



SIPPICAN SOUNDINGS

News from the Marion Council on Aging

MARCH 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.

Marion Council on Aging
465 Mill Street
Marion, MA 02738
Office: 508-748-3570
www.facebook.com/marioncoa
www.marionma.gov/coa

COA Office Hours: Monday—Friday 9:00 a.m.—3:00 p.m.

Karen Gregory, Director; kgregory@marionma.gov

The Monday Lecture Series

Monday, March 5th, 12:30 p.m.

The Allure of Watercolor. *Art For Your Mind* is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are intended for people of all backgrounds, artists and non-artists alike. The featured topic, presented by Jill Sanford, **The Allure of Watercolor**, showcases a variety of watercolor images from accomplished artists of earlier times—to those of the 20th century. Discover how different approaches and techniques in this challenging medium have achieved powerful results.

Monday, March 19th, 12:30 p.m.

The History of the Great American Circus. Step right up! Beginning in the late 19th century, the Great American Circus was born, as P.T. Barnum, James Andrew Bailey and the five Ringling Brothers offered some of the most exciting and greatest shows on Earth. Join Historian John Horrigan as he presents biographies of the great men of the circus and looks at some of the great circus acts, characters and animals that intrigued and amazed the curious audiences across America over the past 100 years.

Monday, March 26th, 12:30 p.m.

Cooking with Community: Go Further with Food! Barbara Canuel, Registered Dietitian with Community Nurse Home Care, will be on hand to demonstrate how to make your foods go further. Plan meals and snacks in advance and help to reduce food loss and waste. Come prepare and enjoy a healthy snack! Recipes and grocery lists will be provided for all items prepared. Please R.S.V.P. to 508-717-0717 by March 21st as seating is limited.

Bagels & Coffee

Join us on Tuesday, March 27th at 9:00 a.m. for a breakfast of bagels with assorted cream cheeses, fruit salad, juice, coffee and tea.



For planning purposes, registration is strongly encouraged. Please call 508-748-3570 to let us know you will be attending.

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DUPLICATE BRIDGE

For the intermediate player, every Thursday, 1:00 p.m. - 4:00 p.m. \$3.00 a week. Limited to the first twenty to register. Call the Council on Aging to register 508-748-3570.

SHINE

Health Insurance Counseling

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 from 9:00 a.m. - 11:00 a.m. Asha will be on hand at the Community Center to assist with any questions you may have.

MY SENIOR CENTER SCAN SYSTEM

Have you signed up for your scan card yet? Stop by the reception desk to sign up, then scan in every time you come to the COA, whether it is for lunch, to attend one of our many events, or any other reason. We utilize the data that is collected in applying for grants. Each month we will be giving a PRIZE for the senior who has scanned in for the most events that month.

SIPPICAN HISTORICAL SOCIETY'S CLASSIC MOVIE SERIES

March 9th - L.A. Confidential
April 13th - Hud
May 11th - The Last Picture Show

Movies begin at 7:00 p.m. and are shown at The Music Hall

TRI-COUNTY SYMPHONIC BAND

March Mania

Sunday, March 18th at 3:00 p.m.
Featuring The Resurgam Quartet, saxophone and quartet soloists
Fireman Performing Arts Center at Hoyt Hall
Tabor Academy, 235 Front Street, Marion
Thanks to the generosity of the Tri-County Symphonic Band the COA will be receiving complimentary tickets for distribution to Marion's seniors. Please call the office for availability, 508-748-3570.

FRIENDSHIP DINNERS

St. Gabe's Episcopal Church of Marion, 124 Front Street offers a Friendship Dinner on the 1st Thursday of each month at 5:00 p.m. On the 3rd Thursday of each month The First Congregational Church of Marion also offers a Friendship Dinner at the Community Center, 144 Front Street, Marion. All are welcome to this free will offering. Please call the COA at 508-748-3570 if you would like to arrange transportation to attend.

50+ JOB SEEKERS NETWORKING GROUP

If you are unemployed and actively looking, seeking a new career direction, recently retired and looking for your "Encore Career" and in the 50+ demographic, this is the program for you. Facilitated by an Experienced Career Coach you will learn many tools and strategies needed for a successful job search. Meetings are held the 1st Thursday of the month at the Marion COA, call 508-748-3570 for more information. This program is funded by the Massachusetts Association of Councils on Aging (MCOA).

