

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

February 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

Valentine's Day Celebration with
Candidae Rose

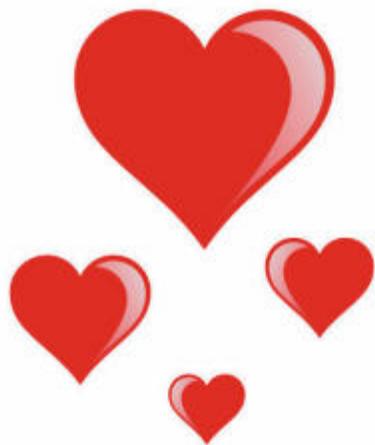
Monday, February 11th 1:00 p.m.

Candidae Rose, vocal artist, captivates her audiences with the golden aura of her radiant presence and stirs them with a uniquely compelling voice that combines overtones and undertones of jazz, rhythm and blues, and gospel with just the right touch of international spice.

A catered lunch of Spaghetti & Meatballs, Garden Salad & Garlic Bread will be served at 11:30 a.m.

Reservations are required for the lunch and must be made by February 8th 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.



Mindfulness - Putting it to Practice- Part II

Monday, February 25th 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. Join Deborah Greenslit as she returns to review and expand on her first workshop. Newcomers welcome.

Collage Workshop

Tuesdays,
February 5th - March 5th
12:00 p.m. - 2:00 p.m.

Learn the technique of working with beautiful textured papers from one of the area's premiere collage artists, Mary Ross. This series of workshops run for five weeks, you may sign up for the whole series for a cost of \$100.00 or just sign up for just an individual class for \$25.00. Registration is limited. Call 508-748-3570 to reserve your spot.

Coffee with the Chief

February 19th 10:30 a.m.

Join Police Chief John Garcia for coffee and conversation. It will be a time for sharing information and addressing questions and concerns.

Day Trips

Upper Cape Cod Regional
Technical School

Tuesday, February 12th 9:30 a.m.

Start the day out being pampered at the TechStyle Salon where Cosmetology students gain practical experience while making you beautiful. You will be treated to a complimentary manicure by the students. Afterwards you will make your way to the Canalside Restaurant where the Culinary Arts Department will be 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 & gratuity. Sign ups begin on January 29th. Call 508-748-3570.

Duxbury Art Complex and Out to Lunch

Thursday, February 28th 11:00 a.m.

We will start the day dining at the Milepost Restaurant. The Milepost Restaurant boasts an extensive menu selection that has something to please everyone. After lunch we will continue on to the Duxbury Art Complex where you will be able to take in their special exhibits:

BLOOM: Collage painting by Marcia Ballou and Duxbury Art Association Winter Juried Show. Admission to the museum is free the only cost for this trip will be your lunch. Sign ups begin February 14th. Call 508-748-3570.

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& Fri. 9:00 a.m. - 3:00 p.m.
Paul Garib, Van Driver
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Matthew Stelmach, Van Driver
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

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. pro-
vides podiatry services at the Com-
munity Center. Please call
508-748-3570 to schedule your
appointment for February 25th.

Dental Cleanings

April 16th

The Dental Hygienist Program pro-
vides 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

Caregiver Support Group

Thursdays - February 14th & 28th
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

Jilian A. Morton, Esq. will be provid-
ing complimentary legal consulta-
tions. Topics to be discussed can in-
clude wills, health care proxies, pow-
er of attorney and any other estate
planning concerns. To reserve an
appointment call the Council on Ag-
ing 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 pro-
gram 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.

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 pro-
vide accurate participation data to
the town and the Massachusetts Ex-
ecutive Office of Elder Affairs. The
winner for the month of
December is Dorothy Shope.

February 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga Strength & Conditioning	Tuesday Strength & Conditioning			1
These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.	This class is being funded through a donation made in the memory of Lynne Rhoads.			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
4	5	6	7	8
10:15 a.m. Yoga, free 11:30 a.m. Lunch	9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch 12:00 p.m. Collage Workshop 1:00 p.m. 50+ Job Seekers Networking Gr.	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	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. Wareham/Bourne Art Association Opening	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
11	12	13	14	15
10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch Sign ups required 508-748-3570 1:00 p.m. Valentine's Day Concert with Candidae Rose	9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 9:30 a.m. Trip 11:30 a.m. Lunch 12:00 p.m. Collage Workshop	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	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	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
18	19	20	21	22
Closed in Observance of President's Day	9:00 a.m. Strength & Conditioning, free 10:30 a.m. Coffee with the Chief 11:30 a.m. Lunch 12:00 p.m. Collage Workshop	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	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	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
25	26	27	28	
10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Mindfulness - Putting it to Practice- Part II	9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch 12:00 p.m. Collage Workshop	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	9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:00 a.m. Trip 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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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.

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

Circuit Breaker Tax Credit

When filing your state income tax, don't forget to claim the Circuit Breaker Tax Credit. Adults who are age 65 and older at year's end are eligible to receive this tax credit when their property taxes and half of their water/sewer bills total more than 10% of their income. If you rent an apartment (without a state or federal subsidy) you may get this tax credit if your rent is over 25% of your income. You can get this tax credit even if you owe no state income taxes! You must file a MA Income Tax "Form 1" and the "Schedule CB Form". You may file to get a refundable credit for the last 3 years tax returns, if you have not yet done so. You must meet guidelines to qualify - a full list of these guidelines is available at the COA office.

Volunteer Opportunity

The Marion Natural History Museum has a number of volunteer opportunities available. They range from helping with children's programs, docent services and inventory and data entry of the museum's inventory.

