



# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
October 2020



*WE ARE HERE FOR YOU, NOW MORE THAN EVER*

## 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.

October 15<sup>th</sup>—Smoky Chicken Corn Chowder  
October 22<sup>nd</sup>—Minestrone Soup  
October 29<sup>th</sup>—Butternut Squash Bisque  
Soup is served at Noon



## Happy Halloween

### **ALL TREATS—NO TRICKS!**

Friday  
October 30<sup>th</sup>  
1:00 p.m.—2:00 p.m.

Benjamin D. Cushing Community Center

Drive up to get a bag full of treats!



## 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 the festival.

Five foot, pre-lit trees will be made available to participants.

Raffle tickets will be sold and on December 11<sup>th</sup> at Noon winners will be drawn.

At the festival reception there will be an artisan sale, music, refreshments 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>.



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### Council on Aging Staff:

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kgregory@marionma.gov  
Mike Poznysz, Transportation  
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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.

### 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 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—Market Basket, Plymouth  
Friday—Walmart, Aldi or Target, Wareham

## Caregivers

Memory Loss Support Group  
Thursdays—October 8<sup>th</sup> & 22<sup>nd</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.

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.

## Library Pop Up

Tuesday

October 6<sup>th</sup> 4:00 p.m.—5:00 p.m.

Meet the Elizabeth Taber Library staff and learn about their services. They will have a selection of items available for check out as well.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5	2 12:30 p.m. Strength & Conditioning, free
5 10:15 a.m. Yoga, free	6 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 4:00 p.m.—5:00 p.m. Library Pop Up	7 1:00 p.m.—2:00 p.m. Memory Café	8 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	9 12:30 p.m. Strength & Conditioning, free
12 	13 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	14 1:00 p.m.—2:00 p.m. Memory Café	15 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 12:00 p.m. Soup Reservations required	16 12:30 p.m. Strength & Conditioning, free
19 10:15 a.m. Yoga, free	20 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	21 1:00 p.m.—2:00 p.m. Memory Café	22 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	23 12:30 p.m. Strength & Conditioning, free
26 10:15 a.m. Yoga, free	27 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	28 1:00 p.m.—2:00 p.m. Memory Café	29 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 12:00 p.m. Soup Reservations required	30 12:30 p.m. Strength & Conditioning, free 2:00 p.m.—3:00 p.m. All Treats—No Tricks

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

## Opportunity

### Senior Work-off Abatement Program

This program allows taxpayers to provide services to the town in exchange for a reduction in their tax bill. One must be over the age of 60 and own and occupy, as a principal residence, the property for which Marion taxes are paid. Only one qualifying resident of the property may participate. Hourly compensation is based on the current state minimum wage and may not exceed \$750.00. Registration for this program will be held on Wednesday, October 21<sup>st</sup> at 1:00 p.m. at the Community Center. Bring a photo id, a copy of your current tax bill, and a copy of trust (if applicable). For further information please call 508-748-3570.

## Fuel Assistance

### PACE Fuel Assistance Program

This program assists eligible homeowners and renters in the Marion area with their home heating needs. Eligibility is based on the gross annual income of all household members.

### George E. Curtis Charitable Trust

This trust is administered by Coastline Elderly Services and is designed to help seniors living in Marion who are having difficulty paying for fuel. This is a one-time payment for fuel assistance and benefits 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. Call Sue Griffith for more information, 508-748-3570.

## 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.

## Community Fund

The Marion Community Fund was established by an individual donor to the SouthCoast Community Foundation for the sole purpose of providing qualified Marion residents with property tax relief. Since 2002, the fund has paid more than \$108,000.00 to the Town of Marion to offset the property tax bills of residents in need. Applications are currently available. Deadline to submit is Friday, October 9<sup>th</sup>. There are income and asset guidelines that apply. Call 508-748-3570 for more information.



## WHAT YOU NEED TO KNOW ABOUT NOVEMBER 2020 GENERAL ELECTION

A message from the Town Clerk

- You may vote by mail. Applications to request a mail in ballot must be received by October 20<sup>th</sup>. You can pick up an application at the Community Center or Town Clerk's Office.
- You may vote early in person at the Town Clerk's Office beginning October 19<sup>th</sup> and ending October 30<sup>th</sup> during normal business hours, Monday – Thursday 8:00 a.m. – 4:30 p.m. Friday 8:00 a.m. – 3:30 p.m.
- There will be an early voting in person special event held at the Community Center, 465 Mill Street on October 20<sup>th</sup> from 12:00 p.m. – 3:00 p.m.
- You may vote in person at the polls on November 3<sup>rd</sup> from 7:00 a.m. – 8:00 p.m.

Mail in ballots may be hand delivered to the secure drop box in front of the Town House, to the Town Clerk, or they may be mailed but they MUST be received no later than 8:00 p.m. November 3<sup>rd</sup>.

Deadline to register to vote is October 22<sup>nd</sup> and the Town Clerk's Office will be open from 2:00 p.m. – 4:00 p.m. and 7:00 p.m. – 8:00 p.m. on that date. Additional questions, please call Town Clerk 508-748-3502 or Registrar 508-748-3526.

\*If you requested a mail in ballot and did not turn it in, you may go to the polls to vote.



