SIPPICAN SOUNDINGS

News from the Marion Council on Aging

November 2018

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

Sailing Towards my Father
November 5th 12:30 p.m.
Stephen Collins performs this one-man play written by Carl Rossi. Sailing Towards my Father explores the life of Herman Melville, the American author best known for his whaling epic Moby Dick. The play chronicles Melville's life from youth to old age, concentrating on his evolution as a writer and his complex relationships with God, his parents and siblings, his wife and children, and Nathaniel Hawthorne.

A catered lunch of roast beef sandwiches, pasta salad and chips will be served at 11:30 a.m. Reservations for lunch are required. Call 508-748-3570.

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

Veterans Day Breakfast

Veterans Day
Sunday, November 11th 9:00 a.m.
We invite all Veterans, Active Duty Service Members and their guest for breakfast. Pancakes, sausage, home fries, coffee and juice will be served. Please RSVP by Noon on Thursday, November 8th. Call 508-748-3570.

Day Trips

Lunch at The Canalside Restaurant
November 13th 11:00 a.m.
Enjoy lunch at the Culinary Arts Department of Upper Cape Cod Regional Technical School, where students gain practical experience while serving up gastronomic delights. Your meal will include chowder, choice of chicken cordon bleu or scrod, and dessert. Cost of the meal is $10.50 + tax & gratuity. Sign ups begin October 30th .

Holidays at Highfield Hall
November 27th 1:00 p.m.
Experience a Winter Wonderland at Highfield Hall & Gardens, a dynamic & unique museum. For this event, designers showcase their talents in the elegant rooms of Highfield Hall. While there, visit the extensive gift gallery and enjoy some time in the tea shoppe to purchase some home-made goodies. Cost of admission is $10.00. Sign ups begin November 13th.

Trip to Cape Cod Mall, Trader Joes & Christmas Tree Shops
December 4th 9:30 a.m.
Our first stop will be the Cape Cod Mall, where you will have time to shop and grab some lunch before heading to Christmas Tree Shops and Trader Joes. Sign up begins November 20th .

Open Enrollment

During Medicare Open Enrollment, from October 15th - December 7th, you will be able to change your plan for next year. If you would like help understanding upcoming changes and options, a S.H.I.N.E. counselor can help.

Sippican Lands Trust Hikes

The Marion COA is excited to partner with The Sippican Lands Trust (SLT) for a series of walks this fall. The walks will showcase the wide variety of properties and trails managed by SLT and be led by an SLT staff member or volunteer.

Tuesday, November 6th 10:00 a.m.
Brainard Marsh, Delano Road
Tuesday, November 13th 10:00 a.m.
Osprey Marsh, Point Road

Please meet at the property's parking area a few minutes before the walk starts. Bring water and dress appropriately for each walk as only the worst weather will cancel. Call the COA office at 508-748-3570 to register and get directions.

Zeiterion Tickets

Tickets for the 2018-2019 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.

Cribbage

We have had a few requests to get a weekly cribbage game started. If you are interested in joining please call 508-748-3570.

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

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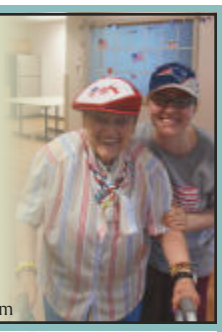

