

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging

JUNE 2018

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

### Diamond Terrapins of "Turtle Garden"

June 11th, 12:30 p.m.

Diamond Terrapins have lived in Buzzards Bay and specifically Hammett's Cove for millennium. They coexisted with the Native American population who used their eggs and the adults as food. Once discovered by settlers from Europe they were seen as a delicacy and over-harvested. They rebounded a bit as culinary tastes changed, but are again declining in numbers and are on the Threatened List. With the help of Sue and Don Lewis, the turtle guy of Marion, The Cove in Marion, a community at the end of Hammett's Cove, put in a terrapin nesting area to help protect their natural nesting grounds. Deborah, Ewing, a Cove resident and terrapin protector will speak about these amazing creatures - and the success of the 'Turtle Garden', the home of the nesting site in Hammett's Cove.

### Musical Performance by Daddy O

June 18th, 12:30 p.m.

Daddy O will bring you back to the fifties with the look, the sound, the feel of that time when music was fun and made you wanna dance. See insert for more details.

### Retirement Income Planning Workshop

June 25th, 12:30 p.m.

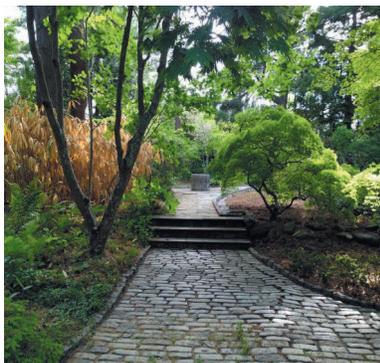
Receive advice for planning for your Golden Years from professionals in the field. On hand will be investment adviser representatives as well as certified fund specialists.

## Day Trip

### Garden Tour at Haskell Public Garden and Out to Lunch

June 26th, 10:00 a.m.

Discover this hidden gem tucked away in New Bedford. Kristin McCullin, Haskell's Horticulturist, will lead a tour of the gardens and you will learn about their famous Hosta garden and new cultivars. You will also enjoy fruit trees and veggie gardens filled with edible perennial choices. Cost of the trip is \$5.00 admission/ tour and cost of your lunch at The Black Whale. Sign ups begin on June 12th. Call 508-748-3570 to reserve your spot.



## Transportation

### Transportation for Marion Residents

Transportation is available for Marion residents in need of rides for grocery shopping, personal errands and medical appointments. Please call the COA office as soon as you know you will need a ride as slots fill quickly, 508-748-3570. When reserving transportation please have exact date, time and address of your appointment. Boston appointments must be scheduled no earlier than 9:00 a.m. and not later than 1:00 p.m. We request two weeks advance notice for scheduling Boston transportation. Scheduled shopping trips are as follows:  
Wednesday afternoon - Market Basket  
Friday afternoon (alternating each week) - Fairhaven and Wareham

## Special Opportunity

### Annual TRIAD Picnic

June 13th, 12:00 p.m.

Sheriff Joe McDonald and District Attorney Tim Cruz will be hosting a TRIAD picnic at the County Farm in Plymouth. We have a limited number of tickets available for this event, if interested please stop by the COA or call 508-748-3570.

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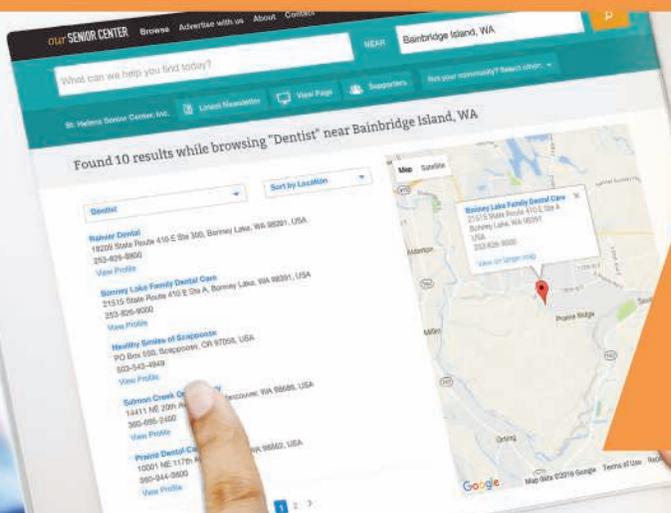
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COA Office Hours:

Monday - Friday  
9:00 a.m. - 3:00 p.m.  
465 Mill Street  
Marion, MA 02738  
508-748-3570

## Fitness

**Dance Fit**  
Mondays, 9:00 a.m. -10:00 a.m.  
Free  
Instructor: Ellie Higgins  
This class has been funded by a grant from the Massachusetts Executive Office of Elder Affairs.

