

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
December 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

### Marion Police Brotherhood Annual Holiday Dinner Saturday, December 1<sup>st</sup>

Doors open at 11:30 a.m. Dinner served at 12:00 p.m. You must RSVP by November 28<sup>th</sup> by calling the COA at 508-748-3570.

### Holiday Luncheon & Musical Performance by Laura James Monday, December 3<sup>rd</sup>

Join the Council on Aging to celebrate the season with your friends. A lunch of Shepherd's Pie will be served at 11:30 a.m. followed by a Holiday Concert performed by Laura James. Reservations are required for lunch and must be made by November 28<sup>th</sup> Call 508-748-3570.

*Thank you to the Friends of the Marion Council on Aging (FMCOA) for their assistance in supporting the Monday programming.*

### Essential Oils for Healthy Living Monday, December 10<sup>th</sup> 12:30 p.m.

This workshop will help you learn about essential oils and how they can enhance your life. You will learn some history and methods of extraction of essential oils along with the benefits and common uses. There will be a demonstration on how to use oils. Each participant will go home with information and recipes. This workshop is being facilitated by Pam Smith Paquette, ERYT.

### Estate Planning

#### Monday, December 17<sup>th</sup> 12:30 p.m.

Come join us for an educational presentation about Estate Planning Basics, presented by Tabor Alumnae, Atty. Jilian Morton. She will be answering questions such as: What is the difference between a Will and a Trust? What is a Power of Attorney and do I really need one? What is Probate Court and will my Estate need to be probated? Plus any additional questions you may have. Refreshments will be served. Jilian will be offering monthly complimentary consultations starting in January.

### Amateur Radio Seminar

#### Tuesday, December 18<sup>th</sup> 10:00 a.m.

Ham radio - the original social network - this amateur radio format has been in existence for 106 years. Fred Bacon, retired U.S. Navy Electronics Technician Chief Petty Officer will provide a brief history of this medium and will help you send any sort of greeting to family and friends wherever they may be located within the United States. Coffee and pastries will be served.

### Reiki Introduction and Demonstration

#### Tuesday, January 8<sup>th</sup> 1:00 p.m.

Reiki is an ancient, gentle, hands-on healing art that helps you feel better. You can use Reiki to facilitate deep relaxation, relieve pain,

and promote healing and personal growth. Reiki stimulates your body's innate healing resources, encouraging a return to wellness. Marge Procopio of Tri Town Massage & Bodywork will be offering this introduction and then offering a fifteen minute demonstration to interested participants. Registration for the demonstration is necessary and will be offered on January 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>. Call 508-748-3570.

## Day Trips

### Trip to Cape Cod Mall, Trader Joes & Christmas Tree Shops December 4<sup>th</sup> 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.

### Trip to RISD January 3<sup>rd</sup>, 9:30 a.m.

Visit this unique museum located in one of the first independent Colleges of Art & Design. As a school and museum it serves in the creation and appreciation of Art and Design. Cost of admission is \$12.00. You will enjoy time on your own to explore and can stop by the Café Pearl to grab a bite to eat. Sign ups begin on December 20<sup>th</sup>. Call 508-748-3570.

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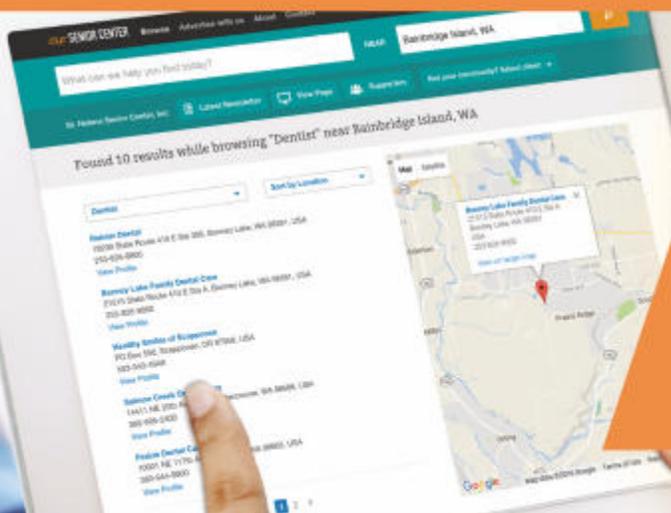
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Matthew Stelmach, Van Driver  
Jackie Pittard, Nutrition Site  
Manager

