

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
January 2020

Special Events

Brain Builders

Mondays, January 6th & February 3rd & March 2nd 12:30 p.m.

Buzzards Bay Speech Therapy invites you to participate in this 3 part program designed to help to improve memory, word-finding, thinking skills and socialization. Call 508-748-3570 to reserve your spot.



How to Walk 25,000 Miles by Accident

Tuesday, January 7th 1:00 p.m.

Charlie Duane encourages you to come and walk 4,000 miles in his shoes without the blisters, and enjoy the sights of the continental East Coast from Florida to Quebec without the bug bites. Charlie will be sharing over 200 photos from his walking adventure.



Traveling & Dementia: An Interactive Lecture

Monday, January 13th 12:30 p.m.

Kelly McCarthy, Director of Memory Care and Engagement Services for LCB Senior Living and Author of "Brass Ring Memoirs," will be speaking about traveling with a loved one who has dementia. She'll offer helpful hints and best practices for the entire traveling experience, including non-pharmacological approaches. A catered lunch of Chicken Caesar Salad with breadstick will be served and a dessert offering provided by The Residence at Cedar Dell. Registration is required, call 508-748-3570.

New Year, Healthy You!

Monday, January 27th 12:30 p.m.

Barbara Canuel, RD of Community Nurse Home Care will speak on plate and portion control as well as helping you set goals - establishing attainable and measurable goals.



Getting Older and Having Fun

Tuesday, February 4th 12:30 p.m.

Join Ken Hart of Compassionate Care Hospice for this inspiring talk to lighten your load and lift you up. Please call 508-748-3570 to register.

Helen Keller - Champion of the Disabled

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

This program is written from Helen's mind eye. The story is told on a taped voice over as Helen reenacts her full life from her childhood through her discovery of language when she was seven years old to the writing of her twelve books. She will show the audience how she speaks and reads in Braille, her story continues through her graduation from college. This is one of the most unique, very special programs that helps people understand and accept the different ways people do things, and inspires them to be the best they can be, with the talents they possess.

A catered lunch of roast beef sandwiches with pasta salad will be served at 11:30 a.m. Reservations are required for the lunch. Call 508-748-3570 by February 6th to make your reservation.

Thank you to the Friends of the Marion Council on Aging for their Continued support of our programming.



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COA Office Hours:

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

Wellness

Meditation with Susan Pisapia

Tuesdays 10:30 a.m. - 11:30 a.m.

Meditation is a natural and effective way of quieting the mind and has been attributed to having many health benefits. Susan has been teaching meditation for 25 years. Come learn how to bring peace and ease into your life.

*This class is being
funded from a Title III grant through Coastline
Services.
Donations Welcome*

Public Health Nurse

Wednesdays 10:30 a.m. - 12:30 p.m.

Health consultations and education, blood pressure monitoring and routine adult vaccinations.

Podiatry Clinic

Dr. Erik Henriksen, D.P.M. provides podiatry services at the Community Center on January 17th. Please call 508-748-3570 to schedule your appointment.

Dental Cleanings

The Dental Hygienist Program provides consumers with a public health dental hygienist that travels to the Marion COA. Services provided: dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment for March 6th, call Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Memory Loss Support Group

Thursdays - January 2nd 16th & 30th
1:00 p.m. - 2:30 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. provides complimentary legal consultations. To reserve an appointment call the Council on Aging office at 508-748-3570.

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 November is Manny Monteiro.

Art Gallery

UPCOMING SHOWS:

Senior Show

January 6th - January 31st

The Artisans

Grainger Pottery, Dannie Engwert,
Deborah Kuhlman-Hussey & Dave
Peterson

February 3rd - February 28th

Opening reception February 6th 5-7pm

Mattapoisett Area Artists

March 2nd - March 31st

Opening reception March 5th 5-7pm



January 2020 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Yoga Strength & Conditioning Friday</p> <p style="text-align: center;">These classes have been funded by a grant from the MA EOE A</p>	<p style="text-align: center;">Strength & Conditioning Tuesday</p> <p style="text-align: center;">This class is being funded through a donation made in memory of Lynne Rhoads</p>	<p>1</p> <p><i>Happy New Year</i></p> 	<p>2</p> <p>11:30 a.m. Lunch 1:00 p.m.—2:30 p.m. Memory Loss Support Gr 1:00 p.m. —3:30 p.m. Duplicate Bridge, \$2</p>	<p>3</p> <p>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</p>
<p>6</p> <p>10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture 2:00 p.m. —3:00 p.m. Line Dancing, \$3</p>	<p>7</p> <p>9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch 1:00 p.m. Lecture</p>	<p>8</p> <p>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</p>	<p>9</p> <p>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</p>	<p>10</p> <p>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</p>
<p>13</p> <p>10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture 2:00 p.m.— 3:00 p.m. Line Dancing, \$3</p>	<p>14</p> <p>9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 10:30 a.m. Meditation 11:30 a.m. Lunch</p>	<p>15</p> <p>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</p>	<p>16</p> <p>9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:30 p.m. Memory Loss Support Gr 1:00 p.m. —3:30 p.m. Duplicate Bridge, \$2</p>	<p>17</p> <p>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</p>
<p>20</p> <p style="text-align: center;">Closed in observance of Martin Luther King Jr. Day</p> 	<p>21</p> <p>9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch</p>	<p>22</p> <p>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</p>	<p>23</p> <p>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</p>	<p>24</p> <p>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</p>
<p>27</p> <p>10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture 2:00 p.m.— 3:00 p.m. Line Dancing, \$3</p>	<p>28</p> <p>9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 10:30 a.m. Meditation 11:30 a.m. Lunch</p>	<p>29</p> <p>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</p>	<p>30</p> <p>9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:30 p.m. Memory Loss Support Gr 1:00 p.m. —3:30 p.m. Duplicate Bridge, \$2</p>	<p>31</p> <p>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</p>

