

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging

March 2019

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.



## Special Events

**Who Wants to be a Millionaire Health Edition**

**Monday, March 11<sup>th</sup> 12:30 p.m.**

Community Nurse Home Care presents... Who Wants to be a Millionaire-Health Edition. A fun interactive way to learn about health with Barbara Canuel, RD.

**St. Patrick's Day Celebration with "Ragtime" Jack Radcliffe**

**Monday, March 18<sup>th</sup> 12:30 p.m.**

Jack has been performing for more than 45 years. He is a master of traditional country blues and ragtime & stride piano, and a powerful singer and interpreter of song. He was recently inducted into the Old Time Country Music Hall of Fame. His repertoire covers the spectrum from Appalachia to Broadway, and from Vaudeville to New Orleans. His energy is infectious and his performances are always uplifting, engaging, and informative.

A catered lunch of Reuben Sandwiches, chips & pickle will be served at 11:30 a.m.

Reservations are required for the lunch, space is limited. Call 508-748-3570.

*Thank you to the Friends of the Marion Council on Aging (FMCOA) for their assistance in supporting the Monday lecture series.*

**Lunchtime Cooking Demonstration with Linda Medeiros**

**Monday, March 25<sup>th</sup> 11:30 a.m.**

Learn how to prepare a quick and nutritious lunch and learn some new tips and tricks on how to save money and time while preparing delicious meals. Bring your appetite! For planning purposes please sign up by March 22<sup>nd</sup>. A \$5.00 donation is suggested.

## Day Trips

**Patriot Place/Trader Joes/Christmas Tree Shop**

**Thursday, March 28<sup>th</sup> 10:00 a.m.**

Adjacent to Gillette Stadium, Patriot Place features shopping, dining and entertainment. While in Foxboro we will make a stop at Trader Joes and Christmas Tree Shop. Something for everyone! Sign ups for this trip will begin on March 14<sup>th</sup>.

Call 508-748-3570.

## Transportation

Transportation is available for Marion residents in need of rides for grocery shopping, personal errands and medical appointments. Please call the COA office as soon as you know you will need a ride as slots fill quickly, 508-748-3570. When reserving transportation please have exact date, time and address of your appointment. Donations for rides are appreciated but not mandatory. Riders will never be refused service due to

their inability to contribute financially.

**Where can we bring you?**

**Community Center:** The COA hosts many exercise classes and other recreational and social events.

**Wareham YMCA:** Tuesday and Thursdays - pick up at 10:00 a.m. and return at 12:30 p.m. \$2/suggested donation.

**Local Medical Transportation:** \$3/suggested donation.

**Boston Medical Transportation:** Please schedule your appointment between 9:00 a.m. and 1:00 p.m. if possible. \$50/ suggested donation.

**Grocery Shopping:** Every Wednesday afternoon to Market Basket. Friday afternoons alternate between Wareham Crossing/Shaws Plaza/Walmart & Cranberry Plaza/Stop & Shop/Ocean State Job Lot \$2/ suggested donation.

## My Senior Center

When you scan in you will be entered into a monthly raffle. A winner will be drawn at random each month. By checking in, you are helping to provide accurate participation data to the town and the Massachusetts Executive Office of Elder Affairs. The winner for the month of January is Jeanne Hickey.

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Andrew Santos, Treasurer  
Caroline Bolick  
Dianne Cosman  
Kathy Feeney  
Margaret Gee  
Joseph Napoli  
George Pina  
Michele Richardson  
Affiliate Board Members:  
Joan Asker  
Andrea Keene  
Frank McNamee

### Council on Aging Staff:

Karen Gregory, Director  
kgregory@marionma.gov  
Linda Aguiar, Outreach  
Coordinator  
laguiar@marionma.gov  
Linda's hours are Mon., Tues.,  
& Fri. 9:00 a.m. - 3:00 p.m.  
Mike Poznysz, Transportation  
Coordinator  
Linda Jackvony, Program  
Coordinator  
ljackvony@marionma.gov  
Linda's hours are Mon., Wed.,  
& Fri. 9:00 a.m. - 3:00 p.m.  
Paul Garib, Van Driver  
Norman Johnson, Van Driver  
Matthew Stelmach, Van Driver  
Jackie Pittard, Nutrition Site  
Manager

### 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

April 16<sup>th</sup>

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

### Caregiver Support Group

Thursdays - March 14<sup>th</sup> & 28<sup>th</sup>  
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.  
Please call 508-748-3570 to regis-  
ter.

