your passport and climb aboard Santa's sleigh! We're off to explore holiday traditions from around the world! This program is guaranteed to put you in the holiday spirit. Refreshments will be served and we'll end with a festive holiday-themed raffle. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/18.**



## Road Trip:

### SANDWICH ANNUAL GLASS BLOWERS' CHRISTMAS

**Thursday, December 5, 9-2pm**

**Cost: \$10**

**With lunch on your own at The Knack**

Watch molten glass, drawn from the furnace, blown and pressed into exquisite shapes. Learn why the Boston & Sandwich Glass Company led the world in the manufacture of glass during the early 19th Century. Even if you have seen glassblowing before, this up-close, demonstration is truly enthralling for adults. You'll have the chance to ask questions and engage with glass blowers, as they demonstrate the techniques that have made the town of Sandwich a hub of American glass making for close to a century. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/18.**



## ONE-ON-ONE SEWER APPOINTMENTS

**Wednesday, December 4**

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.**



## 4th Annual ANTIQUE ROAD SHOW THEMED EVENT

**With Eldred's Antiques**

**Wednesday, December 11th, 1-3pm**

Are you mystified about one of your possessions? Curious if you might be holding on to something valuable? Here's a chance to find out. Each person may bring 2 items for appraisal and a professional appraiser will tell you what it's worth today. The event is inspired by PBS's "Antiques Roadshow" and features local certified appraiser Eric Mulak, from Eldred's Antiques, who will be on hand for individual discussions and appraisals of antiques, family heirlooms, and other items. Come find out what your items are really worth. **No weapons please. Call the Senior Center to register. Non-residents may register beginning 11/18.**



# SPECIAL ACTIVITIES

## UNDERSTANDING VASCULAR DISEASE

Thursday, December 12, 2pm

With Alison Messina, MD, Vascular Surgeon



This presentation will provide an overview of a number of diseases involving the vascular system including carotid disease, aneurysms, PAD, and vein disease as well as identifying risk factors, symptoms, and the many advanced treatment options available today. Come learn more and have questions answered by Alison Messina, MD, Vascular Surgeon. **Call the Senior Center to register. Non-residents may register beginning 11/18.**

## PAINTING CLASSES

With Local Artist, Karen North Wells

Mondays, 1:30-4:15pm

NEW CLASS STARTS IN JANUARY



Cost: \$105 (7 classes - payable in advance)

Class Dates: Jan. 27 & Feb. 3, 10, 24 & Mar, 3, 10, 17 (No class on Feb. 17)

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. *These classes often fill early, so don't delay, sign-up now.* **Call the Orleans Senior Center to register.**



## AFTERNOON PAINT PARTY

Monday, December 16, 2pm

Cost: \$15

Come join artist Caroline McNally from Cape Creative Paintworks. She will instruct participants through a painting experience, resulting in a beautiful winter scene for you to take home. No painting experience required. Light refreshments will be served. Payment required within 3 days of registration. No refunds. **Call the Orleans Senior Center to register. Non-residents may register beginning 11/18.**



## SENIOR CENTER CINEMA

### THE GREAT DEBATERS (PG-13)

Thursday, November 21, 1:30pm



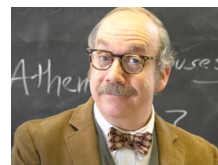
Starring Denzel Washington, this film is inspired by a true story of how the power of words transformed a group of college students. This is not a new film, but one many have not seen and it will leave you wanting to cheer.



### THE HOLDOVERS (R)

Thursday, December 19, 1:30pm

Filmed in New England, this story



follows a curmudgeonly prep school instructor (Paul Giamatti) who is forced to remain on campus during Christmas break. This is a wonderful film which is brilliantly written and acted.

