

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

AUGUST 2016

The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population. The Council on Aging strives to enhance the quality of life for Older Adults in the community by providing educational, recreational, and cultural programs and activities.

Marion Council on Aging
2 Spring Street
Marion, MA 02738
Office: 508-748-3570
www.facebook.com/marioncoa

COA Office Hours: Monday—Friday, 9:00 a.m.—3:00 p.m.

Heather Sylvia, Director; hsylvia@marionma.gov
Karen Gregory, Program Coordinator; kgregory@marionma.gov
Coralia Merritt, Outreach Worker; cmerritt@marionma.gov

CELEBRATE

You are cordially invited
to lunch and musical entertainment in honor of our
1st anniversary of COA programming at the Music Hall.

Monday, August 1, 2016
Marion Music Hall, 164 Front Street

11:45 a.m. Lunch

by R.W. Catering of Marion

Pulled pork
Potato salad
Watermelon
Corn on the cob

\$3.00/donation

12:15 p.m. Music

Steve Caddick & Avalon
will perform songs from
the Tin Pan Alley era!

⇒ Reservations for lunch must be made no later than Thursday, July 28th ⇐
by calling the COA office, 508-748-3570.

HEALTH, WELLNESS & SERVICES

CHAIR YOGA

With **Pamela Smith Paquette**

Mondays at the Music Hall 10:00 a.m.—11:00 a.m.
\$2 donation

DANCE FIT

With **Ellie Higgins**

Mondays at Atlantis Drive 9:30 a.m.—10:30 a.m.
\$4 donation

TAI CHI

With **Kyle Marston**

Thursdays at the Music Hall 11:00 a.m.—12:30 p.m.
\$10/class

SENIOR STRETCH

With **Karen Corcoran**

Tuesdays, Thursdays & Fridays 9:30 a.m.—10:30 a.m. at the First Congregational Church Hall. Sponsored by Friends of Marion Visiting Nurse. \$45/10 week session

STRENGTH AND CONDITIONING

With **Larry Bigos**

Wednesdays at the Music Hall. 10:30—11:30 a.m.
Free until the end of August

SHINE COUNSELOR

(Serving Health Information Needs of Everyone)

Have a question about your health insurance? Need information about prescription coverage? Ask our SHINE Counselor. Call 508-748-3570 to arrange an appointment.

PUBLIC HEALTH NURSE

Health consultation and education, blood pressure and glucose monitoring, wound assessment and routine adult vaccinations on **Mondays** at the **Music Hall** from **9:30 a.m.—11:30 a.m.** The nurse is available by appointment Tuesday—Friday, contact the Board of Health at 508-748-3530.

LONG TERM PLANNING LEGAL ASSISTANCE

Attorney **Brandon C. Walecka, Esq., LL.M.** of Surprenant & Beneski, P.C. will be on hand at the COA office **August 9th** beginning at **10:00 a.m.** Appointments are needed, call the office at 508-748-3570 to schedule your complimentary 15 minute consultation.

DENTAL CLEANINGS & SCREENINGS

The Dental Hygienist Program provides consumers with a public health dental hygienist that travels to the **Marion Music Hall** with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings.

Monday, September 12th, 9:00 a.m.—1:00 p.m. Contact **Holly Petruzzo** at 774-766-7238 for information and pricing.

FREE DIABETIC SHOE SCREENING

Did you know that Medicare Part B covers the purchase of one pair of custom-molded shoes each year for seniors who have a medical need (diabetes)? A representative from **A+ Home Medical Supply** will be at the **Music Hall** on **Monday, August 15th** from **11:30 a.m.—12:30 p.m.** to answer your questions, help process paperwork, and fit you for your shoes! Please be sure to bring a photo ID and insurance cards.

