



# Tidings

January/February 2025

*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

The start of a new year is a natural time for reflection. As we look back here at the Senior Center, 2024 was an incredibly full year. We were able to implement new programming while not compromising on essential services. We've worked diligently to help those we serve find meaningful opportunities for connection and engagement which supports healthy aging. We've addressed building issues, obtained grants to enhance services, and expanded efforts to focus on food insecurity. We've purposely utilized our core values (compassion, respect, outreach, joy, integrity, excellence, and community) as a filter for making decisions of impact. The coming year is full of exciting possibilities, and it is our hope that we will continue to provide exceptional service and programming to the community. As always, if you have ideas for activities you'd like to see us try, or unmet needs you want us to know about, please be in touch. Remember, this is your Center!

## AARP TAX AIDE PROGRAM

**Mondays, February 3 - April 14**

The AARP Tax Aide Program provides specially trained Tax Counselors to help low and moderate income taxpayers complete their Federal and State income tax returns free of charge. All appointments must be scheduled, no walk-ins are permitted. Don't wait until the last minute to schedule your appointment!

**Call the Orleans Senior Center to schedule your appointment today!**



## WINTER WEATHER POLICY

If Nauset Public Schools are closed due to inclement weather, all Orleans Senior Center activities including transportation and the Rock Harbor Respite program, are cancelled. If this occurs, our building will remain open and our staff will still be available to assist the public unless all Town offices are closed. However, for safety reasons, there may be times that due to winter weather conditions we cancel transportation, programs, or meals. If that is done, every effort will be made to contact those impacted.



**REGISTRATION FOR ALL PROGRAMS BEGINS  
 MONDAY, JANUARY 6TH, AT 9AM**

*Please see p. 2 for details*

**SENIOR CENTER WILL BE CLOSED THE FOLLOWING DAYS:**

*W 1/1 (New Year's Day) & M 1/20 (Martin Luther King Jr. Day) &  
 F 1/31 (COA Office Reorg. Day) & M 2/17 (Presidents' Day)*

# SPECIAL ACTIVITIES

**NEW**

## DANCE FIT

*With Jenny*

**Tuesdays, 2pm**

**Jan. 14, 28 & Feb. 4, 18**

**Cost \$24**

No dance experience is needed for this class. Dancing offers a multitude of benefits for seniors. It's a fun way to get some exercise, boost your mood, and connect with others. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/10.*



## MEMORY SCREENINGS

**January 21 & February 4**

*With Alzheimer's Family*

*Support Center*

We are collaborating with the Alzheimer's Family Support Center (AFSC) to provide free, one hour, **confidential**, memory screenings for Orleans seniors at the Orleans Senior Center. 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. **To make an appointment, call AFSC at (508) 896-5170.**



## GELLI PRINTING

**Monday, January 27, 2pm**

**Cost: \$5**

This is an easy, fun activity to get you out and invigorate your creativity!

Come join Mary Jane Xanakis from the Creative Arts Center to try this unique printing style using Gelli plates, rollers and acrylic paints that produce a textured effect on cardstock. Participants will be able to make greeting cards to take home. Supplies will be provided. **Class is limited. Call the Orleans Senior Center to register.**

*Non-residents may register beginning 1/17.*



## IMPORTANT REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, JANUARY 6TH 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 1/17 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, January 17 & February 21**

**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

## LUNCH & LEARN

Last winter's "Lunch & Learn" series was so successful, we've decided to bring it back! Participants receive a home-cooked meal served at 12pm followed by a brief educational presentation at 12:45. **Space is limited and this is a free program, so participants must commit to attending the full program.** Donations gladly accepted. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/17.*



## Five Exercises to Do at Home

**Friday, January 24, 12-1:30pm**

Join Taylor Conley, a Doctor of Physical Therapy from Spaulding Orleans, to learn five key exercises to perform at home this winter to keep your body moving and stay fit. All fitness and mobility levels are welcome!

## Heart Healthy Living

**Friday, February 28, 12-1:30pm**

In celebration of American Heart Month, come discover how small, sustainable changes in your nutrition and daily movement can make an impact on your heart. Learn practical tips for fueling your body and staying active to strengthen your cardiovascular system. Don't miss this opportunity to prioritize your health and wellness.

