



SIPPICAN SOUNDINGS

News from the Marion Council on Aging
February 2022



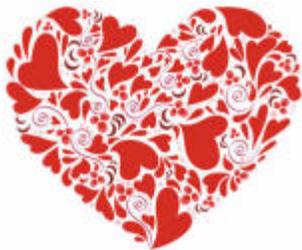
The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population and to strive to enhance quality of life in the community by providing educational, recreational and cultural programs and activities.

Special Events

Valentine's Day Luncheon & Matinee

Monday, February 14th Noon
Hearts & Flowers, Hugs & Kisses
Let's Get Together To Give
Valentine Wishes!

Join us for a lunch of Chicken Cacciatore, Garden Salad, Caprese Garlic Bread & Dessert. Following the meal we will have a showing of *Moonstruck*. Led by energetic performances from Nicolas Cage and Cher, *Moonstruck* is an exuberantly funny tribute to love and one of the all time most appealing comedies. Loretta Castorini, a bookkeeper from Brooklyn, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry!



There will be limited seating for the luncheon and matinee and reservations are a must. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the luncheon.

USSR—Russia:

Myths, Mysteries & Spying
Tuesday, February 15th 1:00 p.m.
Join Henry M. Quinlan and hear about his 30 years' involvement with the former Soviet Union and Russia, including living in Moscow for five years during the collapse of the USSR and the rise of the new Russia. The presentation will entertain and educate the audience. Call 508-748-3570 to register to attend.



Paint Party with Lidia

Tuesday, February 22nd 1:00 p.m.
Come and enjoy time with friends and have some fun while making a beautiful canvas that you can take home the same day. You will be given all of the materials necessary to complete this 11 x 14 canvas under Lidia's direction. The cost of the class is \$20.00, due at sign up. Call 508-748-3570 to make your reservation.



Vintage Car Slideshow Social

Friday, February 25th 1:00 p.m.
Take a ride down memory lane with John of Orphan Car Garage. John will highlight some of the most notorious vehicles of the past; from Rambler to Studebaker, Corvair to Vega, come enjoy this slideshow and stories while sipping a root beer float. Call 508-748-3570 to register for this program.



Culture Park of New Bedford Presents... Winter & Spring Shorts

Monday, February 28th 1:00 p.m.
Winter & Spring Shorts features a collection of entertaining and thoughtful ten minute plays performed as staged readings by theatre professionals. Themes of friends and partnerships will be explored.

A catered lunch of a Tuna Salad Plate will be offered at Noon, prior to the presentation. There will be limited seating for the luncheon and lecture and reservations are a must. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the luncheon.



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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.

Walking Path Challenge

Monday, February 7th 1:00 p.m.
February is Heart Health Month. What a wonderful opportunity to focus our attention on ways to promote and maintain a healthy heart. Physical activity is one of the best ways to improve cardio health. Walking is a form of aerobic exercise and one of the easiest ways to increase physical activity and improve your health. Join us as we challenge ourselves to complete a few laps around the 1/8 mile walking path. After, we will come inside to partake in a heart healthy dessert. Registered Dietitian, Barbara Canuel, will be on hand to share some ideas for promoting heart health when making food choices. Call 508-748-3570 to register to attend.

Upcoming

Mardi Gras Bingo
Tuesday, March 1st 1:00 p.m.
Come out and celebrate Mardi Gras with a themed bingo. 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.



Rock & Roll Singo Bingo
Tuesday, March 8th 1:00 p.m.
Bingo with a beat... Replace the numbers with your favorite songs! Test your musical knowledge..win some prizes and have some fun! There is no charge for this activity, but registration is a must 508-748-3570.

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 on February 14th, call 508-827-6725.



Public Health Nurse

Lori Desmarais, Public Health Nurse for the Town of Marion is available on Wednesdays from 1:00 p.m.-3:00 p.m. for routine immunizations, blood pressure & blood sugar readings as well as home visits. You may contact Lori at 508-748-3507.

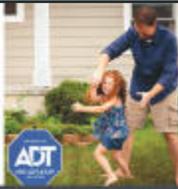
Sharps Collection

On the second Wednesday of the month from 9:00 a.m.—11:00 a.m. the Public Health Nurse offers the opportunity to drop off sharps and collect a new container. Next collection date is February 9th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	2 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	3 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00	4 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
7 10:00 a.m. Yoga, free 1:00 p.m. Walking Path Challenge	8 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	9 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	10 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00 1:00 p.m.—2:00 p.m. Memory Loss Support Group	11 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
14 10:00 a.m. Yoga, free Noon Luncheon & Matinee	15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Lecture	16 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	17 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00	18 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
21 	22 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Paint Party	23 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	24 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m.—2:00 p.m. Memory Loss Support Group 1:00 p.m. Bridge, \$2.00	25 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Lecture
28 10:00 a.m. Yoga, free 1:00 p.m. Lecture	MARCH 1 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Mardi Gras Bingo, \$	Duplicate Bridge Duplicate Bridge for the intermediate player is held every Thursday at 1:00 p.m., cost is \$2.00. For more information or to sign up call M.J. Wheeler at 508-748-6688.		

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Caregivers

Memory Loss Support Group
Thursdays—February 11th & 25th
1:00 p.m.—2:00 p.m.

This support group, led by Carol McAfee, LPN, CDP of Community Nurse Home Care, is designed for those in a caregiving role for loved ones afflicted with Memory Loss. Know you are not alone.

