

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
July 2019

Special Events

Lunchtime Cooking Demonstration with Linda Medeiros

Monday, July 15th 11:30 a.m.

Learn how to prepare a quick and nutritious lunch and learn some new tips on how to save money and time while preparing delicious meals. Bring your appetite! For planning purposes please sign up by July 11th. Call 508-748-3570. A \$5.00 donation is requested.

Mandala Art Therapy Workshop led by Dannie Engwert

Tuesday, July 16th 9:00a.m.-11:00 a.m.

Join Dannie as she speaks about her book on grief and healing. Then as part of the workshop you will explore grief therapy through artistic expression. It is a meditative exercise engaging the mind while calming the body and thoughts. Each participant will have the opportunity to create 3 unique mandalas that will be photographed and assembled in a collage. Space is limited, registration is required. Call 508-748-3570.



This workshop is funded in part by a grant from the Marion Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

Offerings at Elizabeth Taber Library with Liz Sherry

Monday, July 22nd 12:30 p.m.

Take an opportunity to meet Library Director, Liz Sherry, if you have not met her already. Learn about current and upcoming programs, and take in a demonstration of the library's 3D printer. You will also be able to acquire a library card at this time if you do not already have one.



Celebrate Cape Verdean History & Culture with Candida Rose

Monday, July 29th 1:00p.m.

Candida is a vocalist, entertainer, songwriter and educator. She received a Bachelor of Arts Music Degree specializing in African American and World Music Performance, with a minor in African American Studies. Candida has developed a curriculum to teach Cape Verdean and Cape Verdean/American history through the eyes of music and culture. It will be this history and immigrant experience that she will be sharing with us. A catered lunch of Cape Verdean influenced cuisine 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.

I Scream, You Scream, We All Scream For Ice Cream!

Tuesday, July 30th 12:30 p.m.

Join Barbara Canuel, RD of Community Nurse Home Care and enjoy delicious ice cream recipes with healthy, wholesome ingredients. Call 508-992-6278 to register.

Day Trips

Cape Cod Canal Cruise and lunch at Marc Anthony's La Pizzeria

Thursday, July 18th 11:15 a.m.

Join us for a two hour cruise along the Cape Cod Canal where you will enjoy lively commentary about the history and points of interest of the canal. Prior to boarding the boat, enjoy a delicious lunch at Marc Anthony's in Onset. We will be departing the Community Center at 11:15 a.m. Cost of the trip is \$16.00 for the cruise and the cost of your lunch. Sign ups begin on July 3rd. Call 508-748-3570.



Garden City Shopping Center Cranston, Rhode Island

Thursday, July 25th 10:00 a.m.

Enjoy all the shops and restaurants that Garden City has to offer! Bath & Body Works, Carters, Chicos, Clarks, LL Bean, Loft, New Balance, Talbots, Yankee Candle, Newport Creamery, Chipotle - this is just a few of the many great shops and restaurants that Garden City has to offer! Sign ups for this trip begin on July 11th. Call 508-748-3570.

GATEWAY ADULT CENTER

Providing Adult Day
Health Services
Since 1986

- ~ Assisting seniors & disabled adults with the opportunity to remain in their home and to be active in their community.
- ~ Providing families & caregivers with respite services and peace of mind.

For additional information or to
Schedule a Tour Call (508) 291-3232



2621 Cranberry Hwy, Ste. 3 • Wareham, MA www.gatewayadh.com

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Karen Fontaine to place an ad today!
kfontaine@lpiseniors.com or (800) 477-4574 x6350

Marion's oldest and most reliable real estate company



CONVERSE COMPANY
REALTORS

CONVERSE COMPANY REALTORS

166 Front Street, Marion, MA 02738

Let us help you with your Real Estate needs, call **508.748.0200**
www.conversecompanyrealtors.com

Nestled right in the community for the community

PERSONALIZED STAYS

"We treat your family like family" at

SILVERSHELL INN



*Historic 1799 Bed & Breakfast furnished with
antiques and peacefully located in a rural area
with easy access to major points of interest*

460 FRONT STREET, MARION

Explore our Inn at www.silvershellinn.com

CALL FOR MORE INFORMATION: **508.299.9810**

Innkeepers are members of the Tabor Alumni Family

THIS SPACE IS
AVAILABLE

In-Home Tech Aid

**IN-HOME TECHNOLOGY ASSISTANCE,
TROUBLESHOOTING, SETUP AND SOLUTIONS**

- General Technology Instruction, Tutorial & Support
 - iPhone and Cell Phone Setup
 - Printer, Camera & Hardware Setup
- Smart TVs, Bluetooth devices & Amazon Alexa Support

TechAid

Ben Hack 845-219-2383

our
SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior
newsletter emailed to you at
www.ourseniorcenter.com



Council on Aging Board:

Harry Norweb, Chair
Constance Pierce, Secretary
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
John Vaughn, 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.
provides podiatry services at the
Community Center. Please call
508-748-3570 to schedule your
appointment.