# October 2020



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

Monday		Tuesday		Wednesday		Thursday		Friday	
We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.		All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium		Meals On Wheels Menu		<b>1</b> Sodium (mg): Na <sup>+</sup>		<b>2</b> Sodium (mg): Na <sup>+</sup>	
						"Catch of the Day" 180 w/ Supreme Sauce 111 Rice Florentine 112 Malibu Vegetables 59 Dinner Roll 160 Mandarin Oranges 6	Hot Dog *550 Mustard & Relish 136 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Mixed Fruit 10		
Total Sodium: 364 Calories: 531 Carbs: 55		Total Sodium: 643 Calories: 533 Carbs: 77		Total Sodium: 520 Calories: 537 Carbs: 60		Total Sodium: 833 Calories: 748 Carbs: 121		Total Sodium: 989 Calories: 612 Carbs: 75	
<b>5</b>	<b>A 6</b>	<b>A 7</b>	<b>A 8</b>	<b>A 9</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>
Beef & Broccoli 108 Asian Rice 92 Whole Wheat Roll 160 Pears 4	Grilled Chicken Parm. 410 Italian Pasta 1 Genoa Vegetables 40 Multigrain Bread 190 Pineapple 1	Beef Chili w/ Cheddar Cheese 176 Fluffy Rice 36 Oatmeal Roll 121 Peaches 5	Roast Turkey w/ Gravy 430 Cranberry Sauce (2) 16 Mashed Potatoes 62 Winter Squash 13 Snowflake Roll 180 Brownie 132 Diet: Graham Wafer 85	Macaroni & Cheese 403 Tomato Florentine 121 Hash Browns 136 Fruit Loaf 160 Strawberry Cup 4					
Total Sodium: 364 Calories: 531 Carbs: 55		Total Sodium: 643 Calories: 533 Carbs: 77		Total Sodium: 520 Calories: 537 Carbs: 60		Total Sodium: 833 Calories: 748 Carbs: 121		Total Sodium: 989 Calories: 612 Carbs: 75	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>
<b>Columbus Day</b> 		Chicken Divan w/ Broccoli 281 Confetti Rice 43 Multigrain Roll 190 Banana 1	Turkey Stew w/ Vegetables *571 Whipped Potato 62 Oatmeal Roll 121 Choc. Chip Cookie 171 Diet: Graham Wafer 85	Sausage w/ Peppers & Onions *520 Pasta Alfredo 116 Sub Roll 162 Pears 4	Seafood Newburg 380 Fluffy Rice 36 Spring Blend Veg. 57 Wheat Bread 115 Mixed Fruit 10				
Total Sodium: 681 Calories: 514 Carbs: 73		Total Sodium: 514 Calories: 582 Carbs: 72		Total Sodium: 925 Calories: 710 Carbs: 98		Total Sodium: 802 Calories: 490 Carbs: 67		Total Sodium: 598 Calories: 366 Carbs: 53	
<b>19</b>	<b>A 20</b>	<b>A 21</b>	<b>A 22</b>	<b>A 23</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>
Chicken Cacciatore 446 Italian Pasta 1 Jardinière Blend 39 Multigrain Bread 190 Peaches 5	Swedish Meatballs 341 Mashed Potatoes 62 Scandinavian Veg. 42 Oatmeal Bread 121 Lemon Pudding 174 Diet: Diet Pudding 210	Roast Pork w/ Gravy 71 Red Bliss Potatoes 4 Brussel Sprouts 12 Whole Wheat Roll 160 Fresh Orange 0	Lasagna Roll Up w/ Primavera Sauce 290 Roman Blend Vegetables 57 Scall Bread 190 Strawberry Cup 4	Cheeseburger 387 Ketchup 82 Roasted Potatoes 26 Cabbage & Carrots 47 Hamburger Roll 230 Pears 5					
Total Sodium: 681 Calories: 514 Carbs: 73		Total Sodium: 739 Calories: 671 Carbs: 90		Total Sodium: 367 Calories: 512 Carbs: 61		Total Sodium: 567 Calories: 434 Carbs: 82		Total Sodium: 782 Calories: 616 Carbs: 64	
<b>26</b>	<b>B 27</b>	<b>B 28</b>	<b>B 29</b>	<b>B 30</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>
Fiesta Omelet 357 Hash Browns 136 Tomato & Zucchini 39 Fruit Loaf 160 Fresh Orange 0	Broccoli & Cheese 410 Stuffed Chicken 1 Confetti Rice 43 Oriental Vegetables 26 Oatmeal Bread 121 Cinnamon Apple Sauce 15	Pot Roast w/ Gravy 351 Cheesy Mashed Potatoes 90 Italian Blend Veg 26 Multigrain Bread 190 Min. Rec. Velvet Cake 209 Diet: Low Sugar Cake 210	Chicken Buschetta 394 Au Gratin Potato 154 Peas & Carrots 80 Whole Wheat Bread 160 Strawberry Cup 4	Shepherd's Pie 285 Carrot Coins 77 Whole Wheat Roll 160 Pears 4					
Total Sodium: 717 Calories: 559 Carbs: 77		Total Sodium: 614 Calories: 480 Carbs: 60		Total Sodium: 866 Calories: 796 Carbs: 106		Total Sodium: 791 Calories: 537 Carbs: 81		Total Sodium: 524 Calories: 390 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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Marion Council on Aging, Marion, MA 06-5128



Friends of Marion Council on Aging First Annual Yard Sale

Saturday, October 10<sup>th</sup> 10:00 a.m.– 1:00 p.m.

Rain date: Sunday, October 11<sup>th</sup> 10:00 a.m.– 1:00 p.m.

Rain date for the Rain date: Monday, October 12<sup>th</sup> 10:00 a.m.– 1:00 p.m.

#### Accepting donations

So now is the time to clean out your closets, attics & basements!!!

We cannot accept furniture and only select electronic items and appliances.

Please call 508-748-3570 for further information.



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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