



# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
March 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.

## Grab n' Go

Registration is a must by the Friday before, 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.

- Tuesday, March 2<sup>nd</sup> — Ham Salad Sandwich
- Tuesday, March 9<sup>th</sup> — Turkey Slaw Burger
- Tuesday, March 23<sup>rd</sup> — Chicken Cordon Bleu Sandwich
- Tuesday, March 30<sup>th</sup> — Thanksgiving Day Sandwich



- Thursday, March 4<sup>th</sup> — Black Bean & Sausage Soup
- Thursday, March 11<sup>th</sup> — Split Pea & Ham Soup
- Thursday, March 18<sup>th</sup> — Cabbage & Beef Soup
- Thursday, March 25<sup>th</sup> — Chicken & Wild Rice Soup



## St. Patrick's Day Celebration

Tuesday, March 16<sup>th</sup>

The Residence at Cedar Dell will be treating us to some delicious Irish inspired cuisine. On the menu is a potato leek soup, corned beef reuben with sauerkraut and Russian dressing served with kettle cooked chips and a dill pickle. For dessert you will be enjoying a mouthwatering slice of pistachio cake. Please call 508-748-3570 by March 11<sup>th</sup> to register.

Lunch will be served as a grab n' go starting at Noon.





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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.*

## 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 May 3<sup>rd</sup>, call 508-827-6725.

### Public Health Nurse

Lori Desmarais, Public Health Nurse for the Town of Marion is available for routine immunizations, blood pressure & blood sugar readings as well as home visits. You may contact Lori at 508-748-3507 or ldesmrais@marionma.gov.

## Medical Equipment

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, wheelchairs, etc... The COA will provide the item on loan for as long as needed. Call 508-748-3570 to inquire about what we have in stock.

## Caregivers

Memory Loss Support Group  
Thursdays—March 11<sup>th</sup> & 25<sup>th</sup>  
1:00 p.m.—2:00 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. Meetings will be held virtually. Contact Community Nurse at 508-992-6278 to attain log in information.

## 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. At this time the Waterfront Memory Café will be meeting via Zoom. Call 508-748-3570 to attain log in information.

## 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. As a further service, Attorney Walecka will be contributing articles in the monthly newsletter.

## Revoking a Power of Attorney

**By: Brandon C. Walecka, Esq.**

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Sometimes I get a call from a client who says, "I want to change my Power of Attorney."

### **First, what is a Durable Power of Attorney (DPOA)?**

This is a legal document in which you designate who you want to make legal and financial decisions for you if you cannot make them for yourself. For example, who will pay your bills or withdraw funds from your bank accounts if you cannot. It allows your agent to handle virtually all legal and financial matters for you. Your DPOA should be in effect immediately, which means that your agent can use it even if you are not disabled. This is necessary for the DPOA to be accepted at many financial institutions. Therefore, it is especially important that you pick only individuals who you trust to be your agent on your DPOA. Every DPOA should have a primary agent and an alternate agent (who would act only if the primary agent is unable to act for you).

### **How do you revoke a Power of Attorney?**

If for any reason, you become unhappy with the person you have appointed to make decisions for you under a DPOA, you may revoke the power of attorney at any time. There are a few steps you should take to ensure the document is properly revoked. While any new power of attorney should state that old powers of attorney are revoked, you should also put the revocation in writing. The revocation should include your name, a statement that you are of sound mind, and your wish to revoke the power of attorney. You should also specify the date the original power of attorney was executed, and the person selected as your agent. Sign the document and send it to your current agent as well as any institutions or agencies that have a copy of the DPOA, and attach your new DPOA if you have one. You also will need to get the old DPOA back from your agent. If you cannot get it back, send the agent a certified letter stating that the power of attorney has been revoked. Because a DPOA is one of the most important estate planning instruments available, if you revoke a power of attorney, it is important to have a new one in its place. An estate planning or elder law attorney can assist you in revoking an old DPOA or drafting a new one.

