



SIPPICAN SOUNDINGS

News from the Marion Council on Aging
September 2021



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

Monday Morning Painters & Canal Side Painters opening reception
Thursday, September 9th
5:00 p.m.— 7:00 p.m.

Join us as we celebrate the work of these two talented groups of painters. Canal Side Artists move up and down the canal painting at different sites. The group's primary focus is the use of watercolors. Monday Morning Painters describe themselves as a "plein air" painting group. Enjoy some light hors d'oeuvres while taking in the show. The show will remain on display thru October.



Art For Your Mind with Jill Sanford
Winslow Homer's America
Monday, September 13th 1:00 p.m.
Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds—artists and non-artists alike. Enjoy the work of Winslow Homer, who helped to shape America's identity during the 19th Century. From Homer's earliest images to his now famous scenes of everyday life, his work still inspires people today. In just one hour you will discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections.

A catered lunch of quiche & orzo salad will be offered prior to the presentation at Noon. There will be limited seating for the luncheon and lecture and reservations are a must. Reservations will be taken beginning August 30th. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the luncheon.



Mass Audubon of the South East
Birds of Your Backyard
Thursday, September 16th 1:00 p.m.
This presentation will focus on local birds in your backyard that you can expect a visit from at your winter feeder as well as the ones that will be departing until next Spring.



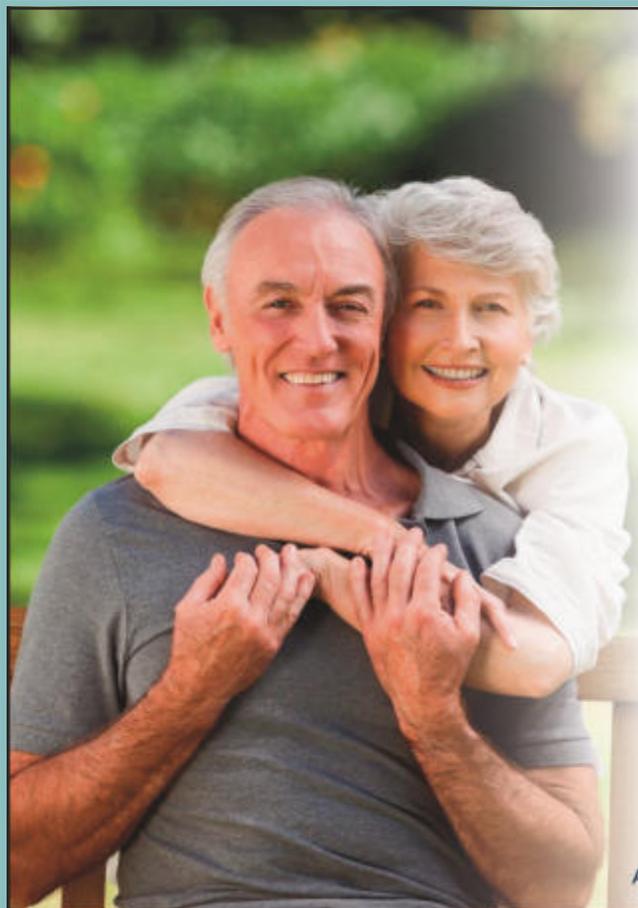
Ask A Doctor
Friday, September 17th 10:15 a.m.
When your appointments seem shorter and doctors are pushed to deal with electronic records as well as responding to your needs, you might find you do not always get your questions answered. This meeting will let you get those questions answered. You can submit questions in the box at the COA office entrance.





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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 Coastline Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.



Volunteer with Coastline

Make giving back your second act! Coastline Elderly Services operates several volunteer-driven programs, which can help you stay active and contribute to your community. To learn more about any of the programs below, call Coastline at 508-999-6400 or visit Coastline's website at coastlinenb.org.

Foster Grandparent Program:

The AmeriCorps Seniors Foster Grandparent Program has been sponsored by Coastline for nearly 40 years. This program places volunteers in classrooms throughout the South Coast. Volunteers, who are age 55 and older and who meet eligibility requirements, will assist children enrolled in educational programs at elementary schools, preschools, head starts, or other youth-based organizations. The students and teachers both benefit from the wisdom and experience of the Foster Grandparent volunteer as they work one-on-one and in small groups with children, focusing on literacy and academics, communication, and social skills. The Foster Grandparents volunteer a minimum of 15 hours each week. Foster Grandparent volunteers receive a small tax-free stipend for their time and commitment. (The stipend is not counted as income and will not affect most benefits, including housing.) To learn more, call Jacqueline Medeiros at 508-742-9198 or 508-742-9124.

