



SIPPICAN SOUNDINGS

News from the Marion Council on Aging
October 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

Serving the Hhealth Iinsurance Nneeds of Everyone

Friday, October 8th
1:00 p.m.— 2:00 p.m.

SHINE provides free, unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility. SHINE counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs and are available to speak with Medicare beneficiaries regarding their Medicare coverage options. These options include Medicare parts A & B, Medicare Advantage Plans (Part C), Medicare Prescription Drug Plans and Coverage (Part D) and Medicare Supplement Plans (Medigap). Christie Rexford, Regional SHINE Director will be on hand to answer your questions. **Open enrollment October 15th—December 12th.** Call 508-748-3570 to register for this informative discussion.



Second Annual Yard Sale

Saturday, October 9th
9:00 a.m.—1:00 p.m.

Treasures await you at the Friends of Marion Council on Aging fundraiser. You never know what you will find. There are deals galore. No one will go home empty handed. *Funds raised at this event will go towards the covered pavilion—part of the Cushing Community Park Project.*

Museum of Fine Arts

Thursday, October 14th 8:30 a.m.

Enjoy a self guided tour as you take in some of the current exhibitions such as, Monet and Boston, Art of Ekua Holmes Women Take the Floor and Masters of Egyptian Sculpture. Then take a break and indulge in lunch at one of the museum restaurants. Museum admission is \$32.00 payable at the museum entrance. Call 508-748-3570 no earlier than September 30th to reserve your spot.

Paint Party with Lidia

Thursday, October 14th 1:00 p.m.

Come enjoy some time with friends and have fun while making a beautiful work of art that you will be able to take home. Cost of the class is \$20.00, paid in advance to hold your spot, and includes everything that you will need. Call 508-748-3570 to make your reservation. The project will be Fall themed.

Ask A Doctor

Friday, October 15th 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. Special guests Colleen Massey and Kathy Devine from MCPHS will be joining Dr. Hoffer.



Community Health Fair

Monday, October 18th
10:00 a.m.—2:00 p.m.

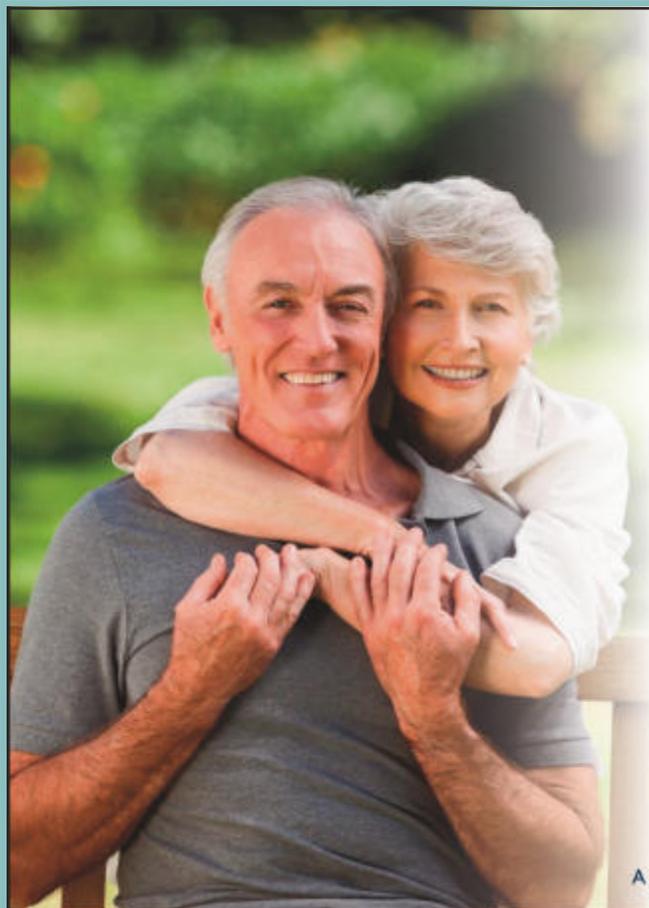
The Community Center will host over 20 vendors that will be offering information, free samples, helpful tips and answers to your questions. The Southcoast Wellness Van will be on-site as well. Stop by the COA to see a complete listing of vendors who will be present.





