



# Tidings

July/August 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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## TUESDAY

### EVENING ACTIVITIES ..... p. 2

- 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 can be mailed to Orleans seniors, current Friends' members, and COA volunteers.

## SUMMER "LUNCH AND LISTEN" CONCERT SERIES:

### "HYANNIS SOUND"

Friday, July 25, 12-1pm

Hyannis Sound is an extremely popular professional seasonal a cappella group based out of Cape Cod. The group carries on a special tradition started in 1994, bringing together 10 college-aged singers from across the country who spend their summer making incredible music and unforgettable memories. This is a performance you won't want to miss!



### "SARAH BURRILL BAND"

Friday, August 8, 12-1pm

The Sarah Burrill Band is geared for fun, dance and sing-alongs (every song's a sing along). They perform a mix of blues, reggae, R&B, country, and rock and roll! You'll hear songs from Patsy Cline to Prince, the Beatles to the Stones, and all that's in between.



**Please bring a lawn chair** to enjoy the concert which will be hosted in the Senior Center garden, weather permitting. You may bring your own lunch, or purchase a box sandwich lunch at the Senior Center for only \$6. If you want to order a lunch, let the Senior Center know when you register, and ask what we're serving as we always offer two lunch options. **Orleans residents and Friends members may register by calling the Orleans Senior Center starting 6/30, others may register beginning 7/9. This event is co-sponsored by the Friends.**

## ANNUAL SUMMER'S END BBQ

Friday, August 29, 11am, Cost: \$10

Come join us as we close out the summer with our traditional BBQ in the Senior Center garden (weather permitting). We'll enjoy musical entertainment followed by lunch including hot dogs, hamburgers, salads, and dessert. We'll be entertained by The Elastic Five Band, a Boston-based quintet that specializes in authentic arrangements of rock, pop, and folk songs of the late 20th century. **Please bring a lawn chair if you are able. Orleans residents and Friends members may register by calling the Orleans Senior Center starting 6/30, others may register beginning 7/9. This event is co-sponsored by the Friends. (No refunds once tickets are purchased.)**

## REGISTRATION FOR ALL PROGRAMS BEGINS

**MONDAY, JUNE 30TH, AT 9AM**

**Please see p. 2 for details**

**ORLEANS FIREWORKS WEDNESDAY 7/2 & PARADE FRIDAY 7/4**

**SENIOR CENTER WILL BE CLOSED FRIDAY 7/4**

# SPECIAL ACTIVITIES

## TUESDAY *EVENING* ACTIVITIES

### TAI CHI

Tuesdays, 5:30-6:15pm

July 29 - Sept. 30 (10 classes)

Cost: \$50

Want a fun way to exercise and build health? Join this class to learn the popular Yang Style Short Form Tai Chi. No prior experience is necessary. The class will include practice in silk reeling, standing meditation as well as relaxation techniques. Learn to move, breathe and relax by practicing the ultimate exercise in a soft flowing form. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*



### CIRCUIT STRENGTH & CONDITIONING CLASS

Tuesdays, 6:30pm

Aug 5 - Sept. 30 (9 classes)

Cost: \$45

This is a basic strength and conditioning class with a Certified Personal Trainer to help you maintain muscles so important for healthy aging. Class will incorporate different muscle groups and movement patterns using dumbbells, body weight, and resistance bands. Beginners are welcome and modifications will be offered based on ability. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*



### IMPORTANT REGISTRATION INFO

- ◆ **ALL PROGRAM REGISTRATIONS BEGIN MONDAY, JUNE 30th 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 7/9 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*

Friday Mornings, July 18 & August 1

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 by the FRIENDS of the Orleans COA.*

### S.H.I.N.E. - Health Insurance Counseling

Tuesday, 7/22 & 8/19, 5:30-7:30pm

SHINE (Serving Health Information Needs of Everyone) offers help navigating the complex retirement and Medicare health insurance system. SHINE counselors are volunteers trained and certified annually. If you're turning 65 in 6-8 months come learn what you'll need to do. **Call the Orleans Senior Center to schedule an appointment.** *Evening appointments are for those who cannot come during the day.*