## ONE-ON-ONE

### SEWER APPOINTMENTS

**Wednesdays, Jan. 29 & Feb. 12**

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.**



## ANNUAL ST. PATRICK'S DAY LUNCHEON

**Friday, March 14**

*Registration for Orleans seniors opens March 3rd*

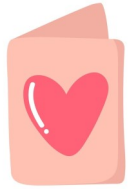


## LADIES LUNCH

**Wednesday, January 29, 12:15pm**

**Cost: \$5**

Join us for a fun afternoon! We'll enjoy a lunch of Creamy Tuscan Chicken with Sun Dried Tomatoes & Spinach over Pasta with Salad & Dessert. After lunch everyone will make two Valentines day cards with "Scrap Right Meow" to share and make someone feel special. All supplies will be provided. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/17.*



## "THE GRAY CURTAIN"

*With Peter Trull*

**Thursday, January 30, 2pm**

This program will show, through discussion and vivid photographs, the relationship between commercial fishing, expanding gray seal populations, and the occurrence of great white sharks along the beaches of Cape Cod and the northeast coast. This enlightening, colorful and lively program brings together the main factors that have created the phenomenon of "The Gray Curtain." **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/17.*



## VALENTINE'S DAY

### LUNCHEON

**Friday, February 14, 11am**

**Cost: \$15**

**11am Performance by Greg Johnson & Friends**

**12pm Luncheon Served. Menu to include Salad, Chicken Marsala, Garlic Mashed Potatoes, Squash Souffle & Dessert.**

Greg Johnson appeared on the Cape Cod music scene back in the early 1980's as part of the acoustic folk, pop, rock duo, "Crimson Sky." After a decade of gigs on the Cape and around New England, Greg began recording and performing his own original music. People have long compared Greg's sound and appearance to James Taylor. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 1/17. No refunds will be given as food is ordered in advance.*



# SPECIAL ACTIVITIES

## "BEYOND BEGINNERS"

### MAHJONG LESSONS

Wednesdays, 9:30-11:30am

January 15, 22, 29 & February 5

Cost: \$30

This class is for those who have completed the Mahjong Beginner Class or for those with a basic understanding of Mahjong. Rules will be reviewed, but the focus will be navigating the Mahjong card and higher level strategies. This class combines instruction and guided play and is taught by Beverly Shire. To join this class you must have and bring a current Mahjong Card. **Call the Orleans Senior Center to register. Non-residents may register beginning 1/10.**



## FELTING

Wednesday, February 5, 2pm

Cost: \$5

Use the dreary winter to learn something new! Come make a Valentine's Day themed needle felting project with local fiber artist Mary Sutton. No experience necessary! If you're looking to try something new, come learn more about this popular textile art that uses natural fibers, and walk away with a new hobby. **Call the Orleans Senior Center to register. Non-residents may register beginning 1/17.**



## QIGONG

Wednesdays, 9:45am

Beginning February 5

Cost: \$48 (8 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.



## IMPORTANT REMINDER...

*It's that time of year again!  
Please stay home if you have cold or flu-like symptoms, take care of yourself, and don't pass it on. Let's care enough to keep one another healthy!*

## WINTER WONDERLAND

### WARM-UP

Wednesday, February 19, 2pm

With Julie Charland

Baby, it's cold outside! Winter can feel long and lonely, so come get out of the house, benefit from the company of others, and warm up with heart-warming music from Julie Charland. Enjoy homemade treats and a hot cocoa bar to warm your body and spirit. **Call the Orleans Senior Center to register. Non-residents may register beginning 1/17.**



## INTRO TO GARDENING

Tuesday, February 25, 2pm

Join Master Gardener Cherie Bryan and learn how to get your garden started.

She'll discuss how getting going can be easier with information on basic garden tools, soil preparation, good starter plants, and safety for the gardener. We'll also talk about why gardening is such a popular hobby. Bring your questions, quandaries and enthusiasm. **Call the Orleans Senior Center to register. Non-residents may register beginning 1/17.**



## SENIOR CENTER CINEMA

THELMA (PG-13)

Thursday, January 16, 1:30pm



After getting conned by a scammer pretending to be her grandson, Thelma teams up with an old friend on a wild adventure to take back what's hers.



