



Tidings

March/April 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 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.

ANNUAL SAINT PATRICK'S DAY LUNCHEON

Friday, March 14, 11am

Cost: \$15

Perennial favorites "Rose Clancy and Friends" will return to play at the Orleans Senior Center for our popular St. Patrick's Day celebration. This popular annual event always has a waitlist, so mark your calendars and call on March 3rd to reserve your space. A traditional Irish lunch & dessert will be served. You may register for yourself and immediate family members only, no "group" reservations permitted. **Payment is due within 3 days of registration. No refunds.** *Non-residents may register beginning 3/7.*



TECH TALKS

Come to one workshop, or all three, and improve your digital literacy! These Tech Talks are a collaboration with Elder Services of Cape Cod and Senior Planet. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 3/13.*



FITNESS APPS: Wednesday, March 26, 10-11:30am

Learn how fitness apps can help you track your progress and conquer your goals! Think that fitness apps are only for athletes? This lecture covers many different types of fitness apps, whatever your health and wellness goals.

INTRO TO SOCIAL MEDIA: Wednesday, April 9, 10-11:30am

Social media is everywhere these days. We'll introduce you to the most popular platforms! Social media sites make it easy to share content and connect with other people online, and it has become a popular platform for information sharing.

STREAMING & SMART TV's: Wednesday, April 23, 10-11:30am

Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead! Come learn more about free or low-cost streaming services like YouTube, Netflix, and Hulu to watch your favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available.

REGISTRATION FOR ALL PROGRAMS BEGINS MONDAY, MARCH 3RD, AT 9AM

Please see p. 2 for details

SENIOR CENTER WILL BE CLOSED MONDAY 4/21 (Patriots' Day)

508-255-6333 ♦ town.orleans.ma.us/220/Council-on-Aging-Senior-Center

SPECIAL ACTIVITIES

FELTING

Wednesday, March 19, 9:30am
Cost: \$5

There was a lot of interest in our last felting class so we decided to offer a second session. Come make a spring 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 3/13.*



EXERCISE AS WE AGE

Thursday, March 20, 1pm

Learn how physical activity can help you age more gracefully. Presented by Kristen Siminski, PT, this hour-long presentation includes information on the aging process, exercise intensity, exercise guidelines, and some basic exercises you can do at home. This program is brought to you in collaboration with the Public Health Division of the VNA of Cape Cod. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 3/13.*



LADIES LUNCH

Tuesday, March 25, 12:15pm
Cost: \$5

In celebration of Women's History Month, we'll enjoy a lunch of beef and rice with snow peas along with dessert, while we learn more about women who have shaped modern American society. Over the last 200 years, there have been many pioneering women in the United States who have shattered social barriers and forged a path for future generations to follow. This talk will look at the careers and legacies of some trailblazing individuals. **Call the Orleans Senior Center to register.** *Orleans residents and Friends members may register starting 3/3, others may register beginning 3/13.*



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

IMPORTANT REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, March 3rd at 9am.** We will return calls in the order they are received. If our lines are busy please leave **ONE** message that you want to register and we will call you back. Please do not leave multiple messages as this is a very busy time and other COA calls need to get through.
- ◆ **To improve equity and access, you may register for up to 4 special activities.**
- ◆ **You may also register for up to 4 Comfort Kitchen and 4 Soup & Sandwich lunches.**
- ◆ **You may call back on 3/13 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, March 21 & April 25

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

This winter's "Lunch & Learn" series was so successful, we've decided to continue! 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 3/13.**



IMPACT OF CLIMATE CHANGE ON THE CAPE

Friday, March 28, 12-1:30pm Join staff from the Cape Cod Commission, the regional planning agency for Barnstable County, to learn about the impacts of climate change across the Cape and in Orleans. Through discussion and shared ideas, you'll gain insight into how our local communities are stepping up to build resilience for the future.