### OUTREACH APPOINTMENTS

*Tuesday evening appointments are available to discuss resources, caregiver needs, supportive services, and more. Call the Orleans Senior Center to schedule an appointment.*

# SPECIAL ACTIVITIES

## CREATE YOUR OWN TINY GARDEN

Monday, July 14, 2pm  
Cost: \$10



Step into the world of miniature gardens. Design and build your own tiny garden using real and decorative materials, stones, moss, twigs, shells, and bark. Each garden is a reflection of the person who builds it. Participants leave with a beautiful, personalized creation. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*

## POTTERY CLASS

Monday, July 14 & August 18  
9:30 am  
Cost: \$15



Creating with clay can be fun and relaxing. Come join Barbara Greenspan for an introduction to pottery. We will be using low-fire earthenware clay and hand-building techniques to create one-of-a-kind creations using leaves, flowers, and textured fabrics. No prior experience is needed. These pieces will be fired in her kiln and brought back to you for glazing at the 2nd class, so you must attend both classes. After another kiln firing your finished pottery will be dropped off for pick up. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*

## EXERCISE IN THE GARDEN

*With Spaulding Rehab*  
Tuesdays, July 15 - August 19  
9 - 9:45am



Good news!! Several of you asked if we could offer a fitness class utilizing the outdoor fitness equipment in the Senior Center garden. We are pleased to announce that Physical Therapists from Spaulding will be offering this free class utilizing the outdoor fitness equipment. Class size is limited and registration is required. Participants must sign a fitness waiver. Please wear comfortable clothes, sneakers, and bring a water bottle. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*

## TAI CHI (with Lisa)

Wednesdays, 8:30 - 9:25am  
July 16, 23 & Aug. 20, 27 & Sept. 3, 10  
Cost: \$36



Tai Chi is a mind-body exercise rooted in multiple Asian traditions. Tai Chi will help with balance and strengthen integration of body and mind. **Call the Orleans Senior Center to register.** Orleans residents have priority.

## WHALE & DOLPHIN CONSERVATION

Monday, July 21, 2pm



WDC (Whale & Dolphin Conservation) is inspiring global action to protect marine mammals with teams in North America, Australia, Germany, and the UK. Join us for a presentation to learn all about whales and dolphins. You'll see some real bones and baleen, plus have time for some questions and storytelling. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*

## O.S.C.A.R !

Orlans Senior Center Active Recreation.

This initiative was created to provide opportunities for Orleans seniors to get outside, try something new, enjoy Cape Cod's unique recreational activities, and encourage health and wellness while having fun!



## BIRDING FOR BEGINNERS

Wednesday, July 30, 9am  
Cost: \$10



This trip will include a 1.5 hour walk at Wellfleet Audubon Sanctuary led by a naturalist. Do you often wonder, "What's that bird?" This walk introduces basic birding skills including how to recognize birds through color, shape, size, markings, songs, and behavior. Participants will park at the Orleans Senior Center for transport as a group. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*

# SPECIAL ACTIVITIES

## HEARING APPOINTMENTS

**Thursday, July 24**

Hearing Life will be conducting free preliminary hearing screenings by appointment. Screenings will help assess whether or not participants have a hearing loss and make recommendations for follow-up. Participants may also have a quick cleaning of their hearing aids. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*



## BUTTERFLIES ACROSS CAPE COD

**Wednesday, August 6, 2pm**

Ever wonder which butterflies call Cape Cod home? Join naturalist Tor Hansen as he unveils the secrets of these elusive creatures in a photographic exploration. Journey through a tapestry of habitats, from sun drenched shorelines to hidden inland colonies, and witness the captivating life cycles of butterflies and moths. **Call the Orleans Senior Center to register.** *Non-residents may register 7/9.*



## QIGONG

**Wednesdays, 9:45am  
August 6, 13, 20, 27 &  
September 3, 10, 17, 24  
Cost: \$48**

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. **Call the Orleans Senior Center to register.** Orleans residents have priority.