Art Gallery

UPCOMING SHOWS:

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

Four Friends - Jane Egan, Helen Johnson, Betty Beaulieu & Jennifer Cipriano

April 3rd - May 30th

Opening reception April 4th 5-7pm

Senior Show

June 1st - July 1st

Opening reception June 6th 5-7pm



Education

50+ Job Seekers Networking Group

February 5th 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. This month's featured topic is "I Only Have Eyes for You!" Developing a Resume - What Are Recruiters Looking For?

Funded by the Executive Office of Elder Affairs and managed by MCOA.

St. Patrick's Day Luncheon



Venus de Milo

Join us for a

St. Patrick's Day Luncheon

Wednesday, March 13

12:00 p.m. - 4:00 p.m.

Minestrone Soup

Choice of :

Corned Beef & Cabbage or

Boston Baked Scrod

Entrees Accompanied by Potato & Vegetable

Dessert & Coffee

Live music with The Vini Ames Trio

\$23.00 per person

Sign ups begin February 4th 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.



				Friday																																	
<p>Come Join Us On Tuesdays for our Ethnic Meal Series!</p> 				<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>1 Sodium (mg): Na⁺</p> <p>Potato Pollock 337 Tartar Sauce 261 Potato Wedges 27 Country Vegetables 32 Multigrain Roll 190 Mandarin Oranges 6</p> <p>Total Sodium: 853 Calories: 738 Carbs: 84</p>																									
4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31										
Cheeseburger Ketchup Mustard Baked Beans Chuckwagon Blend HB Roll Applesauce	Tossed Salad w/ Dressing Swedish Meatballs Egg Noodles California Veg. Blend WW Roll Mixed Fruit	Spring Veg. Soup Cajun Chicken Dirty Rice Oatmeal Roll Banana	Meatloaf Mushroom Gravy Whipped Sweet Potato Brussels Sprouts Multigrain Bread Oatmeal Raisin Cookie Diet: Graham Wafer	Turkey Divan w/ Broccoli Florets Red Bliss Potatoes Dinner Roll Cinnamon Apples	Shredded Cheese Cheesy Beefaroni Genoa Veg. Blend Asparagus Scali Bread Fresh Orange	Kale Soup Portuguese Chicken Roasted Potatoes Tomato Florentine w/ Chickpeas WW Bread Applesauce	Sloppy Joe Potato Wedges Italian Vegetables WW HB Roll Pineapple Chunks Yogurt Cup	Roast Pork Rosemary Gravy Cheesy Mash. Potato Glazed Carrots Multigrain Roll Red Velvet Cupcake Diet: LS Cake	Seafood Newburg Florentine Rice Garden Peas Potato Bread Peaches	Total Sodium: 807 Calories: 703 Carbs: 84	Total Sodium: 807 Calories: 582 Carbs: 71	Total Sodium: 751 Calories: 505 Carbs: 73	Total Sodium: 621 Calories: 559 Carbs: 76	Total Sodium: 489 Calories: 480 Carbs: 54	Total Sodium: 750 Calories: 739 Carbs: 77	Total Sodium: 922 Calories: 545 Carbs: 73	Total Sodium: 555 Calories: 639 Carbs: 96	Total Sodium: 766 Calories: 737 Carbs: 103	Total Sodium: 888 Calories: 481 Carbs: 64	No Meals Served 	Hot Dog Mustard Relish German Potato Salad Cabbage & Carrots HD Roll Mixed Fruit	*550 Macaroni & Cheese Escalloped Tomatoes Italian Green Beans Fruit Loaf Fresh Orange	Roast Turkey w/ Gravy Cranberry Sauce (2) Parsley Mash. Potato Winter Squash Oatmeal Bread Cinnamon Apples	Beef Picadillo White/Brown Rice Riviera Veg. Blend Dinner Roll Choc. Chip Cookie Diet: Graham Wafer	Total Sodium: 1039 Calories: 562 Carbs: 70	Total Sodium: 1039 Calories: 763 Carbs: 113	Total Sodium: 742 Calories: 583 Carbs: 102	Total Sodium: 647 Calories: 651 Carbs: 83	Hungarian Turkey Skillet Mashed Potato Tuscan Veg. Blend Wheat Bread Applesauce	*523 Broccoli & Cheese Omelet Hash Browns Green Beans Multigrain Roll Pineapple Chunks	Chicken Picatta Italian Pasta Jardiniere Veg. Blend WW Bread Mini Choc. Cream Pie Diet: LS Cake	Beef Pot Roast Mashed Potatoes Carrots & Peas Oatmeal Bread Banana	Sometimes, the best things in life are not things at all... but the people who make you feel loved and cared for. WWW.LIVEJOYFIERHAPPY.COM	Total Sodium: 771 Calories: 491 Carbs: 72	Total Sodium: 718 Calories: 547 Carbs: 74	Total Sodium: 832 Calories: 636 Carbs: 90	Total Sodium: 505 Calories: 667 Carbs: 90

Meals are based on a No-Added Salt (3-4 gm/day) 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

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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.

February 7th - Chili with Cornbread

February 14th - Kale Soup

February 21st - Beef Stew

February 28th - Tortellini Soup



Veteran's Luncheon

Saturday
February 16th
Noon

We invite all Veterans, Active Duty Service Members and their guest for lunch. Chicken Corn Chowder and Grilled Cheese Sandwiches will be served. Please RSVP by Noon on Thursday, February 14th. Call 508-748-3570.



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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