HAPPINESS AT ANY AGE

Friday, April 25, 12-1:30pm

In this interactive seminar, participants will have an opportunity to take a Happiness Survey assessing their current state of happiness and learn what scientific research says regarding what makes people happy. Acknowledging that at any age we can all be "happier," participants will complete their own Happiness Rx.

THE DRIVING DECISION When is it Time for Driving Retirement?

Wednesday, April 16, 10am

A member of the RMV staff will be at the Orleans Senior Center for this workshop focusing on driving retirement. Research suggests that many people will outlive their safe driving lives by 7-10 years. The effects of functional impairments and medication will be discussed. This program includes interactive discussion highlighting issues for older driver. Topics include liability, reporting procedures, relicensing requirements, older driver assessment, and the importance of obtaining a Mass. ID card when retiring from driving. "Driving Decision" attendees will be able to identify the warning signs of unsafe driving, understand RMV policies, and learn best practices to use when talking with older drivers about their driving. **Call the Orleans Senior Center to register. Non-residents may register 3/13.**



EngAGE ACADEMY

**4 Fridays, 2-4pm
March 28 & April 4, 11, 25**

The response to this program in the fall was overwhelmingly positive, so we're offering it again! This 4-part informational series will help participants actively engage in preparation for the aging process to empower you to "Age Well." The framework for the sessions will include Preparedness, Circle of Support, Tough Conversations, and Aging Through Change. We find too often that many we interact with aren't prepared for their aging journey, and when this happens it often leaves individuals vulnerable at critical times. Are you prepared for what might come? If your goal is to "age in place," you need to prepare. This is an interactive group to help you actively engage and you will walk away with comprehensive planning tools and resources. **Come EngAGE with us!** Space is limited and you must commit to attend all 4 sessions. **Call the Orleans Senior Center to register. Non-residents may register beginning 3/13.**



JOINT REPLACEMENT

Thursday, April 3, 11am

Total Joint Replacements are now outpatient surgical procedures with most people coming home the day of surgery. This change has made homecare services essential for your recovery. Please join us to learn more about the home recovery process and the Visiting Nurse of Cape Cod and the services they provide to assist you after your surgical procedure. The program will be facilitated by a VNA PT/Orthopedic Program Coordinator. **Call the Orleans Senior Center to register. Non-residents may register beginning 3/13.**



JFK MUSEUM-HYANNIS

Tuesday, April 15, 9am - 1pm

Cost: \$12

Hyannis Port has long been the Kennedy family home and when you step inside the JFK Hyannis Museum you are surrounded by images of the "Camelot years." **Call the Orleans Senior Center to register. Non-residents may register beginning 3/13.**



SPECIAL ACTIVITIES

USING MY CHART

Tuesday, April 8, 2pm

MyChart is a secure and convenient way to access your health information, manage appointments, communicate with health providers, and more. Whether you're looking to view your test results, schedule an appointment, or communicate with your care team, using MyChart is an important tool to help you manage your healthcare. Join us for a hands-on presentation on how to use a MyChart account. Please bring your smartphone, tablet or laptop so you can follow along. This program is a collaboration with the Public Health & Wellness Division of the VNA of Cape Cod. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 3/13.*



QIGONG

Wednesdays, 9:45am

Beginning 4/9

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.



PAINTING CLASSES

With Local Artist, Karen North Wells

Mondays, 1:30-4:15pm

NEW CLASS STARTING IN APRIL

Class Dates:

April 7, 14, 28 & May 5, 12 & June 2, 9

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

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.* **Call the Orleans Senior Center to register.** *Non-residents may register beginning 3/13.*



TAX AIDE PROGRAM

Mondays

Through 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!**



DANCE FIT

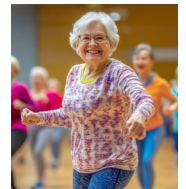
With Jenny

Tuesdays, 2pm

April 22 & May 6 & June 3

Cost \$18

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 3/13.*



SENIOR CENTER CINEMA

WICKED (PG)