## EXCITING NEW PROGRAM MONTHLY RESPITE CARE SERVICE

**2nd Fridays, 10am-2pm  
July 11 & August 8 & September 12**  
*Special grant funded initiative providing free caregiver support. See page 12 for more information.*

## FUNNY BUSINESS

**Monday, August 25, 1pm**

Our sense of humor is one of our greatest survival tools! Through fun activities and discussion, we will explore the origins of humor, what makes us laugh, and what ignites, cultivates, and suppresses it. Come learn how humor improves our interpersonal lives, promoting overall health and well-being. This program is presented by Nina Greenwald, an educational psychologist and former director of The Graduate Program of Critical and Creative Thinking at UMass Boston. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*



## SENIOR CENTER CINEMA

**THE SIX TRIPLE EIGHT (PG-13)**

**Thursday, July 17, 1:30pm**



A wonderful film about the incredible true story of the US Army's only all-Black, all-women battalion during World War II. They take on an impossible mission: sorting through a three-year backlog of 17 million pieces of mail that hadn't been delivered to American soldiers.



**JUROR #2 (PG)**

**Thursday, August 21, 1:30pm**

This film follows a family man who, while serving as a juror in a high-profile murder trial, finds himself struggling with a serious moral dilemma...one he could use to sway the jury verdict and potentially convict - or free - the accused killer.



**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 7/9.*



# REGULAR ACTIVITIES

## ART AFTERNOONS

Fridays, 1:30-4pm

July 11, 18 & August 1, 15, 22

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, July 11, 10am

"The Leopard is Loose" by Stephen Harrigan

Friday, August 8, 10am

"Shrines of Gaiety" by Kate Atkinson

## BOWLING

Fridays, 2:30pm

**On break until the Fall**



## DANCE FIT (with Jenny)

Tuesdays, 2pm

August 5, 19 & Sept. 2, 16, 30

Cost: \$30

Dancing offers many 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. This class is open to non-residents.**



## 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. **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

**On break until the Fall**



## MAHJONG PLAYERS

Fridays, 2-4pm

July 11, 18, 25 & August 1, 15, 22

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

July 1, 8, 15, 22, 29 &

August 5, 12, 19, 26

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, 2-3pm

July 8, 22 & Aug .12, 26 & Sept. 9, 23

Cost: \$36

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 *DAYTIME* FITNESS CLASSES

CLASS TITLE	DAY	TIME	COST	DATES OF NEXT SESSION
DANCE FIT	TUESDAYS	2:00 - 3:00pm	\$30	Aug 5, 19 & Sept 2, 16, 30
GENTLE YOGA	MONDAYS	9:00 - 9:55am	\$30	Aug 4, 11, 18, 25 & Sept 8
LINE DANCING	TUESDAYS	2:00 - 3:00pm	\$36	July 8, 22 & Aug 12, 26 & Sept 9, 23
NIA	FRIDAYS	10:00 - 11:00am	\$36	Aug 1, 15, 22 & Sept 5, 12, 19
QIGONG	WEDNESDAYS	9:45 - 10:40am	\$48	Aug. 6, 13, 20, 27 & Sept. 3, 10, 17, 24
SERENE YOGA	TUESDAYS	9:45 - 10:40am	\$54	Aug. 5, 12, 19, 26 & Sept. 2, 9, 16, 23, 30
SERENE YOGA	THURSDAYS	9:45 - 10:40am	\$48	Aug. 7, 14, 21, 28 & Sept. 4, 11, 18, 25
SIT FITNESS	MONDAYS	11:00 - 11:45am	\$18	Aug 4, 25 & Sept 8, 15, 22, 29
SIT FITNESS	WEDNESDAYS	11:00 - 11:45am	\$18	Aug 6, 27 & Sept 3, 10, 17, 24
SIT FITNESS	THURSDAYS	11:00 - 11:45am	\$18	Aug 7, 28 & Sept. 4, 11, 18, 25
SIT FITNESS	FRIDAYS	11:00 - 11:45am	\$18	Aug 1, 15, 22 & Sept 5, 12, 19
SIT FIT YOGA	TUESDAYS	11:00 - 11:45am	\$27	Aug 5, 12, 19, 26 & Sept 2, 9, 16, 23, 30
TAI CHI (w/ Lisa)	WEDNESDAYS	8:30 - 9:25am	\$36	July 16, 23 & Aug. 20, 27 & Sept. 3, 10
YOGA FLO	FRIDAYS	8:30 - 9:25am	\$54	Aug 1, 8, 15, 22, 29 & Sept 5, 12, 19, 26
ZUMBA GOLD	TUESDAYS	8:30 - 9:25am	\$18	Sept. 16, 23, 30
ZUMBA GOLD	THURSDAYS	8:30 - 9:25am	\$12	Sept. 18, 25

