



# *SIPPICAN SOUNDINGS*

*News from the Marion Council on Aging  
November 2020*



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.

## *Festival of Trees*

*November 28<sup>th</sup>—December 11<sup>th</sup>*

*Benjamin D. Cushing Community Center*

*Opening Reception— Saturday, November 28<sup>th</sup> 1:00 p.m.—3:00 p.m.*

Organizations, businesses, community groups or interested individuals are invited to sponsor and decorate a tree for this year's festival. Five foot, pre-lit trees will be made available to participants. Raffle tickets will be sold for a chance to win a decorated tree, and on December 11<sup>th</sup> at Noon, winners will be drawn.

At the festival reception there will be an artisan sale, music and basket raffles.

For more information, to sponsor a tree or donate a basket please contact Karen Gregory at 508-748-3570.

Deadline to register for sponsorship of a tree is November 6<sup>th</sup>.

Baskets may be donated up to 11:00 a.m. on Saturday, November 28<sup>th</sup>.

*Sponsored by the Friends of the Marion Council on Aging to benefit The Parks Project at the Community Center.*





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kgregory@marionma.gov  
Mike Poznysz, Transportation  
Coordinator  
Linda Jackvony, Program  
Coordinator  
ljackvony@marionma.gov  
Sue Griffith, Outreach  
Coordinator  
sgriffith@marionma.gov  
Paul Garib, Van Driver  
Norman Johnson, Van Driver

### 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 Coast-line 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. visits the Community Center to provide podiatry services. Please call 508-748-3570 to schedule your appointment.

### Dental Cleanings

*Mobile Dental Hygiene Services*  
Teresa Simison, RDH, MSDH  
Andrea Read, RDH, MSDH

This service provides consumers with a 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 for November 9<sup>th</sup>, call 508-827-6725.

### Public Health Nurse

Lori Desmarais, Public Health Nurse for the Town of Marion is now located at the Benjamin D. Cushing Community Center. Keep an eye out in future newsletters for her schedule. You may contact Lori at 508-748-3507 or ldesmarais@marionma.gov.

## Transportation

We continue to offer transportation to routine doctor's appointments. We request as much advanced notice as possible, at least 48 hours. Transportation to grocery stores will follow the revised schedule, 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, Aldi or Target, Wareham

## Caregivers

### Memory Loss Support Group

Thursdays—November 5<sup>th</sup> & 19<sup>th</sup>  
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 the office at 508-748-3570 to register.

## Waterfront Memory Cafe

### Wednesdays

1:00 p.m.—2:00 p.m.

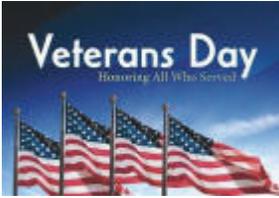
Weekly programming for individuals with Alzheimer's or other memory loss, with their care partner, family or friends in a safe, supportive and engaging environment.

## Open Enrollment

Open enrollment is from October 15<sup>th</sup>—December 7<sup>th</sup>. This is the time of year to review and change your Medicare coverage for 2021. If you would like help understanding upcoming changes and options, a SHINE counselor can help. Call 508-748-3570.

## Tri-County Music Association

On Sunday, December 8<sup>th</sup> at 3:00 p.m., Tri-County Music Association, Inc. will offer a virtual production that will include some holiday favorites from the past and some new surprises that will surely delight viewers. It has been a tradition that the Tri-County Symphonic Band lifts the spirits of audiences at this time of the year and they will carry on that yuletide tradition in a virtual manner. As the date draws near, there will be more information about how to log in and experience this musical offering.  
[www.TriCountySymphonicBand.org](http://www.TriCountySymphonicBand.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:15 a.m. Yoga, free 12:00 p.m. Grab & Go Call 508-742-9196 to register	3  There will be no programming at the Center due to voting.	4 1:00 p.m.—2:00 p.m. Memory Café	5 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 12:00 p.m. Soup Reservations required 1:00 p.m.—2:30 p.m. Memory Loss Support Gr	6 12:30 p.m. Strength & Conditioning, free
9 10:15 a.m. Yoga, free	10 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 12:00 p.m. Grab & Go Call 508-742-9196 to register	11 	12 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 12:00 p.m. Soup Reservations required	13 12:30 p.m. Strength & Conditioning, free
16 10:15 a.m. Yoga, free	17 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 12:00 p.m. Grab & Go Call 508-742-9196 to register	18 1:00 p.m.—2:00 p.m. Memory Café	19 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 12:00 p.m. Soup Reservations required 1:00 p.m.—2:30 p.m. Memory Loss Support Gr	20 12:30 p.m. Strength & Conditioning, free
23 10:15 a.m. Yoga, free	24 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 12:00 p.m. Grab & Go Call 508-742-9196 to register	25 The office will be closing at Noon in observance of the Thanksgiving Holiday.	26 	27 Closed in observance of the Thanksgiving Holiday.
30 10:15 a.m. Yoga, free				