CHITTY CHITTY BANG BANG (G)

Thursday, February 20, 1:30pm



Dick Van Dyke recently marked his 99<sup>th</sup> birthday by starring in a Coldplay video. Come enjoy him in this marvelous classic full of magical adventure.

**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 1/10.**

# REGULAR ACTIVITIES

## ART AFTERNOONS

Fridays, 1:30-4pm  
Jan. 3, 10, 17 & Feb. 7, 21

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, January 10, 10am

"Tom Lake" by Ann Patchett

Friday, February 14, 10am

"Lady Tan's Circle of Women" by Lisa See

## BOWLING RETURNS

Fridays, 2:30pm, Jan. 10 & Feb. 7  
Cost: \$10

Do you like to bowl? We are partnering with The ALLEY Bowling in Orleans to host a bowling group for seniors. Come join us for the fun! This is a commitment, not open bowling. The \$10 cost includes shoes and 3 strings of bowling and is payable in cash to the Alley on bowling day. **Registration is required as walk-ins are not permitted. Call the Orleans Senior Center to register.**



## GAME LOUNGE

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



## 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

Jan. 3, 10, 17, 24 & Feb. 7, 21, 28

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



## REIKI SESSIONS

Tuesday Afternoon Appointments

Jan. 14, 21 & Feb. 11, 18, 25

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**  
**IS TAKING A BREAK...**

Returning in March



## 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!**



# 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	\$42	Feb. 3, 24 & Mar. 3, 10, 17, 24, 31
NIA	FRIDAYS	10:00 - 11:00am	\$30	Feb. 21, 28 & Mar. 7, 21, 28
SIT FITNESS	MONDAYS	11:00 - 11:45am	\$24	Feb. 3, 10, 24 & Mar. 3, 10, 17, 24, 31
SIT FIT YOGA	TUESDAYS	11:00 - 11:45am	\$21	Feb. 4, 11, 18, 25 & Mar. 4, 11, 25
SIT FITNESS	WEDNESDAYS	11:00 - 11:45am	\$24	Feb. 5, 12, 19, 26 & Mar. 5, 12, 19, 26
SIT FITNESS	THURSDAYS	11:00 - 11:45am	\$24	Feb. 6, 13, 20, 27 & Mar. 6, 13, 20, 27
SIT FITNESS	FRIDAYS	11:00 - 11:45am	\$15	Feb 7, 28 & Mar. 7, 21, 28
QIGONG	WEDNESDAYS	9:45 - 10:40am	\$48	Feb. 5, 12, 19, 26 & Mar. 5, 12, 19, 26
YOGA	TUESDAYS	9:45 - 10:40am	\$48	Feb. 4, 11, 18, 25 & Mar. 4, 11, 18, 25
YOGA	THURSDAYS	9:45 - 10:40am	\$48	Feb. 6, 13, 20, 27 & Mar. 6, 13, 20, 27
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$30	Feb. 7, 28 & Mar. 7, 21, 28
ZUMBA GOLD	TUESDAYS	8:30 - 9:25am	\$30	Feb. 18, 25 & Mar. 4, 11, 18
ZUMBA GOLD	THURSDAYS	8:30 - 9:25am	\$30	Feb. 13, 20, 27 & Mar. 6, 20

### 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:**

- Jan. 6: French Onion Soup, Roast Beef on a Bulky Roll, Chips & Dessert
- Jan. 13: Clam Chowder, BLT on Wheat, Chips & Dessert
- Jan. 20: **SENIOR CENTER CLOSED (MLK Day)**
- Jan. 27: Creamy Broccoli Cheddar Soup, Chicken Cranberry Roll-ups, Chips & Dessert
- Feb. 3: Zuppa Toscano Soup, Grilled Cheese Chips & Dessert
- Feb. 10: Roasted Squash Soup, Egg Salad Sandwich, Chips & Dessert
- Feb. 17: **SENIOR CENTER CLOSED (Presidents' Day)**
- Feb. 24: Chicken Orzo Soup, Chicken Salad Pita, Chips & Dessert
- Mar. 3: Beef Barley Soup, Tuna Fish on Marble Rye, Chips & Dessert

### **IMPORTANT LUNCH INFO:**

#### **◆ MEAL SIGN-UP POLICY:**

*Registration begins Monday, January 6 at 9am. To provide equity and access, you may initially sign-up for a maximum of 4 Comfort Kitchen Meals and 4 Soup and Sandwich meals. You may call back on 1/17 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:**

