



# SIPPICAN SOUNDINGS

News from the Marion Council on Aging

January 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

After the popularity of November's luncheon we have decided to offer our own grab n' go lunch program on Tuesdays in addition to our soups on Thursdays. Starting Tuesday, January 5<sup>th</sup>, we will be serving up half a sandwich & salad with chips and fruit. 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, January 5<sup>th</sup> — Roast Beef Sandwich & 3- Bean Salad
- Tuesday, January 12<sup>th</sup> — Rotisserie Chicken Salad Sandwich & Cauliflower Salad
- Tuesday, January 19<sup>th</sup> — Ham and Swiss Sandwich & Greek Salad
- Tuesday, January 26<sup>th</sup> — Egg Salad Sandwich & Broccoli Salad



- Thursday, January 7<sup>th</sup> — Taco Soup
- Thursday, January 14<sup>th</sup> — Cream of Broccoli Soup
- Thursday, January 21<sup>st</sup> — Borscht
- Thursday, January 28<sup>th</sup> — Beef Barley Soup



## Transportation

We continue to offer transportation to routine doctor's appointments. We request as much advanced notice as possible, and at least 48 hours (not counting weekends and holidays) prior notice. Transportation to grocery stores and other general errands will be accommodated on a case by case basis. To lessen the possibility of spreading any illness, only one passenger will be allowed on any of the buses at one time, with the exception of someone needing to be accompanied by a caregiver or relative. Buses will be sanitized between rides.



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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.*

## 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 February 17<sup>th</sup>, call 508-827-6725.

### Public Health Nurse

Lori Desmarais, Public Health Nurse for the Town of Marion is now located at the Benjamin D. Cushing Community Center. Keep an eye out in future newsletters for her schedule. You may contact Lori at 508-748-3507 or ldesmarais@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.

## Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities, including transportation, will also be cancelled. If it is school vacation or you just aren't sure, please call the COA office, 508-748-3570. Even if we are closed the voicemail will be updated.

## Caregivers

Memory Loss Support Group  
Thursdays—January 14<sup>th</sup> & 28<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.

## *Until We See You Again...*

You have listened to the guidelines and advice that has come down to keep not only you, but your friends, family and even people you do not know safe. This is yet another sacrifice your generation has made with grace and dignity. We appreciate what it has meant to you to not see precious family and friends. You have lost out on sharing with them important milestones. You have missed spending holidays with them. For so many reasons, you may be one of many older adults who have spent day after long day at home feeling very isolated. We get it. We are here for you.

All of us started to feel a certain comfort level and sense of optimism over the summer as we began to enjoy one another's company again. Even though it was under much different circumstances, we adapted. Now things have taken yet another downturn. Once again more is being asked of you. We can empathize with the impact this has had on your life. If you follow the news, you know that you are not alone in the sense that a huge number of people are having trouble coping with the situation.

While we can take to heart that there is a reason for hope now that there are multiple vaccines on the horizon, until they are available to us, here's what your team at the Community Center can do to help you get through the long winter months:

- \* We are offering grab n' go lunches twice a week— Sandwich & Salad on Tuesdays and Soup on Thursdays. It is always nice to see familiar faces during the grab n' go.
- \* Much of our routine programming is being offered via Zoom or on the Town's YouTube channel. Call the COA office at 508-748-3570 to learn more about these options and to attain log in information. Don't let the technology stop you; we may be able to talk you through it.
- \* Join the Friendly Conversation Program—it's a chance to enjoy a friendly connection with someone that you might otherwise never have had the opportunity to know.
- \* We can deliver books to you from the Elizabeth Taber Library. Call the Library at 508-748-1252 to arrange a book delivery or return.
- \* We have assorted jigsaw puzzles and puzzle books to lend you; delivered right to your door.
- \* If you are a crafter, from the security of your own home you can give back to one of many charitable organizations such as Operation Gratitude and Project Linus that seek out donated items ranging from cards to scarves to blankets. Call us for further information.
- \* If you have a computer, AARP has some sheltering in place coping strategies on their website <https://www.aarp.org/> You can find many games that you can play from various forms of Solitaire to Mah-jongg <https://games.aarp.org/>

Although for now we may not be open for our normal activities at the Community Center, when that day comes you will find that we have been working diligently on many projects that will enhance your experience here. Approved and designed is a covered walkway to the main entrance. There is more to tell you, but that is for future newsletters.

We are looking forward to the time when we can safely open our doors and welcome everyone back. In the meantime, do not hesitate to reach out to us for any reason. We care. Let us help you.

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## Is it a good idea to have my son or daughter on my bank account?