FREE GROCERIES 1x PER MONTH

Could you benefit from free groceries each month? The Marion Council on Aging is happy to be able to participate in the Commodity Supplemental Food Program, Boston Food Bank which is being offered to qualifying Marion seniors, age 60+, who have MassHealth or receive SNAP benefits. Verification of identity, age, residence and income will be required upon applying. For more information call the Marion Council on Aging's Outreach Worker, Coralia, at 508-748-3531.

TRANSPORTATION OPTIONS

The Marion COA offers handicap accessible transportation Monday — Friday. Seats on the van are limited so we ask that you please call the office (508-748-3570) as soon as you know the service is needed. Donations for rides are accepted but not mandatory, riders are not allowed to tip the drivers. Riders will never be refused service due to their inability to contribute financially. **All riders must be able to navigate on and off the van independently or bring a friend/care provider to assist.** Seat belts must always be worn.

FHVN COA Social Day Program: Round-trip transportation is available Monday—Friday, suggested, voluntary donation.

Music Hall: The COA hosts programs at the Marion Music Hall on Mondays/Wednesdays. Transportation is available. \$2/suggested, voluntary donation.

Wareham YMCA: Tuesdays and Thursdays— pick up at 10:00 a.m. and return at 12:30 p.m. \$2/suggested, voluntary donation.

Local Medical Transportation: Monday—Friday, 7:00 a.m.—4:00 p.m. \$3/suggested, voluntary donation.

Boston Medical Transportation: Please schedule your appointment at the Boston facility no later than 1:00 p.m. to ensure our van is back and secured by 4:00 p.m. \$50/suggested, voluntary donation.

Grocery Shopping/Personal Errands: Every **Wednesday afternoon** to Market Basket (New Bedford) **Friday afternoons** rotate between FHVN and Wareham shopping plazas. \$2/suggested, voluntary donation.

Damien's Pantry, Wareham: First Saturday of every month. \$2/suggested, voluntary donation.



MONDAYS AT THE MUSIC HALL

9:30 a.m.—11:30 a.m. Nursing Consultations with Kathy Downey
10:00 a.m.—11:00 a.m. Chair Yoga Pamela Smith Paquette
11:00 a.m.—11:45 a.m. Social Hour
11:45 a.m.—12:30 p.m. Lunch
12:45 p.m. Learning and Leisure Lecture

Learning & Leisure Lectures for August

August 1 – “Musical Performance by Steve Caddick and Avalon”

Music will fill the air as we celebrate one year of COA programming at the Music Hall.

August 8 - “Food Additives”

Barbara Canuel, Registered Dietician of Community Nurse Home Care will discuss food additives. Processed and convenience foods have many chemicals added to them. Come explore a variety of different food additives and potential health implications associated with the use of these additives.

August 15 – “A Tour of State Parks of the Southeast”

Amy Wilmot, Regional Interpretive Coordinator with DCR will take you on a virtual tour of nearby parks such as Nasketucket Bay, Horseneck Beach, and Massasoit to name a few. Amy will also provide information on The Senior MassParks Pass available to Massachusetts residents 62 year of age or older.

August 22– “An Afternoon with Robert Frost”

This is a unique, interactive performance that begins with a short biographical introduction into the poet’s life. Robert Frost is greatly misunderstood. Certain people, some academics and politicians included, have tried to pigeonhole him, however the man is far more complicated than the surface indicates. This is, after all, a man who voted for Eugene Debs, one of the best known Socialists of the United States, but was vehemently opposed to Franklin Roosevelt and “The New Deal”. It is this man that is seen in his poems that are often dialectic between chaos and order. As part of the performance, an open discussion of the following poems will include: “A Tuft of Flowers”, “Mending Wall” and “Birches” just to name a few. *This program is supported by a grant from the Marion Cultural Council, a local agency supported by the Massachusetts Cultural Council.*

August 29 – “Swans”

Marion resident, Phyllis Washburn, author of *Good Morning Sam*, will discuss her narrative memoir about the development of the in-depth relationship she and her husband, Ralph, formed with a unique mute swan.