Memory Cafe

Waterfront Memory Cafe
Wednesdays

12:00 p.m.—2:00 p.m.

Start the afternoon enjoying lunch and conversation with some new and old friends and then take in some music, play a friendly game or a different form of entertainment—something new each week. Please register to attend by calling Linda at 508-748-3570.

Art Show

A Dream Vacation

On exhibit through February 23rd

Stop by the Community Center to be swept away to paradise as you view the works of this talented group of artists.



Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities and transportation will also be cancelled. If you are not sure, please call the office, 508-748-3570. Voicemail will be monitored.

Soup's On

There is no meal that evokes such fond memories as a bowl of homemade soup that heals the body and spirit. Karen & Mike are thrilled to be back in the kitchen serving up some of your favorite soups. Registration 48 hours in advance is necessary, call 508-748-3570. Please consider a donation of \$5.00 for each lunch, but this is just a suggestion. We do not want to exclude anyone from joining us due to cost, as we encourage everyone to get out and enjoy a nice, homemade lunch. You will have the option to dine in or take out. Dine in served at Noon, take out served at 12:30 p.m.

February 4th— Pasta Fagioli

February 11th— French Onion

February 18th— Smoky Chicken

Corn Chowder

February 25th— Borscht



Zeiterion Theatre

Coastline is happy to once again be working in concert with the Zeiterion to bring arts and entertainment back to the community, after the pandemic hiatus. The Z is providing discounted tickets as a community benefit. Tickets for the 21'-22' season at the Z are now on sale. Please stop by the front desk for a listing of shows. Some shows may sell out quickly, so do not delay in ordering!

Food Pantry

We are pleased to announce that the Food Pantry is open.

Hours of operation:

Tuesdays: 4-6 pm, Thursdays & Saturdays 10 am-12. Deliveries will be available for home-bound residents by calling the Council on Aging at (508) 748-3570.

How the Food Pantry will operate:

- Before you enter the Food Pantry, volunteers will ask you a few general questions.
- The Pantry will be set up like a grocery store so you can select only the items you can use.
- Non-perishable food items and paper goods will be offered initially. Your reusable bags are appreciated.
- We ask that you limit visits to once per week per family and only select items that you plan to use that week.
- Also, please wear a mask when you're shopping in our Food Pantry due to the size of the room.
- If there are additional items that you'd like us to stock, we'll have a suggestion box by the Food Pantry entrance.

The Importance of Updating Your Beneficiaries

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Have you checked recently who you have designated to inherit your assets? If not, you may find that your designated beneficiary is not who or what you think it should be.

It is recommended that every few years you revisit these types of assets to ensure accuracy.

Risks of not updating beneficiaries are:

- **Possible probate** – If there is no designated beneficiary on an asset or if that beneficiary is deceased, then the asset will go to the decedent's probate estate. A simple beneficiary designation can avoid the timely and costly process of probate administration.
- **Unwanted beneficiary** – In the case of a divorce, an asset that names your former spouse as beneficiary could possibly be distributed to that former spouse unless the divorce decree specifically states otherwise. Often, the beneficiary designation is not updated simply due to oversight. The same applies to re-marriage. There could be an unwanted result if beneficiary designations are not updated timely.
- **Defeating the purpose of a trust** – Trusts are wonderful tools to aid in estate planning when correctly prepared. Trusts require assets to be funded into the trust for them to be effective, however. Perhaps the trust is intended to reduce estate taxes, protect assets from the cost of long-term care, or provide money management for a beneficiary. If not funded correctly, the purpose of the trust could be defeated.
- **Not aligning with your current wishes** – We all know that circumstances change over time; our children age and we lose loved ones. A beneficiary designation that once made sense may not do so anymore. You worked hard to attain your assets and you want to make sure they are distributed according to your wishes.

Assets that may need beneficiaries to be updated:

Bank Accounts

Individual Retirement Accounts (IRAs)

Life insurance policies

Annuities

Investment accounts

Health savings accounts

Transfer on Death (TOD) investment accounts

Payable on Death (POD) bank accounts

It is important to not only change the beneficiary but confirm with the financial institution that it has been processed and their records updated. Ideally, request something in writing from the financial institution that your request has been completed. And finally, use this reminder to get out your estate plan and check if the beneficiaries and appointed agents still align with your goals and wishes.

Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers.

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.

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The Marion Fire Department and Fire Association is launching a program to provide Homeowners in town with reflective address markers to ensure their home can be easily found by first responders in an emergency. The address markers are designed to be highly visible during the daytime and nighttime, and will have reflective material on both sides in order to be visible from both directions. They are also designed to be fade resistant. The markers with pre-drilled holes can be mounted to mailbox posts or lawn stakes. Assistance will be provided for those that are unable to install the markers themselves. Markers will be free to Marion’s senior homeowners age 55+, thanks to a Massachusetts Department of Fire Services Senior SAFE grant. Markers are available to homeowners under 55 for \$20.00. Please mail or drop off checks to Marion Fire Headquarters at 50 Spring Street. Checks should be made payable to Marion Fire Association. Any questions about the program or submitting an order should be directed to 508-748-3596.

When speaking of this program Chief Jackvony said “Seconds matter in an emergency and it is incredibly important that we are able to locate a house as fast as possible. Reflective markers such as those provided through this program will help first responders find and ensure they are in the correct location, both during the day and at night. We are grateful to the Department of Fire Services and the Baker-Polito Administration for making available the funding that allows us to provide this important safety tool to our senior residents for free.”

If we can’t find you, we can’t help you!

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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