



SIPPICAN SOUNDINGS

News from the Marion Council on Aging
December 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

Festival of Trees

On display through December 10th
Organizations, businesses, community groups and interested individuals have come together to decorate trees as part of this year's festival. Raffle tickets will be on sale until Noon on December 10th when the winners will be drawn.

Sponsored by the Friends of the Marion Council on Aging to benefit The Parks Project at the Community Center.



Ask A Doctor

Friday, December 10th 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 anonymous questions in the box at the COA office entrance.



Sheryl Faye presents...

Susan B. Anthony
Monday, December 13th 1:00p.m.
Failure is Impossible

Susan B. Anthony was a women's rights activist, she devoted her life to racial, gender, and educational equality. She is one of the most famous women in American history, and played a prominent role in the women's suffrage movement, the 19th Amendment, which gave women the right to vote and she also was in support of women's labor organizations and for a woman's right to own property.

In 2020 we celebrated not only 100 years since the ratification of the 19th Amendment, we also celebrated Susan B. Anthony's 200th birthday!

A catered lunch of American Chop Suey with garden salad 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.



Paint Party with Lidia

Tuesday, December 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.



Holiday Stroll

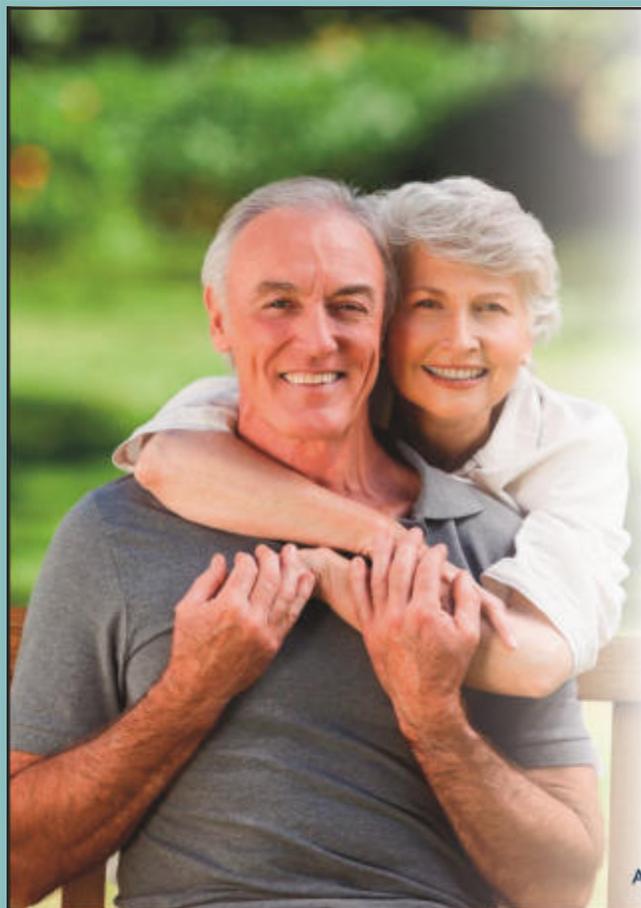
Monday, December 20th 1:00 p.m.
Join us as we celebrate the holiday season. We will be strolling along the walking path to some of your favorite holiday music. For each lap you complete you will receive a ticket to be entered into a raffle extraordinaire—the more you walk the more chances you will get. After you have completed your stroll join us inside for cocoa & cookies and see who the lucky winners will be.





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

Special Events Continued

New Year's Bingo Spectacular Monday, December 27th Noon

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.

We will be starting this afternoon off enjoying lunch together and then proceed to our game of chance which will be interspersed with raffles. A fun time out with friends to start the New Year with Good Luck & Good Cheer! RSVP to 508-748-3570 by December 20th.



Art Show

Senior Show

December 29th—January 26th

Stop by the Community Center to view the works of some of our more seasoned artists. There will be no end to the talent filling the walls.



Memory Cafe

Wednesdays

12:00 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. Please call 508-748-3570 to register to attend.

Open Enrollment

Open enrollment is from October 15th—December 8th. This is the time of year to review and change your Medicare coverage for 2022. If you would like help understanding upcoming changes and options, a SHINE counselor can help. Call 508-748-3570. You can find the presentation made by Christie Rexford, Regional SHINE Director at <https://vimeo.com/631327332>

Transportation

Covid 19 has changed how we traditionally provide and schedule transportation. Medical appointments remain our top priority. Shopping trips and errands are scheduled by appointment and availability. Please call 508-748-3570 to request a ride. We will make every effort to accommodate all requests.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.		1 9:00 a.m. Tai Chi 12:00 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 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	3 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
6 10:00 a.m. Yoga, free	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 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	9 9:00 a.m. Tai Chi 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00 1:00 p.m. Watercolor Notecards	10 9:00 a.m. Zumba, \$6 10:15 a.m. Ask a Doctor 12:30 p.m. Strength & Conditioning, free
13 10:00 a.m. Yoga, free 1:00 p.m. Lecture	14 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Painting with Lidia 1:00 p.m.—3:00 p.m. Mah Jong	15 9:00 a.m. Tai Chi 12:00 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 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	17 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
20 10:00 a.m. Yoga, free 1:00 p.m. Holiday Stroll	21 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m.—3:00 p.m. Mah Jong	22 9:00 a.m. Tai Chi 12:00 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 <div style="background-color: #e0f2f1; padding: 5px; text-align: center;"> <i>The Council on Aging Office will be closing at Noon</i> </div>	24 <div style="background-color: #e0f2f1; padding: 5px; text-align: center;"> <i>Closed in Observance of the Christmas Holiday</i> </div>
27 10:00 a.m. Yoga, free Noon Bingo, \$\$\$ RSVP	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 12:00 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 <div style="background-color: #e0f2f1; padding: 5px; text-align: center;"> <i>The Council on Aging Office will be closing at Noon</i> </div>	31 <div style="background-color: #e0f2f1; padding: 5px; text-align: center;"> <i>Closed in Observance of the New Year's Holiday</i> </div>

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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.