### FITNESS CLASS POLICIES

- ◆ All class sizes are limited
- ◆ Payment is required within 3 days of registration
- ◆ No refund for classes missed by participants
- ◆ Orleans residents have priority
- ◆ Participants are required to sign a liability waiver

### FITNESS DESCRIPTIONS

#### DANCE FIT (Tues. w/ Jenny)

See p. 5 for details



#### GENTLE YOGA (Mon. w/ Debra)

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

#### LINE DANCING (Tues.) - See p. 5 for details

#### NIA (Fri. w/ Sue)

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

#### QIGONG (Wed. w/ Richard) - See p. 4 for details

#### SERENE YOGA (Tues. & Thurs. w/ Jane)

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

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

#### 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.

#### SIT FIT YOGA (Tues. w/ Cindy)

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

#### TAI CHI (Wed. w/ Lisa) - See p. 3 for details

#### YOGA FLO (Fri. w/ Cindy)

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

#### ZUMBA GOLD (Tues. & Thurs. w/ Naya)

Returning in September! 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:

- Jul. 7: Cheeseburger Soup, Roast Beef Wrap, Chips & Dessert
- Jul. 14: Creamy Tomato Basil Soup, Egg Salad on Wheat, Chips & Dessert
- Jul. 21: Sausage Tortellini Soup, Grilled Cheese, Chips & Dessert
- Jul. 28: Corn Chowder, Chicken Caesar Wrap, Chips & Dessert
- Aug. 4: Italian Wedding Soup, Turkey Sliders, Chips & Dessert
- Aug. 11: Homemade Chili, Salad, Cornbread, & Dessert
- Aug. 18: Clam Chowder, BLT Wrap, Chips & Dessert
- Aug. 25: Chicken Noodle Soup, Chicken Caprese on Italian, Chips & Dessert
- Sept. 1: **SENIOR CENTER CLOSED (Labor Day)**
- Sept. 8: Broccoli Cheese Soup, Chicken Salad Pocket, Chips & Dessert

### IMPORTANT LUNCH INFO:

#### ◆ MEAL SIGN-UP POLICY:

*Registration begins Monday, June 30th 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 7/9 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:

- Jul. 4: **SENIOR CENTER CLOSED (Independence Day)**
- Jul. 11: Chicken Parmesan, Pasta, Caesar Salad, Garlic Bread & Dessert
- Jul. 18: **FRIENDS FISH FRIDAY!\*\* (see Reminder)**  
 **ANNUAL LOBSTER ROLL LUNCHEON**  
Clam Chowder, Lobster Rolls, Cole Slaw & Dessert, **COST: \$15**
- Jul. 25: **NO COMFORT KITCHEN**  
**"LUNCH & LISTEN CONCERT" ...see p. 1**
- Aug. 1: Chicken Marsala, Angel Hair Pasta, Caesar Salad & Dessert
- Aug. 8: **NO COMFORT KITCHEN**  
**"LUNCH & LISTEN CONCERT" ...see p. 1**
- Aug. 15: **FRIENDS FISH FRIDAY!\*\* (see Reminder)**  
 Stuffed Scallops, Bruschetta Orzo, Peach Salad & Dessert
- Aug. 22: Orange Chicken, Rice, Mandarin Salad & Dessert
- Aug. 29: **NO COMFORT KITCHEN...**  
**"ANNUAL SUMMER BBQ" ...see p. 1**
- Sept. 5: Salisbury Steak, Mashed Potatoes with Gravy, Green Beans & Dessert

### IMPORTANT REMINDER ABOUT "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" 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 call 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 Dept.**