- Jan. 3: Chicken Parmesan, Pasta, Caesar Salad, Garlic Bread & Dessert
- Jan. 10: Chicken Pot Pie with Veggies, Mashed Potatoes, Salad & Dessert
- Jan. 17: **FRIENDS FISH FRIDAY!\*\* (see Reminder)**  
 Stuffed Quahogs, Rice Pilaf, Salad, & Dessert
- Jan. 24: **LUNCH & LEARN (see p. 3 for details)**  
Meatball Stroganoff, Egg Noodles, Glazed Carrots & Dessert
- Jan. 31: **NO COMFORT KITCHEN**  
**Senior Center is closed for building reorg.**
- Feb. 7: Baked Honey Dijon Chicken, Roasted Potatoes, Rolls, Salad, & Dessert
- Feb. 14: **NO COMFORT KITCHEN - Special Valentine's Day Program Program...see p. 3**
- Feb. 21: **FRIENDS FISH FRIDAY!\*\* (see Reminder)**  
 Creamy Crab Croquettes, Roasted Potatoes, Green Beans & Dessert
- Feb. 28: **LUNCH & LEARN (see p. 3 for details)**  
Pot Roast with Carrots & Potatoes, Salad Rolls & Dessert
- Mar. 7: Chicken Pasta Alfredo, Broccoli, Caesar 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@mobile dentalhygiene.com](mailto:smiles@mobile dentalhygiene.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.**



# 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

### ANNUAL APPEAL RESPONSE... MANY THANKS!

Your response to the Friends' recent annual appeal for financial support has been very generous and we are most grateful for all of your donations. The Friends is a non-profit organization whose purpose is to assist and support the Orleans Senior Center with its many services and programs. Your generosity enables the Friends to continue to financially support the Orleans Senior Center and assist them in meeting the needs of our Orleans seniors.

The Friends have helped with transportation for cancer treatment, and groceries after long term hospitalizations. We have supported caregiver groups and music therapy for the supportive daycare program. The Friends have also been providing support for supplemental items needed by those who participate in the Senior Center's collaborative "Healthy Meals in Motion" program with The Family Pantry, which provides supplemental food to eligible participants.

We were able to assist financially with the cost of food needed for the Senior Center's home delivered Thanksgiving holiday dinners, and in providing special remembrances for some of our vulnerable neighbors during the holidays. We support the Senior Center transportation services and are also committed to assisting in the maintenance of the Center's garden.

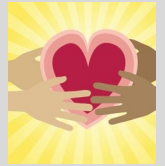
The Senior Center's continuing outreach has such a positive impact on our senior population and our community. A special thanks to our wonderful staff and to all of you who continue to donate to the Friends!

#### 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

## Lower Cape LGBTQ+ SAGE TABLE Friday, March 21, 5:30pm FREE

**Please Save the Date!** The Orleans COA and the Eastham COA will be hosting a SAGE Table event on Friday, March 21, from 5:30-7:30pm. What is a SAGE Table? This is an international initiative to bring together LGBTQ people of all ages to share a meal and conversation in hopes of addressing social isolation. Dinner will be “Tex-Mex” and we’ll have diverse and rich conversation to nourish our bodies and spirits and help our LGBTQ community thrive. Space will be limited. **Call the Orleans Senior Center at 508-255-6333 to register beginning February 3.**



## MEDICARE FRAUD

Each quarter Medicare sends out a summary notice. Do you see charges for services which did not occur? Or perhaps a diagnosis which does not seem accurate? If you suspect that fraud may have occurred, you can reach out to the Massachusetts Senior Medicare Patrol program at 1-800-892-0890 or call Medicare’s Help Line at 1-800-633-4227. *[Adapted from www.aarp.org]*



## VETERAN TRANSPORTATION

The Cape & Islands Veterans Outreach Center is offering transportation services to Veterans who meet certain qualifying criteria. You need to have less than 30% service-connected disability through the VA, have a true need and no access to other transportation resources, and no dishonorable discharge. You will also be required to produce a copy of your DD214 form. Rides are provided to medical appointments and some needs-based community services. For more information, contact the Veterans Outreach Center transportation department M-F 8am-4pm at 508-827-0908.



