

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
June 2019

Special Events

Butterflies of Cape Cod

Monday, June 3rd 12:30 p.m.

Butterflies of Cape Cod with Joe Dwelly. Enjoy a fascinating presentation of pictures, habits, relationships and plants associated with our local butterflies. Joe has identified over 82 species in our area and is the regional coordinator for E-Butterfly.



Amazing Animal Ambassadors

Monday, June 10th 12:30p.m.

The goal of Amazing Animal Ambassadors is to bring the natural wonders of our planet right to you. Their live animal shows are sure to amaze! With their unique variety of animals such as parrots, exotic mammals, large reptiles, and even insects from around the globe, they create an experience unlike any other. You will learn about creatures from Africa, South America, Australia, Europe, Asia and even right here in the United States.

A catered lunch of Watermelon Gazpacho and Chicken Salad Sandwiches will be served at 11:30 a.m. Reservations are required for the lunch. Call 508-748-3570.

Thank you to the Friend of the Marion Council on Aging for their assistance in supporting the Monday lecture series.



Fall Prevention at Any Age

Monday, June 17th 12:30 p.m.

Fall prevention at any age with Stephanie Cooper, OT, Director of Rehabilitation Services at Cape Heritage Rehabilitation. This interactive presentation focuses on preventing potentially dangerous falls and how to preserve your independence at any age. Representatives from the Marion Fire Department will also be on hand to explain what services they can offer as well. Light refreshments will be served following the presentation.

Hearing Loss and Treatment Options

Monday, June 24th 12:30 p.m.

Join Dr. Kristy Lamoureux for a presentation on hearing loss and treatment options. Topics will include: Causes of hearing loss, how one can improve their hearing, communication strategies, effectiveness of hearing aids and complementary hearing aid cleanings.

Day Trips

Dexter Grist Mill and The Hoxie House

Tuesday, June 18th 10:00 a.m.

Take a trip back in time as we travel to Sandwich. Tour The Hoxie House, enjoy a free sample of fresh ground cornmeal from the grist mill to take home with you and hear lots of entertaining stories at both. Afterwards, dine at the British Beer Company, an authentic English pub that overlooks the canal and serves up delicious entrees! Cost of the trip is \$12.00 for the tour and lunch on your own. Sign ups begin on June 4th. Call 508-748-3570.

Newport Flower Show

Friday, June 21st 10:00 a.m.

Spend your day at America's most elegant flower show. There will be judged floral designs, horticulture, photography, free lectures & demonstrations and unique shopping opportunities in a spectacular setting! Tickets are \$25.00 and available at the show entrance. Lunch will be on your own at the show, where there will be multiple dining choices. Sign ups begin on June 7th. Call 508-748-3570.

Cape Cod Lavender Farm

Thursday, June 27th 10:00 a.m.

Enjoy a nice walk through the fragrant lavender plants and then browse around the gift shop for some unique gifts! After working up a little appetite, it is on to The Brax Landing Restaurant in Harwich Port for a mouthwatering, award winning lunch. Cost of the trip is any purchases you may make and your lunch. Sign ups begin on June 13th. Call 508-748-3570.



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Paul Garib, Van Driver
Norman Johnson, Van Driver

COA Office Hours:

Monday - Friday
9:00 a.m. - 3:00 p.m.
465 Mill Street
Marion, MA 02738
508-748-3570

Wellness

Public Health Nurse

Wednesdays 10:30 a.m. -12:30 p.m.
Health consultations and education,
blood pressure monitoring and rou-
tine adult vaccinations.

Podiatry Clinic

Dr. Harry Shoemaker, D.P.M. pro-
vides podiatry services at the Com-
munity Center. Please call
508-748-3570 to schedule your
Appointment.