### 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. Top-  
ics to be discussed include wills, health  
care proxies, power of attorney and any  
other estate planning concerns. To re-  
serve an appointment call the Council  
on Aging office at 508-748-3570.

## New Program

### Seniors! Walk Your Way to Money And Help Your Center!

April 1 - September 30

Who's eligible: Seniors, Staff and Board  
Members

What do we do: Form teams of four, or  
walk as individuals and complete a chal-  
lenge within in the timeframe.

What are the challenges?

For Teams of Four:

\*Walk 1 mile a day, five days per week,  
per person or

\*Walk 3 miles a day, five days per week,  
per person

For Individuals:

\*Walk 30 minutes per day

\*Walk 7 minutes a day the first week and  
add additional minutes each week until  
you're walking 30 minutes a day, 5 days a  
week

Where do we Walk? Anywhere you want!  
As long as you walk, you can track it!

How do we Track? Everyone signs up  
online and prints a walk journal with tips  
and a chart for tracking time/distance  
walked. The COA can help you with this.

How do we Win?

\*Everyone on a team, and each individual,  
who completes their challenge gets en-  
tered to win a \$50 VISA gift certificate.

\*For every team and individual who com-  
plete their challenge, the COA gets en-  
tered to win \$250 for future fitness pro-  
grams.

For more information stop by the COA or call  
at 508-748-3570 or visit  
[www.mcoaonline.com/walkma](http://www.mcoaonline.com/walkma). Program spon-  
sored by Massachusetts Councils on Aging.

## March 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga Strength & Conditioning	Tuesday Strength & Conditioning	Duplicate Bridge		1
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.		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
4	5	6	7	8
10:15 a.m. Yoga, free 11:30 a.m. Lunch	9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch 1:00 p.m. 50+ Job Seekers Networking Gr.	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	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	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
11	12	13	14	15
10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Who Wants to be a Millionaire - Health Edition	9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 9:30 a.m. Trip 11:30 a.m. Lunch	10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:00 a.m. Trip 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	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. Caregiver Support Group 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	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
18	19	20	21	22
10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch. Sign ups required 508-748-3570. 12:30 p.m. St. Patrick's Day Celebration with Jack Radcliffe	9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch	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	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	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
25	26	27	28	29
10:15 a.m. Yoga, free 11:30 a.m. Lunch	9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch	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	9:00 a.m. Tai Chi, \$10 10:00 a.m. Trip 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Caregiver Support Group 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	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

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## Classic Movie Series

The Sippican Historical Society and Marion Council on Aging are delighted to present the monthly Classic Film Series at the Music Hall.

March 8<sup>th</sup> 7:00 p.m.

How Green Was My Valley

April 12<sup>th</sup> 7:00 p.m.

Stagecoach

May 10<sup>th</sup> 7:00 p.m.

American Graffiti

## Education

**50+ Job Seekers Networking Group**

March 5<sup>th</sup> 1:00 p.m. - 3:00 p.m.

This Job Seekers Networking Group program offers support and assistance to people age 50+ who are looking for a new job or career direction, reentering the workforce after an employment gap, or their Second Act career after retirement. New topic at each meeting. Facilitated by an HR professional/career coach. Develop new skills, tools and strategies to help in your career transition. This month's featured topic is: Creating a LinkedIn Profile "Do I Really Know 500+ People?!"

*Funded by the Executive Office of Elder Affairs and managed by MCOA.*

## Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities will also be cancelled. If it is school vacation or you just aren't sure, please call the COA office, 508-748-3570. Even if we are closed the voicemail will be updated.

## Upcoming Events

**Robert Frost Seminar**

Tuesdays, 10:00 a.m. - 11:15 a.m.

April 2, 9, 16 & 23

Stephen Collins will be leading this interactive seminar. It is structured more as an inclusive group discussion than didactic lecturing. Robert Frost, in Stephen's opinion, is an under-read and often misunderstood poet. He doesn't fit easily into any preconceived category, however, that is precisely what some people have tried to do with him. Frost said, "I never dared to be radical when young for fear it would make me conservative when old." You will work with some of his better known poems as well as some that never seem to get much attention. Stephen Collins grew up in Cambridge and received a BA in Literature from UMass Boston. After twenty plus years in a sales career, he is back doing what he truly loves - performing and teaching. Recently, he has been teaching seminars on Whitman, Hardy, Shakespeare, Frost and Contemporary Poetry. Pre-registration for this series is required. This series is made possible through a generous donation made in the memory of Lynne Rhoads.

