



SIPPICAN SOUNDINGS

News from the Marion Council on Aging
September 2020



WE ARE HERE FOR YOU, NOW MORE THAN EVER

Special Event



Sheryl Faye presents... Susan B. Anthony—Failure is Impossible
Susan B. Anthony was a women's rights activist, and she devoted her life to racial, gender and educational equality. She is one of the most famous women in American history, she played a prominent role in the women's suffrage movement, the 19th Amendment, which gave women the right to vote and she also was in support of women's labor organizations and for their right to own property.

In 2020 we celebrate not only 100 years since the ratification of the 19th Amendment, we're also celebrating Susan B. Anthony's 200th birthday!

Monday, September 21st 1:00 p.m. on Marion's Public Service YouTube Channel
Go to the town website <https://www.marionma.gov/> and scroll to the bottom of the page, under connect with us click on YouTube

Drive— In Day

Thursday, September 10th, 12:00 p.m.—1:00 p.m.

Come enjoy an afternoon luncheon on the grounds of the Community Center.

On the menu: BLT sandwiches

Be delighted by the musical offerings of Chris Carter, who will be playing acoustic guitar.

Seating is limited. Reservations are a must. Sign ups begin on August 27th.

Getting lunch to go is always an option as well.

Please call 508-748-3570.

* In the event of rain the program will be re-scheduled *





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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 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

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, call Holly Petruzzo, RDH, 774-766-7238.

Legal Consultations

Jilian A. Morton, Esq. provides complimentary legal consultations. To reserve an appointment call the Council on Aging office at 508-748-3570.

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 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—Walmart, Wareham

Caregivers

Memory Loss Support Group
Thursdays—September 10th & 24th
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 being held outside at the Community Center. 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.

We meet under the big, yellow tent each week. It is a great opportunity to see our friends, enjoy some music or play a game! All while practicing social distancing, of course. Come out and revel in the good weather while we can. If inclement weather, we will meet via Zoom.

Community Fund

The Marion Community Fund invites elderly, low-income Marion residents to apply for tax relief. The deadline is early October. We will post any information as soon as we get it. Feel free to call the COA at 508-748-3570 for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	2 1:00 p.m.—2:00 p.m. Memory Café	3 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5	4 12:30 p.m. Strength & Conditioning, free
7 	8 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	9 1:00 p.m.—2:00 p.m. Memory Café	10 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 12:00 p.m. Drive-In Reservations req. 1:00 p.m.—2:30 p.m. Memory Loss Support Gr	11 12:30 p.m. Strength & Conditioning, free
14 10:15 a.m. Yoga, free	15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	16 1:00 p.m.—2:00 p.m. Memory Café	17 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5	18 12:30 p.m. Strength & Conditioning, free
21 10:15 a.m. Yoga, free 1:00 p.m. Lecture: Susan B. Anthony	22 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	23 1:00 p.m.—2:00 p.m. Memory Café	24 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 1:00 p.m.—2:30 p.m. Memory Loss Support Gr	25 12:30 p.m. Strength & Conditioning, free
28 10:15 a.m. Yoga, free	29 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	30 1:00 p.m.—2:00 p.m. Memory Café		

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Hurricane Preparedness Tips

There are steps that every resident should take in preparation for Hurricane Season:

Prepare a kit

For your safety and comfort, have a disaster supplies kit packed and ready in one place before a disaster hits. A kit should contain:

- Water—bottled water (one gallon per person per day for at least three days)
- Food—at least three day supply of non-perishable foods that do not need cooking (ready-to-eat canned meat, fruits, vegetables, granola bars, cereal, peanut butter, crackers)
- Tools & Supplies—manual can opener, radio, flashlight, cell phone with charger, basic tools
- Personal items—prescription medications (two-week supply), personal hygiene items, eyeglasses, dentures, change of clothes
- Pets—collar, leash, crate, food, bowls, license
- Documents—insurance policies, bank account records, identification cards, medical information
- Money—extra cash (ATMs may not work during power outages)

Stay Informed

- Monitor weather forecasts
- Know evacuation routes
- Know the location of emergency shelters
- Know where to get more information such as these resources:
www.redcross.org
www.ready.gov/seniors
www.fema.gov
www.mass.gov/hurricanes

Emergency Preparedness:

Do you, a relative or someone you know have special needs and circumstances that would put them in jeopardy during a storm or associated power outage? For example do you rely on oxygen or would you require transportation if you needed to go to a shelter. It is imperative that you reach out so that emergency responders can add you to their data base. Please call to relay your information, 508-748-3570.