Dental Cleanings
Friday, July 26th
The Dental Hygienist Program
provides 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 - July 18th
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:

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
May is Eileen Rowbotham .

July 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:15 a.m. Yoga, free 11:30 a.m. Lunch	2 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch	3 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	 Closed in Observance of Independence Day	5 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
8 10:15 a.m. Yoga, free 11:30 a.m. Lunch	9 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 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	11 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	12 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
15 10:15 a.m. Yoga, free 11:30 a.m. Lunchtime Cooking Demonstration Pre. Reg. req. 508-748-3570	16 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Mandala Art Therapy Workshop 11:30 a.m. Lunch	17 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	18 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	19 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
22 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Library Offerings	23 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch	24 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	25 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	26 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
29 10:15 a.m. Yoga, free 11:30 a.m. Lunch 1:00 p.m. Lecture: Cape Verdean History & Culture	30 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch 12:30 p.m. Lecture: I Scream, You Scream, We All Scream For Ice Scream!	31 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	<div style="border: 1px solid black; padding: 5px; background-color: #ADD8E6; width: fit-content; margin: 0 auto;"> Yoga Strength & Condition- </div> <p style="text-align: center; font-size: small;">These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.</p>	<div style="border: 1px solid black; padding: 5px; background-color: #ADD8E6; width: fit-content; margin: 0 auto;"> Tuesday Strength & Conditioning </div> <p style="text-align: center; font-size: small;">This class is being funded through a donation made in the memory of Lynne Rhoads.</p>

HELP PROTECT YOUR FAMILY & HOME

CALL NOW! 1-888-862-6429





HOME SECURITY TEAM



WE'RE HIRING

AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers

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.

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.

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. There is a limited supply of tickets, they are available on a first come, first served basis.

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.

Marion Community Fund

The Marion Community Fund invites elderly, low income Marion residents to apply for tax relief. Applications will be available soon. The deadline is early October. Call the COA at 508-748-3570 for more information.

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.

Duplicate Bridge

Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.

Buzzards Bay Musicfest

July 10 - 14, 2019

Concerts take place at the Fireman Performing Arts Center
Tabor Academy

Wednesday, July 10th 8:00 p.m.

Orchestral Concert

Thursday, July 11th 8:00 p.m.

Chamber Music

Friday, July 12th 8:00 p.m.

Jazz- A tribute to Duke Ellington

Saturday, July 13th 8:00 p.m.

Chamber Music

Sunday, July 14th 2:00 p.m.

Orchestral Concert

FREE for all to enjoy!

No tickets required.

Enjoy world-renown musicians performing all your favorite composers!