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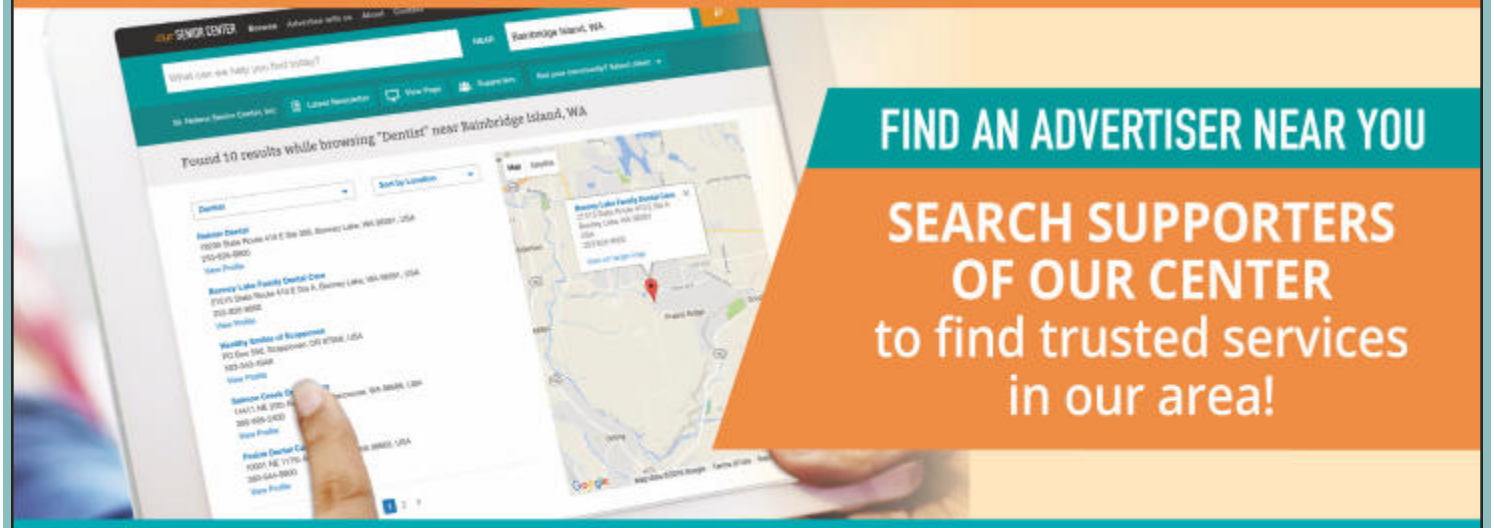

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kgregory@marionma.gov
Linda Aguiar, Outreach Coordinator
laguiar@marionma.gov
Linda's hours are Mon., Tues., & Fri. 9:00 a.m. - 3:00 p.m.
Mike Poznysz, Transportation Coordinator
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Jackie Pittard, 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

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 September is Susan Smith.

Wellness

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. 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.

Education

50+ Job Seekers Networking Group
November 6th 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.

Funded by the Executive Office of ElderAffairs and managed by MCOA.

November's meeting will be held at the Marion Music Hall

Community Based Healthy Eating Initiative

The Greater New Bedford Community Health Center will be hosting a farmer's market, for The Greater Boston Food Bank. A distribution of fresh produce, at no cost, will be offered every fourth Wednesday of the month at the Wareham site, 135 Marion Road. Pre-registration is necessary, call Joyce 508-992-6553 x 142 or Kathleen 508-742-3810 x 710. No income restrictions apply to be eligible.

Coffee with the Chief

November 20th 10:00 a.m.
Join Police Chief John Garcia for coffee and conversation. It will be a time for sharing information and addressing questions and concerns.

A Look Ahead

Marion Police Brotherhood Holiday Dinner
December 1st
The Police Brotherhood will hold their Annual Holiday Dinner on December 1st. Doors open at 11:30 a.m. and dinner is served at 12:00 p.m. Admission is free, but seating is limited. Please call the Marion COA office at 508-748-3570 to reserve your spot.

Council on Aging Holiday Party with Laura James
December 3rd
Join the Council on Aging to celebrate the season with your friends. A lunch of Shepherd's Pie, by Harriet's will be served at 11:30 a.m. Following lunch be delighted by the music of Laura James. Reservations are required for lunch. RSVP by November 27th Call 508-748-3570.