**Yoga**  
Mondays, 10:15 a.m.-11:15 a.m.  
Free  
Instructor: Pamela Smith Paquette  
This class has been funded by a grant from the Massachusetts Executive Office of Elder Affairs.

**YMCA Group Fitness**  
Wednesdays & Fridays,  
9:30 a.m. - 10:30 a.m.  
Cost: \$35.00/10 weeks  
Instructor: Janet Memoli

**Tai Chi**  
Thursdays, 9:00 a.m.-10:00 a.m.  
Cost: \$10.00  
Instructor: Kyle Marston

**Zumba**  
Thursdays, 10:15 a.m.-11:15 a.m.  
Cost: \$5.00  
Instructor: Pati Cautilo

## Wellness

**Public Health Nurse**  
Wednesdays, 10:30 a.m. -  
12:30 p.m.  
Health consultations and  
education, blood pressure  
monitoring and routine  
adult vaccinations.

## PODIATRY CLINIC

June 4th

Dr. Harry Shoemaker, D.P.M. provides podiatry services at the Community Center. Please call 508-748-3570 to schedule your appointment.

## DENTAL CLEANINGS & SCREENINGS

July 17th

As we age, our dental needs become more complicated and many push dental exams off until major problems occur. The Visiting Dental Hygienist Program provides consumers with a public health dental hygienist that travels to the Community Center with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. The Visiting Dental Hygienist Program is made possible, in part, by Coastline Services. You must be age 60+ with no dental insurance or limited financial means. To schedule your appointment, call Holly Petruzzo, RDH, 774-766-7238.

## Services

### SHINE

#### Health Insurance Counseling

Tuesdays, 9:00 a.m. - 11:00 a.m.

The SHINE Program ( Serving the Health Information Needs of Everyone) provides free health insurance information counseling and assistance to all Massachusetts residents with Medicare. In Marion we are fortunate to have Asha Wallace serve as our SHINE volunteer. On Tuesdays Asha will be on hand at the Community Center to assist with any questions you may have.

## June 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
4 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch	5 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch	6 9:30 a.m. Group Fitness \$35/10 weeks 10:30a.m.—12:30p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	7 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Memory Loss Support Gr 1:00 p.m.—3:00 p.m. 50+ Jobseekers 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	8 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
11 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture— Turtles	12 9:00 a.m.—11:00 a.m. SHINE 9:00 a.m.—11:00 a.m. Basket Weaving 11:30 a.m. Lunch 12:00 p.m. Birthday Celebration 60-69	13 9:30 a.m. Group Fitness \$35/10 weeks 10:30a.m.—12:30p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	14 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	15 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
18 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Catered Lunch. Sign ups re- quired 508-748-3570 12:30 p.m. Summer Concert Series Daddy O performs!	19 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch 12:00 p.m. Birthday Celebration 70-79	20 9:30 a.m. Group Fitness \$35/10 weeks 10:30a.m.—12:30p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	21 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba,\$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Memory Loss Support Gr 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	22 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
25 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture— Retirement Income Planning Workshop	26 9:00 a.m.—11:00 a.m. SHINE 9:00 a.m.—11:00 a.m. Basket Weaving 11:30 a.m. Lunch 12:00 p.m. Birthday Celebration 80+	27 9:30 a.m. Group Fitness \$35/10 weeks 10:30a.m.—12:30p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	28 9:00 a.m. Tai Chi \$10 10:15 a.m. Zumba,\$5 11:30 a.m. Lunch 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	29 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4

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## Services

### South Coastal Counties Legal Services

August 21st

The Seniors Law Project of South Coastal Legal Services, Inc., is funded in part by Coastline to provide free legal assistance to seniors in Marion. While there is no income criteria, the SLP directs its efforts to those seniors with the greatest economic and social need. They primarily provide assistance in matters that fall within the priority areas which have been identified in conjunction with Coastline: social security benefits, subsidized housing matters, public benefits cases such as food stamps, Medicaid estate planning, physical and financial abuse, and nursing home related problems. Call 508-748-3570 to schedule an appointment.