Thursday, March 20, 1:30pm



This popular 2024 musical is the untold story of the misunderstood witches of Oz and their unlikely friendship. *(2025 Oscar-Nominated Film)*



A COMPLETE UNKNOWN (R)



Thursday, April 17, 1:30pm

This is a beautiful biographical film about Bob Dylan which immerses you in the time and life of one of the most iconic singer-songwriters of our time. *(2025 Oscar-Nominated Film)*

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 3/13*

REGULAR ACTIVITIES

ART AFTERNOONS

Fridays, 1:30-4pm

March 7, 28 & April 11, 18, 25

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, March 14, 10am

"The Glass Maker" by Tracy Chevalier

Friday, April 11, 10am

"The Huntress" by Kate Quinn

BOWLING

Fridays, 2:30pm

March 7 & April 4 & May 2

Cost: \$10

Do you like to bowl? We are partnering with The ALLEY Bowling in Orleans to host a bowling group for seniors. Come join us for 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. All are welcome but **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. NO GAMES ON APRIL 1ST DUE TO BUILDING REPAIRS.**



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

March 7, 28 & April 11, 18, 25

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

Mar. 11, 18, 25 & Apr. 8, 15, 29

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, Apr. 15, 29 & May 13, 27

2-3pm, Cost: \$24

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



FITNESS PROGRAMS

ORLEANS SENIOR CENTER FITNESS CLASSES

CLASS TITLE	DAY	TIME	COST	DATES OF NEXT SESSION
GENTLE YOGA	MONDAYS	9:00 - 9:55am	\$30	Apr. 7, 14, 28 & May 5, 19
NIA	FRIDAYS	10:00 - 11:00am	\$36	Apr. 11, 25 & May 2, 9, 23, 30
SIT FITNESS	MONDAYS	11:00 - 11:45am	\$18	Apr. 7, 14, 28 & May 5, 12, 19
SIT FIT YOGA	TUESDAYS	11:00 - 11:45am	\$21	Apr. 8, 15, 22, 29 & May 6, 13, 27
SIT FITNESS	WEDNESDAYS	11:00 - 11:45am	\$21	Apr. 16, 23, 30 & May 7, 14, 21, 28
SIT FITNESS	THURSDAYS	11:00 - 11:45am	\$24	Apr. 10, 17, 24 & May 1, 8, 15, 22, 29
SIT FITNESS	FRIDAYS	11:00 - 11:45am	\$24	Apr. 11, 18, 25 & May 2, 9, 16, 23, 30
QIGONG	WEDNESDAYS	9:45 - 10:40am	\$48	Apr. 9, 16, 23, 30 & May 7, 14, 21, 28
YOGA	TUESDAYS	9:45 - 10:40am	\$42	Apr. 8, 15, 22, 29 & May 6, 13, 27
YOGA	THURSDAYS	9:45 - 10:40am	\$48	Apr. 10, 17, 24 & May 1, 8, 15, 22, 29
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$48	Apr. 11, 18, 25 & May 2, 9, 16, 23, 30
ZUMBA GOLD	TUESDAYS	8:30 - 9:25am	\$30	Apr. 15, 22 & May 6, 13, 27
ZUMBA GOLD	THURSDAYS	8:30 - 9:25am	\$42	Apr. 10, 17, 24 & May 8, 15, 22, 29

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 (Mon. w/ 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 (Tues. w/ Cindy)

Seated exercises that improve flexibility, muscle tone, circulation and heart health with a yoga component.