**Seniors & Children:**

**Create & Connect**

Saturday, May 4<sup>th</sup> 10:00 a.m.

Create a colorful decorative tray with a special child in your life in an art workshop designed for seniors and children. Instructor Barbara Greenspan will show you how to make this unique project using a small wooden tray, mod-podge, tissue and decorative papers. These trays can be for personal use or given as a gift. More important, it's

fun, easy and a creative way to connect with a child in a relaxed and friendly environment. Sign up with the Marion Art Center. Program will be held at the Benjamin D. Cushing Community Center.

**Grillin' And Chillin' BBQ**

Saturday, May 4<sup>th</sup>

12:00 p.m. - 2:00 p.m.

Join Chef Rich Conti as he prepares a BBQ menu consisting of BBQ Chicken, Pulled Pork, Veggie Burgers, Baked Beans, Farmer's - Cut Cole Slaw, Tossed Salad and Corn Bread. Chef Conti will give a brief cooking demonstration on one or more of the items he will be preparing. Registration is required for this program. Call 508-748-3570. Cost of this dining experience is \$25.00.

## Art Gallery

**UPCOMING SHOWS:**

**Think Spring**

March 4<sup>th</sup> - April 1<sup>st</sup>

Opening reception March 7<sup>th</sup> 5-7pm

**Four Friends - Jane Egan, Helen Johnson, Betty Beaulieu & Jennifer Cipriano**

April 3<sup>rd</sup> - May 30<sup>th</sup>

Opening reception April 4<sup>th</sup> 5-7pm

**Senior Show**

June 1<sup>st</sup> - July 1<sup>st</sup>

Opening reception June 6<sup>th</sup> 5-7pm



## Meditation

Meet at the Music Hall on Wednesday mornings at 8:00 a.m. for half an hour of meditation. After a short reading or poem, the group will sit quietly for the remainder of the time. Please register by calling 508-748-3570.



"Celebrating 40 Years of Carina"

On Thursdays the Marion Council on Aging will be serving a different selection. If you would like to dine on the Coastline option it will be available in Rochester, Fairhaven & Mattapoisett.