**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 11/18.**

## iPad LOAN PROGRAM

**Complete with Internet Access!**

We want to be sure all older adults in Orleans have access to the growing virtual world so we have internet-equipped iPads to loan out. These devices have been enabled with data plans so you can use them to go online, even if you don't have home internet access. You can borrow an iPad and bring it home to check email, connect with family on video sites, explore the internet, or just play games to get more familiar with the technology. This is a great way to check out an iPad if you're thinking about purchasing one. No idea how to use an iPad? Not to worry, we can help get you started and the loaner 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.**



# REGULAR ACTIVITIES

## ART AFTERNOONS

**Fridays, 1:30-4pm**

**Nov. 1, 8, 22 & Dec. 6, 20, 27**

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, November 8, 10am**

*"The Girl with the Loud Voice" by Abi Dare'*

**Friday, December 13, 10am**

*"Banyon Moon" by Thao Thai*

## BOWLING

Regrettably, due to staffing issues at The Alley, bowling is canceled until further notice. We'll let you know when we can



## GAME LOUNGE

**Tuesdays, 1:30-4pm**

**No games 11/5 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 need to pre-register.**



## 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!**



## KNITTING GROUP

**Mondays, 1-3pm (NO Knitting 11/4)**

This is an opportunity to get together with others and knit for a worthy cause. We knit items to donate to local community organizations. We have some supplies, or bring your own. New members always welcome! **No need to pre-register.**



## MAC USERS GROUP

**3rd Wednesday of the month, 2pm**

**No need to pre-register.**



## MAHJONG PLAYERS

**Fridays, 2-4pm**

**Nov. 1, 8, 22 & Dec. 6, 20, 27**

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**

**Nov. 18 & Dec. 2, 9, 16, 30**

**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, Nov. 19, 26 & Dec. 10, 17**

**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. This class is open to non-residents.**



# 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   | \$36 | Dec. 2, 16, 30 & Jan 6, 13, 27             |
| NIA               | FRIDAYS     | 10:00 - 11:00am | \$42 | Dec. 6, 20, 27 & Jan. 3, 10, 17, 24        |
| SIT FITNESS       | MONDAYS     | 11:00 - 11:45am | \$24 | Dec. 2, 9, 16, 23, 30 & Jan. 6, 13, 27     |
| SIT FIT YOGA      | TUESDAYS    | 11:00 - 11:45am | \$21 | Dec. 3, 10, 17 & Jan. 7, 14, 21, 28        |
| SIT FITNESS       | WEDNESDAYS  | 11:00 - 11:45am | \$21 | Dec. 4, 11, 18 & Jan. 8, 15, 22, 29        |
| SIT FITNESS       | THURSDAYS   | 11:00 - 11:45am | \$27 | Dec. 5, 12, 19, 26 & Jan. 2, 9, 16, 23, 30 |
| SIT FITNESS       | FRIDAYS     | 11:00 - 11:45am | \$21 | Dec. 6, 20, 27 & Jan. 3, 10, 17, 24        |
| <b>NEW</b> QIGONG | WEDNESDAYS  | 9:45 - 10:40 am | \$42 | Dec. 4, 11, 18 & Jan. 8, 15, 22, 29        |
| YOGA              | TUESDAYS    | 9:45 - 10:40am  | \$42 | Dec. 3, 10, 17 & Jan. 7, 14, 21, 28        |
| YOGA              | THURSDAYS   | 9:45 - 10:40am  | \$48 | Dec. 5, 12, 19 & Jan. 2, 9, 16, 23, 30     |
| YOGA FLO          | FRIDAYS     | 8:30 - 9:25am   | \$42 | Dec. 6, 20, 27 & Jan. 3, 10, 17, 24        |
| ZUMBA GOLD        | TUESDAYS    | 8:30 - 9:25am   | \$42 | Dec. 3, 10, 17 & Jan. 7, 14, 21, 28        |
| ZUMBA GOLD        | THURSDAYS   | 8:30 - 9:25am   | \$42 | Dec. 5, 12, 19 & Jan 9, 16, 23, 30         |

### FITNESS CLASS POLICIES

- ◆ All class sizes are limited
- ◆ Payment is made per session and there is no refund for classes missed by participants
- ◆ Payment is required within 3 days of registration
- ◆ Out-of-town residents may be put on a waitlist and if space permits, may participate
- ◆ Participants are required to sign a liability waiver
- ◆ Please consult your physician before beginning any new fitness program

### FITNESS CLASS DESCRIPTIONS

#### GENTLE YOGA (with Debra)

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

#### SIT FIT YOGA (with Cindy)

Seated exercises that improve flexibility, muscle tone, circulation and heart health.