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 (Fri. w/ 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 (Tues. & Thurs. w/ 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 (Fri. w/ 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 (Tues. & Thurs. w/ 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:

- Mar. 3: Beef Barley Soup, Tuna Fish on Marble Rye, Chips & Dessert
- Mar. 10: Chili, Cornbread, Tossed Salad, & Dessert
- Mar. 17: Dublin Coddle (Sausage Stew), Crusty Irish Brown Bread, Salad & Dessert
- Mar. 24: Tomato Basil Soup, Grilled Cheese Sandwich, Chips & Dessert
- Mar. 31: Italian Wedding Soup, Italian Stromboli, Chips & Dessert
- Apr. 7: Hungarian Mushroom Soup, Tuna Pita with Lettuce & Tomato, Chips & Dessert
- Apr. 14: Fish Chowder, Egg Salad Sandwich, Chips & Dessert
- Apr. 21: **SENIOR CENTER CLOSED (Patriots' Day)**
- Apr. 28: Creamy Broccoli Soup, Ham & Cheese Croissant with Mustard Glaze, Chips & Dessert
- May 5: Chicken Tortilla Soup, Chicken & Cheese Quesadillas & Dessert

IMPORTANT LUNCH INFO:

◆ MEAL SIGN-UP POLICY:

Registration begins Monday, March 3 at 9am.
To provide equity and access, you may initially sign-up for a maximum of 4 Comfort Kitchen Meals and 4 Soup and Sandwich meals. You may call back on 3/13 and sign-up for additional open meal 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. 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:

- Mar. 7: Chicken Pasta Alfredo, Broccoli, Caesar Salad & Dessert
- Mar. 14: **NO COMFORT KITCHEN - St. Patrick's Day Event...see p. 1**
- Mar. 21: **NO COMFORT KITCHEN - Kitchen closed due to special evening LGBTQ+ event...see p. 11**
- Mar. 28: **LUNCH & LEARN (see p. 3 for details)**
Beef Burrito Bowl with Rice, Beans, Lettuce, Tomatoes and Cheese & Dessert
- Apr. 4: **NO COMFORT KITCHEN - Kitchen closed due to building repairs.**
- Apr. 11: Chicken Croquettes, Garlic Herb Roasted Potatoes, Sauteed Carrots & Zucchini & Dessert
- Apr. 18: **FRIENDS FISH FRIDAY!** (see Reminder)**
 Cod Au Gratin, Tri Colored Baby Smashed Potatoes, Asparagus & Dessert
- Apr. 25: **LUNCH & LEARN (see p. 3 for details)**
Orange Chicken, Brown Rice, Asian Veggie Medley & Dessert
- May 2: **DERBY DAY!** Pork Tenderloin Sliders with Bacon & Onion Jam, Red Bliss Potato Salad, Old Kentucky Bib Salad & Dessert
- May 9: Meatloaf, Mashed Potatoes, Green Beans, & Dessert

"FRIENDS FISH FRIDAYS"

REMINDER

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.**

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 \$4/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

OUR FRIENDS ARE GENEROUS

Many thanks again from the Friends Board to all of you for your generous support in response to our annual membership drive and appeal for donations to support the Orleans Senior Center. Your response makes it possible for the Friends to continue to financially assist the Senior Center in several of its programs for Orleans seniors.

Some of the ways the Friends use your donations to financially assist your Senior Center:

- Delivery of home cooked meals to certain homebound seniors
- Maintenance of the Senior Center buses
- Art therapy for participants in the supportive daycare program
- Friends Fish Friday lunches
- Various social, recreational and educational programs including summer Lunch & Listen concerts, Thanksgiving meals, and the Pride BBQ

The Friends also provide funding for supplemental items to be included in the COA Healthy Meals in Motion

monthly food distribution program and to assist with unique emergency needs for older adults being assisted through the Senior Center's Outreach Department. Thanks again to all of you for your generous support that makes it possible for the Friends to financially support the superb programs and services of the Orleans Senior Center, and contribute in a meaningful way to our community!

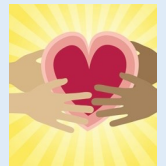
Friends Board:

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

WALK IT OUT CHALLENGE

Monday, May 12, 9am

Are you interested in improving your cardiovascular fitness and mood, but aren't sure where to start? Join us for a presentation about the health benefits of walking and an open discussion period led by a VNA Physical Therapist. Participants will receive a 4-week walking program to follow independently. The Senior Center will offer an exciting incentive to join the challenge. More details coming in the May/June *Tidings* newsletter. **Call the Orleans Senior Center to register. Non-residents may register beginning 5/3.**



SHINE VOLUNTEERS NEEDED

A new volunteer opportunity is waiting for you!