Monday	Tuesday	Wednesday	Thursday	Friday
Meals On Wheels Menu	1 Sodium (mg): Na [*] Mac n' Cheese 403 Tomato Florentine 121 Brussels Sprouts 12 Fruit Loaf 170 Mandarin Oranges 6	2 Sodium (mg): Na [*] BBQ Chicken 497 German Potato Salad 85 Cabbage & Carrots 47 WW Roll 162 Mixed Fruit 10	3 Sodium (mg): Na [*] Hot Dog *550 Mustard 55 Relish 81 Baked Beans 36 Broccoli 12 Hot Dog Roll 210 Banana 1	4 Sodium (mg): Na [*] Fish Sandwich 190 Tartar Sauce 261 Roasted Potatoes 33 Garlic Green Beans 3 Hamburger Roll 230 Pineapple 1
	Total Sodium: 644 Calories: 626 Carbs: 78	Total Sodium: 799 Calories: 423 Carbs: 65	Total Sodium: 946 Calories: 652 Carbs: 85	Total Sodium: 718 Calories: 609 Carbs: 84
	7 A 8 A 9 A 10 A 11 A			
No Meals Served 	8 Beef Picadillo 251 White/Brown Rice 36 California Blend 27 Scallion Bread 190 Fresh Apple 2	9 Roast Pork w/ Rosemary Gravy 195 Red Bliss Potatoes 4 Winter Squash 13 Oatmeal Roll 121 Pineapple 1	10 Swedish Meatballs 341 Egg Noodles 35 Malibu Blend 59 WW Roll 160 Brownie w/ Cherries 165 Diet: Graham Wafers 85	11 Turkey A La King 215 Mashed Potatoes 62 Brussel Sprouts 12 Honey Wheat Bread 135 Applesauce 15
	Total Sodium: 506 Calories: 414 Carbs: 62	Total Sodium: 334 Calories: 570 Carbs: 77	Total Sodium: 727 Calories: 690 Carbs: 80	Total Sodium: 439 Calories: 516 Carbs: 74
	14 B 15 B 16 B 17 B 18 B			
Honey Mustard Chicken 451 Mashed Potatoes 62 Italian Blend 26 Multigrain Bread 190 Peaches 5	15 Beef & Broccoli 108 Asian Rice 92 Oatmeal Roll 121 Mixed Fruit 10	16 Beef Lentil Chili 244 Mashed Potatoes 62 Dinner Roll 160 Pears 4	17 Grilled Chicken Parm. 426 Penne Pasta 1 Peas & Carrots 80 Multigrain Bread 190 Mandarin Oranges 6	18 "Catch of the Day" 250 Lemon Dill Sauce 111 Whipped Sweet Potato 33 Summer Veg. Blend 57 Rye Bread 300 Peaches 3
Total Sodium: 734 Calories: 547 Carbs: 78	Total Sodium: 301 Calories: 535 Carbs: 55	Total Sodium: 470 Calories: 527 Carbs: 78	Total Sodium: 703 Calories: 473 Carbs: 72	Total Sodium: 750 Calories: 498 Carbs: 78
21 A 22 A 23 A 24 A 25 A				
BBQ Pork Rib *410 Baked Beans 36 Carrots & Cabbage 47 Hamburger Roll 230 Applesauce 14	22 Honey Ginger Chicken 393 Vegetable Lo Mein 28 Oriental Veg. Blend 28 WW Bread 100 Banana 1	23 Spanish Omelet 382 Hash Browns 136 Mixed Vegetables 47 Multigrain Bread 190 Pineapple 1	24 Roast Turkey w/ Gravy 430 Cranberry Sauce (2) 16 Mashed Potatoes 62 Winter Squash (Oatmeal Bread) 127 Blueberry Crispy 22 Diet: Graham Wafers 85	25 American Chop Suey 211 Green & Wax Beans 3 Snowflake Roll 160 Mandarin Oranges 6
Total Sodium: 737 Calories: 482 Carbs: 56	Total Sodium: 608 Calories: 620 Carbs: 101	Total Sodium: 750 Calories: 527 Carbs: 79	Total Sodium: 664 Calories: 631 Carbs: 110	Total Sodium: 381 Calories: 431 Carbs: 62
28 B 29 B 30 B				
Sausage w/ Peppers & Onions *520 Pasta Alfredo 116 Sub Roll *57 Peaches 5	29 Chicken Stew 273 Mashed Potatoes 62 WW Roll 100 Mixed Fruit 10	30 Meatloaf 132 Onion Gravy 110 Roasted Potatoes 33 Scandinavian Blend 47 Oatmeal Bread 121 Birthday Cake 209 Diet: Low Sugar Cake 210	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.	All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium
Total Sodium: 874 Calories: 496 Carbs: 59	Total Sodium: 508 Calories: 541 Carbs: 75	Total Sodium: 645 Calories: 629 Carbs: 88		

* 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.

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

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