Money Management Program:

The Money Management Program is always looking for volunteers who can assist older adults organize their bills, create budgets, write checks, and monitor their income and expenses. The service helps elders who might be at risk of losing their independence due to their inability to pay basic rent, food, and utility bills on time. Because of the intensive oversight of this program, it helps to decrease financial exploitation. All volunteers of the Money Management Program will receive training and will meet with the elder for two to three hours each month. If you are interested in volunteering, please contact Natacha Sallenne, Program Manager at 508-742-9113.

The Nursing Home Ombudsman Program:

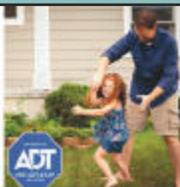
This program matches community volunteers with area nursing homes. The volunteer – or “ombudsman” – is an advocate who listens to the concerns of nursing home residents and other interested parties. When a problem or concern is received, the ombudsman proceeds to assess the situation and seek the most appropriate solution. Volunteers make weekly visits to the nursing home and will receive training, ongoing support, and supervision. Ombudsmen receive training in: nursing home rules and regulations, physiological and psychological aspects of aging, Medicare and Medicaid, residents' rights, problem solving, impartial investigation, and conflict resolution. For more information about becoming an ombudsman, please contact Annabella Doherty at 508-742-9178.

These programs have been made possible through support and funding from Americorps, Mass Home Care, AARP Massachusetts and the Massachusetts Executive Office of Elder Affairs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 a.m. Tai Chi 1:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	2 9:00 a.m. Tai Chi 1:00 p.m. Bridge, \$2.00	3 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
6	7 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m.—3:00 p.m. Mah Jong	8 9:00 a.m. Tai Chi 1:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic 9:00 a.m.—11:00 a.m. Sharps Collection	9 9:00 a.m. Tai Chi 1:00 p.m.—2:00 p.m. Memory Loss Support Group 1:00 p.m. Bridge, \$2.00 5:00 p.m. Art Opening Reception	10 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
13 10:00 a.m. Yoga, free 1:00 p.m. Art For Your Mind	14 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m.—3:00 p.m. Mah Jong	15 9:00 a.m. Tai Chi 1:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	16 9:00 a.m. Tai Chi 1:00 p.m. Bridge, \$2.00 1:00 p.m. Audubon presentation	17 9:00 a.m. Zumba, \$6 10:15 a.m. Ask a Doctor 12:30 p.m. Strength & Conditioning, free
20 10:00 a.m. Yoga, free 1:00 p.m. Tri County Brass Quartet	21 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 12:00 p.m. Cooking demo. Reg. req., \$5 1:00 p.m.—3:00 p.m. Mah Jong	22 9:00 a.m. Tai Chi 1:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	23 9:00 a.m. Tai Chi 1:00 p.m.—2:00 p.m. Memory Loss Support Group 1:00 p.m. Bridge, \$2.00	24 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
27 10:00 a.m. Yoga, free 1:00 p.m. Bingo, \$ \$ \$	28 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m.—3:00 p.m. Mah Jong	29 9:00 a.m. Tai Chi 1:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	30 9:00 a.m. Tai Chi 1:00 p.m. Bridge, \$2.00	

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Special Events (continued)

Tri-County Symphonic Band Brass Quartet
Monday, September 20th 1:00 p.m.

Since 1962 the Tri-County Symphonic Band has been part of the cultural life of Southeastern Massachusetts. Professional and fine amateur musicians including talented students from Bristol, Plymouth and Barnstable counties come together to perform classical, semi-classical and contemporary music. The primary aim of the organization has been to make live performances of quality concert band repertoire available in the community and to give musicians a chance to share their love for the art of making music. We are delighted to host a Brass Quartet from the Symphonic Band put on a performance at the Community Center. Light refreshments will be served following the performance. Register to attend by calling 508-748-3570.

Cooking Demonstration with Linda Medeiros
Tuesday, September 21st Noon

Linda Medeiros will be on hand to whip up an Autumnal menu. You will get to indulge in an Autumn Soup and Apple Dessert. There is a \$5.00 suggested donation for this program. Call 508-748-3570 to register.

Bingo

Monday, September 27th 1:00 p.m.

Try your luck in this game of chance. Cost to play is \$5.00 for a standard pack of play, \$1.00 coverall & \$1.00 50/50 game.