## 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 with 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

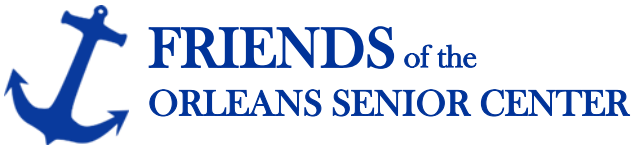
Lunches are served on Tuesdays by “LOCAL” (LOWer CApe Ecumenical Lunches) at St. Joan of Arc church. The meals are “grab & go.” **If you do not drive and need a meal, please call Lillian, the COA Program Coordinator, for help with delivery.**

### 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.**



## ANNUAL UPDATE

The Friends held their Annual Meeting on June 5, 2025, and our Annual Report was presented and unanimously approved by the Board. The report describes the many ways in which the Friends were able to financially assist the Orleans Senior Center during the past fiscal year.

Thanks to your ongoing generous response to our annual appeal, we are able to continue to cosponsor many of the Senior Center's programs such as the popular "Friends Fish Fridays" lunches. We also assisted financially with special "Lunch and Listen" musical performances, such as the well received "Beatles Tribute" with the Jeff Lowe Band in June. The Friends also sponsored the annual outing to Cobie's in nearby Brewster for the COA's Caring Connections program, whose mission is to create a supportive environment for family care partners and those they care for. We have provided art therapy programming for Rock Harbor Respite participants, critical support for maintenance of the COA vehicles so many rely on for rides, provided supplemental items for the monthly Healthy Meals in Motion program, and so much more!

The Annual Report also listed the Friends Board's affirmation of its members and positions. Our sincere thanks to our many generous donors and your support of the dedicated and caring COA staff. Our collaboration enables us to continue to financially assist in our Senior Center's many programs, to support our "Friends Cares" benevolent fund for unexpected challenges, and truly helps make this such a supportive community. ***We could not do all we do without you, our Friends!***

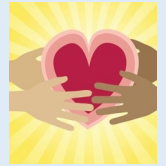
### Friends Board:

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.***



## 2025-2026 FRIENDS ANNUAL SUPPORT...NEW MEMBERSHIP YEAR...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, 2025 through June 30, 2026.

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

## ***New transportation resource...*** **SMART DART**

SmartDART is a new app based, on-demand ride-hail service operated by the Cape Cod Regional Transit Authority. Think of it like the public transportation version of a service like Uber. SmartDART rides are either for in-town rides, or rides to connect you with a stop on one of their fixed routes. The cost is only \$3 a ride. Through a grant made possible by MassDOT, folks who don't have smart phones or have trouble using technology to book their rides, can call for help booking a SmartDART ride. Special trained operators will assist older adults to book trips and make payments by phone in real time. Call the CCRTA SmartDART program at **(508) 418-3278** for one-on-one support to book your ride. There are more transportation resources for older adults than ever before and SmartDART is here to make getting around more accessible.



## **SENIOR TAX WORK-OFF PROGRAM**

The Town of Orleans Senior Tax Work Off Program offers qualified senior homeowners the opportunity to volunteer for the Town of Orleans in exchange for a property tax bill reduction of up to \$1,500 per fiscal year. Tax Work-Off participants may work in an array of different volunteer positions across the town. The program is administered by the Council on Aging in collaboration with other departments. Not able to volunteer due to health issues, but a property tax deduction would be truly helpful? There is an "angel provision" which allows someone to volunteer for you. For income guidelines or more information, go to: [www.town.orleans.ma.us](http://www.town.orleans.ma.us) or call Council on Aging Director Judi Wilson.



## **ORLEANS HAS A NEW ADA ACCESSIBLE WALKING TRAIL**

In early June, Orleans Conservation Trust opened its first ADA-accessible trail at the Window on the Bay Conservation Area at 109 Portanimicut Road. Although only 160 feet long, the trail boasts an adjacent, wheelchair-compatible picnic table and stunning views of Pleasant Bay. Protected by OCT in 2022, Window on the Bay is a neighborhood gem; two rental cottages that once stood on the property were highly coveted by summer visitors. A small parking area includes a handicapped spot, and the property is open for public enjoyment. Learn more at [orleansconservationtrust.org](http://orleansconservationtrust.org)

## **FREE PUBLIC TRANSPORTATION**

Starting in June, all CCRTA fixed-route buses became **fare-free for everyone!** No pass or ID is required, just hop on and ride. If you're 60 or older, you are still encouraged to apply for a **GoCard**. This card provides discounted rates on the CCRTA DART (Dial-A-Ride Transportation) service, which is not included in the free fare program.