The Cape Cod & Islands Regional SHINE program is seeking volunteers for the 2025 class. They screen, train, and certify all volunteers as Medicare experts, so you don't need a background in health insurance to get involved. Whether it's conducting one-on-one counseling, speaking to groups, or providing office support, SHINE can find a role that's just right for you. All you need is integrity, a willingness to learn, and a desire to help others. Become a SHINE volunteer! SHINE team members are highly trained and certified to assist people. Applications are due in April and the training begins in May. Please call the Cape Cod & Islands Regional SHINE Program Manager, Kristina Whiton-O'Brien at 508-375-6762, and choose option #2 to sign up!



Lower Cape LGBTQ+

SAGE TABLE

Friday, March 21, 5:30pm

The Orleans COA and the Eastham COA will be hosting a collaborative SAGE Table event. 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 to register.**



ONE-ON-ONE

SEWER APPOINTMENTS

Wednesdays, March 19 & April 16

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.**



NAUSET NEIGHBORS WANTS YOU!

Want to make a difference in your neighbors' lives? Nauset Neighbors is an all-volunteer non-profit organization whose mission is to help older adults stay independent in their homes and active in their communities. They offer rides to appointments, simple handyman tasks, and friendly visits to members. You can participate by signing up to volunteer. Volunteering is easy and flexible with simple on-line scheduling. There is no cost involved. You can visit their website at nausetneighbors.org or call them at 508-514-7067.



If you receive a suspicious call:

- Hang up
- Don't believe them
- Don't trust your caller ID
- Don't give them money
- Don't give them personal information
- Report the scam at oig.ssa.gov



SSA.GOV/SCAM



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 welcoming and supportive environment for family care partners and those they care for. We want to normalize the care partner relationship and provide opportunities for connection and engagement. To learn more, contact Outreach at the Orleans Senior Center at 508-255-6333.



MARCH CARING CONNECTION

Wednesday, March 19, 12-2pm

Join us for a delicious lunch followed by a musical performance. You are sure to hear some familiar favorites along with some laughter – maybe even a little dancing.

APRIL CARING CONNECTION

Wednesday, April 16, 1-2:30pm

Let's get creative with art therapist Barbara. No need to be a Picasso, we just want to have some fun. You will be able to bring home your project.

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 3/13.

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 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 hosting their own supportive day program.

**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

ATTENTION: REAL ID

Deadline Approaching

The deadline for having a REAL ID is May 7th. Beginning on that day, flights will require valid documents which fulfill the TSA requirements for identification. Entrance to some federal buildings will also be prohibited without the appropriate documents. Appointments can be scheduled online for the Registry of Motor Vehicles or for AAA (if you are a member). Both of their websites will show what documents you need to apply for the REAL ID. If you cannot schedule the appointment online and need assistance, please call the COA and ask for Outreach.

Home Modification Loan Program (HMLP)

Are there accessibility renovations or modifications which are needed to improve your functioning in your home, or that of a loved one? Loans range from \$1,000 to \$50,000, and can be used to address the need for ramps, stairlifts, or changes to bathrooms or kitchens. HMLP is a state funded program which offers no interest loans with no required monthly payments, instead the loan is repaid when the property is sold or transferred. There are annual income guidelines for eligibility, but these are generous. For more information, please reach out to the Outreach Department or call 866-500-5599.

