BOY, TIMES THEY ARE A’CHANGING

Many years ago, 1941 to be exact, I was delivered to my delighted parents by Dr. Mary. If I was able to speak I would have declared it remarkable. Not because of me, but rather Dr. Mary. You see, she had graduated from a male dominated, prestigious Pennsylvania medical school. She pursued her dream of becoming a practitioner in the field of medical sciences.

Fast forward 16 years to 1959 - I needed a physical for a job and college. Mom brought me to her doctor - Mary. What I remember most about that first appointment was the time she took with me. As she listened to my heart, checked my ears, educated me about being a teen with hormones, she also answered my questions and addressed my concerns. In the years that followed she became a mentor encouraging me to follow my dreams of entering the science world. A dream the world discouraged in the 50’s.

Fast forward through the 60’s, 70’s, 80’s and 90’s during which time I had 3 life threatening events. In each event I was blessed by medical personnel who took time to listen while treating me with the best science available.

Now fast forward one last time to February 2020 – drastic changes are taking place in medical care. Science and technology seem to be replacing the personal touch of a provider. We have so many choices beginning with care by a medical doctor, a physician’s assistant, a nurse practitioner, a midwife, a homeopathic provider, etc., etc., etc. Sometimes, I don’t even know what the difference is. Why, on days I am having a routine follow up I pretend I’m on an assembly line. I’m only part of a “system”. Truth be told it is taking a major adjustment on my part. Let me give you an example. Maybe you can relate. Last week I was sitting in one of my doctor’s office feeling blessed to have insurance to cover care by a top notch provider. Before I got into the exam room, I had answered umpteen questions for Medicare; promised I hadn’t fallen recently and verified my ethnicity. I had corrected the list of medicines they have in the computer. It didn’t matter I corrected the list the day before. Con’t on page 2
The Orange Senior Citizens Group is meeting on Thursday, March 5th at 1:00 in the dining hall at the Orange Senior Center. This group is for people 50+ and meets monthly. The entertainment for this meeting is Doc Arsenault who lives locally and plays the guitar and loves to share his wonderful talent! You don’t want to miss this !!!

Also…….

Soup and Social is on this day and served at 12:00. The menu is baked ziti, garlic bread….this is going to be a very special day….come have lunch, and stay for the Senior Club meeting.

YES, TIMES THEY ARE A’CHANGING!

BUT, AS WE SEEK HEALTH CARE LEARNING HOW THE SYSTEM WORKS, WE’LL END UP WITH LOTS OF STORIES TO TELL AND
THUS TEACH THOSE FOLLOWING IN OUR FOOTSTEPS.

Submitted by Claire
Community Meals at the Armory

Community Breakfast
Where: Orange Senior Center (Armory)
Time: 7:30 am until 10:00 am
When: Saturday, March 21, 2020
Cost is $5.00 per adult, $2.50 for children five and under.
Menu:
Hawaiian or Plain Pancakes
Vegetable Egg Bake
Bacon
Home Fries
Fresh Baked Pastries
Coffee, Tea, Juice

March Soup n Social
3/3 No Soup and Social
3/5 Baked Ziti, Sausage, Meatballs
3/10 Grinders and French fries
3/12 Turkey and Stuffing Casserole/Carrots
3/17 Chicken Pot Pie
3/19 Hot dogs and Tater Tots
3/24 Turkey Fricassee/Rice
3/26 Macaroni and Cheese/Fish Sticks
3/31 Creamy Cheesy Chicken Spaghetti/Garlic Bread

Popcorn and a Movie
Sponsored by the Friends of the Council on Aging
Date: March 18, 2020
Where: The Senior Center in Orange
Time: Movie starts at 1:00
Popcorn and juice served

This comedic and touching family film follows the adventures of a shy young boy who is sent to spend the summer with his eccentric uncles. At first shocked by his uncles’ unconventional behavior that includes ordering African lions through the mail, the boy soon becomes enthralled with unraveling the mystery that has followed the uncles for years.
<table>
<thead>
<tr>
<th>Date</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<tbody>
<tr>
<td>2</td>
<td>Life Path Congregate Breakfast 9:00 am 970-544-3481 – Orange Senior Center 2 day reservation Walking indoors at the Armory 3 pm</td>
<td>COA is closed due to Primary Election No Knitting/Crochet No Soup N Social today No Friend’s Meeting</td>
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<td>9</td>
<td>Life Path Congregate Breakfast 9:00 am 970-544-3481 – Orange Senior Center 2 day reservation Walking indoors at the Armory 3 pm</td>
<td>Knitting/Crochet 5:00 – 11:30</td>
<td>Spaghetti/Meatball Supper 4:30 – 6:30 Orange Senior Center Price $7.00 Adults $4.00 Child 4 to 12 FREE 3 and under</td>
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<td>16</td>
<td>Life Path Congregate Breakfast 9:00 am 970-544-3481 – Orange Senior Center 2 day reservation Walking indoors at the Armory 3 pm</td>
<td>Knitting/Crochet 5:00 – 11:30 Blood Pressure Clinic 10:30-11:45 Soup N Social 12:00 p.m. – Cost is $3 Orange Senior Center – No sign up required</td>
<td>Brown Bag Day, Pickup 10 am-12 noon Popcorn and a Movie 1:00 - FREE</td>
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<td>23</td>
<td>Life Path Congregate Breakfast 9:00 am 970-544-3481 – Orange Senior Center 2 day reservation Walking indoors at the Armory 3 pm</td>
<td>Knitting/Crochet 5:00 – 11:30 Soup N Social 12:00 p.m. – Cost is $3 Orange Senior Center – No sign up required</td>
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<td>30</td>
<td>COA is closed due to Town Election No Life Path Breakfast today No walking indoors today</td>
<td>Knitting/Crochet 5:00 – 11:30 Soup N Social 12:00 p.m. – Cost is $3 Orange Senior Center – No sign up required</td>
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### Orange foot clinic 2020

