



SIPPICAN SOUNDINGS

News from the Marion Council on Aging

December 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

The Festival of Trees will remain on display and tickets can be purchased for a chance to win a decorated tree through December 11th.



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

Happy New Year

To say we have gone through a lot over this past year would be an understatement. Many will be happy to put 2020 behind us. We remain unsure of what 2021 will bring us. However, let us take this opportunity to find some joy and remember all that we do have to celebrate. Instead of gathering, like we did last year, we will be offering a sumptuous feast Grab n' Go style. On the menu will be meatloaf with home style gravy, mashed potatoes and roasted carrots. We will be celebrating all week, you must call 508-748-3570 to register for one of the days. Also, we will have some surprises for everyone as well.





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kgregory@marionma.gov
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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 Coastline 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 for December 18th.

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, 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.

Tri-County Music Association

On Sunday, December 8th 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

Caregivers

Memory Loss Support Group

Thursdays—December 4th & 17th
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 for loved ones afflicted with Memory Loss. Meetings will be held virtually. Contact Community Nurse at 508-992-6278 to attain log in information.

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 15th—December 7th. 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.

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 be accommodated on a case by case basis, to lessen the possibility of spreading any illness, only one passenger will be allowed on the buses at one time with sanitizing in between rides.

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 12:00 p.m. Soup Reservations required 1:00 p.m.—2:30 p.m. Memory Loss Support Gr	4 12:30 p.m. Strength & Conditioning, free
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Friendly Conversation Program

The Friendly Conversation Program is a program sponsored by the Marion Council on Aging. The idea of the Friendly Conversation Program began due to the changes in our lives brought on by the pandemic. The COA recognized how many people were at home on their own with fewer opportunities to socialize with friends, to see family members and to simply enjoy the routines of going out to shop or have the freedom of just getting out of the house making connections.

With the upcoming Holidays in front of us and winter months right around the corner the Friendly Conversation Program is about meeting the needs of these residents.

If you are someone who is experiencing a change in these particular ways, or know of someone who is, the Friendly Conversation Program will provide a trained volunteer who will call on the phone to “check in” to have a conversation and to hopefully help in feeling more connected to the community and to our daily routines.

The Friendly Conversation Program is currently up and running with several residents in Town receiving weekly phone calls from a friendly volunteer. The success has been seen by the mutual connections made between the volunteer and resident and how both have benefitted from the experience.

If you are interested or know of someone who is in need of a friendly phone call, please contact Karen Gregory at 508-748-3570.

Medical Equipment Loan Closet

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, wheel-chairs, etc... The COA will provide the item on loan for as long as needed. Call 508-748-3570 to inquire about what we have in stock.

Yoga

Pam Paquette has many options that will be available via Zoom, from chair yoga to floor yoga. Please reach out to Pam at yogawithgrace@comcast.net for schedule and contact information.

Medicare Patrol

Massachusetts Senior Medicare Patrol wants to warn about scams that are being perpetrated. One such scam is a genetic testing scam—Medicare beneficiaries are being targeted through phone calls by companies claiming Medicare fully covers a cheek swab that tests for any or all cancers, how your body processes prescriptions, and/or a variety of other genetic or hereditary diseases. **DO NOT DO IT!** If you are contacted by anyone who offers these tests, report it to the Massachusetts Senior Medicare Patrol Program at 1-800-892-0890.

Registry of Motor Vehicles

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV will designate Wednesdays in December at 17 RMV Service Centers to serve these customers, a reservation is required. Go to www.Mass.Gov/RMV to view availability and make a reservation or call the RMV at 857-368-8005.

Nutrition Shake

We have a supply of Ensure and Ensure Plus on hand. If this is an item that you would use please call the office at 508-748-3570 to make arrangements.

At the time of this printing there remain many unknowns as events are constantly unfolding. That being said, programs and activities are subject to change. As always feel free to call the office at 508-748-3570 to inquire the status.



