



# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
July 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

### The Artisans of Dexter Beach Opening Reception

Friday, July 9<sup>th</sup>  
5:00 p.m.—7:00 p.m.

Situated on the Weweantic River, Dexter Beach began as a hunting and fishing community back in the 30's and 40's. Since that time, it has grown from a seasonal summer community into a private, year-round, family-oriented Association. These mixed media artists have emerged over time under the tutelage and encouragement of professional artist and their neighbor, Mary Ross. This eclectic group consists of amateur and professional artists including talented wood workers, photographers and hand work, fiber, sea glass mosaics and watercolor artists. During the month of July, the Artisans of Dexter Beach will present their work at the Community Center.



### Literature Seminar Edna St. Vincent Millay

Mondays  
July 12<sup>th</sup>—August 16<sup>th</sup> 11:00 a.m.

Pulitzer Prize winner Edna St. Vincent Millay was a daring, versatile writer whose work includes plays, essays, short stories and songs. She infused new life into traditional poetic forms, bringing new hope to a generation of youth disillusioned by the political and social upheaval of the First World War. She tackled subjects concerning political injustice, social discrimination and women's sexuality. In this class we will closely examine much of her poetry beginning with the masterpiece, "Renaissance" which she wrote at age 19. A recommended biography to read would be "What Lips My Lips Have Kissed" by Mark Epstein. Register for this six week seminar by calling 508-748-3570.



### A Magical Experience with Jack Ryan

Tuesday, July 13<sup>th</sup> 1:00 p.m.

Jack incorporates classic, tasteful and sophisticated magic, a little ESP, humor and audience participation in all of his shows. His magic is interspersed with stories of the great magicians of old.

### Ask A Doctor

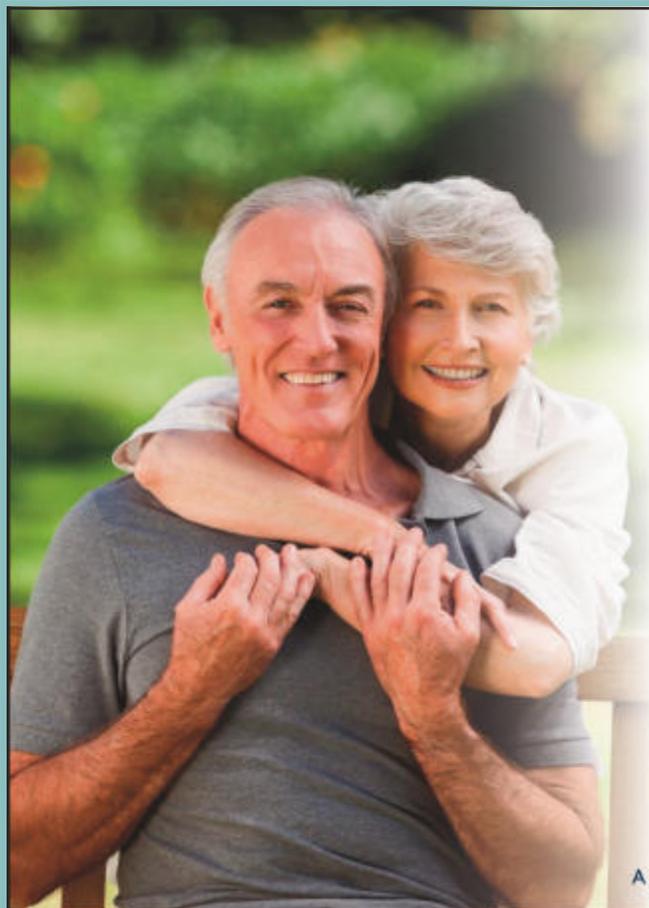
Friday, July 16<sup>th</sup> 10:15 a.m.

With today's medical environment, in which appointments seem shorter and doctors are pushed to deal with the electronic record as well as responding to your needs, you may find yourself not always getting your questions answered. There are no dumb questions (except the ones you were too embarrassed to ask)! These monthly sessions with Dr. Edward Hoffer are intended to let you ask the question(s) you forgot to ask or felt the doctor did not have time to answer. You can leave your questions anonymously in the box at the entrance to the Council on Aging office and he will attempt to answer as many as possible. Note that these sessions will deal with questions in a broad manner— they are not intended to replace your doctors' advice, as they know many details about you that Dr. Hoffer will not know. This way, also, many people may benefit from each answer.