Dental Cleanings

Friday, July 26th
The Dental Hygienist Program pro-
vides consumers with a public
health dental hygienist that travels
to the Marion COA with a mobile
dental unit providing dental clean-
ings, screenings, oral health infor-
mation and education, including
denture adjustments and cleanings.
To schedule your appointment, call
Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Memory Loss Support Group

Thursdays - June 6th & 20th
1:00 p.m. - 2:00 p.m.

This support group, led by Carol
McAfee, LPN, CDP of Community
Nurse Home Care, is appropriate for
those in a caregiving role for loved
ones afflicted with Memory Loss.
Please call 508-748-3570 to register.

Waterfront Memory Café

Wednesdays
11:30 a.m. - 2:00 p.m.

Weekly gathering for individuals
with Alzheimer's or other memory
loss, with their care partner, family
or friends, in a safe, supportive and
engaging environment.

Legal Consultations

Jilian A. Morton, Esq. will be providing
complimentary legal consultations. To
reserve an appointment call the Council
on Aging office at 508-748-3570.

Art Gallery

UPCOMING SHOWS:

Senior Show

June 1st - July 1st

Opening reception June 6th 5-7pm

Mixed Medium

July 3rd - August 12th

Opening reception July 11th 5-7pm

Children's Show

August 14th - September 2nd

Opening reception August 15th 5-7pm

Canal Side Artists

September 4th - October 30th

Opening reception September 5th 5-7pm

Art for All Ages

November 1st - December 2nd

Opening reception November 7th 5-7pm

Anything Goes- Whimsy, Abstract, Fun & Fantastic

December 4th - January 2nd

Opening reception December 5th 5-7pm



My Senior Center

When you scan in you will be en-
tered into a monthly raffle. A win-
ner will be drawn at random each
month. By checking in, you are help-
ing to provide accurate participation
data to the town and the Massachu-
setts Executive Office of Elder
Affairs. The winner for the month of
April is Nancy Hart.

June 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Butterflies of Cape Cod	4 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch	5 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	6 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Memory Loss Support Gr. 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	7 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, free
10 10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch, Reservations req. 12:30 p.m. Lecture: Amazing Animal Ambassadors	11 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch	12 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	13 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	14 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, free
17 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Fall Prevention at Any Age	18 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch	19 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	20 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Memory Loss Support Gr. 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	21 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, free
24 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Audiology & Hearing Loss	25 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch	26 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	27 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	28 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, free
Yoga Strength & Conditioning	Tuesday Strength & Conditioning	Duplicate Bridge		
These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.	This class is being funded through a donation made in the memory of Lynne Rhoads.	Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.		

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Sippican Lands Trust Hikes



The Marion Council on Aging is once again excited to partner with Sippican Lands Trust for a series of guided hikes of their properties.

June 4th Hagemann Woods, Point Rd
July 2nd Osprey Marsh, Point Rd
Aug. 6th Brainard Marsh, Point Rd
Sept. 3rd Peirson Woods, Point Rd
Oct. 1st White Eagle, Parlowtown Rd

There will be themes for each walk. Call 508-748-3570 for more information.

Charlie Card

If you are interested in getting a Charlie Card for M.B.T.A. travel please register with the front desk at 508-748-3570. If we secure 15 participants, we can hold a Charlie Card event here and get you a Charlie Card free of charge!

Lost & Found

During a Spring Cleaning of our fleet of vehicles a ring was found. If you believe this may belong to you please call the COA office.

Farmers Market Coupons

Coastline Elderly Services provides coupons to seniors to purchase fresh fruits and vegetables at local participating farmers markets. Every summer these coupons become available. Contact the Council on Aging at 508-748-3570 and ask to speak with Linda Aguiar to confirm income eligibility and availability.

Annual BBQ Dinner

The Marion Social Club invites Marion seniors, and one guest, to join them on Sunday, August 18, 2019 for the Annual Chicken BBQ Dinner. Tickets are 50 cents each, and are available at the Council on Aging front desk. Transportation can be provided upon request. Tickets must be purchased by August 9th Doors open at 12:00 p.m. meal is served at 1:00 p.m.