#### SIT FITNESS (M, W & 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:**

- Nov. 4: Hungarian Mushroom Soup, Ham & Cheese on a Bulky Roll, Chips & Dessert
- Nov. 11: **SENIOR CENTER CLOSED (Veterans Day)**
- Nov. 18: Chili, Cornbread, Salad & Dessert
- Nov. 25: Minestrone Soup, Caprese Grilled Cheese, Chips & Dessert
- Dec. 2: Italian Wedding Soup, Italian Stromboli, Chips & Dessert
- Dec. 9: Lemon Chicken Orzo Soup, Chicken Salad on Wheat, Chips & Dessert
- Dec. 16: Vegetable Beef Soup, Egg Salad, Chips & Dessert
- Dec. 23: Broccoli Cheddar Soup, Ham & Cheese Crescent Roll, Chips & Dessert
- Dec. 30: Fish Chowder, BLT Wrap, Chips & Dessert
- Jan. 6: French Onion Soup, Roast Beef on a Bulky Roll, Chips & Dessert

### **IMPORTANT LUNCH INFO:**

#### ◆ MEAL SIGN-UP POLICY:

**Registration begins Monday, November 4, at 9am. To provide equity and access, you may initially sign-up for a maximum of 4 Comfort Kitchen Meals and 4 Soup and Sandwich meals. You may call back on 11/18 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:**

- Nov. 1: Classic Pot Roast, with Carrots, Potatoes, Salad, Rolls & Dessert
- Nov. 8: Chinese Orange Chicken, Rice, Broccoli, & Dessert
- Nov. 15: **NO COMFORT KITCHEN**
- Nov. 22: **FRIENDS FISH FRIDAY!\*\* (see Reminder)**  
 Baked Shrimp Scampi, Angel Hair Pasta, Fall Harvest Salad & Dessert
- Nov. 29: **NO COMFORT KITCHEN (Center Closed for Thanksgiving Break)**
- Dec. 6: Meatloaf, Oven Roasted Red Potatoes, Glazed Carrots & Dessert
- Dec. 13: **NO COMFORT KITCHEN - "Jingle Mingle" Holiday Program" ...see p.1**
- Dec. 20: **FRIENDS FISH FRIDAY!\*\* (see Reminder)**  
 Brown Sugar Glazed Salmon, Creamy Garlic Parmesan Orzo, Salad & Dessert
- Dec. 27: Dijon Panko Crusted Pork Loin, Mashed Potatoes, Broccoli Au Gratin & Dessert
- Jan. 3: Chicken Parmesan, Pasta, Caesar Salad, Garlic Bread & Dessert
- Jan. 10: Chicken Pot Pie with Veggies, Mashed Potatoes, 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.**

## HOMEBOUND DENTAL CARE

Mobile Dental Hygiene Services is available for in-home dental care visits to individuals who are unable to access dental care in traditional office settings. **Please call 508-827-6725 or email [smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com).**

## 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 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. We gratefully accept donations of equipment in good, usable condition, **BUT IT MUST BE CLEAN.**



## NOTARY SERVICES

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



THANK YOU VETERANS  
REMEMBER & HONOR

# 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

The Parkinson's Support Group meets 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 “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

### FRIENDS ANNUAL APPEAL

The purpose of the Friends Annual Appeal is to support the Orleans Senior Center's dedicated and caring staff in its goal to reach out and assist those in our community who are in need of help. It will be mailed in early November. We very much appreciate your past donations and hope that you will again respond to our appeal in the same generous manner. If you don't receive a letter, our contribution envelopes will be available at the Orleans Senior Center.

### 50th ANNIVERSARY CELEBRATION

The May, 1974, Orleans Town Meeting approved articles creating the Orleans Council on Aging and allocating initial funding. Thus began the Council on Aging & Senior Center's "50 years of caring people caring for you", to quote their special anniversary message. To celebrate, the COA offered several special anniversary activities during the last week of September and then hosted a wonderful community celebration on September 28, with activities for children, musical performances,

fitness demonstrations, lunch and a chowder competition, all at no charge! The room was full, and more tables and chairs had to be set up to accommodate everyone who attended. Having the families with children join us seniors to eat and enjoy the music was a wonderful idea! Congratulations—it was a most enjoyable community event!

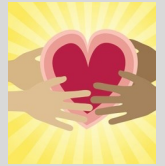
Many thanks to the entire COA staff for their hard work and dedication, smiling all the while! The Friends Board was fully supportive both financially and volunteering at the celebration!!

