

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging

OCTOBER 2016

The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population and to strive to enhance quality of life 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](http://www.facebook.com/marioncoa)

[www.marionma.gov/coa](http://www.marionma.gov/coa)

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

Heather Sylvia, Director; [hsylvia@marionma.gov](mailto:hsylvia@marionma.gov)

Karen Gregory, Program Coordinator; [kgregory@marionma.gov](mailto:kgregory@marionma.gov)

Margo Ruggiero, Outreach Worker; [mruggiero@marionma.gov](mailto:mruggiero@marionma.gov)

## 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

11:45 a.m.—12:30 p.m. Lunch

12:45 p.m. Learning and Leisure Lecture

## Learning & Leisure Lectures for October

### October 3 – “1770’s Cookery”

Marion's own Michele Bissonnette and Jody Dickerson will be presenting food styles and cooking techniques of the 1770's. Tasty samples will be offered.

### October 10 - Columbus Day Holiday

### October 17 – “Native American Journey”

Jill Sanford will be on hand to offer a way to closely observe hand-made creations of Native Americans through time, from all across our country. See how natural resources became an important part of the story their artwork tells.

### October 24 – “All About Whales”

Whales, dolphins and porpoises are fascinating animals that have captured our imaginations for centuries. They were also an important commodity and were a major part of the local economy for over a century. But, what do we really know about them? This presentation will provide you with an overview of the many types of cetaceans, give you a chance to handle some baleen, teeth and other whale bones and also explain some of the clever methods researchers have created to study these elusive mammals. Presentation led by Robert Rocha, Director of Education and Science Programs at the New Bedford Whaling Museum.

### October 31 - “Jerry Atric – The Older I Get”

Join us for a humorous look at aging through the eyes of an elderly gentleman with a sense of humor and a joy for living. A few stories about ice cream, health care and even romance. A warmhearted laugh riot. You don't want to miss this hilarious show!

### October Menu

Please RSVP by the Thursday before. 508-748-3570. Iced tea/yogurt/fruit/dessert included. \$3/per person

October 3rd: Egg Salad Sandwiches, BLT Salad

October 10th: Holiday

October 17th: American Chop Suey by Harriet's

October 24th: Tuna Salad Sandwiches, Spinach Salad

October 31st: Chicken Paella by Harriet's

## HEALTH, WELLNESS & SERVICES

### CHAIR YOGA

With **Pamela Smith Paquette**

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

### CARDIO DANCE FIT

With **Ellie Higgins**

Mondays at Atlantis Drive. 9:30 a.m.—10:30 a.m.  
**Free September 12th—November 28th**

### 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 a.m.—11:30 a.m.  
\$3/class

### 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. Remember, open enrollment begins in October so be sure to make your appointment early!

### 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.

### FLU VACCINATION

Flu shots will be available for Marion residents over the age of 65 on **Monday, October 3rd** from **9:30—11:30 a.m.** at the **Music Hall**. Please be sure to bring your insurance card. No appointment necessary.

### DENTAL CLEANINGS & SCREENINGS

The Dental Hygienist Program provides 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, November 21st, 9:00 a.m.—1:00 p.m.** Contact **Holly Petruzzo** at **774-766-7238** for information and pricing.

## FREE GROCERIES 1x PER MONTH

Could you benefit from free groceries each month? The Marion Council on Aging participates 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, Margo, at 508-748-3531.

### DON'T BE FOOLED

Marion's own **Lt. John Garcia** from the Police Department will visit with us at the Music Hall on **Monday, October 24th** during the social hour and lunch (11:00 a.m.—12:30 p.m.) to discuss new scams being perpetrated in our area.

Feel free to ask questions or just sit and listen.

### NEW DAY TRIP POLICY

All available day trips will be posted both in the COA newsletter and online. Beginning November 1, 2016, sign-ups for any day trip (unless otherwise specified) **will not be allowed more than 14-days prior to the trip.**

This will allow everyone sufficient time to receive (and read) their monthly newsletters. Sign-ups will still be on a first come, first served basis with priority being given to Marion residents.