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	
1	Sodium (mg): Na*	2	Sodium (mg): Na*	3	Sodium (mg): Na*	Happy 4th of July!		5	Sodium (mg): Na*
Shredded Cheese	187	Cajun Chicken	436	Hot Dog	*550	All Meals include:		Fish Sandwich	270
American Chop Suey	211	Dirty Rice	137	Mustard	55	Milk:		Tartar Sauce	261
Italian Veg. Blend	26	Chickpea Blend	52	Relish	81	110 Calories		Roasted Potatoes	33
Multigrain Roll	190	WW Bread	160	Baked Beans	36	125mg Sodium		Spring/Summer Veg.	57
Strawberry Cup	4	Mandarin Oranges	47	Cabbage & Carrots	47	13g Carbs		WW HB Roll	230
				HD Roll	210			Holiday Cookie	108
				Mixed Fruit	10	Margarine:		Diet: Graham Wafer	85
Total Sodium:	618	Total Sodium:	791	Total Sodium:	989	36 Calories		Total Sodium:	959
Calories: 644	Carbs: 88	Calories: 420	Carbs: 65	Calories: 612	Carbs: 75	47mg Sodium		Calories: 675	Carbs: 79
8		9		10		11		12	
Broccoli & Cheese		Chicken Bruschetta	394	Minestrone Soup	239	Roast Turkey	360	Sausage w/	
Omelet	387	Whipped Sweet Potato	33	Meatloaf	240	Gravy	70	Peppers & Onions	*520
Hash Browns	136	Tahitian Veg. Blend	38	Lyonnais Potatoes	112	Cranberry Sauce (2)	16	Pasta Alfredo	116
Broccoli Florets	12	Oatmeal Bread	121	Brussel Sprouts	12	Mashed Potato	62	Sub Roll	162
French Toast Sticks	320	Brownie	132	Wheat Bread	115	Winter Squash	13	Peaches	5
Applesauce	14	Diet: Graham Wafer	85	Banana	1	Multigrain Bread	190		
						Strawberry Cup	4		
Total Sodium:	870	Total Sodium:	717	Total Sodium:	718	Total Sodium:	715	Total Sodium:	804
Calories: 616	Carbs: 73	Calories: 528	Carbs: 72	Calories: 536	Carbs: 86	Calories: 696	Carbs: 132	Calories: 496	Carbs: 69
15		16		17		18		19	
Shepherd's Pie	283	WG Lasagna Roll-Up	370	Lemon Chicken	431	Seafood Casserole	*569	BBQ Pulled Pork	484
Peas & Mushrooms	133	Tomato Basil Sauce	55	Florentine Rice	112	Penne Pasta	1	Garlic Mash. Potato	62
WW Roll	160	Genoa Veg. Blend	40	Glazed Carrots	83	Green & Wax Beans	3	Country Veg. Blend	32
Pears	4	Scali Bread	190	Oatmeal Roll	121	Multigrain Roll	190	WW HB Roll	230
Yogurt Cup	51	Mandarin Oranges	6	Fresh Orange	0	Strawberry Cup	4	Mixed Fruit	10
Total Sodium:	630	Total Sodium:	661	Total Sodium:	746	Total Sodium:	767	Total Sodium:	818
Calories: 753	Carbs: 110	Calories: 379	Carbs: 69	Calories: 450	Carbs: 61	Calories: 540	Carbs: 88	Calories: 571	Carbs: 86
22		23		24		25		26	
Mexicali Chicken	413	Cheeseburger	387	Roast Pork	71	Greek Meatballs	328	Hungarian	
Spanish Rice	22	Ketchup/Mustard	137	Gravy	121	Orzo Rice	427	Turkey Skillet	*523
Brussels Sprouts	12	Potato Wedges	27	Cheesy Mash. Potato	90	Tuscan Veg. Blend	56	White/Brown Rice	36
WW Bread	160	Malibu Blend	59	Mixed Vegetables	41	Multigrain Roll	190	Cauliflower Supreme	14
Cantaloupe	12	HB Roll	230	Oatmeal Bread	121	Applesauce	14	Dinner Roll	160
		Pineapple	1	Oatmeal Raisin Cookie	108			Mandarin Oranges	6
		Yogurt Cup	51	Diet: Lorna Doones	100				
Total Sodium:	619	Total Sodium:	892	Total Sodium:	550	Total Sodium:	1015	Total Sodium:	740
Calories: 344	Carbs: 47	Calories: 821	Carbs: 93	Calories: 636	Carbs: 77	Calories: 630	Carbs: 79	Calories: 455	Carbs: 58
29		30		31		<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>			
Broccoli Bake	387	Curry Chicken	375	Pot Roast	241				
O'Brien Potatoes	117	Couscous	39	Mushroom Gravy	148				
Carrots	77	Beets	162	Mashed Potato	62				
Fruit Loaf	102	Multigrain Bread	190	Country Veg. Blend	32				
Peaches	5	Strawberry Cup	4	Oatmeal Bread	121				
				Lemon Cream Pie	209				
				Diet: Low Sugar Cake	210				
Total Sodium:	688	Total Sodium:	770	Total Sodium:	813				
Calories: 691	Carbs: 67	Calories: 501	Carbs: 83	Calories: 771	Carbs: 103				

* Indicates a food with more than 500 mg sodium.
Please inform Coastline if you have any food allergies.

Menu is subject to change without notice.
Catch of the Day will vary based on availability.