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Special Events Continued

Council on Aging Board:

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Gloria Solano, Outreach
Coordinator
gsolano@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 Coast-line Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.

Sheryl Faye presents...

Ruth Bader Ginsburg

Tuesday, October 19th 1:00 p.m.

Ruth was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. A champion of fairness and equality, she objected to different expectations for men and women and prejudice against minority groups.

A catered lunch of chicken parmesan sandwich with cauliflower 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. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the luncheon.



Brass Ring Memoirs

Thursday, October 21st 1:00 p.m.

Dementia expert and nationally renowned speaker, Kelly McCarthy has more than twenty years' experience in management within assisted living and memory care communities.

She will discuss how her "Brass Ring Memoirs" method is an effective and important tool for communicating with, and caring for those affected by memory challenges.



Therapy Gardens Workshop

Herbal Teas & Infusions

Tuesday, October 26th 1:00 p.m.

Learn how to preserve your garden herbs to make herbal teas, water infusions and infused olive oil. From drying thyme and mint for tea to infusing oils for cooking, this is a great workshop for home gardeners.



Memory Training

Friday, October 29th 1:00 p.m.

This four week series will focus on the four most common memory complaints: forgetting names and faces, forgetting to do things (like keep appointments), forgetting where you put things, and knowing something that you cannot immediately recall. This training will teach techniques and strategies to improve memory and memory habits. Call 508-748-3570 to register for this series.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 10px; background-color: #fff9c4;"> <p>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.</p> </div>				1 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
4 10:00 a.m. Yoga, free	5 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m.—3:00 p.m. Mah Jong	6 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	7 9:00 a.m. Tai Chi 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	8 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. SHINE presentation
11 	12 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m.—3:00 p.m. Mah Jong	13 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	14 8:30 a.m. MFA trip 9:00 a.m. Tai Chi 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00 1:00 p.m. Paint party \$20.00 reg. req.	15 9:00 a.m. Zumba, \$6 10:15 a.m. Ask a Doctor & Pharmacist 12:30 p.m. Strength & Conditioning, free
18 10:00 a.m. Yoga, free 10:00 a.m.—2:00 p.m. Community Health Fair	19 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Lecture 1:00 p.m.—3:00 p.m. Mah Jong	20 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	21 9:00 a.m. Tai Chi 12:00 p.m. Soup's on 1:00 p.m.—2:00 p.m. Memory Loss Support Group 1:00 p.m. Lecture 1:00 p.m. Bridge, \$2.00 5:00 p.m. Friends Mtg.	22 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
25 10:00 a.m. Yoga, free 1:00 p.m. Bingo, \$ \$ \$	26 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Lecture 1:00 p.m.—3:00 p.m. Mah Jong	27 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	28 9:00 a.m. Tai Chi 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00	29 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Lecture

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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. Last Monday of every month. October 25th, 1:00 p.m.



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, 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 or ldesmarais@marionma.gov.

Memory Cafe

Wednesdays

1:00 p.m.—2:00 p.m.

Programming for individuals with Alzheimer's or other memory loss, with their care partner, family or friends in a safe, supportive and engaging environment.

Caregivers

Memory Loss Support Group

Thursdays—October 7th & 21st

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.

Tai Chi

We now offer two Tai Chi classes, on Wednesday & Thursday. 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 EOE and the Federal Administration for Community Living will help offset the fee for this class.

George E. Curtis Charitable Trust

This trust is administered by Coastline 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 Gloria Solano for more information, 508-748-3570.

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. Served at Noon.

October 7th — Chicken Noodle
October 15th — Stuffed Pepper
October 22nd — Butternut Bisque
October 29th — Italian Sausage



Meet the Gardeners



Our thanks go out to Charles & Sally Cann for their tireless efforts in tending the vegetable gardens at the Community Center.