### Medical Equipment Loan Closet

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, elevated toilet seats and wheelchairs the COA may provide the item on loan for as long as it is needed. Call 508-748-3570 to inquire about what we have in stock.

### File of Life

Stop by the COA to pick up a File of Life card which contains emergency contacts, medications, health issues etc. and enables medics to obtain a quick history during an emergency.

## Caregivers

### Memory Loss Support Group

Thursdays

June 7th & June 21st

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 individuals caring for someone with memory loss. Please call 508-748-3570 to register.

### Waterfront Memory Café

Wednesdays 11:30 a.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.

## Programs

### Basket Weaving

Tuesdays

June 12th & 26th

9:00 a.m. - 11:00 a.m.

\$25.00 includes instruction and materials. Pre-registration is required, call 508-748-3570.

### Duplicate Bridge

Thursdays, 1:00 p.m.- 4:00 p.m.

For the intermediate player. Limited to the first twenty to register. Call 508-748-3570 to reserve your spot.

### Mahjong

Fridays, 10:30 a.m. - 12:30 p.m.

All levels are encouraged to attend, beginners welcome- instruction provided.

## Scan System

### My Senior Center Scan System

Anytime you scan in you will be entered into a monthly raffle. You will be eligible if you have scanned in once or multiple times. A winner will be drawn at random at the end of each month. By checking in you are helping provide accurate participation data to the town of Marion and the Massachusetts Executive Office of Elder Affairs. The winner for the month of April is Robert Smagacz.

## Art Show

A heartfelt thank you to Mary Ross and her crew that were instrumental in bringing the Council on Aging their first art exhibit. We are happy to announce that this inaugural event is being followed up with a second art exhibit. As the first show comes down a second show will be hung. Come to the Community Center and enjoy the show!