## **FITNESS INCENTIVE OPPORTUNITY**

***Need a little incentive to get your body moving? Then join the Orleans Senior Center Wellness Challenge!***

If you participate in any fitness class or wellness program at the Orleans Senior Center, you're eligible to enter. Simply fill out an entry form in the Lobby each month you're eligible. Each month for the next several months we'll randomly select one participant and **the monthly winner will receive a Fitbit and a \$10 Senior Center Fitness Voucher**. A Fitbit is a wearable device, usually worn on the wrist, that tracks various aspects of your health and fitness. It tracks your steps, distance, calories burned, heart rate, and sleep patterns.

## **TROUBLE SLEEPING?**

You are not alone, as over a quarter of older adults do not get the recommended 7-9 hours of sleep per night. There are a number of different strategies which may help improve your sleep, one of which is food. The best foods to help you sleep are the ones which boost your serotonin and melatonin levels. Check with your health care provider before adding something new to your diet. Some foods to consider for a nighttime snack are cheese, nuts, kiwi fruit and even turkey. Remember also to check the temperature in your bedroom and steer away from electronic devices prior to bedtime. Consult your doctor if you have changes in your sleep pattern as health conditions can also impact your sleep. *[From NCOA.org, Foods That Help You Sleep, 5/23/25]*

# CAREGIVERS' CORNER

## DEMENTIA CAREGIVING SUPPORT GROUP

2nd & 4th Wednesdays

10am - 11:30am

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. **For more information, and to register for the group please call the AFSC at 508-896-5170.**



## CARING CONNECTIONS

Our Caring Connections outreach program is on break for the Summer. We will return in September with programs which provide a welcoming and supportive environment for family care partners and those they care for.



## **NEW** CAREGIVER SUPPORT INITIATIVE

We are pleased to announce a new grant-funded effort to help support care partners of older adults. Our new Caregiver Support Initiative will provide improved coordination and additional assistance and access to meaningful support for those helping loved ones age in place in our community.



## FREE MONTHLY RESPITE CARE

2nd Fridays, 10am-2pm

July 11 & August 8 & September 12

This non-medical program is to provide caregivers with a scheduled monthly time for respite. The hope is the time can be used to reduce stress and provide opportunity for self-care. At the same time, the well-being of supportive care recipients will benefit through increased connection and engagement. This monthly respite service must be scheduled ahead of time, as it is not a walk-in program. COA Staff will provide the respite care and lunch is included. Space is limited. For an application and more information, contact Outreach Worker, Myra Elliott, at 508-255-6333 Ext. 13.

*This program is funded by a generous grant from Cape Cod Fund for the Elderly.*



## 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, 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



### Tax Exemption & Tax Deferral

As seniors in Orleans, you should be aware of some options related to your property taxes. July 1<sup>st</sup> is the start of the fiscal year 2026. Applicants can apply before Wednesday, April 1, 2026 for either a senior tax exemption or senior tax deferral. Both programs have income limits, details for this year are soon to come. Applications are available through the Assessing Office at Town Hall or by calling the COA Outreach Dept.

The senior tax exemption, if approved, is good for \$1,000 off your tax bill which gets applied to the 3<sup>rd</sup> and 4<sup>th</sup> quarter tax bills. There is also an estate limit. Applicants must be over 65 years of age and have been a domiciled resident of Massachusetts for at least 5 years before July 1<sup>st</sup>. In order to apply you will need to submit copies of your federal tax form for 2024, or your 2024 1099 from Social Security if you do not file taxes, as well as bank statements for all accounts showing their value on July 1, 2025, or as close as possible.