### OCTOBER DAY TRIP

**Tuesday, October 11th, Twin River Casino, Lincoln, RI;** pick-up begins at 10:00 a.m. Try your hand at the slots or maybe a little video poker is for you. Full service restaurant or a quick lunch on your own. Depart from Rhode Island around 2:30 p.m.



### FREE EXERCISE CLASS THIS FALL

The 1-hour **Dance Fit** exercise class on **Mondays** at the Atlantis Drive Recreation Center in Marion, **9:30 a.m.—10:30 a.m.** with instructor **Ellie Higgins** will be free, thanks to a grant from the Executive Office of Elder Affairs, through the end of November.



## WEDNESDAY MEMORY CAFE AT THE MUSIC HALL

11:45 a.m.—12:15 p.m. Lunch  
12:15 p.m.—2:00 p.m. Activity

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

### October Activities and Lunch Menu

available by stopping in the Council on Aging office or calling, 508-748-3570.

**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.

### SENIOR PROPERTY TAX WORK-OFF ABATEMENT

Under the Senior Property Tax Work-Off Program, taxpayers over the age of 60 may volunteer their services to the Town of Marion in exchange for a reduction in their tax bills. Volunteers will "earn" minimum wage, currently \$10/hour, for a maximum abatement of \$750 per fiscal year. Taxpayers must be the assessed owner of the property on which the tax to be abated is assessed, or have acquired ownership before work is performed and the abatement applied. If the property is subject to a trust, the senior must have legal title, i.e. be one of the trustees, on the applicable January 1 assessment date, or at the time the work is performed. Only one qualifying owner of the parcel may earn an abatement per fiscal year.

All participants and new interested parties need to complete their registration paperwork, including CORI, every October. **Forms will ONLY be available in the Council on Aging office on Friday, October 14th, 10:00 a.m.—2:00 p.m. and Tuesday, October 18th from 10:00 a.m.—2:00 p.m.** You **MUST** bring the following documentation with you: Driver's license or other government issued ID, emergency contact information, email address, copy of a current tax bill, trust documents (if applicable). For questions or further information please call the COA office, 508-748-3570.

### HALLOWEEN COSTUME AND PUMPKIN CONTESTS

Calling all witches, cats, clowns and anything else you can imagine! Join us for some Halloween costume fun during the social hour on **Monday, October 31st (11:00-11:45 a.m.)**. Everyone will have the opportunity to vote for their favorite costume!

Looking for a way to express your creative side but wearing a costume isn't for you? Bring in a pumpkin you decorated at home. Your works of art will be displayed during the social hour and the pumpkin voted most creative will be awarded a prize.



### THE 6TH ANNUAL TURKEY TROT 5K

The Guard Oil 5K Turkey Trot will take you on a fairly flat course along picturesque Sippican Harbor. This is a timed event and results are available for all runners. All runners will receive a complimentary T-Shirt and top finishers in each age group will receive medals. **Sunday, November 20, 2016, 10:15 a.m.** Start and finish at Tabor Academy on Front Street. For questions please contact 774-217-8355 or turkey-trot@marionrecreation.com.

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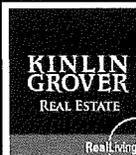
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## PROTECTIVE SERVICES PROGRAM

In fiscal year 2015, **24,978** elder abuse reports were received and there were **7,117** newly confirmed **allegations** of elder abuse. These numbers represent an increase of **37%** of the total number of elder abuse reports and a **57%** increase in confirmed allegations compared to FY 2011.

Anyone can make an elder abuse report. Elder abuse includes physical, emotional and sexual abuse, neglect by a caregiver, self-neglect and financial exploitation. The goal of protective services is to remedy or alleviate the abusive situation and to prevent the reoccurrence of abuse.

Bristol Elder Services of Fall River provides the Protective and Crisis Services Program for the following areas:

Acushnet	Dartmouth	Rochester
Fairhaven	Mattapoissett	Marion
New Bedford	Gosnold	

If you have been the victim of abuse, exploitation, or neglect, or know someone who has, you are not alone. Many people care and can help. Please tell your doctor, a friend, a family member you trust, or call **Bristol Elder Services, 508-675-2101**. You can remain anonymous when filing a report. If you or someone you know is in immediate danger always call 9-1-1.

