

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

SEPTEMBER 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
www.marionma.gov/coa

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
Margo Ruggiero, Outreach Worker; mruggiero@marionma.gov

The Marion COA proudly announces:

The Waterfront Memory Café

Every Wednesday, beginning September 7th

11:45 a.m. Lunch

12:15 p.m. – 2:15 p.m. Activities

What is a Memory Café? Our Memory Café is a weekly gathering for individuals with Alzheimer's type or other early 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. **Café** allow individuals with memory disorders, **accompanied by a care provider, friend or family member**, time to relax while enjoying social activities in a non-judgmental atmosphere. Participants do not have to be a resident of Marion, all are welcome!

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.

What to expect? The Memory Café is loosely structured with activities ranging from games, music, singing, dancing, crafts, trips and occasional speakers. Lunch is included with every Café unless otherwise noted on the schedule. Reservations are not mandatory but are appreciated when planning, especially for lunch. All activities are free, donations accepted. Transportation for Marion residents is available, please call at least 72-hours in advance.

For more information or to reserve your seat at one of the upcoming Cafés
call the Marion 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

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.

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.

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, 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, September 19th** from **11:30 a.m.—12:30 p.m.** to answer your questions, help process paperwork, and fit you for your shoes!

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.

ALIENATED GRANDPARENTS ANONYMOUS

Alienated Grandparents Anonymous focuses on the struggle so many grandparents have in being part of their grandchildren's lives. AGA provides support and information, and helps validate the feelings of those suffering some degree of estrangement, alienation, or isolation. AGA works toward bringing alienated grandparents, parents, and grandchildren together.

Email: info@AGA-FL.org for assistance. **Website:** www.AGA-FL.org for a list of support groups in the area.

SEPTEMBER DAY TRIPS

The Island Terrace Concert Series. Thursday, Sept. 8th, free/donation accepted. Pick up begins at 1:15 p.m. As the summer concert series continues, Daddy O (RC, Special K and Brenna) returns for more 50's music.

South Shore Plaza, Tuesday, Sept. 13th, free/donation accepted. Pick up begins at 10:00 a.m. Godiva, Reebok, Disney Store, The North Face; just some of the shops you can visit while we spend the day shopping in Braintree. **Lunch is on your own.**

47th Annual Cape Cod Scallop Fest, Friday Sept. 23rd, \$20/pp (due by 9/12) includes admission, scallop or chicken dinner and beverage. Pick-up begins at 10:00 a.m.



FREE EXERCISE CLASS THIS FALL

Starting September 12th, 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.

TRANSPORTATION REMINDER

We'd like to take this opportunity to remind everyone that if you need transportation of any kind, please call the office, 508-748-3570 and **not the driver's cell phones.** The COA drivers cannot accept your ride reservations or cancellations, **no exceptions.** For everyone's safety, all requests must be processed through the office.



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 September

September 5 – Holiday

September 12 - “Emily Dickinson”

Professor of American Literature at UMASS Dartmouth and Marion resident Charles White will present an informal lecture on the life and works of Emily Dickinson.

September 19 – “The Basics of Genealogy Research”

The most common question asked about tracing a family line is, “where do I start?” With today’s electronic resources, the answers are even more complicated than ever, but fortunately, we still have the option of doing things the old-fashioned way or online. The presenter will be Lynda Ames, retired genealogist and historian of the Wareham Free Library. Lynda has nearly 35 years of experience in family research, local history and is the author of *In the Dark Woods of Wareham; Murder of the Egg Man*. While at the Wareham Library, she also co-authored the pictorial history book, *Images of America: Wareham* for the benefit of the library archives. In addition to the many programs at the library, Lynda has conducted genealogy classes and lectured to many local civic groups, libraries and historical societies.

September 26– “History of Aviation in Massachusetts”

John Galluzzo will be leading a presentation on the history of aviation in Massachusetts. John is co-creator of South Shore Military History Roundtable and author of more than 35 books, mostly on the local history of the towns south of Boston. John is also a regular contributor to *South Shore Living*, *Ships Monthly* and other magazines and a weekly column in his hometown newspaper. In addition to his writing John is the Executive Director of the United States Life-Saving Service Heritage Association and editor of their magazine, *Wreck & Rescue Journal*, and serves as the Awards Committee Chairman for the Foundation for Coast Guard History.

September Menu

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

September 5th: Holiday September 12th: Turkey wrap with Beet Salad

September 19th: Pizza with Garden Salad September 26th: Quiche with Garden Salad and Rolls

SENIOR EMPLOYMENT PROGRAM—OPPORTUNITIES AVAILABLE IN MARION

The Senior Community Service Employment Program (SCSEP) is a community service and work-based job training program for Older Americans. Authorized by the Older Americans Act, the program provides training for low-income, unemployed seniors. Participants also have access to employment assistance through American Job Centers.