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Day Trips

Trip to Museum of Fine Arts
Thursday, January 9th 8:30 a.m.
Enjoy some of the current exhibitions such as: Women Take the Floor, Mural-Jackson Pollock/Katharina Grosse, Read My Lips, Contemporary Art: Five Propositions, Weng Family Collection of Chinese Painting. Enjoy time to explore the museum and lunch at one of their many eateries. Cost of the trip is \$23.00 museum admission, payable at the entrance and the cost of your lunch. Call 508-748-3570 beginning December 26th to sign up. Discount tickets are available at area libraries, if you would like to reserve them.



Providence Place Mall
Thursday, January 16th 9:30 a.m.
Take a trip to the Providence Place Mall and enjoy a day of browsing through over 140 different stores. Enjoy lunch at your choice of over 20 different dining options. Sign ups begin on January 2nd. Call 508-748-3570.

Cape Cod Mall, Christmas Tree Shop & Trader Joe's
Thursday, February 6th 9:30 a.m.
A great shopping adventure awaits! Enjoy some time at the Mall and have some lunch before heading over to Christmas Tree Shop and Trader Joe's. Call 508-748-3570 to sign up beginning January 22nd.

Classic Movie Series

The Sippican Historical Society and Marion COA are delighted to present the monthly Classic Film Series at the Music Hall.
January 10th 7:00 p.m.
Nell
February 14th 7:00 p.m.
The Browning Version
March 13th 7:00 p.m.
The Day the Earth Stood Still
April 10th 7:00 p.m.
The Battle of Britain
May 8th 7:00 p.m.
The Piano
Movies are free and open to the public - Popcorn served. Come early and listen to music provided by Truman Terrell, Bob Sanderson and Michele Richardson.



Zeiterion Tickets

Tickets for the 2019-2020 season at the Zeiterion Theatre are once again being offered at a discount to area seniors for many of the shows. Stop by the COA to see a listing of upcoming shows.

Duplicate Bridge

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

Fuel Assistance

PACE Fuel Assistance Program assists eligible homeowners and renters in the Marion area with their home heating needs. Applications for fuel assistance are available. Eligibility is based on the gross annual income of all household members. Call Linda Aguiar for more information, 508-748-3570.

George E. Curtis Charitable Trust. This fund is administered by Coastline Elderly Services and is designed to help seniors living in Marion who are having difficulty paying for fuel. This is a one-time payment for fuel assistance and benefits seniors 60 years of age or older who live on fixed incomes. Fuel assistance may be provided for oil, gas, electric, propane or other fuels. Call Linda Aguiar for more information, 508-748-3570.

Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities, including transportation, 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.