The Problem With Out-of-State Documents

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

I am often asked whether moving from one state to another requires someone to redo their legal, estate planning documents. While I obviously do not have knowledge of the laws in every state, my general answer is that if a will, power of attorney, or health care proxy were prepared and executed in accordance with the home state, they should be valid in the new state.

Even with this answer, I always encourage my clients who decide to move out of Massachusetts that they should at least consult a qualified estate planning and elder law attorney in their new state to review the documents they prepared with me to ensure that they comply with the new state's laws. This new attorney may suggest updates or changes to comply with the new state.

Whenever there is a trust involved, whether irrevocable or revocable, I strongly encourage my clients to also have the trust reviewed. Trusts are complex legal documents, which are typically controlled by the home state's laws and can create complications when administered in a different state. Another reason to update your trust is that estate taxes differ by state. The laws of the state where you reside at your passing can have dramatic effect on the taxes that your family will be responsible for paying at your death. Massachusetts, for example, has a rather low estate tax exemption of \$1 million. Depending on the estate you move to, this exemption can be much larger or smaller, resulting in significant estate tax that may be avoidable.

Each state is different and therefore each state's laws are different. If you just moved to Massachusetts or plan to move to another state from here, you should seek guidance from a qualified attorney to review your existing plan.

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.

A Message from Marion Police



"Be Prepared"

By: Chief Richard B. Nighelli, Marion Police Department

I'd like to discuss Hurricane Preparedness, although, these preparedness tips can be used for any weather related event including winter storms. Hurricane season began on June 1 and ends on November 30. Historically, hurricanes and tropical storms in August and September have had the greatest impact on New England communities.

Threats from hurricanes include: storm surge, high winds, heavy rainfall, inland flooding, tornadoes and rip currents. Finding your resources, communicating with your support system, making an evacuation plan and getting your home ready are all important steps in preparing for a hurricane. There is not always much time to prepare for the effects of a storm, so it is important to have an emergency plan and build an emergency kit tailored to the specific needs of your family ahead of time.

Below are some detailed tips for hurricane preparedness:

- stay informed by receiving alerts, warnings and public safety information before, during and after emergencies
- know if you live in a hurricane evacuation zone
- create a family emergency plan (meeting locations, emergency numbers)
- Assemble an emergency kit - water, food, medications, batteries, face masks, hand sanitizer and other cleaning supplies
- follow guidance from public safety officials
- prepare for power outages; make sure anti-flooding measures are in good condition
- consider purchasing a generator. If you do, be sure to familiarize yourself with the manufacturer's instructions to use it safely. NEVER run a generator indoors, in a garage or with the exhaust facing the home or home air intakes.

If you have specific medical needs in the event of a weather related emergency that you wish to share with our Council on Aging please contact Karen Gregory at 508-748-3570. This list will be used to better prepare the town in the event that a shelter needs to be operational.

I strongly recommend that you sign up for the following notification systems:

- E-Alerts (<https://www.marionma.gov/subscribe>)
- CodeRed (<https://www.pcsdma.org/codered.html>)

If you have any specific questions regarding emergency management, please do not hesitate to reach out to me at rnighelli@marionma.gov. Follow town Facebook pages (Police, Fire, Etc..).

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On the evening of August 19th, The Friends of the Marion Council on Aging held another successful Evening on Sippican Harbor. This event was held with the goal of funding a covered pavilion on the grounds of the Benjamin D. Cushing Community Center. Our most sincere thanks to the Friends and all who planned, participated, attended and graciously donated.



Friends of The Marion Council on Aging Annual Meeting

October 21st at 5:00 p.m.

Time to reflect on the past year’s activities and look ahead to future goals and the direction in which we will move forward.

Meeting to be held at the Benjamin D. Cushing Community Center. Light refreshments will be served. Please RSVP by calling 508-748-3570.

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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