SCSEP participants gain work experience in a variety of community service activities at non-profit and public facilities, including schools, hospitals, day-care centers, and senior centers. The program provides over 40 million community service hours to public and non-profit agencies, allowing them to enhance and provide needed services. Participants work an average of 20 hours a week, and are paid the highest of federal, state or local minimum wage. This training serves as a bridge to unsubsidized employment opportunities for participants.

Eligibility: Age 55 and older; income guidelines must be met; **Contact:** Karyl Ryan, 508-999-6400.

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SEPTEMBER BIRTHDAY CELEBRATIONS

Is your special day in September? Let us help you celebrate, join us for cake!

Monday, September 12th, 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. Cake is generously donated by the **Tremont Rehabilitation and Skilled Nursing Care Center**.

FRAIL ELDER WAIVER, WHAT IS IT?

Elders who are clinically in need of skilled nursing home care but wish to remain at home may qualify for the Home and Community Based **Frail Elder Waiver Program**.

The Waiver program is funded by MassHealth and provides the following services: skilled nursing, home health aide, housekeeping, laundry, transportation, grocery shopping, meal delivery, and the wander response system.

For more information on this program please contact **Coastline Elderly Services**, Intake and Referral, **508-999-6400**. For help applying for **MassHealth** call a financial resources specialist at Tobey Hospital, **508-273-4027** or **Paula Sipple**, at Coastline.

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).

Call 508-748-3531 for more information.

MONEY MANAGEMENT PROGRAM

The Money Management Program connects older adults with a volunteer who helps them budget their money each month and pay their bills to avoid debt and other financial hardships. A volunteer will come to your home and help sort through the mail/bills each month, making sure nothing bounces or is forgotten about.

Eligibility: Age 60 and older; income guidelines must be met. **Cost:** Free **Contact:** **Linda Aguiar**, Money Management Program Manager, **508-742-9113**.

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. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country. 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

Care for your care recipient may be available during your participation in the program. For more information or to register for classes, please call Stephanie Gibson, 774-510-5209.

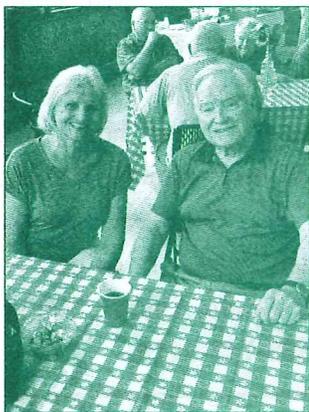
Note: This program does not focus on specific diseases or hands-on caregiving for the care recipient. This workshop is not intended for professionals.



FREE MOVIE NIGHT

The Marion Historical Society hosts a free movie night every month at the Music Hall. Please join us on **Friday, September 9th** to enjoy the movie *In the Heat of the Night*. The show starts at 7:00 p.m. Popcorn Served.

MARION COA CELEBRATES ONE YEAR OF PROGRAMMING AT THE MUSIC HALL



PLAY MAHJONGG IN MARION

Starting **September 16th**, grab your Mahjongg sets and join us in the Great Room at Tabor Academy (Front Street) on **Fridays from 11:00 a.m.—2:00 p.m.** for this 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. Free, call to reserve your spot, 508-748-3570.

The Executive Office of Elder Affairs.
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Powerful Tools for Caregivers

Enabling caregivers to develop
their own box of self-care tools

Powerful Tools for Caregivers is a six week educational program designed to help take care of you while you are caring for a relative, friend, or loved one. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

The educational program meets once a week for six weeks and covers the following topics:

- Week 1: Taking Care of You
- Week 2: Identifying and Reducing Stress
- Week 3: Communicating Feelings, Needs, and Concern
- Week 4: Communicating in Challenging Situations
- Week 5: Learning from our Emotion
- Week 6: Mastering Caregiving Decisions

Cost: The Program is provided at no cost by Coastline.

Care for your care recipient may be available during your participation in the program. For more information or to register for classes, please call Stephanie Gibson at 774-510-5209 or email her at sgibson@coastlinenb.org.

Note: This program does not focus on specific diseases or hands-on caregiving for the care recipient.
THESE WORKSHOPS ARE NOT INTENDED FOR PROFESSIONALS

Location	Date	Time
The Music Hall 164 Front St. Marion, Ma.	October 4, 2016 - November 8, 2016 Tuesdays	1:00 PM—3:00 PM

