

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

January 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

Coping with Life Challenges and Loss Through Mindfulness

Monday, January 7th 12:30 p.m.

Mindfulness teaches us how to live more in the present, moment by moment without judgment. It is a powerful practice that helps us to cope with what is right in front of us. The past is about memories and the future doesn't exist. They only occur in our thinking. The present is the only thing that exists, the only thing that is the here and now. The power of learning how to live in the present is that you can decide how you want to experience it, regardless of what you have been through and what your challenges are. In this one hour presentation, you will be introduced to what mindfulness is and be provided with some simple tools to learn how to practice it and integrate it into your life. This presentation is being conducted by Deborah L. Greenslit, LMHC, RN. Deborah is currently working on completing a book she is authoring: *Living With a Loving Heart*, lessons learned on suffering and pain.

Reiki Introduction and Demonstration

Tuesday, January 8th 1:00 p.m.

Reiki is an ancient, gentle, hands-on healing art that helps you feel better. You can use Reiki to facilitate deep relaxation, relieve pain, and promote

healing and personal growth, stimulate your body's innate healing resources and encourage a return to wellness. Marge Procopio of Tri Town Massage & Bodywork will be offering this introduction and then a fifteen minute demonstration to interested participants. Registration for the demonstration is necessary and will be offered on January 8th, 15th, 22nd & 29th. Call 508-748-3570.

New Year - Healthy You!

Monday, January 14th 12:30 p.m.

Community Nurse Home Care presents New Year - Healthy You! A Healthy Living Program with Barbara Canuel, Registered Dietitian. Topics to be covered include: My Plate & Portion Control - learn the correct distribution and appropriate portion sizes for all nutrients when planning meals. How to Maintain Taste - don't sacrifice delicious food by making your meals more healthy. Get Moving - it's not by diet alone! Learn important physical activity guidelines. Dear Diary - learn how to establish attainable measurable goals which will promote lifestyle and behavior modification. Please call 508-717-0714 to register for this program.

The Crystal Kingdom: Glass Animal Sculpture from The New Bedford Museum of Glass

Monday, January 28th 12:30 p.m.

Kirk Nelson, President and Executive Director of The New Bedford Museum of Glass, will present highlights from the largest public collection of glass animals in the country! Creative wildlife designs by famous glass factories and leading artists from around the world document this much-loved genre. Sparkling lions and tigers and bears, oh my!

A catered lunch of Baked Lasagna will be served before the lecture. Reservations are required for lunch and must be made by January 24th 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.



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kgregory@marionma.gov
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Linda's hours are Mon., Tues.,
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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

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 Laura Badger.

Wellness

Public Health Nurse

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

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

There will be no nurse clinic held on January 2nd.

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

January 15th

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 cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment, call Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Caregiver Support Group

Thursdays - January 3rd, 17th & 31st
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 register.

Waterfront Memory Café

Wednesdays

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

Weekly programming 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

Monday, January 14th 9:00 a.m.

Jilian A. Morton, Esq. will be on hand to provide complimentary legal consultations. Topics to be discussed can include wills, health care proxies, power of attorney and any other estate planning concerns. To reserve an appointment call the Council on Aging office at 508-748-3570.

Outreach

The COA provides outreach services to members of the community at home or onsite to help with support services, case management, friendly visiting, applications, referrals and advocacy.

Friendly Visitor Program:

The Friendly Visitor Program of the Marion Council on Aging seeks to maximize independence and enrich the quality of life for isolated seniors within the community. The program provides screened and trained volunteers to visit seniors in their homes. Visitors support seniors through weekly contact, providing social support and a connection to the community. All volunteers are screened through a CORI (Criminal History Systems Board) check. For more information, please contact Linda Aguiar at 508-748-3570.

Strength & Conditioning

A second strength & conditioning class with Larry Bigos has been added on Tuesdays at 9:00 a.m. This class is being offered free of charge due to a generous donation made in remembrance of Lynne Rhoads. This class is suitable for all levels of physical fitness and can be customized to meet your individual needs.

January 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga Strength & Conditioning These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.	1 	2 10:30 a.m. Group Fitness \$35/10 weeks 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	3 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	4 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
7 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Introduction to Mindfulness	8 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch 1:00 p.m. Reiki	9 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	10 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 5:00 p.m. - 7:00 p.m. Photography of John Gallagher Opening	11 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
14 9:00 a.m. Legal Consultations 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. New Year Healthy You!	15 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch 1:00 p.m. Reiki	16 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	17 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	18 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
21 Closed in Observance of Martin Luther King Jr. Day	22 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch 1:00 p.m. Reiki	23 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	24 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	25 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
28 10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch. Sign ups required 508-748-3570 12:30 p.m. Lecture: New Bedford Glass Museum	29 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch 1:00 p.m. Reiki	30 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	31 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	Duplicate Bridge Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.