Orleans Sewer Connection Grants

The Town has developed a grant program to assist eligible residents with sewer connection. Grants of up to \$7,500 can be used for engineering services, construction costs, or the abandonment of existing septic systems. To qualify, applicants must be under order to connect to the Town sewer system, own and occupy the property as a single-family, year-round primary residence, and have pre-approval for a loan from the Cape Cod Aquifund Program. For more information, please contact John Nelson at the Orleans Health Department at 508-140-3700 ext 2319. Private appointments with John Nelson to review your individual sewer system issues are also available through the Senior Center. **See page 11 for details.**



VOLUNTEER SPOTLIGHT

National Volunteer Month is celebrated annually in April. It is an opportunity to say thank you to those who come along side us and to celebrate the ripples of kindness created through volunteering which are bettering our Senior Center community.



We currently have 92 wonderful women and men serving at the Senior Center. Their dedication and commitment demonstrates the impact a gift of time and service can have. Have you ever tossed a pebble into a pond or a puddle and watched the ripples spread outward? That is what volunteering does. Each act of service creates waves of positive energy that reach out into the community. By delivering meals to homebound individuals, driving someone to a medical appointment, providing guidance with taxes or health insurance or legal matters, distributing food to those in need, helping with an activity, serving a meal, or participating on a board, our volunteers create ripples of kindness that impact others and help make this such a special place for so many.

To our volunteers, thank you for serving your community and sharing your lives with us here at the Senior Center. It is a blessing to witness the connections that are established and the difference you make. You help to make us what we are and accomplish all that we do, and we are so appreciative that you made the decision to invest yourselves here.

With our deepest appreciation,

*The Staff of the Orleans Council on Aging
& Senior Center*

*If you would like to learn more about
opportunities to volunteer with
the Orleans Senior Center,
please contact Program Coordinator,
Lillian Parnell, at 508-255-6333 Ext. 14*



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. Space is limited. Orleans seniors will be picked up at home, or can choose to meet us at the Senior Center. **Call the Orleans Senior Center to register.**



MARKET BASKET IN BOURNE

Wednesday, March 12

This trip should arrive home to Orleans by lunch time.

PLYMOUTH SHOPPING TRIP

Wednesday, April 30

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

SENIOR CENTER TRANSPORTATION



IN-TOWN SHOPPING AND ERRANDS:

Orleans Senior Center Bus Service

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

- **RESERVATIONS ARE REQUIRED AT LEAST 2 BUSINESS DAYS PRIOR TO RIDE.**
- **ALL RIDE REQUESTS MUST BE MADE BY CALLING THE SENIOR CENTER BETWEEN 8:45am - 12pm, Monday - Friday at 508-255-6333.**
- Rides may be limited if we cannot meet demand.

RIDES TO MEDICAL APPOINTMENTS:

Orleans Senior Center Bus Service & FISH (*Friends In Service Helping*)

We are now meeting the essential need for help with rides to medical appointments with two different resources: the Senior Center Bus & FISH volunteer drivers. This service is reserved for those who are unable to drive, and don't have family or friends available to help. How we meet your need will depend on the appointment time and location, whether you need handicapped accessible transportation, current demand for rides, and driver availability. We will do our best to meet your need. We need you to adhere to the following guidelines for requesting rides to medical appointments:

- **RESERVATIONS FOR RIDES TO MEDICAL APPOINTMENTS ARE REQUIRED A MINIMUM OF ONE WEEK IN ADVANCE** of your appointment, but more notice is appreciated. Medical rides may be requested up to one month in advance.
- **We provide rides to medical appointments from Wellfleet to Hyannis.**
- **MEDICAL APPOINTMENTS SHOULD BE SCHEDULED BETWEEN 9:30am - 2:30pm MONDAY - FRIDAY.** No rides are available on holidays, and *we don't go to Hyannis on Fridays from Memorial Day-Labor Day.*
- **ALL RIDE REQUESTS MUST BE MADE BY CALLING THE SENIOR CENTER BETWEEN 8:45am - 12pm, Monday - Friday at 508-255-6333.**
- **Out of town medical rides are \$5.**
- Rides may be limited if we cannot meet demand.
- Masks may be required.