August Menu

➤ *Reservations required by the Thursday before. Call 508-748-3570. Iced tea/yogurt/fruit/dessert included. \$3/per person*

August 1st: see page 1 August 8th: Chicken salad/croissant August 15th: Ham and Swiss on Rye
August 22nd: Tuscan chicken salad catered by Harriet’s August 29th: Hot dogs, baked beans, brown bread

AUGUST DAY TRIPS

Patriot Place/Trader Joes, Foxboro. Monday, August 8th, pick-up begins at 11:00 a.m.

Adjacent to Gillette Stadium, Patriot Place features shopping, dining, and entertainment. You will find major fashion retailers, live and interactive entertainment, eateries, a four-star hotel, state of the art theatre and much, much more.

There is something for everyone at Patriot Place. Lunch on your own.

The Island Terrace Concert Series. Thursday, August 11th, pick up begins at 1:15 p.m.

The Wood-Bielski Family returns to play the pipes and drums with an incredible performance of local talent! You’ll feel like you’re in Scotland overlooking the bogs and lakes...

Marshfield Fair. Tuesday, August 23rd, pick-up begins at 11:00 a.m.

Senior Day, seniors get in free! The Marshfield Fair is a traditional, American country fair that has taken place at the end of August every year since 1867. Lunch on your own.

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AUGUST BIRTHDAY CELEBRATIONS AND "THE BIRTHDAY BOOK"

Is your special day in August? Let us help you celebrate, join us for cake! **Monday, August 8th, 12:00 p.m.**, Marion Music Hall, Front Street. There is no charge for this event but we do ask that you kindly call the COA office, **508-748-3570**, if you plan to attend.

Traditionally, the Marion Council on Aging has published a birthday list for all Marion residents, over the age of 60, in the monthly newsletter. This means that your personal information is made very public to both well intentioned individuals and also to those who may not be so honest. As a result, the Marion COA is now offering a "Birthday Book." Simply sign your name, the month and day of your birth in our book, giving us permission to list your special day in the newsletter and we will happily do so. Contact our Outreach Worker, Coralia, at **508-748-3531** for more information or to sign up.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)

Created in 1965, SCSEP is the nation's oldest program to help low-income, unemployed individuals aged 55 and older find work. SCSEP matches eligible older adults with part-time jobs for local community service organizations. Participants build skills and self-confidence, while earning a modest income (usually minimum wage). Participants will be trained in all the skills needed to do the job, including using a computer. For most, their SCSEP experience leads to permanent employment.

Eligibility: Age 55+, income guidelines **Contact:** Karyl Ryan, Coastline Elderly, 508-999-6400.

CALLING ALL VOLUNTEERS, FISH NEEDS YOU!

Friends In Service Helping (FISH) is a group of volunteers that provide transportation to and from medical appointments within the nearby area. This free service is available to town residents; age 60+ who are unable to drive themselves. Want to volunteer? FISH depends on volunteers to drive and to take requests for services. Individuals normally donate 1 or 2 days a month either as a driver or a phone volunteer. Volunteers use their own vehicles and fuel. If you would like to help, please call us at 508-748-3570. *Because this is strictly a volunteer service, your home owner's insurance policy may have a rider/statement regarding volunteering. Also, your auto insurance covers passengers.*

MARION COMMUNITY FUND APPLICATIONS AVAILABLE

The Marion Community Fund invites elderly, low-income Marion residents to apply for tax relief. Applications are available at the Marion Council on Aging office or can be downloaded by visiting <http://www.cfsema.org>.

Please see the application for a list of supporting documentation that must be included with the application and submission instructions. The deadline is **Oct. 3, 2016**, and awardees will be informed via mail by late December.

Income limits include: Single - \$25,000, Married - \$37,500. **Asset limits:** Single \$46,000, Married - \$63,000 (excluding home).

508-748-3531 for more information.

FUN AT FOXWOODS

The Marion Social Club proudly presents a fun filled gambling day at Foxwoods Resort and Casino. **Sunday, September 18th**, 9:00 a.m. departure from the Marion Social Club, 44 Pumping Station Road. Return time is around 6:00 p.m.