Tai Chi

Due to popularity, we were able to add another Tai Chi class. They run on a 4 week session, where what you learn one week is built upon the following week. Registration is required to participate. The cost of the 4 week series is \$20.00.

Beginning in October, a grant from Coastline and the Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living will help offset the fee for this class.

Message from Marion Police



Beware of the "Spoof Call"

By: Chief Richard B. Nighelli, Marion Police Department

Recently I received a call from a resident who informed me that she received a Grandparent Scam call. When the resident asked who the caller was, he responded with "your oldest grandchild." The resident then made up a name and the caller said, "yes, it's me!" The resident immediately knew that this was a scam call. She then inquired the caller's real identity and the caller hung up. Nice job by our resident!

A scam is going on in western Massachusetts that I'd like to make you aware of, but first, it's important to know what a spoof call is and why scammers use them. Scam callers often use call spoofing technology to disguise the number they are calling from so the call appears to be from a local area code or a legitimate phone number. They know you're more likely to answer and when you do, they ask for your personal information to try to steal your identity or your money.

For the western Massachusetts scam that I mentioned, telephone callers are claiming to be members of the State Police or affiliated with them, and are soliciting money for drug prevention and intervention programs. The callers may be claiming to be part of a narcotics unit. These calls appear to be coming from a Massachusetts State Police Cheshire Barracks phone number because the caller ID is being "spoofed."

Please hang up if you get such a call. In fact, if you receive any call from someone soliciting money for any purpose, claiming to be from any source, do not provide any personal or financial information.

Also, be advised that the Massachusetts State Police and the Marion Police Department are not conducting any fundraisers at this time.

As always, if you have any questions please contact the Marion Police Department and an Officer will assist you.

Funeral Expenses and Medicaid

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Whenever I talk to a family whose loved one is close to spending down the required amount of assets to qualify for Medicaid (MassHealth in Massachusetts), the topic of funeral and burial expenses comes up. Most people are aware that Medicaid permits setting aside funds to cover arrangements, but many are a bit unclear on the details, so here I will present some of the basics.

Burial Plots

Medicaid permits the purchase of a burial plot for the applicant and their spouse.

Burial Accounts

Medicaid permits an application to set aside \$1,500 for burial expenses for the applicant and the applicant's spouse so long as such funds are specifically designated for burial and not commingled with other assets. If this is done properly, these burial accounts do not count toward the \$2,000 (or \$130,380 for married couples) asset limit.

Prepaid Funeral Contract

For many individuals, this \$1,500 account is insufficient to cover the complete costs of burial or cremation in Massachusetts. Instead, a prepaid funeral contract is used and is permitted under Medicaid rules. This contract is an agreement in which the purchaser pays for a funeral in advance that the funeral home agrees to provide. The contract must be irrevocable (meaning it cannot be cancelled and the funds returned).

Because of the requirement by Medicaid that an applicant spend down to below \$2,000 (or \$130,380 for married couples) in assets, to achieve eligibility, a prepaid contract is often an early and important spenddown option. Typically, the family meets with a funeral home of their choice to review their personal wishes and create this contract. It is important to review with the funeral home what happens to these prepaid funds under certain circumstances, including: until your passing, to the interest income on the money, if the funeral home goes out of business, and if you move out of state or die while away?

With a prepaid funeral contract, you pay for all of your own funeral and burial or cremation expenses in advance. When you pass away, your family notifies the provider, and they then handle everything.

The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.

Senior Work-off Abatement Program

This program allows taxpayers to provide services to the town in exchange for a reduction in their tax bill. Registration for this program will be held Tuesday, October 12th at Noon. Bring a photo id, a copy of your current tax bill, and a copy of trust (if applicable). For guidelines and further information please call 508-748-3570.

Marion Community Fund

Applications are available for qualified Marion residents to receive relief on their property taxes through the Marion Community Fund from the Community Foundation of Southeastern Massachusetts. The deadline is October 8th. Call the Council on Aging at 508-748-3570 for more information.

Social Day Program

The Fairhaven Supportive Social Day Program has openings available. This program offers a fun day of activities in a safe and stimulating environment supervised by dedicated staff and volunteers. Call 508-993-9455 for more information or to schedule a visit.

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Second Annual Yard Sale

October 9th

Mark Your Calendar!

So it is time to clean out those closets, attics, garages & basements. No clothing, shoes or large furniture can be accepted. Any questions call 508-748-3570. Drop off hours are Monday-Friday 9:00 a.m.—2:00 p.m. No dropping off after hours, please. Final day to donate is Friday, October 1st.



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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