### COA Office Hours:

Monday - Friday  
9:00 a.m. - 3:00 p.m.  
465 Mill Street  
Marion, MA 02738  
508-748-3570

## 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 October is J. Holway.

## 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

December 17<sup>th</sup>

Dr. Harry Shoemaker, D.P.M. pro-  
vides podiatry services at the Com-  
munity Center. Please call  
508-748-3570 to schedule your  
appointment.

### Dental Cleanings

January 15<sup>th</sup>

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.

## Education

### 50+ Job Seekers Networking Group

December 4<sup>th</sup> 1:00 p.m. - 3:00 p.m.

This Job Seekers Networking Group  
program offers support and assis-  
tance to people age 50+ who are  
looking for a new job or career di-  
rection, reentering the workforce  
after an employment gap, or their  
Second Act Career after retirement.  
New topic at each meeting. Facili-  
tated by an HR professional/career  
coach. Develop new skills, tools and  
strategies to help in your career  
transition.

This sessions topic will be *Network-  
ing 2.0 - You Must Give to Get*

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

## Nutritional Assistance

### Commodity Supplemental Food Program

This program, hosted by the Greater Bos-  
ton Food Bank, is a U.S. Department of  
Agriculture 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 can be delivered to your  
home monthly simply by reaching out to  
the COA office and applying, income  
guidelines apply. Call Linda at 508-748-  
3570.

### 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 Ware-  
ham 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.

## Art Gallery

The Marion Council on Aging Art Gallery  
is pleased to announce their upcoming  
showings:

### Wonders of Winter

November 1<sup>st</sup> - January 3<sup>rd</sup>

### The Photography of John Gallagher

January 4<sup>th</sup> - January 31<sup>st</sup>

Opening reception January 10<sup>th</sup> 5-7pm

### Wareham/Bourne Art Association

February 2<sup>nd</sup> - February 28<sup>th</sup>

Opening reception February 7<sup>th</sup> 5-7pm

### Think Spring

March 4<sup>th</sup> - April 1<sup>st</sup>

Opening reception March 7<sup>th</sup> 5-7pm



## December 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30 a.m. Catered Lunch. Sign ups required 508-748-3570 12:30 p.m. Holiday Concert with Laura James	4 9:30 a.m. Trip to Cape Cod Mall, Trader Joes & Christmas Tree 11:30 a.m. Lunch 1:00 p.m. - 3:00 p.m. 50+ Job Seekers	5 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	6 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	7 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
10 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Essential Oils Workshop 2:00 p.m. - 4:00 p.m. Bridge Lessons	11 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch	12 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	13 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	14 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
17 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:00 p.m. Podiatry 12:30 p.m. Estate Planning Discussion 2:00 p.m. - 4:00 p.m. Bridge Lessons	18 10:00 a.m. Amateur Radio Seminar 11:30 a.m. Lunch 1:00 p.m.—3:00 p.m. Basket Weaving Reg. req	19 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	20 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	21 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
24 10:15 a.m. Yoga, free 11:30 a.m. Lunch  The COA office will be closing at Noon.	25 <b>Merry Christmas</b> 	26 10:30 a.m. Group Fitness \$35/10 weeks 11:30 a.m. Lunch	27 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	28 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
31 10:15 a.m. Yoga, free 11:30 a.m. Lunch  The COA office will be closing at Noon.		There will be no nursing consultations held on December 26 <sup>th</sup> and January 1 <sup>st</sup>	<b>Duplicate Bridge</b>  Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.	<b>Yoga Strength &amp; Conditioning</b>  These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.