\$35/pp includes \$10 free slot play, \$10 food voucher or free buffet. Checks payable to Marion Social Club, call George Pina, 508-748-1499 for more information.

FRIENDSHIP TABLE SCHEDULE CHANGE

The First Congregational Church **will not** be hosting a Friendship Dinner in August (normally held on the 3rd Thursday of the month). See everyone in the Fall!

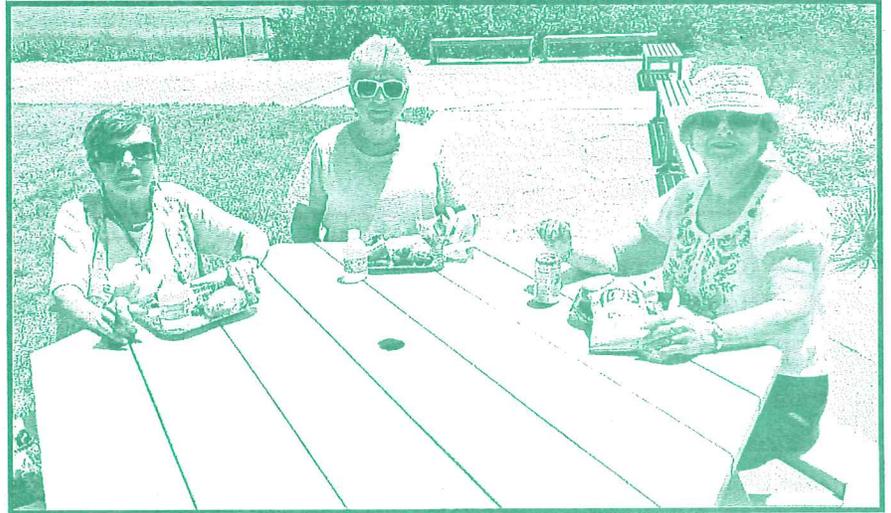
St. Gabriel's Church **will** still host their event on Thursday, August 4th and Sept. 1st from 5:00-6:30 p.m.



First Annual Piney Point Picnic

Oh what fun we had!

Our 1st Annual Piney Point Picnic was held on June 27th. We'd like to thank **Joanne Mahoney** and **Priscilla Ditchfield** for helping organize this event and **Tremont Rehabilitation and Skilled Nursing Care Center** for providing lunch.



SIPPICAN SOUNDINGS

Sippican Soundings can be found each month at many locations including: The Music Hall, Little Neck Village, Marconi Village, Marion Antiques, Elizabeth Taber Library, St. Gabriel's Church, First Congregational Church of Marion, and St. Rita's Parish.

Postage for this newsletter is paid for through a grant from The Executive Office of Elder Affairs.

Council Board Members:
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Volunteers are always welcome to help in activities and management of the Memory Café. Facilitating or helping with craft projects, serving as a lunch hostess or just lending an extra set of hands are some of the examples of what we need for a successful program.

Experience with the challenges of dementia is not essential, just a kind, caring attitude, sense of humor and the desire to assist others in a supportive manner.

For further information about volunteer opportunities with the Waterfront Memory Café contact Karen Gregory, Program Coordinator, 508.748.3570.

Community Resources/Support

- ◇ **Alzheimer's Association 24/7 helpline**
For information, referral & support
1.800.272.3900
tdd: 1.866.403.3073
Email: info@alz.org

- ◇ **Directory of Memory Cafes in MA**
Jewish Family & Children's Services
www.jfcsboston.org/memorycafedirectory
Contact: Beth Soltzberg
781.693.5628

- ◇ **Community Nurse Home Care**
Memory Loss Program
508.992.6278
Email: info@communitynurse.com

- ◇ **The Bridge: Center for Hope & Healing**
508.997.0903
Email: thebridgedartmouth@gmail.com

- ◇ **Coastline**
Aging Services Access Point
<http://coastlineelderly.org>
508.999.6400
tdd: 508.994.4265

- ◇ **Bristol Elder Services**
Protective and Crisis Services
<http://www.bristolelder.org>
508.675.2101

The Marion Waterfront Café is sponsored, in part, by funding from The Massachusetts Association of Councils on Aging and Senior Center, MA Executive Office of Elder Affairs and Friends of the Marion Visiting Nurse.