## ORLEANS PRIDE CELEBRATION

There is a group working to create an Orleans public Pride celebration in June of 2025. They are developing a vision and starting the planning process in January. If you want to be a part of this effort, please contact Rick at 917-699-8738.

## 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 have received 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 to schedule an appointment for more information about the home energy assistance program including eligibility requirements, application process, etc.



## DEBT COLLECTION SUPPORT

Have you been sued by a debt collector? Do you need information or support regarding debt collections? South Coastal Counties Legal Services is offering a free Zoom session to answer your questions on January 23<sup>rd</sup> at 12pm and 6pm. These 1-hour sessions will discuss your rights, what judgements mean, review strategies for payments, learn what assets are exempt from collection, and provide time for Q&A. For more information call SCCLS at 1-800-244-9023 Monday-Thursday 9am-2pm.



## SOCIAL ENGAGEMENT MAY AFFECT HOW YOU AGE

You already know if you want to live a long, healthy life you should avoid junk food, not over-imbibe alcohol, stay active, and get good sleep. But did you know that loneliness and isolation can impact your health in similar ways? Research has shown that “a lack of strong social connections is linked to an increased mortality risk akin to smoking 15 cigarettes daily. That’s more risky than being physically inactive or having obesity.” It is vital to healthy aging that you seek to strengthen your social connections. If you live alone and have limited contact with others, make it a point to increase your “life space.” Life space is all of the areas that you visit, every place that you go. Aging individuals who make a point of getting out, talking with others, making social connections...those are the people that are going to stay healthy longer. The Orleans Senior Center is a great place to increase your social engagement! *[From AARP.org, by Anna Medaris, 6/11/24]*

## 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. For learn more, contact Outreach at the Orleans Senior Center at 508-255-6333.



### JANUARY CARING CONNECTION Wednesday, January 15, 1-2:30pm

Come move with us! One of our fitness instructors, Cindy, will lead a seated class focusing on caring for ourselves and our bodies. Afterwards we will have some time to connect and enjoy healthy snacks.

### FEBRUARY CARING CONNECTION Wednesday, February 19, 2-3pm

Join us for a sweet afternoon of cocoa and music by Julie Charland. *See page 4 in this issue of the Tidings newsletter for details.*

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 1/10.*

**Program is funded in-part by the Friends of the COA.**



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



### Emergency Contacts

We cannot stress enough how helpful it can be to have an emergency contact listed here at the Senior Center. We truly do not use that information unless there is an emergency - but we have seen a lot of those occur in one way or another. If you have never provided us with an emergency contact, or if you think that you need to update your contact person or their phone number, please ask to update your registration form or ask to speak with a member of the Outreach staff to discuss your situation.

### PT Home Visits

The Orleans COA has access to a limited number of public health physical therapy home visits with the VNA for Orleans residents. The purpose of these visits is to consult with a physical therapist to perform a fall risk assessment and review corresponding fall prevention techniques. The proper use of assistive devices may be discussed as well as an individualized home exercise program. Techniques for transfers, caregiver guarding, and compensatory strategies could also be discussed. The goal of the home PT visits is to promote safety and maximize independence. If you would like more information, or to find out if you or a loved one would be eligible, please contact the Outreach team.

### Credit Card Co-Signer or Authorized User

Do you know the difference between the two? The signature of a co-signer is their agreement to pay the credit card bill if the account owner does not pay. Generally, cosigners do not have a physical credit card, do not receive a bill and do not have access to the credit card account. An authorized user is added to the credit card account by the primary card holder. They are able to make purchases, but are not responsible for payment of the card.

### National Compliment Day

January 24<sup>th</sup> is National Compliment Day. It's a great opportunity to brighten someone's day by expressing something positive you notice about them. Compliments build confidence, can improve performance and cost nothing to share!



## VOLUNTEER SPOTLIGHT



### Peg Merzbacher & Sandi Rhodes

The staff of the Orleans Council on Aging would like to acknowledge two very special volunteers, Peg Merzbacher and Sandi Rhodes. Peg and Sandi are state-certified SHINE Counselors who assist older adults in Orleans to traverse the complex world of Medicare.