		Come Join Us On Tuesdays for our Ethnic Meal Series!		We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.		All Meals include:		Friday	
				Congregate Meal participants may take home packaged bread, desserts and milk.		<b>Milk:</b> 110 Calories 125mg Sodium 13g Carbs <b>Margarine:</b> 36 Calories 47mg Sodium		<b>1</b> Sodium (mg): Na* Turkey Stew *571 w/ Vegetables Mashed Potato 62 Oatmeal Roll 121 Mixed Fruit 10 Total Sodium: 764 Calories: 476 Carbs: 73	
<b>4</b>	<b>A</b>	<b>5</b>	<b>A</b>	<b>6</b>	<b>A</b>	<b>7</b>	<b>A</b>	<b>B</b>	<b>A</b>
Buttermilk Chicken	459	Swedish Meatballs	341	Gypsy Soup	169	Stuffed Shells	390	Potato Pollock	150
Red Bliss Potatoes	4	Egg Noodles	35	Sliced Turkey	320	w/ Tomato Sauce	55	Tartar Sauce	261
Summer Vegetables	57	Scandinavian Vegetables	42	Pasta Salad	58	Roman Vegetables	26	Potato Wedges	27
WW Bread	160	Oatmeal Bread	121	Multigrain Roll	190	Scali Bread	190	Asparagus	6
Cinnamon Apples	4	Mandarin Oranges	6	Banana	1	Almond Cookie	290	Wheat Bread	115
						Diet: Graham Wafers	85	Pears	4
Total Sodium:	685	Total Sodium:	545	Total Sodium:	738	Total Sodium:	951	Total Sodium:	562
Calories: 422	Carbs: 58	Calories: 547	Carbs: 65	Calories: 443	Carbs: 82	Calories: 565	Carbs: 79	Calories: 572	Carbs: 66
<b>11</b>	<b>B</b>	<b>12</b>	<b>B</b>	<b>13</b>	<b>B</b>	<b>14 Father's Day Special</b>	<b>B</b>	<b>15</b>	<b>B</b>
Hot Dog	294	Beef Bordelaise	247	Chicken Picata	424	Baked Ham	294	WG Lasanga Roll-Up	370
Mustard	55	Rice Florentine	112	Parsley Mash. Potato	63	Raisin Sauce	52	w/ Tomato Sauce	55
Relish	81	Tahitian Vegetables	38	Peas and Carrots	80	Whipped Sweet Potatc	33	Green Beans	3
Baked Beans	36	WW Bread	160	Multigrain Bread	190	Broccoli Florets	12	Snowflake Roll	160
California Vegetables	27	Applesauce	20	Mixed Fruit	10	Oatmeal Roll	121	Pineapples	1
HD Roll	210					Apple Crisp	22		
Peaches	5					Diet: Cinnamon Apples 0.2	4		
Total Sodium:	708	Total Sodium:	577	Total Sodium:	766	Total Sodium:	533	Total Sodium:	590
Calories: 402	Carbs: 71	Calories: 537	Carbs: 57	Calories: 534	Carbs: 80	Calories: 392	Carbs: 66	Calories: 420	Carbs: 78
<b>18</b>	<b>A</b>	<b>19</b>	<b>A</b>	<b>20 First Day of Summer!</b>	<b>A</b>	<b>21</b>	<b>A</b>	<b>22</b>	<b>A</b>
Beef Cabbage Casserole	300	Tossed Salad	124	Cheeseburger	387	Roast Turkey	449	Omelet w/	312
Scalloped Potatoes	185	Chicken Cacciatori	446	Ketchup & Mustard	82	Gravy	70	Broccoli Cheese Sauce	103
Brussels Sprouts	12	Penne Pasta	1	Potato Wedges	27	Cranberry Sauce (2)	16	Hash Browns	136
WW Bread	160	Roman Blend	26	Cabbage and Carrots	47	Winter Squash	13	Green Beans	3
Pears	4	Multigrain Bread	190	WW HB Roll	230	Mashed Potato	62	Marble Rye Bread	127
		Mixed Fruit	10	Chocolate Pudding	191	Oatmeal Bread	121	Peaches	5
				Diet: Low-Sugar Pudding	110	Fresh Apple	2		
Total Sodium:	661	Total Sodium:	797	Total Sodium:	963	Total Sodium:	734	Total Sodium:	686
Calories: 505	Carbs: 75	Calories: 490	Carbs: 72	Calories: 749	Carbs: 76	Calories: 635	Carbs: 116	Calories: 532	Carbs: 61
<b>25</b>	<b>B</b>	<b>26</b>	<b>B</b>	<b>27</b>	<b>B</b>	<b>28</b>	<b>B</b>	<b>29</b>	<b>B</b>
Sausage w/	*520	Kale Soup	173	Meatloaf	131	Macaroni & Cheese	403	Salmon w/	67
Peppers & Onions		Cajun Chicken	347	Mushroom Gravy	148	Tomato Florentine	121	Lemon Dill Sauce	111
Pasta Alfredo	150	Fluffy White Rice	36	Cheesy Mash. Potato	90	Asparagus	6	Roasted Potatoes	33
Sub Roll	162	WW Roll	160	Tarragon Carrots	77	WW Bread	160	Summer Vegetables	57
Mixed Fruit	10	Banana	1	Multigrain Bread	190	Pineapples	1	Dinner Roll	160
				NY Style Cheesecake	209			Cinnamon Apples	4
				Diet: Low-Sugar Cake	210				
Total Sodium:	843	Total Sodium:	717	Total Sodium:	843	Total Sodium:	691	Total Sodium:	432
Calories: 525	Carbs: 68	Calories: 546	Carbs: 77	Calories: 701	Carbs: 105	Calories: 626	Carbs: 84	Calories: 440	Carbs: 57

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : \* Indicates a food with more than 500mg sodium

"Catch of the Day" will vary based on availability : Menu is subject to change without notice

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# Happy Birthday

Come Celebrate Your Birthday With Cake & Ice Cream



As we approach the half way mark for the year 2018, we wanted to take time to celebrate everyone's birthday.

So if you are turning

60-69 years of age this year come celebrate on Tuesday, June 12th

70-79 years of age this year come celebrate on Tuesday, June 19th

80 years of age or above this year come celebrate on Tuesday, June 26th

Cake & Ice Cream will be served at Noon.

Please give us a call to let us know you will be attending, 508-748-3570.

Feel free to bring a friend.

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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