*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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## Marion Fire Department Smoke Detector Program

This program is offered free of charge and provides seniors with installation of smoke and carbon monoxide detectors by the department's firefighters. The program is funded annually through receipt of a SAFE Grant administered by the state Department of Fire Services. Senior SAFE is a grant program that supports fire and life safety education for seniors. Seniors have a higher risk of dying in a fire. Fire and burn risks for seniors include: cooking, smoking, home oxygen use, and electrical and heating dangers. The Marion Fire Department's goal is to prevent fires and injuries to this vulnerable population. Supplies are limited, contact Marion Fire Department at 508-748-3596.



## Marion Council on Aging My Senior Center

My senior center is a very important tool to the Marion Council on Aging. Keeping this system updated with your latest information is crucial for our capability to reach out to you for any reason. At this time, we are asking everyone that has signed into My Senior Center in the past for various programs, to contact the office at 508-748-3570 so that we can review your information currently in the system and update it for you, if need be. This system update is so that we can better serve you in the future and it will only take a minute of your time! If you have never signed up for a My Senior Center account now would be a perfect time. We do not share any information that we collect.

## Marion Police Department Reassurance Program

The Reassurance Program is a service provided to Marion's Senior Citizens who live alone. The program is intended to provide some comfort to Marion's Senior Population should an accident or illness occur at home. Seniors who have registered for the service call the Marion Police Department every morning between the hours of 6:00 a.m. and 10:00 a.m. The desk officer then checks off the name of a master list. By 10:00 a.m., the office will then call any senior who has not called in and make sure everything is okay. If there is no answer, an officer is dispatched to the house to perform a wellness check. If the officer is convinced everything is okay, and the person is not at home, a note will be left to notify the resident the police were there and ask to verify all is well. If for any reason the officer feels everything may not be okay, the police will check with neighbors, friends, family or locate a spare key to check the house. The program has been successful in assisting several seniors who have become sick or injured. People suffering from serious medical problems such as a broken hip and diabetic reactions were located in hours instead of days. There is no cost for the service. Any senior who wishes to participate needs only to fill out an information form. The form provides the police with critical information such as medical history, any vehicles owned by the participant, family contacts, and other helpful information. If you or a family member is interested in signing up for the Reassurance Program, please call 508-748-1212. Applications are also available at the Council on Aging.



SAVE THE DATE  
MARCH 18, 2021  
10:00AM- 11:00AM

South Coastal Counties Legal Services (SCCLS)  
and the Justice Center of Southeast  
Massachusetts (JCSEM) are hosting a virtual  
presentation for older adults focusing on tenant  
rights, the types of cases that we specialize in  
and how to access our services.

Registration: Please register through Marion Council on Aging by March 11, 2021  
to get the phone number to call in or link to the video conference.

South Coastal Counties Legal Services is funded by individuals, corporations, municipalities, foundations, and the following partners:



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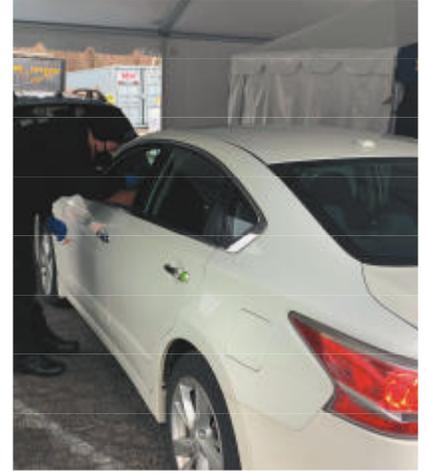
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We are overjoyed that on Tuesday, February 5<sup>th</sup> we were able to see the first of Marion's Older Adult population receive their Covid 19 vaccination. Our sincere appreciation to the Board of Selectmen, Town Administration, Fire/EMS Department, Police Department, Board of Health, DPW and the many volunteers who came together to make this a possibility.

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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