Suggestion Box

Some of the best ideas at the Marion Council on Aging have come from the patrons themselves. The COA values public input and welcomes constructive suggestions. Suggest possible ideas for trips, lunch destinations, ways to enhance the experience at the Benjamin D. Cushing Community Center or to simply pose a question. All suggestions will be reviewed and passed on to the appropriate person for further action. If you wish to be contacted, include information on how you can be reached. The COA looks forward to hearing from you. The suggestion Box is located in the main hall.

Transportation Alert

For the months of July and August, the Wareham shopping trips normally scheduled for Fridays, will be moved to Mondays. Pick up begins at Noon, unless otherwise noted.



SAVE THE DATE!

An Evening on Sippican Harbor
Please join the Friends of the Marion Council on Aging
August 7th from 4 p.m. to 7 p.m.
2 Lewis Street

More details of the fundraiser to follow
All proceeds will go toward optimizing the COA office space

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sodium (mg): Na*	4 Sodium (mg): Na*	5 Sodium (mg): Na*	6 Sodium (mg): Na*	7 Sodium (mg): Na*
Hot Dog *550	Unsalted Saltines 12	Beef Picadillo 251	Turkey Divan 321	Fiesta Omelet 382
Mustard 55	Cream of Carrot & Celery Soup 130	White/Brown Rice 36	Cheesy Mashed Potato 90	Hash Browns 136
Baked Beans 36	Chicken Drumstick 290	Scandinavian Blend 42	Multigrain Bread 190	Florentine Tomatoes 121
Cabbage/Carrots 47	Red Bliss Potatoes 4	WW Bread 160	Hermit Cookie 108	Fruit Loaf 115
WW Hot Dog Roll 210	Oatmeal Roll 121	Fresh Pineapple 1	Diet: Graham Wafer 85	Strawberry Cup 4
Applesauce 20	Mandarin Oranges 6			
Total Sodium: 918	Total Sodium: 563	Total Sodium: 490	Total Sodium: 708	Total Sodium: 758
Calories: 589 Carbs: 69	Calories: 495 Carbs: 62	Calories: 440 Carbs: 64	Calories: 623 Carbs: 76	Calories: 600 Carbs: 93
10 Sodium (mg): Na*	11 Sodium (mg): Na*	12 Sodium (mg): Na*	13 Sodium (mg): Na*	14 Sodium (mg): Na*
Cheeseburger 387	Chicken Chow Mein 253	Tossed Salad w/ Dressing 124	Roast Turkey w/ Gravy 430	Potato Pollock 150
Ketchup 82	Asian Rice 92	American Chop Suey 211	Sour Cream & Chive Mashed Potatoes 13	Tartar Sauce 261
Roasted Potatoes 33	WW Roll 160	Chickpea Blend 57	Winter Squash 13	Lyonnais Potatoes 112
Glazed Carrots 83	Pineapple 1	Snowflake Roll 180	Oatmeal Bread 121	Green & Wax Beans 3
WW Hamburger Bun 230		Strawberry Cup 4	Tapioca Pudding 130	WW Roll 160
Fresh Orange 0			Diet: D. Pudding 100	Applesauce 4
Total Sodium: 814	Total Sodium: 507	Total Sodium: 575	Total Sodium: 804	Total Sodium: 706
Calories: 658 Carbs: 73	Calories: 418 Carbs: 56	Calories: 563 Carbs: 89	Calories: 654 Carbs: 99	Calories: 543 Carbs: 72
17 Sodium (mg): Na*	18 Sodium (mg): Na*	19 Sodium (mg): Na*	20 Special Meal	21 Sodium (mg): Na*
Lasagna Roll Ups 370	German Beef Stroganoff 278	Chicken Bruschetta 394	Lobster Mac n' Cheese *541	Beef Chili 176
Italian Blend 41	Egg Noodles 35	Whipped Sweet Potato 33	Tomato Florentine 121	Fluffy Rice 36
Snowflake Roll 180	Mixed Veg 41	Tahitian Veg 38	Whole Wheat Roll 160	Roman Blend 26
Mixed Fruit 4	Multigrain Bread 190	Oatmeal Bread 121	Mini Key Lime Pie 90	Garlic Roll 160
	Strawberry Cup 4	Fresh Orange 0	Diet: Pistachio Pudding 100	Banana 1
Total Sodium: 595	Total Sodium: 547	Total Sodium: 323	Total Sodium: 912	Total Sodium: 399
Calories: 375 Carbs: 67	Calories: 785 Carbs: 94	Calories: 431 Carbs: 65	Calories: 769 Carbs: 91	Calories: 508 Carbs: 81
24 Sodium (mg): Na*	25 Sodium (mg): Na*	26 Sodium (mg): Na*	27 Sodium (mg): Na*	28 Sodium (mg): Na*
BBQ Pulled Pork 484	Oyster Crackers 133	Meatloaf w/ Rosemary Gravy 124	Chicken Teriyaki 478	Turkey Stew w/ Veg *571
Parsley Mash. Potatoes 63	NE Clam Chowder 286	Roasted Potatoes 62	Asian Rice 92	Penne Pasta 1
Beans Bonanza 39	"Catch of the Day" w/ Lemon Vinaigrette 10	Brussel Sprouts 12	Oriental Veg. 26	Garlic Roll 160
Wheat Bread 115	Malibu Veg. 59	Multigrain Bread 190	Oatmeal Bread 121	Mandarin Oranges 6
Fresh Apple 2	WW Roll 160	Mini Chocolate Fudge Cake 310	Pears 4	
	Strawberry Cup 4	Diet: LS Cake 210		
Total Sodium: 702	Total Sodium: 719	Total Sodium: 828	Total Sodium: 721	Total Sodium: 738
Calories: 497 Carbs: 75	Calories: 653 Carbs: 83	Calories: 701 Carbs: 103	Calories: 382 Carbs: 51	Calories: 444 Carbs: 66
	<p>Come Join Us On Tuesdays for our Ethnic Meal Series!</p> 	<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>Congregate Meal participants may take home packaged bread, desserts and milk.</p>	<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	