BUS SERVICE

ORLEANS SENIOR CENTER BUS SCHEDULE

	MON	TUES	WED	THUR	FRI
RIDES FOR MEDICAL APPTS. (FISH & COA BUS) <i>Please schedule appts. between 9:30am-2:30pm</i>	YES	YES	YES	YES	YES
ERRANDS AROUND ORLEANS Bank, Post Office, Pharmacy, Library, etc. (9:45am-2pm)	YES	YES	YES	YES	Limited
RIDES TO ORLEANS SENIOR CENTER	YES	YES	YES	YES	YES
GROCERY SHOPPING AT STOP & SHOP RHV Pickup: approx. 10am *CALL TO SCHED. Tonset Woods: approx. 11am *CALL TO SCHED.	YES	NO	Limited	NO	NO
GROCERY SHOPPING AT SHAW'S RHV Pickup: approx. 12:30pm *CALL TO SCHED. Tonset Woods: approx. 1:15pm *CALL TO SCHED.	NO	Limited	NO	NO	YES
GROCERY SHOPPING AT FRIENDS MARKET	YES	NO	Limited	NO	YES

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

SCHEDULING RIDES

- **To schedule a ride, PLEASE CALL THE ORLEANS SENIOR CENTER Monday - Friday, between 8:45am - Noon at 508-255-6333.**
- When calling to schedule a ride, please say, "I need to schedule a ride." Don't ask for anyone by name, as the person who helps you will depend on our activity and staffing level.
- **All requests for local rides (shopping, errands, appointment, etc.) must be made by noon at least 2 business days in advance.**
- **All requests for rides to out of town medical appointments must be scheduled one week in advance. OUT OF TOWN MEDICAL RIDES ARE \$5/PER TRIP.**



REMINDERS FOR RIDERS:

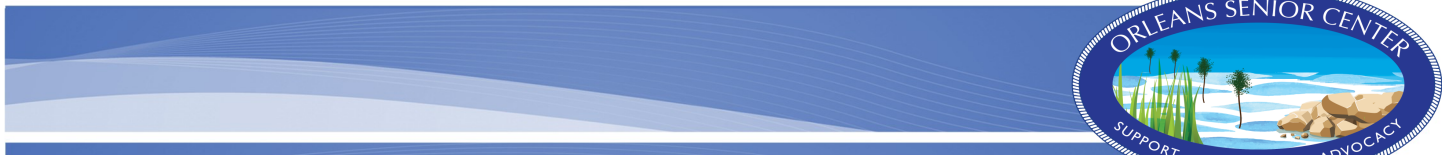
- Rides may be limited depending on demand.
- Buses are handicapped accessible, but please let us know when scheduling if you require wheelchair accommodations so we can plan accordingly.
- Drivers may help carry bags, but may not enter homes.
- Last minute and repeated cancellation of rides, unless an emergency, is frowned upon. It impacts drivers, and other seniors.
- **ALL STOPS MUST BE SCHEDULED AHEAD OF TIME.**
- Riders are required to treat drivers courteously and respectfully.
- Seat belts are required at all times.
- **Donations for rides are greatly appreciated.**

THANK YOU!

ORLEANS SENIOR CENTER & COUNCIL ON AGING
150 ROCK HARBOR RD.
ORLEANS, MA 02653

NON-PROFIT
US POSTAGE
PAID
PERMIT #16
ORLEANS, MA
02653

OR CURRENT RESIDENT



**ORLEANS SENIOR CENTER &
COUNCIL ON AGING
150 Rock Harbor Rd.
Orleans, MA 02653
508-255-6333**

**HOURS:
Monday-Friday 8:30am-4:30pm**

[www.town.orleans.ma.us/220/
Council-on-Aging-Senior-Center](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, March 26 & April 23, at 1pm at
the Orleans Senior Center**

The printing of this newsletter was funded by the Town of Orleans as well as grant funds from the Massachusetts Executive Office of Elder Affairs, and generous support from the FRIENDS of the Orleans COA.