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[www.4LPi.com/careers](http://www.4LPi.com/careers)

## Veterans Day

Please join us for the Veterans Day observance honoring Veterans of all wars for their patriotism and willingness to serve in the military and sacrifice for our country.

Wednesday  
November 11th—11:00 a.m.  
Old Landing

Jody & Karen will be on hand following the ceremony, at Old Landing, to serve a soup & sandwich lunch to go for Veterans, Active Duty Service Members and their guest. For planning purposes for the lunch please call 508-748-3570.

## Elder Law Guide

The 2020 edition of the Elder Law Education Guide, the Massachusetts Bar Association's 11th Annual resource guide on a wide range of legal issues affecting the lives of older adults, is now available for FREE at [www.massbar.org/elderlaw](http://www.massbar.org/elderlaw). New for this year is the inclusion of a COVID-19 Checklist, which offers important recommendations on the forms and decisions older adults should have ready in case they are sidelined with COVID-19 or any other potentially serious illness.

## Brain Builders

Buzzards Bay Speech Therapy invites you to BRAIN BUILDERS. Mondays, 10:30 a.m. –11:30 a.m. this Fall/Winter. Join them on-line or by phone for classes that help improve memory, word-finding, thinking skills and socialization. Presented by Lisa Yauch-Cadden, MS CCC-SLP/CDP and Kari Star, MS CCC-SLP/CDP. For more information and to find out how to connect with us contact Lisa at 508-326-0353; [lycslp@gmail.com](mailto:lycslp@gmail.com); @buzzardsbayspeech  
*Funding provided in part by a grant from Coastline Elderly Services, Inc. and the Massachusetts Office of Elder Affairs.*  
*Classes are for education and socialization and not intended to diagnose/treat any condition/problem.*

## Grab & Go Lunch Program

November 2<sup>nd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> 12:00 p.m.– 12:30 p.m.  
Lunch provided by On the Go

- Drive thru lunch at Marion Council on Aging
- \$2.00 suggested donation
- Limited availability, advanced registration required.

To register call Coastline at 508-742-9196 by 11:00 a.m. the day before (for November 2<sup>nd</sup> registration must be made by October 30<sup>th</sup> 11:00 a.m.).

The menu will consist of either a dinner type salad or a soup & 1/2 sandwich.

*Presented by the Marion Council on Aging & Coastline*

## Thank You

### Friends of Marion Council on Aging Yard Sale

Thank you to all who donated items, purchased some treasures, helped set up and breakdown. We could not have done it without you. We are pleased to report that it was a resounding success!

Proceeds will go to The Parks Project at the Community Center.