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 December 8th. It is not too late to get your Flu Shot!

Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities will also be cancelled. If it is school vacation or you just are not sure, please call the office, 508-748-3570. Voicemail will be monitored remotely.

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. Thanks to a grant from Coastline and the Massachusetts EOE and the Federal Administration for Community Living these classes will now be free of charge. Donations will be accepted to sustain programming beyond the grant cycle. Call 508-748-3570 to register.



Caregivers

Memory Loss Support Group
Thursdays—December 2nd & 16th
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.

Watercolor Notecard Class

On Thursday, December 9th Bill Titcomb will teach you how to paint your own notecard with watercolors. All materials will be provided, this class is being offered at no cost. Space is limited, registration begins on December 1st. Call 508-748-3570. Instruction will begin at 1:00 p.m.

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.

December 2nd— Lemon Chicken Orzo

December 9th— Italian Wedding

December 16th— Tomato Basil Rotini



Should Remarriage Protection be part of your Estate Plan?

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Most married couples I represent want a surviving spouse to be provided for as generously as possible, and of course, this instinct makes sense. But have you considered whether someone else may come along and become the new spouse after your passing?

Does your estate plan address this possibility?

In this age of longer lifespans, chances are that another spouse may replace you after your demise. That possibility raises several issues you probably haven't considered. What if:

- the new spouse winds up inheriting everything. Will anything go to your kids?
- your spouse falls prey to an opportunistic person with bad intentions?
- your spouse spends everything on the new spouse's care?

The list of potential bad endings goes on and on. But you can do something to ensure a better outcome.

Leaving assets to your spouse in a trust can provide the security you desire, while limiting the potential havoc to your estate planning intentions. A well drafted trust can be easy to administer and leave your spouse living comfortably. But it can also contain provisions that restrict where the money can go in the event your surviving spouse remarries or cohabitates.

A trust with remarriage protection not only ensures that your assets go where you intend, it also does the surviving spouse a favor by making exploitation less likely.

Remarriage of a surviving spouse may not be a topic spouses want to discuss in depth, but at the very least, it's one their attorney and other advisors should keep in mind and plan for thoughtfully.

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.

Stay Connected

To get the most up to date information when the Town of Marion is confronted with an emergency, you are encouraged to sign up for the following notification systems:

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

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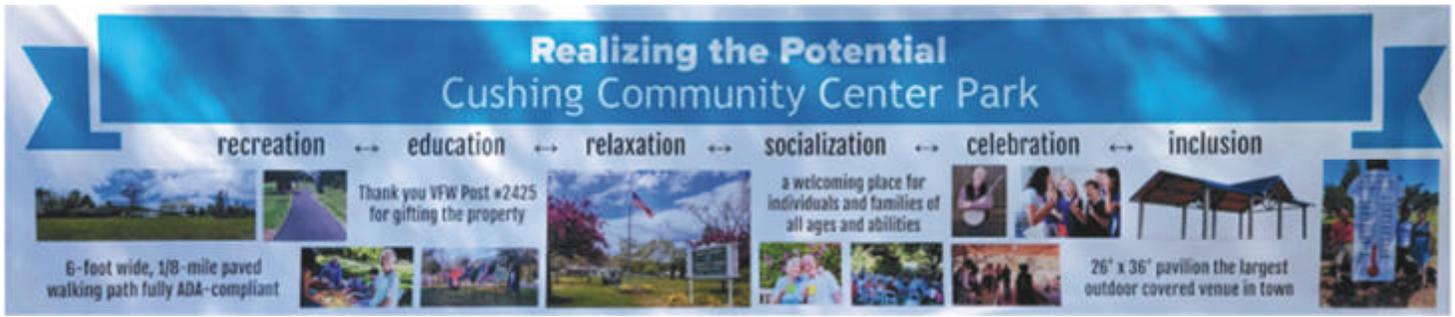
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We are overjoyed to see the number of people using the newly opened walking path at the Community Center. Our thanks go out to the many that made it happen, among them: Community Preservation Act, Friends of Marion Council on Aging, Friends of Marion Recreation, Community Park Working Group, O'Brien & Sons, Forte Landscaping, Arne Excavation, Marion DPW and Town Administration.

The Friends of the Marion Council on Aging are hard at work raising funds to further enhance the park by installing a 26' x 36' covered pavilion on the grounds. They have received an exciting Challenge Grant. An anonymous donor has come forward with a \$25,000.00 dollar for dollar match! For every dollar donated, the donor will double its impact of each dollar raised. For more information contact FMCOA, P.O. Box 937, Marion, MA 02738.

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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