When calling, try to have as much information available as possible such as; the full name of the person being abused, their contact information, reasons why your concerned, etc.

## PLAY MAHJONG IN MARION

Have you joined us for Mahjong yet? Grab your sets and meet us in the Great Room at Tabor Academy (188 Front Street) on **Fridays** from **11:30 a.m.—2:00 p.m.** for this fun, friendly game of skill. Commonly played by 4 players (American) the game is played with a set of 144 tiles based on Chinese characters and symbols. Call **to reserve your spot, 508-748-3570**.

This Mahjong group is appropriate for those who already know how to play Mahjong.

## OCTOBER BIRTHDAY CELEBRATION

Is your special day in October? Let us help you celebrate, join us for cake! **Monday, October 17th, 12:00 p.m., Marion Music Hall**, Front Street. Kindly call the COA office, **508-748-3570**, if you plan to attend. Birthday cake is generously donated by the **Tremont Rehabilitation and Skilled Nursing Care Center**.

## FREE CHAIR MASSAGE AT THE MUIC HALL

On **Monday, October 17th**, during the Social Hour and lunch (11:00—12:30 p.m.), Kristi Kuklinski, Licensed Massage Therapist, will offer free **mini chair massages** at the Music Hall.

Kristi's mission is to assist seniors improve their health and well being through the healing power of massage. No reservations required.

## MEDICARE OPEN ENROLLMENT

### —DON'T IGNORE THE MAIL—

Most Medicare beneficiaries should have received their Annual Notice of Change from their existing Medicare Advantage and Medicare Part D plan providers by September 30th. **The open enrollment period to make any changes is October 15th to December 7, 2016.**

The **SHINE** Program (Serving the Health Insurance Needs of Everyone) is a free state health insurance assistance program that provides to Massachusetts residents who have Medicare free health insurance information, counseling and assistance. **Mary Bessey**, Regional Director for SHINE, will be at the Marion Music Hall on **Tuesday, November 8th at 10:00 a.m.** for a comprehensive insurance presentation. It is highly recommended that anyone 65+ (or who will be) attend this session. To reserve your seat at this free event please call the office, 508-748-3570. Light refreshments served.

### MY BENEFITS CHECKUP

*BenefitsCheckUp* is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Arlington, VA.

Many adults 55+ need help paying for basic needs and there are over 2,500 programs available to help, but many people don't know these programs exist or how they can apply.

*BenefitsCheckUp* asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. After answering the questions, you will get a report created just for you that describes the programs you may be eligible to get help from. You can apply for many of the programs online or you can print an application form. To get started visit [www.benefitscheckup.org](http://www.benefitscheckup.org) if you're not online at home or need help, call **Margo Ruggiero** at the Marion Council on Aging **508-748-3531**.

### POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers is a **free** six week educational program, sponsored by Coastline, designed to help take care of **you** while you are caring for a relative, friend or loved one. Meetings are held every **Tuesday, beginning October 4th, 1:00 p.m.—3:00 p.m.** at the **Music Hall in Marion**.

You **do not** need to be a senior or a Marion resident to participate, this workshop is open to the community.

**Week 1:** Taking Care of You

**Week 2:** Identifying and Reducing Stress

**Week 3:** Communicating Feelings, Needs & Concerns

**Week 4:** Communicating in Challenging Situations

**Week 5:** Learning from our Emotion

**Week 6:** Mastering Care Giving Decisions

For more information or to register for classes, please call **Stephanie Gibson, 774-510-5209**.

### TOWN MEETING TRANSPORTATION

Marion's Special Town Meeting will be held on **Monday, October 24th, 6:45 p.m.** at the Sippican School Auditorium. Transportation is available for any town resident wishing to attend the meeting. Seating is limited, please call early to reserve your spot on the van, 508-748-3570.

Postage for this newsletter is  
paid for through a grant from  
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