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Around Town

Friendship Dinners

St. Gabe's Episcopal Church of Marion, 124 Front Street offers a Friendship Dinner on the 1st Thursday of each month at 5:00 p.m. On the 3rd Thursday of each month The First Congregational Church of Marion also offers a Friendship Dinner at 5:00 p.m. held at their Community Center, 144 Front Street, Marion. All are welcome to this free will offering.

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.

January 18th 7:00 p.m.

The Graduate

February 8th 7:00 p.m.

A Street Car Named Desire

March 8th 7:00 p.m.

How Green Was My Valley

April 12th 7:00 p.m.

Stagecoach

May 10th 7:00 p.m.

American Graffiti

Home Delivery Library Service

The Elizabeth Taber Library, in partnership with the COA, is pleased to offer home delivery services to those Marion residents that need this service. To be eligible for this program, you must be a Marion resident with a library card in good standing. Before delivering materials to your home, a brief phone interview must be conducted with the Library Director, to discuss your areas and authors of interest. To arrange to have library books or audio books delivered to your home, please call the Elizabeth Taber Library at 508-748-1252.

Services

Medical Equipment Loan Closet

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, wheelchairs, etc... The COA will provide the item on loan for as long as needed. Call 508-748-3570 to inquire about what we have in stock.

File of Life

Stop by the COA to pick up a File of Life card which contains emergency contacts, medications, health issues etc. and enables medics to obtain a quick history of you during an emergency.

SHINE

(Serving Health Information Needs for Everyone) Have a question about your health insurance? Need information about prescription coverage? A SHINE counselor can help. Call 508-748-3570.

Zeiterion Tickets

Tickets for the 2019 season at the Zeiterion Theatre are now on sale, and once again they are offering a discount to area seniors for many of the shows. Stop by the reception desk of the COA to see a listing of upcoming shows.

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.

Art Gallery

UPCOMING SHOWS:

The Photography of John Gallagher

January 4th - January 31st

Opening reception January 10th 5-7pm

Wareham/Bourne Art Association

February 2nd - February 28th

Opening reception February 7th 5-7pm

Think Spring

March 4th - April 1st

Opening reception March 7th 5-7pm



Day Trips

Trip to RISD

January 3rd 9:30 a.m.

Visit this unique museum located in one of the first independent Colleges of Art & Design. As a school and museum it serves in the creation and appreciation of Art and Design. Cost of admission is \$12.00. You will enjoy time on your own to explore and can stop by the Café Pearl to grab a bite to eat. Sign ups begin on December 20th. Call 508-748-3570.

Trip to New Bedford Museum of Glass and Out to Lunch at Riccardis

January 31st 11:00 a.m.

The Museum's growing collection includes art glass made in New Bedford by the famous Mt. Washington and Pairpoint factories, glass from the Midwest and other regions of the country, English and Continental glass, ancient glass, historical glass Tiffany and Steuben, paperweights, studio glass and much more. Experience the beauty and fascination of glass from around the world and across the centuries. After time at the Museum it is off to lunch at Riccardis. Cost of the trip is \$5.00 Museum admission and the cost of your lunch. Sign ups begin on January 17th. Call 508-748-3570.

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Soup-er Thursday

There is no meal that evokes such fond memories as a bowl of homemade soup that heals the body and spirit. On Thursdays for the Winter, we will be hosting a lunch of homemade soup. Johnson and Wales - trained Jody Dickerson will be ladling up some savory delights. Soup is served at 11:30 a.m. Reservations are required 48 hours in advance.

January 3rd - Clam Chowder with Tuna Roll

January 10th - Italian Wedding Soup

January 17th - Vegetable Soup

January 24th - Beef Barley Soup

January 31st - French Onion Soup



Friends of Marion Council on Aging

MEMBERS MAKE IT HAPPEN!

Anyone can become a member of the Friends. You may contribute your time, money and/or expertise. Won't you consider becoming a member of the Friends of

Marion Council on Aging? Your membership will help defer the cost of the growing number of programs offered at the Community Center as well as provide the vital resources that make everything possible. Your gift of membership will make an impact on your Marion neighbors.

Friends of Marion Council on Aging (FMCOA)

P.O. Box 937

Marion, MA 02738

www.fmcoa.org

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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