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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.*

## Message from Marion Police



### *Be aware of the "Grandparent Scam"*

*By: Chief Richard B. Nighelli, Marion Police Department*

You are awakened late at night by the sound of the phone ringing. When you answer, you hear "Grandma and grandpa, please help me! I'm in jail and need you to send me \$5000 right away!" Here at the Marion Police Department we have seen an increase in these phone calls, referred to as the Grandparent Scam. This type of scam is a fraud that preys on the elderly by taking advantage of their love and concern for their grandchildren. Typically, the phony grandchild is in a panic, says he or she is in an emergency situation and needs money immediately. The caller will often ask for the money via wire or gift cards; however, there have been recent instances of scammers requesting that cash be mailed or picked up by a courier.

These emergency situations include, but are not limited to, the following:

- The phony grandchild is in some sort of trouble, like an arrest or accident, and requires money right away;
- The caller claims that he or she or another relative is in the hospital and needs money. Here, the caller may pretend to be law enforcement, a lawyer or doctor;
- The scam artist tells the victim that the grandchild has been kidnapped, demanding a ransom.

The following are the red flags to look for if you believe you may have received a phony call: the caller says, "don't tell dad", "send the money ASAP", "don't contact Law Enforcement", and the caller asks that you wire the money.

Here are ways to protect yourself from this scam:

- Try to remain calm and do not act quickly;
- Tell the caller you'll call them back at a known number, not the number they give you;
- Contact your grandchild or other relative immediately; confirm their location;
- Do not volunteer information; ask questions that would be hard to answer (like a mother's birthday or family pet name);
- Develop a code or password with family members that you can use to verify a true emergency;
- Limit personal information that you share on social media;
- Never wire money based on a phone request or email request, especially overseas. You will not get this money back.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 1:00 p.m.—2:00 p.m. Memory Loss Support Group	2 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
5 Closed in Observance of Independence Day 	6 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	7 9:00 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	8 9:00 a.m. Tai Chi	9 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 5:00 p.m.—7:00 p.m. Art Opening Reception
12 10:00 a.m. Yoga, free 11:00 a.m. Literature Seminar	13 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Magic Show	14 9:00 a.m. Barre Fitness Class, \$5 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	15 9:00 a.m. Tai Chi 1:00 p.m.—2:00 p.m. Memory Loss Support Group	16 9:00 a.m. Zumba, \$6 9:00 a.m. Podiatry appts. 10:15 a.m. Ask a Doctor 12:30 p.m. Strength & Conditioning, free
19 10:00 a.m. Yoga, free 11:00 a.m. Literature Seminar 1:00 p.m. Jar Opener Demonstration	20 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	21 9:00 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	22 9:00 a.m. Tai Chi 11:30 a.m. Barbeque reservations req.	23 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
26 10:00 a.m. Yoga, free 11:00 a.m. Literature Seminar 1:00 p.m. Bingo	27 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	28 9:00 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	29 9:00 a.m. Tai Chi 1:00 p.m. Let's Talk About Mosquitoes 1:00 p.m.—2:00 p.m. Memory Loss Support Group	30 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free

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## New Program

### Tai Chi

Thursdays 9:00 a.m.– 10:00 a.m.

Tai Chi is a traditional Chinese martial art which is popular around the world as an exercise for health and well-being. It is characterized by fluid, graceful movements which are practiced in slow motion, making it a highly accessible exercise for people of any age. Instructor Nik Ukleja has been teaching since 1994, having studied with Sifu Joe Rebelo in the Wu, Yang, and Chen family styles.

Beginners will be introduced first to the 22 movement Wu Style short form, typically learning a new technique each lesson and reviewing the previous techniques until the full form can be practiced from beginning to end. The fundamental principles of good posture, deep breathing, and relaxation are integrated into each class and form the basis of every technique. Good posture improves balance, body awareness, and strength conditioning for the legs. Deep breathing helps improve circulation and provides a meditative quality that sets the slow pace of the exercises. Relaxation assists with the overall mobility and improves the condition of the joints by using all the moving parts without strain or heavy impact. Routine practice of Tai Chi provides numerous benefits, while its gentleness makes it a very safe and sustainable activity. It has often been described as a moving meditation that can add years to your life, and life to your years. Register for the 4 week series which begins on June 8<sup>th</sup> by calling 508-748-3570. Cost for the Tai Chi series is \$20.00.