Peg and Sandi work regular hours year-round providing help and guidance, but from mid-October through early December, they are extremely busy performing many extra hours of service providing critical guidance to help people navigate important decisions during Medicare Open Enrollment. This service has become so important to help people make the best decisions possible for the coverage they need based on their medications, income, and healthcare needs. Peg and Sandi spend a great deal of time training and maintaining their certification to provide this important service, and they give generously of their time in the fall to provide service to as many people as possible. This particular volunteer job takes truly special and dedicated individuals.

On behalf of the Orleans Senior Center and the community of Orleans, we want to extend our heartfelt appreciation to Peg and Sandi for their exceptional service, hard work, long hours, incredible patience, and dedication this last year. They truly make a difference in the lives of so many in Orleans.

***For more information on volunteering for the Orleans Senior Center, please contact Program Coordinator, Lillian Parnell, at 508-255-6333 Ext. 14***

***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.***

## COMMUNITY TRANSPORTATION RESOURCES



### DART:

Low cost public transportation, by reservation, from place to place on Cape Cod. Available for all ages. Please register by calling **1-800-352-7155** M-F, 8am-5pm.

### H2O:

Fixed route public transportation between Orleans and Hyannis. Call **1-800-352-7155** for information. *Reminder:* Have exact change ready. **Free fares on Wednesdays for seniors on fixed routes.**

### B.H.T. Boston Hospital Transportation:

Medical appointments at Boston hospitals **Monday-Thursday**. Pick-ups in Wellfleet, Eastham, Orleans, Harwich, Hyannis, Barnstable & Sagamore. Call **1-800-352-7155** to reserve by 11:00am the day before. Cost: \$30 round trip, \$15 one-way.

### FLEX Bus:

Low cost fixed route from Harwich to Provincetown. **Some off-route pickups available, with reservations, up to 3/4 mile off fixed route.** Cost: \$1.00 for seniors. Schedules available at the Senior Center. For more information call 1-800-352-7155.

## COA SHOPPING ROAD TRIPS

### Cost: \$2

We will leave Orleans at 9:30am and return at approximately 1pm. Space is limited.

We will pick you up at your home (Orleans Seniors) or you can meet us at the Senior Center. **Call the Orleans Senior Center to register.**



### “DENNIS DASH”

#### Thursday, January 23

We'll take you to Patriot Square, Ring Bros. Marketplace, Job Lot, etc. *Lunch is on your own.*

### HYANNIS SHOPPING TRIP

#### Wednesday, February 12

We'll take you to the Hyannis location of your choice including Trader Joe's, Kohl's, 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> <i>Please schedule appts. between 9:30am-2:30pm</i>	YES	YES	YES	YES	YES
<b>ERRANDS AROUND ORLEANS</b> 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> RHV Pickup: approx. 10am *CALL TO SCHED. Tonset Woods: approx. 11am *CALL TO SCHED.	YES	NO	Limited	NO	NO
<b>GROCERY SHOPPING AT SHAW'S</b> RHV Pickup: approx. 12:30pm *CALL TO SCHED. 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:

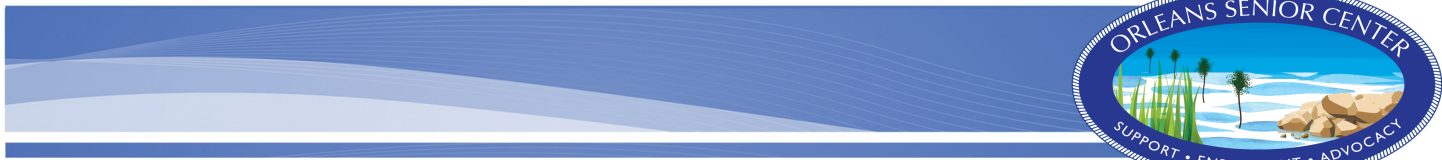
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry bags, but may not enter homes.
- **Last minute and repeated cancellation of rides, unless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

Denise Dunlap, <i>Chair</i>	Deborah Steven
Sandy Chernick	Claudia Trend
Mark Kaminsky	Mary Walsh
Bill Salem	

**UPCOMING PUBLIC COA BOARD MEETING:  
Wednesdays, January 22nd & February 26th,  
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.*

**BLESSINGS TO YOU IN THE NEW YEAR**  
*May peace fill the world  
and may love fill your home,  
with health and contentment too.  
In wonderful ways  
may this year of new days  
be filled with sweet blessings for you.*