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## Around Town

### Friendship Dinners

St. Gabe's Episcopal Church of Marion, 124 Front Street offers a Friendship Dinner on the 1<sup>st</sup> Thursday of each month at 5:00 p.m. On the 3<sup>rd</sup> 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.

**January 11<sup>th</sup> 7:00 p.m.**

The Graduate

**February 8<sup>th</sup> 7:00 p.m.**

A Street Car Named Desire

**March 8<sup>th</sup> 7:00 p.m.**

How Green Was My Valley

**April 12<sup>th</sup> 7:00 p.m.**

Stagecoach

**May 10<sup>th</sup> 7:00 p.m.**

American Graffiti

### Home Delivery Library Service

The Elizabeth Taber Library, in partnership with the COA, 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.

## 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.

### 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.

## Opportunity

### Foster Grandparent Program

If you are 55 years old or over and interested in earning a tax free stipend to volunteer with students in the local schools, consider becoming a Foster Grandparent today! (This stipend is not counted as income and will not affect most benefits.) Call Jacqueline Medeiros at 508-742-9198 for more details.

## 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.

## Open Enrollment

During Medicare Open Enrollment, from October 15<sup>th</sup> - December 7<sup>th</sup>, 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.

## 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.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Sodium (mg): Na <sup>+</sup>	<b>4</b> Sodium (mg): Na <sup>+</sup>	<b>5</b> Sodium (mg): Na <sup>+</sup>	<b>6</b> Sodium (mg): Na <sup>+</sup>	<b>7</b> Sodium (mg): Na <sup>+</sup>
Chicken Cacciatori 446	Unsalted Saltines 12	Apple Cider Beef Stew 240	Meatloaf with 240	Turkey Tetrazzini 420
Italian Pasta 1	Cream of Tomato Soup 173	Mashed Potatoes 62	Gravy & Pearl Onions 148	Asparagus 6
Peas & Portobello's 133	Egg Salad 373	Oatmeal Roll 121	Sweet Potatoes 33	Dinner Roll 160
Scali Bread 190	German Potato Salad 85	Apricots 5	Green Beans 3	Strawberry Cup 4
Pears 4	WW Roll 160		Multigrain Bread 190	
	Applesauce Cup 15		Banana 1	
Total Sodium: 774	Total Sodium: 818	Total Sodium: 428	Total Sodium: 615	Total Sodium: 590
Calories: 502 Carbs: 70	Calories: 471 Carbs: 68	Calories: 587 Carbs: 72	Calories: 515 Carbs: 87	Calories: 686 Carbs: 126
<b>10</b> Sodium (mg): Na <sup>+</sup>	<b>11</b> Sodium (mg): Na <sup>+</sup>	<b>12</b> Sodium (mg): Na <sup>+</sup>	<b>13</b> <b>High Sodium Meal</b>	<b>14</b> Sodium (mg): Na <sup>+</sup>
American Chop Suey 211	Portuguese Chicken 420	Tossed Salad w/ Dressing 124	Baked Ham w/ *931	Baked Haddock w/ 40
Genoa Blend 40	Scalloped Potatoes 185	Vegetarian Chili 215	Plum Sauce 52	Lemon Dill Sauce 111
WW Roll 160	Tomatoes & Kale 121	Cheddar Cheese 183	Red Bliss Potatoes 4	Confetti Rice 43
Mixed Fruit 10	Potato Bread 160	White/Brown Rice 43	Malibu Blend Veg. 59	Brussel Sprouts 41
Yogurt Cup 75	Mandarin Oranges 6	Multigrain Roll 190	Oatmeal Bread 121	Snowflake Roll 160