	Tuesday	Wednesday	Thursday	Friday
	<p><b>Come Join Us On Tuesdays for our Ethnic Meal Series!</b></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>	<p><b>1</b> Sodium (mg): Na*</p> <p>Potato Pollock 150 Tartar Sauce 261 Potato Wedges 27 Fall/Winter Blend 15 Dinner Roll 160 Mixed Fruit 10</p> <hr/> <p>Total Sodium: 622 Calories: 611 Carbs: 76</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p>Lazy-man Stuffed Pepper 237 Country Vegetables 32 WW Roll 160 Cinnamon Apples 4 Yogurt Cup</p>	<p>Unsalted Saltines Spanish Soup Cilantro Chicken Rice Pilaf Oatmeal Roll Fresh Orange</p>	<p>12 Stuffed Shells w/ 32 Tomato Basil Sauce 339 Jardiniere Veg. Blend 134 Asparagus 121 Multigrain Bread 0 Peaches</p>	<p>390 Roast Turkey w/ Gravy 55 Cranberry Sauce (2) 39 Mashed Potato 6 Winter Squash 190 Snowflake Roll 5 Hermit Cookie Diet: Graham Wafer</p>	<p>430 Tuna Salad 16 Pasta Salad 62 w/ Chickpeas 13 Cole Slaw 160 Wheat Bread 108 Pears 85</p>
Total Sodium: 434 Calories: 393 Carbs: 47	Total Sodium: 637 Calories: 496 Carbs: 62	Total Sodium: 685 Calories: 487 Carbs: 80	Total Sodium: 789 Calories: 654 Carbs: 114	Total Sodium: 666 Calories: 406 Carbs: 52
<b>11</b>	<b>12</b>	<b>13</b>	<b>14 High Sodium</b>	<b>15</b>
<p>Shredded Cheese 187 American Chop Suey 211 Broccoli Florets 12 Carrot Coins 133 Scali Bread 190 Mixed Fruit 10</p>	<p>Chicken Coq Au Vin 387 Parsley Mash. Potato 63 Malibu Blend 59 Multigrain Bread 190 Applesauce 14</p>	<p>Roast Pork w/ Apple Gravy 71 Red Bliss Potatoes 4 Brussels Sprouts 12 WW Bread 160 Banana 1</p>	<p><b>Special Meal</b> Corned Beef Hash *775 Cabbage &amp; Carrots 47 Turnips 29 Raisin Bread 110 Pistachio Cookie 170 Diet: Pistachio Pudding 110</p>	<p>Broccoli Bake 387 Hash Browns 136 Gr.Beans &amp; Tomato 68 Fruit Loaf 190 Peaches 5</p>
Total Sodium: 744 Calories: 612 Carbs: 75	Total Sodium: 713 Calories: 490 Carbs: 74	Total Sodium: 359 Calories: 543 Carbs: 71	Total Sodium: 1131 Calories: 633 Carbs: 82	Total Sodium: 786 Calories: 743 Carbs: 75
<b>18</b>	<b>19</b>	<b>20 High Sodium</b>	<b>21</b>	<b>22</b>
<p>Buttermilk Chicken 459 Whipped Sweet Potato 33 Cali. Veg. Blend 27 Oatmeal Bread 121 Cinnamon Apples 4</p>	<p>Tossed Salad w/ Dressing 124 Rigatoni Pasta 1 Meat Sauce 123 Italian Veg. Blend 26 Dinner Roll 160 Pineapple Chunks 1</p>	<p>Hot Dog Ketchup/Relish *550 Baked Beans 82 Cabbage &amp; Carrots 36 HD Roll 47 Lemon Pudding 210 Diet: LS Pudding 200 100</p>	<p>Meatloaf w/ Rosemary Gravy 131 Cheesy Mash. Potato 124 Gr.Beans &amp; Mushrooms 90 Multigrain Bread 133 Pears 190 4</p>	<p>Fish Sandwich 337 Tartar Sauce 261 Au Gratin Potatoes 154 Mixed Vegetables 41 WW HB Roll 230 Mandarin Oranges 6</p>
Total Sodium: 644 Calories: 409 Carbs: 57	Total Sodium: 435 Calories: 525 Carbs: 78	Total Sodium: 899 Calories: 695 Carbs: 92	Total Sodium: 671 Calories: 630 Carbs: 87	Total Sodium: 1028 Calories: 745 Carbs: 86
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>Beef Stew 240 Sour Cream &amp; Chive 94 Mashed Potatoes Peas &amp; Carrots 80 Oatmeal Roll 121 Applesauce 14</p>	<p>Bok Choy Soup 99 Sweet &amp; Sour Meatballs 194 Asian Rice 92 Oriental Blend 26 Wheat Bread 115 Pineapple Chunks 1</p>	<p>Grilled Chicken Parm. 410 Penne Pasta 1 Tahitian Veg. Blend 38 Multigrain Bread 190 Mini Tiramisu 209 Diet: LS Cake 210</p>	<p>Cheeseburger 387 Ketchup Mustard Roasted Potatoes Malibu Blend HB Roll Fresh Apple</p>	<p>"Catch of the Day" 60 Haddock w/ Lemon Dill Sauce 111 Confetti Rice 43 Roman Blend 26 WW Bread 160 Mixed Fruit 10</p>
Total Sodium: 549 Calories: 660 Carbs: 73	Total Sodium: 528 Calories: 487 Carbs: 70	Total Sodium: 847 Calories: 573 Carbs: 91	Total Sodium: 847 Calories: 668 Carbs: 75	Total Sodium: 410 Calories: 377 Carbs: 56

Meals are based on a No-Added Salt (3-4 gm/day) 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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## Sandwich Thursday

As we transition from Winter to Spring, we are venturing from wonderful soups to our favorite choices of homemade sandwiches served with complementary sides and continue to bring our community together over a delicious meal. Johnson and Wales - trained Jody Dickerson will be serving up some savory delights. Lunch is served at 11:30 a.m.

Reservations are required.

March 7<sup>th</sup> - BLT Sandwiches

March 14<sup>th</sup> - Chicken Salad Sandwiches

March 21<sup>st</sup> - Meatball Subs

March 28<sup>th</sup> - Egg Salad Sandwiches



## A Note From A Friend

Don't you LOVE our COA?

We are all grateful for what has been accomplished since we have been in our new building...so many opportunities for each of us to learn, take meals together, exercise etc. Many have asked if there are some ways we can help out; the answer is YES! We are putting together a Volunteer List of folks who could be "On Call" to help. How? Can you give a couple of hours each month to help ready the Newsletter for mailing? Could you be an "Occasional Server" at special meals? Would you be a Greeter for special events? Your choice! I love volunteering at our COA...will you join me? Call me at 508-748-3049, or sign up at the COA desk.

*Joan Asker*

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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