The senior tax deferral allows qualified seniors the opportunity to defer payment of some or all of their property taxes. The deferral can be combined with the exemption to reduce the amount of owed tax. The amount deferred does accumulate interest during the deferral period. A lien is recorded on the property by the Town at the Barnstable Registry of Deeds. Income is verified by your 2024 taxes or a copy of the 2024 1099 from Social Security if you do not file taxes. Please contact the Assessing Department for more information about how long the deferral can remain in effect, and for any additional questions you may have.

### Assistance Programs

With rising costs of groceries and utilities, please consider contacting the Outreach Department if you are interested in options which can offer assistance. We can talk about your circumstances, discuss resource options, and help you apply for food assistance. Please call the Orleans Senior Center and ask to speak with Outreach for a confidential discussion.



## SENIOR CENTER VOLUNTEER NEEDS



### FISH Volunteers

Volunteer FISH Drivers provide rides to medical appointments for Orleans seniors. This is an essential service critical to meeting the transportation and health needs of residents served by the COA. (FISH: Friends In Service Helping) Rides are generally provided from Orleans to locations in Wellfleet, Eastham, Orleans, Chatham, Harwich, Brewster, Dennis, Yarmouth, and Barnstable. FISH Drivers meet interesting people, provide important service, and make a real difference in the community.

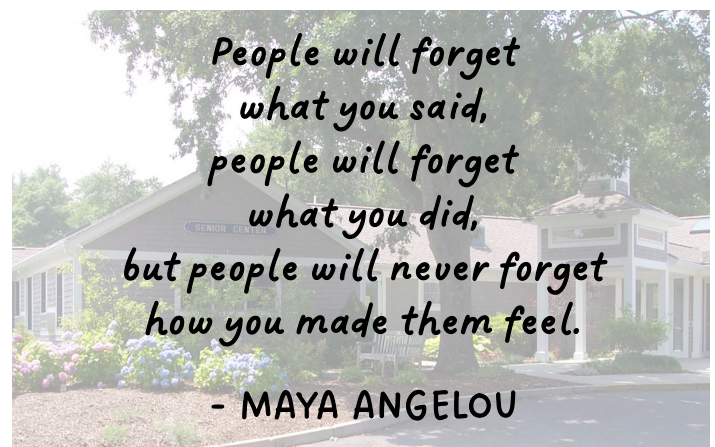
### Movie Volunteers

We are currently seeking volunteers to help at our monthly Thursday movie program. This involves making and serving popcorn and beverages to participants.

**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.**



*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*



*People will forget  
what you said,  
people will forget  
what you did,  
but people will never forget  
how you made them feel.*

**- MAYA ANGELOU**

## 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: Free fares 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 11am 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.** *Reminder: Free fares on fixed routes.* Schedules available at the Senior Center. For more information call 1-800-352-7155.

## COA ROAD TRIPS

### Cost: \$2

We will leave Orleans at 9:30am. Space is limited. Orleans seniors can be picked up at home, or can choose to meet us at the Senior Center. **Call the Orleans Senior Center to register.** *Non-residents may register beginning 7/9.*



## CUFFYS BOARD WALK

### Wednesday, July 16

Cuffy's Board Walk is unlike anything you've seen on Cape Cod and will transport you back to a simpler time. Visit the emporium, general store, sweet shop and Boat House. Other Dennis locations are available. *(Lunch is on your own.)*

## THRIFT SHOP TOUR

### Wednesday, August 13

Hop on the Senior Center van for a thrift shop "field trip" to seek out rare treasures and bargains only to be found in our local thrift shops. We will visit five shops in the greater Orleans area. *(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 Road, Orleans, MA 02653  
508-255-6333

**HOURS:**  
**Mon/Wed/Thu/Fri 8:30am-4:30pm**  
**Tue 8:30am-8:00pm**

[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>	Mary Walsh
Mark Kaminsky	VACANT (as of July)
Bill Salem	VACANT (as of July)
Claudia Trend	

**UPCOMING PUBLIC COA BOARD MEETING:**  
**Wednesday, July 23, at 1pm**  
**at the Orleans Senior Center**  
**(No August meeting)**

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

