

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
July 2020

WE ARE HERE FOR YOU, NOW MORE THAN EVER

Special Event



Sheryl Faye presents... Amelia Earhart— Pioneer in Aviation

Wednesday, July 15th 7:00 p.m. on Marion's Public Service YouTube Channel

<https://www.youtube.com/channel/UC7R6feLn4grPKk1QoR0IGqQ>

Amelia Earhart's fearless, adventuresome spirit led to hair-raising rides down her home-made roller coaster, and she was enthralled with the wonders of the new "flying machines" during a family vacation to the Iowa State Fair. As she matured, she was fulfilled by her work as a nurse's aide and began to consider a career in medicine. This idea "flies out the window," however, when she pays a pilot \$1.00 to take her up for a short "hop" in his plane. From then on, the science of aviation becomes her passion as flying becomes her career. She follows her dreams with an indomitable spirit, and her story will inspire everyone to pursue their own budding interests, whatever they may be, and will also reinforce the importance of family, respect for others and individuality.

Drive— In Days

It has been awhile since we have been together and we miss you! Stop by on our drive— in days to say hello and pick up a special treat.

Monday, July 6th 9:00 a.m.—11:00 a.m.
Doughnuts & Coffee



Monday, July 27th 12:00 p.m.—2:00 p.m.
Ice Cream





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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

This agency and its programs are funded (in whole or in part) by a grant from Coastline Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.

Health & Wellness

Podiatry Clinic

Dr. Erik Henriksen, D.P.M. will be at the Community Center on August 7th to provide podiatry services. Please call 508-748-3570 to schedule your appointment.

Dental Cleanings

The Dental Hygienist Program provides clients 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 July 21st, call Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Memory Loss Support Group

Thursdays—June 4th & 18th
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. This support group is temporarily being offered via Zoom. If you wish to join the group, please call the office at 508-748-3570 to attain log in information.

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 Karen Gregory to confirm income eligibility and availability.

Meditation

Meditation class is temporarily meeting via Zoom. You can be a part of the class by using your computer or by phoning in. If you would like to participate and need the link call the office at 508-748-3570 and we can assist you.

Weights

We realize that COVID-19 has changed many actions that we routinely take part in. In an effort to keep everyone as safe and healthy as possible we have purchased weights and canvas tote bags for members of our exercise classes for their personal use. If you do not currently have a set call the office and arrange to secure a set. Then you can utilize them for the online classes and bring them with you once the Center has reopened for activities.

Online Programming

We will be posting programming onto the Marion Public Service YouTube channel as we record sessions.

<https://www.youtube.com/channel/UC7R6feLn4grPKk1QoR0IGqQ>

WE'RE ALL IN THIS *Together*



Marion Community Blood Drive

Benjamin D. Cushing Community Center
465 Mill Street
Marion, MA 02738

Thursday, July 9, 2020
10:00 a.m. to 3:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: MARION to schedule an appointment.

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Transportation

We continue to offer transportation to routine doctor's appointments. We request as much advance notice as possible, at least 48 hours.

Transportation to grocery stores will follow the schedule set forth in June, with the possibility of changing to adjust to trends in requests.

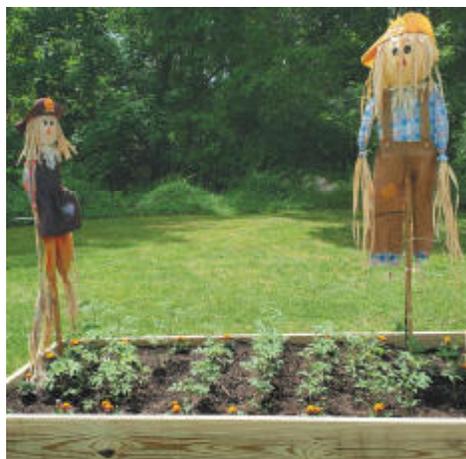
Monday—Stop & Shop, Fairhaven
Tuesday—Market Basket, Plymouth
Wednesday—Shaws, Wareham
Thursday—Market Basket, Plymouth
Friday—Walmart or Aldi or Target, Wareham

What's New at the Community Center

Through a generous grant, we have been able to fund two projects at the Community Center. These projects had the intent of bringing seniors and youth of Marion together. However, at this time, that part of the mission is not possible to fulfill—we do have that as our ultimate goal.

The first project was to purchase two laptops, printer and study carrels. These computers will be set up for use in the activity room of the Community Center. Residents will be able to reserve a time to utilize them. Eventually we will partner with local students who can run tutorials for those that want to gain more knowledge from Facebook, YouTube to basic internet searches.

The second endeavor that was funded was a Community Garden Initiative. Even though it has not been able to happen as we envisioned, we are adapting. On the grounds you will find multiple raised beds of flowers, herbs & vegetables. Stop by to help weed and maintain. There is one vegetable bed that is open for community members to grow vegetables of their choosing, call the office at 508-748-3570 to reserve a space.