#### 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**

## ADUs & HOUSING STABILITY ON THE LOWER CAPE

**Wednesday, December 4, 1:30pm**

Join us at the Orleans Senior Center on December 4th, to learn about current housing resources for Lower and Outer Cape residents. This is an in-person information session about Accessory Dwelling Units (ADUs) and Housing Stability on the Lower Cape. The event is free and open to residents living in towns from Harwich to Provincetown. You will learn about:

- Housing related resources and support provided by Homeless Prevention Council (HPC) & Community Development Partnership (CDP)
- Key elements in building ADUs
- Common hurdles homeowners face
- Recent ADU bylaw changes voted in by Orleans voters in May
- Recent statewide legislative changes from the Housing Bond Bill.

The Lower Cape Housing and ADU Resource Center is a collaborative effort of the CDP and HPC launched in the Spring of 2022, thanks to the ARPA funds secured by State Representative Sarah Peake.

## COMMUNITY NEEDS

Katy's Korner which supports the Lower Cape Outreach Council is transitioning to fall and winter items and is in need of the following linens: towels, winter weight blankets, and comforters. They also gratefully accept new and gently used, accessories, books, in-season clothing, home décor, and housewares. They are located behind the Lower Cape Outreach Council office at 19 Brewster Cross Road in Orleans. Look for the blue door.



## ST. VINCENT DEPAUL SOCIETY

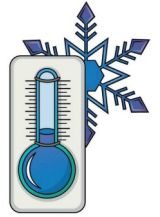
Saint Joan of Arc Church offers emergency assistance to individuals and families living in Orleans and South Eastham, regardless of religious affiliation, through its Saint Vincent de Paul Society. Assistance is available to help meet shelter, food, fuel, utility, medical and auto expenses as well as other emergency needs. Contact an Advocate at Saint Joan of Arc Church by calling 508-255-8080 during normal business hours or to leave a message with contact information.



## 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.



## PATH TO WELLNESS PROGRAM

The Orleans Health Department will be offering "Paving the Path to Wellness" to community members, free of charge. This program is based on the principles of lifestyle medicine, and focuses on the whole person (body, mind, spirit) with the goal to empower individuals to live healthier lives with a sense of purpose. Participants must be available for all 8 sessions, which will be Thursdays 2:00 – 3:30 from January 9 through February 27. Registration will open December 2 by contacting the Health Department at 508-240-3700 ext 2450.

## GARDEN VOLUNTEERS NEEDED

Orleans Elementary and Nauset Middle Schools have a hydroponics Flex Farm, a vertical hydroponic system that serves as both a STEM educational tool and a food source for their cafeterias. They are seeking volunteers to assist with the planting, maintenance, and harvesting of the hydroponic crops. The expected time commitment is between 3-5 hours per week to support the growth cycle and they provide training. If you're interested, please contact Mary Ellen Reed at Nauset Public Schools at (508) 255-8800 ext. 7031, or email [reedm@nausetschools.org](mailto:reedm@nausetschools.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.



### 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.

### DECEMBER CARING CONNECTION

Wednesday, December 18, 11:30am-1:30pm

Let's share a meal to celebrate the holiday season. Tell us about your favorite holiday traditions and join us in singing some festive songs.

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



### Thanksgiving Meals

The Council on Aging will be providing a limited number of homecooked holiday meals in November. If you are interested to receive one of these holiday meals, please reach out to the Outreach Department. Consideration will be given to individual situations, with priority given to those who are homebound or those who may be celebrating without family or friends. Meals will be delivered cold for you to re-heat. You must contact the Outreach Department by Friday November 15<sup>th</sup>.

### Community Holiday Meals

There are some community-sponsored holiday meals, some hosted by faith communities. If you would like information about holiday meal offerings, please contact the Outreach Department.

### Spam Calls

Are you getting a lot of solicitation or spam calls? You may want to reach out to the **Do Not Call Registry**. While this won't stop all calls, it should result in a decrease. You can complete this process by calling 888-382-1222 from the number that you want to register, or by going to [www.donotcall.gov](http://www.donotcall.gov). If you have registered previously, you do not need to register again.