## Special Events (continued)

### Jar Opener Demonstration

Monday, July 19<sup>th</sup> 1:00 p.m.

Recent study reveals nearly 50% of consumers struggle to open jars. Nothing can be more frustrating and it becomes even more daunting as we age and strength diminishes and physical issues such as arthritis come into play. We have purchased a number of jar openers to help remedy the situation, and we invite you to come out and test them for yourself. If you find one that works for you we will provide you with information for purchasing. If you have a method that works for you come and share it with the group.

### Summer Barbecue

Thursday, July 22<sup>nd</sup> 11:30 a.m.

Enjoy some classic summertime fare grilled and served up by Marion's Police and Fire/EMS departments. There is limited seating available for this event. Reservations are a must. Reservations will be taken beginning July 8<sup>th</sup>. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the barbecue.

### Bingo

Monday, July 26<sup>th</sup> 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.

### Let's Talk About Mosquitoes

Thursday, July 29<sup>th</sup> 1:00 p.m.

Cathleen Drinan, Community Liaison for the Plymouth County Mosquito Control Project, will be on hand to educate and share information about mosquitoes. Learn about their life cycle and ways we can protect ourselves from them.

### Wang Theatre Tour

Tuesday, August 24<sup>th</sup> 9:30 a.m.

Experience a one hour tour of the Wang Theatre in Boston. Enjoy being on stage, back-stage, visit the exhibit space/hall of fame that has a room filled with old tickets, backstage passes, posters, sculptured busts of 50's & 60's artists. A real fun and personalized tour and then off to lunch at the Rock Bottom Restaurant & Brewery. Cost of this excursion is \$16.00 for transportation and tour, your lunch will be additional. Sign ups begin on Tuesday, July 6<sup>th</sup>.

## Do Your Kids Know Your Plans? Talk to Them Today

By: Brandon C. Walecka, Esq.

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Most families never talk about what their wishes may be when they become incapacitated or when they die. After all, no one likes to talk about their own mortality, especially with their children (even if they are adults themselves). However, an open dialogue is the best thing for everyone. It will save your children from making painful decisions during an emotionally charged time and help to avoid conflict or distress.

By discussing your wishes with caregivers, healthcare providers, and family, and formalizing important estate planning documents, you provide those around you with the instructions they need to deliver the care you want. It also provides a way for them to respect your final wishes without adding undue stress or burden on your grieving family at a difficult time. These important documents should always be prepared by a qualified elder law and estate planning attorney. They should include at a minimum:

- HIPAA Release
- Health Care Proxy
- Durable Power of Attorney
- Personal Directive / Living Will
- Last Will and Testament

Completing the documents is important but having the appropriate conversations is the crucial part. Your family, especially the person you have identified as your agent, need to know how you wish to be treated and what your limits for treatment would be. Making those decisions for you will be much easier if you have had an honest discussion in advance with your loved ones. This is also a good time to discuss any final wishes you may have, pre-made funeral arrangements, plans for your property should you pass, or even where to find these important documents. Talking about your plans is a way of guiding your loved ones through a difficult time. The more they know what to expect, the less challenging and emotionally charged such a difficult time becomes. Give them the gift of peace of mind by doing your planning and having these crucial conversations today.

*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.*

### Legal Consultations

We are very fortunate to have two highly respected attorneys that offer free legal consultations to the senior community in Marion. Attorney Harry Beach and Attorney Brandon Walecka will be available to offer free phone consultations to discuss any legal questions you may need help with.

### Farmers Market Coupons

Coastline Elderly Services provides coupons to seniors to purchase fresh fruits and vegetables at local participating farmers markets. These coupons become available in July. Contact the Council on Aging at 508-748-3570 and ask to speak with Karen Gregory to confirm income eligibility and availability.

### Health & Wellness

#### Dental Cleanings

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An Evening on Sippican Harbor  
August 19<sup>th</sup>  
Save the Date!

Building on the success of two years ago, the Friends of Marion Council on Aging are planning a special community event.



Second Annual Yard Sale  
October 9<sup>th</sup>

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. Absolutely no dropping off after hours. Final day to donate is Friday, October 1<sup>st</sup>.

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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