Your voluntary \$2 donation today, provides more meals tomorrow.

SAUNDERS DWYER

Home For Funerals

"Our Family Serving Your Family"

508-758-2292

www.saundersdwyer.com



Chapman Cole & Gleason

FUNERAL HOMES ESTABLISHED 1862

2599 Cranberry Highway (Route 28), Wareham, MA 02571
(508) 295-0060 • www.ccgfuneralhome.com



Coastline

Caring for the community.

- HOME CARE & PCA SERVICES
- CAREGIVER SUPPORT
- NUTRITION PROGRAMS
- VOLUNTEER OPPORTUNITIES
- MORE THAN 30 PROGRAMS

508-999-6400 • coastlinenb.org

Tender Hearts Home Health Care



Providing quality services that enable you or your loved ones to live independently and maintain a safe and healthy quality of life.

Personal Care • Medication Reminders • Homemaking • Alzheimer's Care
Dementia Care • Housekeeping • Transportation • Hospice Support
Healthy Meal Plan and Preparation • 24 Hour On Call Support

Dedicated to Keeping the HEART in Home Care!

508-748-1331 368 Front St, P.O. Box 214, Marion www.TenderHeartsCare.com



Visiting Nurse | Hospice | Private Care | Wellness

An award winning non-profit agency caring for southeastern Massachusetts since 1916

508-992-6278 | www.communitynurse.com

Marion Antique Shop

APPRAISALS - FRANK McNAMEE
ON-SITE ESTATE SALES & AUCTIONS
ANTIQUES & ESTATES PURCHASED

335 Wareham Rd. (Route 6) Marion

748-3606

www.marionantiques.com
www.marionantiqueauctions.com



The AARP® Massachusetts Auto Insurance Program from Plymouth Rock Assurance.



Now available in your area through G H Dunn Insurance Agency, Inc

The AARP Massachusetts Auto Insurance Program from Plymouth Rock offers AARP members in Massachusetts special savings in addition to the everyday benefits that set Plymouth Rock apart from its competition. With Plymouth Rock, lower rates are just the beginning.

More Than Just Insurance. Plymouth Rock Assurance.®

Call today for a free, no obligation auto insurance quote:

508-758-3731

G H Dunn Insurance Agency, Inc
64 Fairhaven Road
Mattapoisett, MA 02739



Actual coverage is subject to the language of the policy as issued. AARP membership is required for Program eligibility. Applicants are individually underwritten and some may not qualify for auto insurance from Plymouth Rock based on driving history or other factors. Premiums will be based on verified information and the coverage choices and policy options that you select. Plymouth Rock pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP does not employ or endorse agents, producers or brokers. AARP and its affiliates are not insurers.

THIS SPACE IS AVAILABLE

Call LPi at
1.800.477.4574
for more information.

Reach the Senior Market ADVERTISE HERE

CONTACT

Karen Fontaine to place an ad today!
kfontaine@lpiseniors.com or (800) 477-4574 x6350



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com Marion Council on Aging, Marion, MA 06-5128

Friends of Marion Visiting Nurses Fund

Do you know of Marion neighbors who need help and do not know where to turn? Every day we receive calls from individuals in the community who are facing a new diagnosis who are caring for a loved one, who need help navigating the increasingly complex healthcare continuum, who cannot afford essential quality of life items or who have not seen a doctor in years. Too many of them do not know where to turn. Because of a generous grant from the Friends of Marion Visiting Nurse Association, Marion residents, family members, EMTs, the Council on Aging, town officials or clinicians - anyone - can make direct requests or referrals for support, guidance or services for those in need. We can offer experts, clinicians and specialized services at no charge to the individual or family. Requests and referrals can be sent directly to Community Nurse by email to grants@communitynurse.com or can be made by phone 508-992-6278. Approved grants will provide intermittent and short-term services. Requests should fall into one of the following categories:

- Care transition consultation and care
- Caregiver guidance and navigation
- Comfort care
- Community Health Worker outreach
- Complimentary nursing evaluation visits
- Dementia care and support
- End of life care and education
- Guidance/support Social Worker
- Health education in community
- Home Health Aide support groups
- Home Health Aide support

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.

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

PRRST STD
US POSTAGE PAID
ROCHESTER, MA
PERMIT NO. 115

Marion Council on Aging
465 Mill Street
Marion, Ma. 02738