The Marion Council on Aging presents

Waterfront

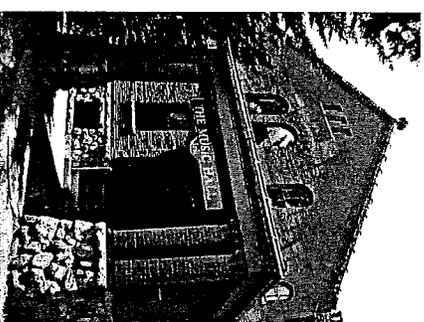


Memory Cafe

Every Wednesday

11:45 a.m. Lunch
12:15 – 2:15 p.m. Activities

Marion Music Hall
164 Front Street, Marion
(parking across the street)



508.748.3570 for more information

???



Welcome to the Marion Waterfront Memory Café

What is a Memory Café? Our Memory Café is a weekly gathering for individuals with Alzheimer's type or other memory loss, even for those questioning but not yet diagnosed; with their care partner, family or friends, in a safe, supportive and engaging environment. It's a time and place where everyone can interact, find support, establish friendships and share concerns without feeling embarrassed or misunderstood. Cafes allow individuals with memory disorders, accompanied by a care provider, time to relax while enjoying social activities in a non-judgmental atmosphere.

Why attend? Experiencing memory loss can make the world a bit confusing and lonely at times. Word searching can be difficult and frustrating. Social outings used to be fun and something to look forward to but are now challenging. Staying home, avoiding embarrassing moments is much easier. We worry about what others will think of us. Coming together with others who are experiencing the same challenges we are makes us feel more accepted and relaxed. A Café focuses on our strengths, allows us to meet new people and enjoy a relaxed atmosphere.

The Marion Waterfront Memory Café is free, including lunch. Donations are accepted. Registration is not mandatory but appreciated, 508.748.3570.

The Marion Waterfront Memory Cafe will meet every Wednesday from 11:45 a.m. to 2:15 p.m. at the Marion Music Hall, 164 Front Street.

2016 Café Dates:

September 7th
September 14th
September 21st
September 28th

October 5th
October 12th
October 19th
October 26th

(Halloween Party, costumes optional)

November 2nd
November 9th
November 16th
November 30th

No meeting November 23rd

December 7th
December 14th
December 21st
December 28th
(New Year's Afternoon Bash)

**please note that during inclement weather if the Marion Public School System is closed, the Council on Aging also cancels programming.*

If unsure, call first, 508.748.3570. The Marion Music Hall is handicap accessible with ample parking across the street.

The Memory Café is loosely structured with activities ranging from games, music, singing, dancing, crafts and occasional speakers. Lunch is included with every Café unless otherwise noted on the schedule.

There are three simple requirements, of all of us, when attending a Memory Café. These quick tips will ensure a pleasant experience for all:

◇ **Encourage participation and be sure to participate.** A Memory Café is supposed to be a participatory event, we're here to socialize and make memories.

◇ **Don't focus solely on the disease or diagnosis.** A Memory Café is not a formal support group. The Café is meant to be a respite, for everyone, from the stresses and pressure of dementia.

◇ **Never be afraid to ask for help.** You're having a bad day, the person you're with is having a bad day...it happens to all of us. Reach out to staff and volunteers for help; it's why we're here. We can offer a quiet activity in a separate room or aid you in finding another solution.

Contact the Marion COA office with any questions or to register (suggested, not required), hsylvia@marionma.gov or 508.748.3570