Monday	Tuesday	Wednesday	Thursday	Friday
<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>2 Sodium (mg): Na*</p> <p>American Chop Suey 211 Italian Veg. Blend 26 Brussels Sprouts 12 Scali Bread 190 Mixed Fruit 10</p> <p>Total Sodium: 449 Calories: 468 Carbs: 71</p>	<p>3 Sodium (mg): Na*</p> <p>"Catch of the Day" 250 Lemon Dill Sauce 111 Rice Florentine 112 Tuscan Veg. Blend 56 WW Bread 160 Banana 1</p> <p>Total Sodium: 690 Calories: 435 Carbs: 66</p>
6	7	8	9	10
<p>Sweet & Sour 194 Meatballs Bow Tie Pasta 1 Oriental Veg. Blend 26 Dinner Roll 160 Peaches 5</p> <p>Total Sodium: 386 Calories: 482 Carbs: 70</p>	<p>Portuguese Chicken 420 Dirty Rice 137 Jadiniere Blend 39 Multigrain Roll 190 Applesauce 15</p> <p>Total Sodium: 801 Calories: 487 Carbs: 66</p>	<p>Shepherd's Pie 463 Peas & Mushrooms 133 Oatmeal Roll 121 Pears 4</p> <p>Total Sodium: 650 Calories: 664 Carbs: 92</p>	<p>Roast Turkey w/ Gravy 430 Cranberry Sauce (2) 16 Mashed Potato 62 Winter Squash 13 WW Bread 160 Choc. Chip Cookie 171 Diet: Graham Wafers 85</p> <p>Total Sodium: 852 Calories: 858 Carbs: 137</p>	<p>Hot Dog *550 Mustard 55 Relish 81 Baked Beans 36 Cabbage & Carrots 47 HD Roll 210 Cinnamon Apples 4</p> <p>Total Sodium: 983 Calories: 588 Carbs: 69</p>
13	14	15	16	17
<p>Cheeseburger 387 Ketchup 82 Mustard 55 Roasted Potatoes 33 Malibu Blend 59 HB Roll 230 Pineapple 1</p> <p>Total Sodium: 847 Calories: 656 Carbs: 72</p>	<p>Mac & Cheese 403 Tomato Florentine 121 Green & Wax Beans 3 Fruit Loaf 102 Mandarin Oranges 6</p> <p>Total Sodium: 636 Calories: 634 Carbs: 80</p>	<p>Grilled Chicken Parm. 410 Italian Pasta 1 Broccoli Florets 12 Oatmeal Roll 121 Chocolate Pudding 191 Diet: Low-Sugar Pudding 110</p> <p>Total Sodium: 735 Calories: 541 Carbs: 69</p>	<p>Meatloaf 131 Onion Gravy 110 Cheesy Mash. Potato 90 Brussels Sprouts 12 WW Bread 160 Mixed Fruit 10</p> <p>Total Sodium: 512 Calories: 573 Carbs: 80</p>	<p>Fish Sandwich 190 Tartar Sauce 261 Confetti Rice 43 German Slaw 81 WW HB Roll 230 Peaches 5</p> <p>Total Sodium: 809 Calories: 577 Carbs: 75</p>
<p>Closed in observance of Martin Luther King Jr. Day</p>	21	22	23	24
	<p>Beef Picadillo 251 Spanish Rice 22 Mixed Vegetables 41 Multigrain Bread 190 Fresh Orange 0</p> <p>Total Sodium: 504 Calories: 436 Carbs: 68</p>	<p>Chicken & Green Bean Stir Fry 207 Noodles 1 Snowflake Roll 160 Pineapple 1</p> <p>Total Sodium: 369 Calories: 445 Carbs: 67</p>	<p>Roast Pork w/ Apply Gravy 71 Whipped Sweet Potato 33 Roman Vegetables 26 Oatmeal Bread 121 Applesauce 15</p> <p>Total Sodium: 376 Calories: 493 Carbs: 60</p>	<p>Broccoli Bake 387 Hashbrowns 136 Stewed Tomatoes 271 Fruit Loaf 102 Peaches 5</p> <p>Total Sodium: 902 Calories: 709 Carbs: 68</p>
27	28	29	30	31
<p>Sausage w/ Peppers & Onions *520 Pasta Alfredo 150 w/ Portobellos Sub Roll 162 Pears 4</p> <p>Total Sodium: 837 Calories: 514 Carbs: 66</p>	<p>Pot Roast w/ Gravy 241 Red Bliss Potatoes 4 Winter Blend 15 Oatmeal Bread 121 Cinnamon Apples 4</p> <p>Total Sodium: 385 Calories: 489 Carbs: 52</p>	<p>Turkey Tetrazini 196 Carrots 77 Multigrain Roll 190 Mini Choc. Fudge Cake 209 Diet: Low-Sugar Cake 210</p> <p>Total Sodium: 672 Calories: 652 Carbs: 96</p>	<p>Chicken Marsala 439 Parsley Mash. Potato 63 Tahitian Blend 38 WW Bread 160 Mixed Fruit 10</p> <p>Total Sodium: 710 Calories: 500 Carbs: 74</p>	<p>Seafood Newburg *569 Fluffy White Rice 36 Green Beans 3 Potato Bread 120 Pineapple 1</p> <p>Total Sodium: 730 Calories: 461 Carbs: 64</p>

* 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.

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Soup-er Thursdays



There is no meal that evokes such fond memories as a bowl of homemade soup that heals the body and spirit.

- January 2nd - Chicken Noodle Soup
- January 9th - Broccoli & Cheddar Soup
- January 16th - Cheeseburger Soup
- January 23rd - Italian Wedding Soup
- January 30th - Borscht

To help offset the cost of these luncheons a \$5.00 donation is suggested.



Reservations are required.

Thank you to all who decorated a tree for the Festival of Trees: Tri Town Motors, Dina Quinlan, St. Gabriels Congregation, YMCA Group Fitness Class, Marion Recreation Department, Sippican Elementary School/VASE, Marion Fire Department Association, Christine & Michael Voss, Joyce LeBlanc & Jean MacCormack, Barbara Meehan & Christine Gallagher, Jill Pitman & Lynne Parks-Kuhl, Lissa Magauran & Ami Milano, and Marion COA. Thank you to the many who donated a basket to be raffled off. We appreciate those who attended the event, helping to make it such a joyous success!

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.

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