### Free Credit Report

Did you know that you are entitled to a free credit report? There are three national reporting agencies, Equifax, Experian and TransUnion, and each will provide you a free report every 12 months. This is a great opportunity to check for any mistakes which might have occurred. Mistakes on your credit report can be an indication of possible identity theft, so the sooner that you see a discrepancy and dispute it, the better. To obtain your credit report, call 877-322-8228 or go to [www.annualcreditreport.com](http://www.annualcreditreport.com)

### Reminder About IDs

Even if you no longer drive, you should still maintain a valid state ID. Banks may not cash checks without valid identification, and some benefit programs require current photo IDs as well. The Registry of Motor Vehicles also provides state IDs, so consider turning in your license for a photo ID or applying for a photo ID if your license has expired.



During this season of Thanksgiving we extend our sincere appreciation and gratitude to all of our Senior Center Volunteers. In an average month, volunteers give more than 200 hours of service to a variety of programs and services helping others and making a positive impact in our community. Thank you for your time and service! Our current volunteer needs:

### Kitchen Helpers:

We are looking for a few substitutes for our lunch programs to cover shifts when regular volunteers need time off. Kitchen Helpers help set tables, serve meals, and assist with needed kitchen tasks. You even get a free lunch on days you serve!

*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 a 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*



## CAREGIVING LENDING LIBRARY

Are you currently caregiving for someone? Do you think you might become a caregiver? The COA has some of the recommended books on caregiving which are available to be lent out. Please contact Social Services Coordinator, Lynn Brine, at 508-255-6333 if you are interested to learn more.



# 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.**



### MARKET BASKET in BOURNE

#### Thursday, November 14

This trip may arrive home to Orleans earlier than 2pm.

### HYANNIS SHOPPING TRIP

#### Wednesday, December 18

We'll take you to the Hyannis location of your choice, i.e. Trader Joe's, JoAnne's, Target, Cape Cod Mall, Hobby Lobby, etc. 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     |
|--|-----|---------|---------|------|---------|
| <b>RIDES FOR MEDICAL APPTS. (FISH &amp; COA BUS)</b><br><i>Please schedule appts. between 9:30am-2:30pm</i>                          | YES | YES     | YES     | YES  | YES     |
| <b>ERRANDS AROUND ORLEANS</b><br>Bank, Post Office, Pharmacy, Library, etc. (9:45am-2pm)   | YES | YES     | YES     | YES  | Limited |
| <b>RIDES TO ORLEANS SENIOR CENTER</b>  | YES | YES     | YES     | YES  | YES     |
| <b>GROCERY SHOPPING AT STOP &amp; SHOP</b><br>RHV Pickup: approx. 10am *CALL TO SCHED.<br>Tonset Woods: approx. 11am *CALL TO SCHED. | YES | NO      | Limited | NO   | NO      |
| <b>GROCERY SHOPPING AT SHAW'S</b><br>RHV Pickup: approx. 12:30pm *CALL TO SCHED.<br>Tonset Woods: approx. 1:15pm *CALL TO SCHED.     | NO  | Limited | NO      | NO   | YES     |
| <b>GROCERY SHOPPING AT FRIENDS MARKET</b>  | 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:

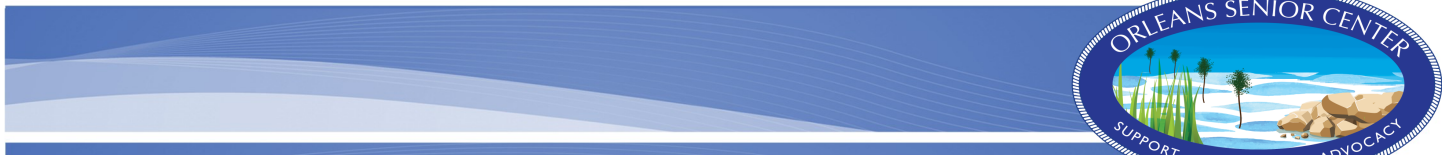
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry bags, but may not enter homes.
- ***Last minute and repeated cancellation of rides, unless 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/](http://www.town.orleans.ma.us/220/)  
Council-on-Aging-Senior-Center

**STAFF CONTACTS:**

Director..... Judi Wilson  
Assistant to the Director ..... Donna Faivre  
Program Coordinator ..... Lillian Parnell  
Social Service Coordinator ..... Lynn Brine  
Outreach Worker ..... Myra Elliott  
Supportive Daycare Director..... Maria Cecchi  
Principal Clerks ..... Kelly Ekstrom  
..... & Greta Avery

**COA BOARD:**

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

**UPCOMING PUBLIC COA BOARD MEETING:  
Wednesday, December 4th, 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.*