November 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Duplicate Bridge Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.	Yoga Strength & Conditioning These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.		1 **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	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
5 **10:15 a.m.** Yoga, free **11:30 a.m.** Catered Lunch. Sign ups required 508-748-3570 **12:30 p.m.** Lecture: Sailing Towards my Father	6 **10:00 a.m.** Sippican Lands Trust Hike **There will be no activities held at the Center to allow for Midterm Elections Voting**	7 **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	8 **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	9 **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
12 **Closed in Observance of Veteran's Day**	13 **9:00 a.m.—11:00 a.m.** Basket Weaving Reg. req **10:00 a.m.** Sippican Lands Trust Hike **11:00 a.m.** Lunch trip **11:30 a.m.** Lunch	14 **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	15 **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	16 **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
19 **10:15 a.m.** Yoga, free **11:30 a.m.** Lunch	20 **10:00 a.m.** Coffee with the Chief **11:30 a.m.** Lunch	21 **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	22 **Happy Thanksgiving** 	23 **Closed in Observance of the Thanksgiving Holiday**
26 **10:15 a.m.** Yoga, free **11:30 a.m.** Lunch	27 **9:00 a.m.—11:00 a.m.** Basket Weaving Reg. req **11:30 a.m.** Lunch **1:00 p.m.** Trip to Highfield Hall	28 **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	29 **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	30 **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

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.

November 9th 7:00 p.m.
Butch Cassidy and the Sundance Kid
January 11th 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 Council on Aging, 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.

ORR Thanksgiving Banquet

The Annual ORR Thanksgiving Banquet at Old Rochester Regional will be held on Sunday, November 18th in the ORR cafeteria. Doors open at 11:15 a.m. Dinner will be served at 12:00 p.m. Tickets are available for tri-town seniors from their Council on Aging, transportation is available.

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.

Fuel Assistance for Seniors

If you are a senior living in Marion and are having difficulty paying for fuel this season, Coastline Elderly Services may be able to help with a one-time payment for fuel assistance. This program will benefit 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. Contact the COA at 508-748-3570 for details. Funding is made possible by the generosity of the George E. Curtis Charitable Trust.

Commodity Supplemental Food Program

The Commodity Supplemental Food Program (CSFP) hosted by the Greater Boston Food Bank is a U.S. Department of Agriculture (USDA) effort designed to meet the unique nutritional needs of low-income seniors at risk of hunger and is available here in Marion. One, 30-lb. box of shelf stable food (cereals, pastas, canned meat, etc.) can be delivered to your home monthly simply by reaching out to the COA office and applying. Call Linda, 508-748-3570, for income guidelines and for help applying.

Fuel Assistance

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

Friendly Visitor Program:

"Help one another; there's no time like the present and no present like time."- James Durst

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.

Daylight Savings Time

Don't forget Daylight Savings Time begins on November 4th. Turn your clocks back one hour.

Coastline
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November 2018

Must RSVP 24 hours in advance (by 11:00a.m.) 508-748-3570.