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

I often meet with clients who want their adult children to be able to access their accounts to help with writing checks or paying bills on their behalf. However, this good intention can create a serious risk of liability if carried out incorrectly. Often, a parent goes to the bank and asks the teller to add the child onto the account. In doing so, the adult child is now a co-owner of this account. This action may create problems for the parent. For example, if the child has creditors, later files for divorce, has a failed business, or files for bankruptcy, then the jointly owned asset may be vulnerable to claims. This could force the parent to lose some or all of that account to pay the child's debt. Instead of adding the child as a co-owner on bank accounts, your child could use a properly drafted Durable Power of Attorney (DPOA) to help you deal with your finances should the circumstance arise.

A Durable Power of Attorney 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. A DPOA is extremely comprehensive. It allows your agent to handle virtually all legal and financial matters for you. A DPOA is in effect immediately. This means your agent can use it even if you are not disabled which is necessary for the DPOA to be accepted at many financial institutions. Therefore, it is especially important that you pick only people whom you trust to be your agent on your Durable Power of Attorney. Every Durable Power of Attorney should have a primary agent and an alternate agent who would act only if the primary agent is unable to act for you.

Designating the adult child as a Power of Attorney allows the child to access the account, write checks, pay bills, and do everything the parent needs without connecting them personally to the account or exposing assets to the child's liability.

Do you have a Power of Attorney? Call a qualified estate planning attorney today to discuss.

*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.*

## Fuel Assistance—George E. Curtis Charitable Trust

This grant opportunity is made possible by the generosity of the George E. Curtis Charitable Trust. This fund is administered by Coastline and is designed to help seniors living in Marion, Mattapoissett and Rochester who are having difficulty paying for fuel or electric service. Applicants must be age 60 years of age and older and economically in need. It is a one time payment and can be used for oil, gas, electric, propane or other fuels. Call Susan Griffith at 508-748-3570 for more information.



# Chronic Diseases and COVID-19

## STAYING HEALTHY



**If you have a chronic disease, you are more likely to experience serious complications if you get COVID-19.**

In addition to taking steps to protect yourself from COVID-19, one of the most important things you can do if you have a chronic disease – especially if you are 65 or older or have a disability – is to take good care of your health. You can also use this information to help take care of your family, friends, and community.

### If you have...

#### Diabetes

Monitor blood sugar regularly and keep taking all medications following your provider's instructions. Keeping blood sugar in control can lower risk of complications from COVID-19. If you are having trouble paying for your diabetes medications, [ADA can help](#).

#### Asthma

COVID-19 harms the lungs, so it's important to manage triggers, use your controller and rescue medications, and follow your asthma action plan (if you have one). Since many household cleaning products can make your asthma worse, try to clean and disinfect your home following [CDC guidelines](#).

#### Heart Disease

Keep taking your heart medications following your provider's instructions. Lowering your stress level can also help keep your heart healthy. Try deep breathing, get 6-8 hours of sleep, try to eat a healthy diet, and exercise when you can.

#### Cancer

Cancer and cancer treatments can weaken the immune system which makes it harder to fight COVID-19. It is especially important for you to avoid unnecessary contact with others, so talk to your provider about having oral medications shipped to you, to avoid a trip to your provider's office or the pharmacy.

#### High Blood Pressure

High blood pressure increases risk for complications from COVID-19. Monitor your blood pressure at home and keep taking all medications following your provider's instructions.

#### Nicotine Addiction

People who smoke or vape risk the possibility of getting sick with COVID-19. Smoking and vaping cause inflammation and stress your immune system; also cigarettes and vapes move from your hand to your mouth. Wash your hands as much as possible, and reduce trips to the store.

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## Friendly Conversation Program

The Friendly Conversation Program is a program sponsored by the Marion Council on Aging. The idea of the Friendly Conversation Program began due to the changes in our lives brought on by the pandemic. The COA recognized how many people were at home on their own with few opportunities to socialize with friends, to see family members and to simply enjoy the routines of going out to shop or have the freedom of just getting out of the house making connections.

With the upcoming Holidays in front of us and winter months right around the corner, the Friendly Conversation Program is about meeting the needs of these residents.

If you are someone who is experiencing these feelings of isolation, or know of someone who is, the Friendly Conversation Program will provide a trained volunteer who will call on the phone to “check in” to have a conversation and to hopefully help in feeling more connected to the community and to our daily routines.

The Friendly Conversation Program is currently up and running with several residents in Town receiving weekly phone calls from a friendly volunteer. The success has been seen by the mutual connections made between the volunteer and resident and how both have benefitted from the experience.

If you are interested or know of someone who is in need of a friendly phone call, please contact Karen Gregory at 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.

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