		Banana 1	Pumpkin Pie 209	Applesauce Cup 15
			Diet: LS Pumpkin Pie	
Total Sodium: 496	Total Sodium: 712	Total Sodium: 712	Total Sodium: 1277	Total Sodium: 409
Calories: 537 Carbs: 86	Calories: 418 Carbs: 57	Calories: 642 Carbs: 97	Calories: 426 Carbs: 55	Calories: 505 Carbs: 63
<b>17</b> Sodium (mg): Na <sup>+</sup>	<b>18</b> Sodium (mg): Na <sup>+</sup>	<b>19</b> Sodium (mg): Na <sup>+</sup>	<b>20</b> Sodium (mg): Na <sup>+</sup>	<b>21</b> Sodium (mg): Na <sup>+</sup>
Greek Meatballs 354	Unsalted Saltines 12	Veggie Lasagna 359	Roast Turkey w/ 360	Hot Dog *550
Rice Pilaf 134	Bok Choy Soup 99	Asparagus 6	Gravy 70	Mustard 55
Fall/Winter Blend 15	Honey Ginger Chicken 393	Dinner Roll 160	Cranberry Sauce 16	Baked Beans 36
WW Bread 160	Lo Mein 28	Rice Pudding 160	Cheesy Mash. Potato 90	Cabbage & Carrots 47
Apricots 4	Multigrain Roll 190	Diet: LS Pudding 100	Winter Blend 13	WW HD Roll 210
	Pineapple 1		Oatmeal Bread 121	Strawberry Cup 4
			Fresh Apple 2	
Total Sodium: 667	Total Sodium: 724	Total Sodium: 685	Total Sodium: 671	Total Sodium: 902
Calories: 520 Carbs: 60	Calories: 631 Carbs: 101	Calories: 439 Carbs: 66	Calories: 640 Carbs: 117	Calories: 661 Carbs: 90
<b>24</b> Sodium (mg): Na <sup>+</sup>	<b>25</b> Sodium (mg): Na <sup>+</sup>	<b>26</b> Sodium (mg): Na <sup>+</sup>	<b>27</b> Sodium (mg): Na <sup>+</sup>	<b>28</b> Sodium (mg): Na <sup>+</sup>
Mac n' Cheese 403		BBQ Pork Patty 377	Apricot Chicken 359	Salmon Boat 210
Escalloped Tomatoes 143		Potato Wedges 27	Parsley Mash. Potato 63	w/ Lemon Vinaigrette 46
Peas & Portobello's 133		Country Blend 32	Beets 162	Florentine Rice 112
Fruit Loaf 115		Lite Rye Bread 127	Oatmeal Bread 121	Malibu Blend Veg. 59
Mandarin Oranges 6		Mini Key Lime Pie 209	Banana 10	WW Bread 160
		Diet: LS Cake 210		Cinnamon Apples 4
Total Sodium: 800		Total Sodium: 771	Total Sodium: 715	Total Sodium: 590
Calories: 730 Carbs: 102		Calories: 682 Carbs: 89	Calories: 488 Carbs: 73	Calories: 836 Carbs: 64
<b>31</b> Sodium (mg): Na <sup>+</sup>	<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</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>	
Beef Picadillo 251			<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>	
Fluffy Rice 43			<p>Come Join Us On Tuesdays for our Ethnic Meal Series!</p>	
Tuscan Vegetables 56				
WW Bread 160				
Fresh Apple 2				
Total Sodium: 512				
Calories: 387 Carbs: 51				

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  
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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. Starting Thursdays in December, we will be hosting a lunch of homemade soup on Thursdays. Johnson and Wales - trained Jody Dickerson will be ladling up some savory delights. Reservations are required 48 hours in advance (Tuesday).

- December 6<sup>th</sup> - Chicken Noodle Soup
- December 13<sup>th</sup> - Taco Soup
- December 20<sup>th</sup> - Chicken Corn Chowder
- December 27<sup>th</sup> - Tomato Soup with Grilled Cheese



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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