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: **Milk:** 110 Calories 125mg Sodium 13g Carbs **Margarine:** 36 Calories 47mg Sodium	For weather emergencies and cancellations, please check 1420 AM WBSM radio.	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk.	**1** Sodium (mg): Na* Buttermilk Chicken 459 Red Bliss Potato 4 Broccoli 12 WW Roll 160 Strawberry Cup 4 Total Sodium: 640 Calories: 476 Carbs: 77	**2** Sodium (mg): Na* Seafood Casserole *569 Florentine Rice 112 Asparagus 6 Dinner Roll 160 Peaches 5 Total Sodium: 852 Calories: 430 Carbs: 53
5 A BBQ Pork 410 Baked Beans 36 Malibu Blend 32 Multigrain Bread 190 Mandarin Oranges 6 Total Sodium: 675 Calories: 482 Carbs: 67	**6** A Chicken Marsala 439 Italian Pasta 1 Italian Blend 26 Oatmeal Bread 121 Tapioca Pudding 130 Diet: Diet Pudding 110 Total Sodium: 717 Calories: 534 Carbs: 64	**7** A Spinach & Cheese 392 Omelet Hash browns 136 Garlic Button Mushrooms 121 Lite Rye Bread 115 Pineapple 1 Total Sodium: 766 Calories: 594 Carbs: 79	**8** A Roast Turkey w/ Gravy 430 Cranberry Sauce (2) 16 Mashed Potatoes 62 Winter Squash 13 Snowflake Roll 160 Holiday Pie 190 Diet: LS Cake 210 Total Sodium: 871 Calories: 730 Carbs: 127	**9** A Swedish Meatballs 341 Egg Noodles 35 Beets 162 Snowflake Roll 218 Strawberry Cup 4 Total Sodium: 760 Calories: 640 Carbs: 91
12 B No Meals Served Come Join Us On Tuesdays for our Ethnic Meal Series! 	**13** B White Chili w/ Chicken 347 Dirty Rice 137 Spring/Summer Blend 57 WW Roll 160 Pears 4 Total Sodium: 705 Calories: 498 Carbs: 72	**14** B Cream of Carrot & Celery Soup 130 Meatloaf w/ Rosemary Gravy 240 Whipped Sweet Potato 124 Oatmeal Roll 62 Banana 121 1 Total Sodium: Calories: Carbs:	**15** B Chicken Piccata 424 Au Gratin Potato 154 Brussel Sprouts 12 Multigrain Bread 190 Hermit Cookie 108 Diet: Graham Wafer 85 Total Sodium: 887 Calories: 511 Carbs: 64	**16** B Sausage & Peppers *520 Pasta Alfredo 119 Sub Roll 162 Applesauce Cup 15 Total Sodium: 817 Calories: 491 Carbs: 67
19 A Chicken Teriyaki 320 Lo Mein 158 Oriental Vegetables 28 Dinner Roll 185 Pineapple 1 Total Sodium: 852 Calories: 563 Carbs: 87	**20** A Tossed Salad w/ Dressing 124 Lazyman Stuffed Pepper 237 Genoa Blend Veg 40 Oatmeal Roll 190 Cinnamon Apples 46 Total Sodium: 637 Calories: 519 Carbs: 64	**21** A Mac n' Cheese 403 Escalloped Tomatoes 143 Peas & Mushrooms 133 Fruit Loaf 115 Strawberry Cup 4 Total Sodium: 798 Calories: 806 Carbs: 123	**22** A 	**23** A Seafood Salad *507 German Potato Salad 85 Cole Slaw 81 Multigrain Roll 190 Banana 1 Total Sodium: 865 Calories: 492 Carbs: 82
26 B Stuffed Shells 360 Peas & Portobellos 133 Dinner Roll 160 Mandarin Oranges 6 Total Sodium: 660 Calories: 437 Carbs: 61	**27** B Beef & Broccoli 108 White/Brown Rice 36 WW Roll 160 Pineapple w/ Shredded Coconut 1 Total Sodium: 306 Calories: 553 Carbs: 62	**28** B Honey Mustard Chicken 481 Whipped Sweet Potato 33 Green Beans 3 Oatmeal Bread 121 Mini Hot Fudge Cake 230 Diet: LS Cake 210 Total Sodium: 868 Calories: 614 Carbs: 72	**29** B Hot Dog *550 Mustard & Relish 136 Baked Beans 36 Cabbage & Carrots 47 HD Roll 210 Mixed Fruit 10 Total Sodium: 989 Calories: 612 Carbs: 75	**30** B Salmon Boat w/ Lemon Dill Sauce 210 Potato Wedges 48 Italian Blend Veg. 27 Multigrain Bread 26 Applesauce 190 15 Total Sodium: 579 Calories: 516 Carbs: 75

Meals are based on a No-Added Salt 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.

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

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MEMBERS MAKE IT HAPPEN…
A message from the Friends of the Marion COA

Programs at the COA are growing and so must our space! We are grateful to the Friends of the Marion Visiting Nurse Association for making a generous contribution to fund the installation of partitions in the Community Center, so multiple activities can occur simultaneously, and a gift to support the reconfiguring of the office space, so that the COA can offer enhanced services to Marion seniors.

While the partition installation is ready to go, we still need help to complete the office space project. Members can make it all happen! 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. Big or small, your gift will make a direct and lasting impact on your Marion neighbors. Please say you'll join us!

Friends of Marion Council on Aging (FMCOA)| P.O. Box 937| Marion, MA 02738| www.fmcoa.org| info@fmcoa.org

Co-Presidents Chrissie Bascom & Priscilla Ditchfield accept a generous donation from President Jeanne Daly on behalf of the Friends of the Marion Visiting Nurse

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.

Marion Council on Aging
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