**Bring a towel $4**

**Starts at 8am No later than 9:30 to ensure your spot**

- February 13th
- March 12th
- April 9th
- May 14th
- June- none
- July 9th
- August 13th
- Sept. 10th
- October 8th
- November 12th
- December 10th

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<tr>
<td>Tai Chi 10:30-11:30</td>
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<td>Soup N Social 12:00 p.m. – Costis $3 Orange Senior Center – No sign up required</td>
<td>COA is closed on Friday</td>
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<tr>
<td>Foot Clinic 8—9:30 am. $4, Please bring a towel</td>
<td>COA is closed on Friday</td>
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<td>Tai Chi 10:30-11:30</td>
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<td>26</td>
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**Community Breakfast**

**Saturday, March 21st 7:30 - 10:00**

**See flyer inside!**

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Pioneer Junior Women’s Club will be hosting the “Meet the Candidates” night on Tuesday, March 10, 2020 at 7pm at the Armory on East Main Street, Orange. AOTV will be recording it for later viewing.
Census Questionnaire Assistance Center Available

The Town of Orange Town Clerk, and the Council on Aging, in conjunction with the U.S. Census Bureau will be hosting a Questionnaire Assistance Center (QAC) on two days at the Armory. The QAC will be available on Thursday, March 19 from 12:30 until 1:30 and again from 5:30 until 6:30. It will also be available on Monday, March 30 from 11:00 until 3:00. The QAC will be staffed by volunteers who will assist residents in completing the census online.

This year, the Census Bureau is hoping that residents will complete their form online. The QAC volunteers will help residents who do not have a computer or are not sure how to complete the form online. The only item needed is the date of birth for each member of the household.

It is important that everyone in Orange is counted as this data determines the resources for the community and the representation we receive in the government. The 2020 Census data will determine the allocation of $675 billion in federal funding every year to states across the United States. For Massachusetts, more than $16 billion is affected by the census. Census data also determines the redistricting at all levels of government: legislative districts at the municipal level; state legislative districts; and congressional districts.

It is estimated that $2,372 per person in annual federal resources will be lost for every person not counted in the Census. Census data is safe and confidential. The Census Bureau takes many steps to protect everyone’s data, and federal law strictly limits how the information can be used. U.S. Code Title 13 protects the confidentiality of individual responses. Private information (names, addresses, phone numbers) is not published until 72 years after collection. Your Census responses cannot be used against you in any court of law or by law enforcement. No agency can access your individual responses. Census staff take a lifetime oath and if violated the penalty is up to $250,000 and/or up to 5 years in prison.

If you know someone who may need help completing their Census form, please encourage them to attend one of these sessions. Let’s all work to make sure every resident in Orange is counted on the census so that we can get our maximum amount of funding.

Life Path is offering breakfast at the senior center starting Monday, March 2, 2020 and every Monday thereafter. Breakfast is at 9:00. Come in early and have a cup of coffee or tea while you wait. The menu for breakfast is on the back of the calendar. There is a suggested donation of $3.00 and you MUST sign up for breakfast by calling 978-544-3481 no later than 10:00 on the Thursday before. It’s easy!

AARP NEWS  please join us March 2 at noon for a St. Patrick’s Day celebration. Please RSVP by February 19 to 978-575-0116. We will have an exciting guest speaker!
News From Orange Town Clerk’s Office

2020 is a busy election year. The Presidential Primary will be on March 3. The polls are open from 7:00 a.m. until 8:00 p.m.

The Annual Town Election will be on March 30. The polls are open from 10:00 a.m. until 8:00 p.m. The last day to register to vote for this election is March 10.

If you are unable to get to the polls on election day, you may request an absentee ballot for any election. Your request must be in writing and signed by you. Your request must state your name, the address you are registered at, the address you want the ballot mailed to (if different than your residential address), the election you want the ballot for (if you want a ballot for all elections this year, state that in the letter) and for a primary, you must state the party ballot you wish to receive if you are an Unenrolled (Independent) voter. There will also be Early Voting for the Presidential Primary.

The State Primary will be on September 1, and the Presidential Election will be on November 3. Mark your calendar for these dates – as they get closer, there will be more information about these elections.

If you have any questions about the elections, please call Town Clerk Nancy Blackmer at 978-544-1100, ext. 101.

If you have a dog, please remember to license your dog before March 31 to avoid a late fee. Please bring your most recent rabies certificate when you come to register your dog.

Sponsored by The Orange Council On Aging

Spaghetti, Meatballs, Salad, Garlic Bread, Dessert and Coffee

There will also be a Meatless Sauce available.

Where: Orange Senior Center
When: March 11, 2020
Time: 4:30 -6:30
Cost: $7.00 Adults
$4.00 Children 4-12 / Children under 3 are free

The next Friends of the Council on Aging meeting will be April 7th at 1:30. Dues are due at this time. There is no meeting in March due to the Presidential Primary.
These are the current sponsor cards - YOUR Sponsor CARD should be... COULD BE here!

$50 covers 1 year (12 issues) Or, $5 for 1 month.

Email theorangeconnection2017@gmail.com