# November 2020



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

Monday		Tuesday		Wednesday		Thursday		Friday	
Sodium (mg): Na*		Sodium (mg): Na*		Sodium (mg): Na*		Sodium (mg): Na*		Sodium (mg): Na*	
2	Beef & Cabbage 300	3	Mini Raviolis 202	4	Caribbean Chicken 375	5	Hot Dog* 550	6	Potato Pollock 270
	Casserole		Tomato Sauce 70		Pineapple Rice 35		Mustard 55		Tarter Sauce 261
	Red Bliss Potatoes 4		Genoa Blend 40		Italian Vegetables 26		Hash Browns 136		Mashed Sweet 33
	Dinner Roll 160		WW Roll 160		Multigrain Bread 190		Cabbage & Carrots 47		Potatoes
	Strawberry Cup 10		Orange 0		Pears 4		Hot Dog Roll 210		Fall/Winter Blend 15
							Cinnamon Apples 4		Fruit Loaf 120
									Peaches 5
	Total Sodium: 474		Total Sodium: 472		Total Sodium: 631		Total Sodium: 1002		Total Sodium: 703
	Calories: 474 Carbs: 70		Calories: 366 Carbs: 64		Calories: 465 Carbs: 73		Calories: 563 Carbs: 62		Calories: 649 Carbs: 82
9	Chicken Cacciatore 446	10	Beef Picadillo 251	11	Roast Pork 71	12	Greek Meatballs 325	13	Crustless Chicken 273
	Italian Penne 1		White/Brown Rice 38		Rosemary Gravy 174		Rice Pilaf 134		Pot Pie
	Peas & Mushrooms 123		Mixed Vegetables 41		Au Gratin Potatoes 154		Mallbu Blend 50		Mashed Potatoes 62
	Soda Bread 150		Oatmeal Bread 121		Garlic Green Beans 3		Multigrain Bread 190		Biscuit 340
	Pineapple 1		Strawberry Cup 10		WW Bread 160		Banana 1		Applesauce 11
					Pistachio Pudding 110				
	Total Sodium: 771		Total Sodium: 459		Total Sodium: 623		Total Sodium: 712		Total Sodium: 690
	Calories: 450 Carbs: 77		Calories: 411 Carbs: 57		Calories: 585 Carbs: 57		Calories: 574 Carbs: 70		Calories: 507 Carbs: 71
16	American Chop Suey 211	17	BBQ Pork Rib 410	18	Cherry Glazed Chicken 353	19	Roast Turkey w/ 360	20	Cheeseburger 387
	Broccoli 12		Baked Beans 38		Rice Florentine 113		Rosemary Gravy 124		Ketchup & Mustard 137
	Multigrain Roll 190		Hot German Slaw 81		Tuscan Blend 55		Mashed Potatoes 62		Roasted Potatoes 93
	Mixed Fruit 10		Dinner Roll 160		Oatmeal Bread 121		Winter Squash 15		Cabbage & Carrots 47
			Peaches 5		Pears 4		Multigrain Roll 190		Hamburger Roll 230
							Apple Crisp 22		Strawberry Cup 10
							Diet: Cinnamon Apples 4		
	Total Sodium: 423		Total Sodium: 692		Total Sodium: 651		Total Sodium: 771		Total Sodium: 844
	Calories: 446 Carbs: 65		Calories: 459 Carbs: 62		Calories: 408 Carbs: 51		Calories: 578 Carbs: 92		Calories: 628 Carbs: 66
23	Sausage* w/ 520	24	Curry Chicken 375	25	"Catch of the Day" 40	26		27	Macaroni & Cheese 403
	Peppers & Onions		Lentil Pilaf 134		Lemon Dill Sauce 111			Escalloped Tomatoes 143	
	Pasta Alfredo 115		Brussel Sprouts 12		Roasted Potatoes 33			Fruit Loaf 120	
	Sub Roll 162		WW Roll 160		Roman Blend 26			Pineapple 1	
	Applesauce 15		Orange 0		Rye Bread 300				
					Mini Red Velvet Cake 209				
					Diet: Low Sugar Cake 210				
	Total Sodium: 814		Total Sodium: 681		Total Sodium: 719		Total Sodium: 667		Total Sodium: 667
	Calories: 491 Carbs: 69		Calories: 412 Carbs: 59		Calories: 624 Carbs: 88		Calories: 669 Carbs: 92		Calories: 669 Carbs: 92
30	Pot Roast 241	<p><b>Come Join Us On Tuesdays for our Ethnic Meal Series!</b></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>Meals On Wheels Menu</p>	
	Garlic Mash. Potato 62								
	Green Beans 3								
	WW Roll 160								
	Apple 2								
	Total Sodium: 469								
	Calories: 635 Carbs: 85								

\* 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's On!

There is no meal that evokes such fond memories as a bowl of homemade soup that heals the body and spirit. Now is a time when that is needed more than ever. On Thursdays Jody & Karen will be offering up a selection of homemade soups. Due to the restrictions put into place by Covid-19, seating is limited and reservations are a must—you will not be allowed to enter the building without one. Getting soup to go will always be an option too. All reservations for dine in or take out must be made 48 hours in advance.

November 5<sup>th</sup> — Italian Wedding Soup  
November 12<sup>th</sup> — Clam Chowder  
November 19<sup>th</sup> — Chicken Noodle Soup  
Soup is served at Noon



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

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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