Meals are based on a No-Added Salt (3-4 g) Diet for Healthy Older Adults. * Indicates a food with more than 500mg sodium
"Catch of the Day" will vary based on availability : Menu is subject to change without notice

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Foster's Downeast Clambake



Wednesday, July 31st, 2019

Depart Benjamin D. Cushing Community Center at 8:30a.m. return at 6:30p.m.

Travel with Conway Tours and the Marion Council on Aging by luxury coach to York Harbor, Maine for a downeast Clambake at Bill Foster's Restaurant. Everyone will have the choice of a succulent Maine lobster, a barbecued half chicken or vegetarian polenta. Each bake includes steamers, mussels, New England clam chowder, potatoes, onions, corn on the cob, blueberry crumbcake and coffee or tea. Everything is steamed over a roaring wood fire- the downeast way! The large indoor pavilion sets the stage for a true taste of Maine hospitality, complete with live entertainment. After the bake, there will be time on your own for shopping and browsing in Kennebunkport. \$90.00 per person (includes driver gratuity) due by June 20th. Checks should be made payable to the Friends of the Marion COA. For more information contact Linda Jackvony at 508-748-3570.

The Marion Council on Aging assures that no person shall, on the basis of race, color, national origin or income be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity receiving Federal financial assistance, as required by Title VI of the Civil Rights Act of 1964, as amended, and the Civil Rights Restoration Act of 1987 (P.L. 100.259), and federal Executive Order 12898 (Federal Actions to Address Environmental Justice in Minority Populations and Low Income Populations). Further the Marion Council on Aging will make every effort to ensure nondiscrimination in all of its programs and activities, whether they are federally funded or not, and that services and benefits are fairly distributed to all people.

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