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>	<h2>Meals on Wheels Menu</h2>	<p>1 Sodium (mg): Na*</p> <p>Turkey A La King 215</p> <p>Penne Pasta 1</p> <p>Asparagus 6</p> <p>Dinner Roll 160</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 388</p> <p>Calories: 481 Carbs: 61</p>	<p>2 Sodium (mg): Na*</p> <p>Hot Dog *550</p> <p>Mustard 55</p> <p>Relish 81</p> <p>Baked Beans 36</p> <p>Cabbage & Carrots 47</p> <p>HD Roll 210</p> <p>Applesauce 14</p> <p>Total Sodium: 993</p> <p>Calories: 598 Carbs: 72</p>	<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p>  <p><u>Margarine:</u> 36 Calories</p>
		<p>6</p> <p>Shepherd's Pie 283</p> <p>Malibu Veg. Blend 12</p> <p>Oatmeal Roll 111</p> <p>Pears 4</p> <p>Total Sodium: 425</p> <p>Calories: 575 Carbs: 81</p>	<p>7</p> <p>Cal'n Chicken 377</p> <p>Dirty Rice 137</p> <p>Roman Vegetables 26</p> <p>WW Roll 160</p> <p>Banana 1</p> <p>Total Sodium: 702</p> <p>Calories: 452 Carbs: 68</p>	<p>8</p> <p>Spagheti w/ Bolognese Sauce 164</p> <p>Italian Veg. Blend 26</p> <p>Green & Wax Beans 3</p> <p>Scall Bread 150</p> <p>Applesauce 14</p> <p>Total Sodium: 357</p> <p>Calories: 551 Carbs: 78</p>
<p>13</p> <p>Roast Pork w/ Gravy 192</p> <p>Garlic Mash. Potatoe 62</p> <p>Tarragon carrots 77</p> <p>Multigrain Bread 190</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 331</p> <p>Calories: 605 Carbs: 77</p>	<p>14</p> <p>Beef & Broccoli 108</p> <p>White/Brown Rice 36</p> <p>Multigrain Roll 190</p> <p>Chocolate Pudding 191</p> <p>Diet: LS Pudding</p> <p>Total Sodium: 523</p> <p>Calories: 628 Carbs: 67</p>	<p>15</p> <p>Mac & Cheese 403</p> <p>Escalloped Tomatoes 143</p> <p>Italian Green Beans 3</p> <p>Fruit Loaf 102</p> <p>Fresh Orange 0</p> <p>Total Sodium: 651</p> <p>Calories: 654 Carbs: 87</p>	<p>16</p> <p>Chicken D'wan 281</p> <p>Rec Bliss Potatoes 4</p> <p>Broccoli 12</p> <p>Oatmeal Ro 121</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 428</p> <p>Calories: 523 Carbs: 57</p>	<p>17</p> <p>American Chop Suey 211</p> <p>Peas & Mushrooms 133</p> <p>Snowflake Roll 160</p> <p>Mandarin Oranges 5</p> <p>Total Sodium: 520</p> <p>Calories: 470 Carbs: 68</p>
<p>20</p> <p>Turkey Stew w/ Vegetables *571</p> <p>Mashed Potatoes 62</p> <p>WW Roll 160</p> <p>Pears 5</p> <p>Total Sodium: 798</p> <p>Calories: 478 Carbs: 76</p>	<p>21</p> <p>Swedish Meatballs 321</p> <p>Egg Noodles 35</p> <p>Malibu Blend 58</p> <p>Snowflake Roll 160</p> <p>Fresh Orange 0</p> <p>Total Sodium: 573</p> <p>Calories: 576 Carbs: 74</p>	<p>22</p> <p>Fish Sandwich 150</p> <p>Tartar Sauce 261</p> <p>Italian Pasta Salad 1</p> <p>German Slaw 31</p> <p>WW HB Roll 150</p> <p>Oatmeal Raisin Cooki 171</p> <p>Diet: Graham Wafers</p> <p>Total Sodium: 853</p> <p>Calories: 850 Carbs: 104</p>	<p>23</p> <p>Beef Pot Roast 241</p> <p>W/Apple Sweet Pota 53</p> <p>Green Beans 3</p> <p>Oatmeal Bread 121</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 438</p> <p>Calories: 536 Carbs: 58</p>	<p>24</p> <p>Apricot Chicken 359</p> <p>Rice Florentine 112</p> <p>California Veg. 27</p> <p>Potato Bread 120</p> <p>Lemon Pudding 200</p> <p>Diet: LS Pudding</p> <p>Total Sodium: 823</p> <p>Calories: 528 Carbs: 75</p>
<p>27</p> <p>BBQ Pork Rio 410</p> <p>Au Gratn Potatoes 154</p> <p>Chuckwagon Corn 2</p> <p>HB Roll 230</p> <p>Banana 1</p> <p>Total Sodium: 797</p> <p>Calories: 585 Carbs: 87</p>	<p>28</p> <p>Meatloaf w/ Mushroom Gravy 148</p> <p>Mashed Potatoes 62</p> <p>Glazed Carrots 83</p> <p>WW Bread 160</p> <p>Pineapple 1</p> <p>Total Sodium: 584</p> <p>Calories: 602 Carbs: 90</p>	<p>29</p> <p>Sausage w/ Peppers and Onions *520</p> <p>Pasta Alfredo w/ Portobellos 116</p> <p>Elb Roll 162</p> <p>Birthday Cake 209</p> <p>Diet: LS Cake</p> <p>Total Sodium: 1007</p> <p>Calories: 614 Carbs: 92</p>	<p>30</p> <p>Spinach & Cheese Or 392</p> <p>Hash browns 136</p> <p>Zucchini & Tomato 35</p> <p>Fruit Loaf 102</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 676</p> <p>Calories: 510 Carbs: 58</p>	<p>31</p> <p>Broccoli & Cheese 410</p> <p>Stuffed Chicken</p> <p>Spanish Rice 22</p> <p>Mexican Corn 5</p> <p>WW Broac 160</p> <p>Pineapple 1</p> <p>Total Sodium: 600</p> <p>Calories: 542 Carbs: 80</p>

* Indicates a food with more than 600 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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Starting in July, we are hoping to begin hosting some of our exercise classes and other activities outdoors. As you can imagine there are a lot of variables that will play into each decision. For an update on the particular program you are interested in, please contact the Council on Aging office at 508-748-3570. If coming out to participate does not feel like a safe option for you, remember many classes can be accessed on Marion's Public Service YouTube Channel.



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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