December 2020

"Celebrating 40 Years of Caring"

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="text-align: center;">1 Sodium (mg): Na*</th> </tr> <tr> <td>Macaroni & Cheese</td> <td style="text-align: right;">403</td> </tr> <tr> <td>Tomato Florentine</td> <td style="text-align: right;">121</td> </tr> <tr> <td>WW Roll</td> <td style="text-align: right;">160</td> </tr> <tr> <td>Mandarin Oranges</td> <td style="text-align: right;">6</td> </tr> <tr> <td colspan="2" style="text-align: right;">Total Sodium: 690</td> </tr> <tr> <td colspan="2" style="text-align: right;">Calories: 660 Carbs: 85</td> </tr> </table>	1 Sodium (mg): Na*		Macaroni & Cheese	403	Tomato Florentine	121	WW Roll	160	Mandarin Oranges	6	Total Sodium: 690		Calories: 660 Carbs: 85		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="text-align: center;">2 Sodium (mg): Na*</th> </tr> <tr> <td>Cali. Chicken Salad</td> <td style="text-align: right;">337</td> </tr> <tr> <td>Potato Salad</td> <td style="text-align: right;">62</td> </tr> <tr> <td>Coleslaw</td> <td style="text-align: right;">81</td> </tr> <tr> <td>Sub Roll</td> <td style="text-align: right;">162</td> </tr> <tr> <td>Mixed Fruit</td> <td style="text-align: right;">10</td> </tr> <tr> <td colspan="2" style="text-align: right;">Total Sodium: 652</td> </tr> <tr> <td colspan="2" style="text-align: right;">Calories: 431 Carbs: 66</td> </tr> </table>	2 Sodium (mg): Na*		Cali. Chicken Salad	337	Potato Salad	62	Coleslaw	81	Sub Roll	162	Mixed Fruit	10	Total Sodium: 652		Calories: 431 Carbs: 66		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="text-align: center;">3 Sodium (mg): Na*</th> </tr> <tr> <td>Hot Dog*</td> <td style="text-align: right;">550</td> </tr> <tr> <td>Mustard & Relish</td> <td style="text-align: right;">136</td> </tr> <tr> <td>Baked Beans</td> <td style="text-align: right;">36</td> </tr> <tr> <td>Broccoli</td> <td style="text-align: right;">12</td> </tr> <tr> <td>Hot Dog Roll</td> <td style="text-align: right;">210</td> </tr> <tr> <td>Banana</td> <td style="text-align: right;">1</td> </tr> <tr> <td colspan="2" style="text-align: right;">Total Sodium: 946</td> </tr> <tr> <td colspan="2" style="text-align: right;">Calories: 652 Carbs: 85</td> </tr> </table>	3 Sodium (mg): Na*		Hot Dog*	550	Mustard & Relish	136	Baked Beans	36	Broccoli	12	Hot Dog Roll	210	Banana	1	Total Sodium: 946		Calories: 652 Carbs: 85		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="text-align: center;">4 Sodium (mg): Na*</th> </tr> <tr> <td>Potato Pollock</td> <td style="text-align: right;">150</td> </tr> <tr> <td>Tartar Sauce</td> <td style="text-align: right;">261</td> </tr> <tr> <td>Roasted Potatoes</td> <td style="text-align: right;">33</td> </tr> <tr> <td>Garlic Green Beans</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Oatmeal Bread</td> <td style="text-align: right;">121</td> </tr> <tr> <td>Pineapple</td> <td style="text-align: right;">1</td> </tr> <tr> <td colspan="2" style="text-align: right;">Total Sodium: 568</td> </tr> <tr> <td colspan="2" style="text-align: right;">Calories: 564 Carbs: 75</td> </tr> </table>	4 Sodium (mg): Na*		Potato Pollock	150	Tartar Sauce	261	Roasted Potatoes	33	Garlic Green Beans	3	Oatmeal Bread	121	Pineapple	1	Total Sodium: 568		Calories: 564 Carbs: 75																			
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* 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.
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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. Soups will be available as a Grab n' Go option only. All reservations must be made at least 48 hours in advance.

- December 3rd — Stuffed Pepper Soup
 - December 10th — Lemon Chicken Orzo Soup
 - December 17th — Italian Sausage Zucchini 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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