DENTAL CLEANINGS & SCREENINGS

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 for Tuesday, April 17th, call Holly Petruzzo, RDH, 774-766-7238.

PODIATRY CLINIC

Dr. Harry Shoemaker, D.P.M. provides podiatry services at the Community Center. The next scheduled date for appointments is March 26th. Please call 508-748-3570 to schedule your appointment.

SOUTH COASTAL COUNTIES LEGAL SERVICES

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 are 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
- Nursing home related problems

Appointments available on Monday, April 9th. Call the COA at 508-748-3570 to schedule your appointment.

PITCH

If you are interested in playing this fun card game call Karen at 508-748-3570. We are looking to start a group here at the COA.

March 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:00 a.m. Tai Chi \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:30 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	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
5	6	7	8	9
9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture— The Allure of Watercolor	9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch	9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	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	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
12	13	14	15	16
9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch	9:00 a.m.—11:00 a.m. SHINE 9:00 a.m.—11:00 a.m. Basket Weaving 11:30 a.m. Lunch St. Patrick's Day Celebration	9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:30 p.m. Memory Loss Support Gr 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	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
19	20	21	22	23
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26	27	28	29	30
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St. Patrick's Day Celebration

Join us on Tuesday, March 13th at 11:30 a.m. for a lunch of Irish stew served in a bread bowl to be followed by brownie dessert cake with Irish Cream topping.

Sue Maxwell Lewis will be on hand to demonstrate her expertise on the bagpipes. Sue's interest in piping started when she was a kid. Her parents put "The Mighty 48th" pipe band on the stereo and turned the speakers out the window to drown out the neighbor's dog. Sue is presently a member of the competition band, The Dunedin Pipe Band in Dunedin, FL. Sue is also a solo competitor in Florida and New England.

Tickets are required for this event, the cost is \$3.00 and they go on sale Thursday, March 1st at the COA reception desk.

A MESSAGE FROM THE MARION POLICE DEPARTMENT



The Marion Police Department has recently received reports of the "Grandparent Scheme". In the "Grandparent Scheme" a crying young person calls, saying he or she has been arrested or in an accident in another state or country and needs money to get out of jail. The connection is bad, so the grandparent thinks it is really a grandchild. Another variation of this scheme, via email, claims friends and relatives have been robbed in another country and need money to get home. There isn't any urgency, so please take the time to verify with the grandchild or another family member to inquire if the grandchild is in fact traveling and in trouble before sending any money. Some of the scammers are asking for the "bail" to be paid in gift cards. Whenever *any* caller is asking to be paid in gift cards, it is probably a scam. If anyone receives a call from a caller asking for money and you suspect it may be a scam, please call your local police department before sending money or gift cards.

TRANSPORTATION FOR MARION RESIDENTS

Transportation is available for Marion residents in need of rides for grocery shopping and when available, personal errands and medical appointments. Please call the COA office as soon as you know you will need a ride as slots fill quickly. We ask all requests for transportation to Boston be called in at least 2 weeks prior to the appointment for scheduling purposes. Boston appointments should be made with the doctor's office between the hours of 8:00 a.m. and 1:00 p.m. Same day transportation requests cannot be accommodated. We do not provide transportation to Emergency Rooms, if the situation is truly an emergency dial 911. We cannot provide transportation for individuals being discharged from a hospital or skilled nursing facility, or those undergoing procedures involving anesthesia. With an increased demand for services, those requesting rides should understand they may be sharing the van with other riders and anticipate there might be a wait on either end of the appointment.



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 aren't sure, please call the COA office, 508-748-3570. Even if we are closed the voicemail will be updated.



		We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk.		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium		Thursday		Friday			
						Sodium (mg): Na*		Sodium (mg): Na*			
						1	Roast Pork w/ Apple Gravy	71	2	Tuna Noodle Casserole	387
							Garlic Mash. Potato	111		Broccoli Florets	12
							Green Beans	62		Bread Stick	230
							Multigrain Bread	3		Cinnamon Apples	4
							Mixed Fruit	190			
								10			
							Total Sodium:	447		Total Sodium:	605
							Calories: 593	Carbs: 76		Calories: 457	Carbs: 54
5	B	6	B	7	B	8	B	9	B		
Chicken Teriyaki	478	Greek Meatballs	308	Beef Stir Fry w/ Vegetables	347	Hot Dog	*550	"Catch of the Day"	60		
Asian Rice	92	Egg Noodles	35	Red Bliss Potatoes	4	Mustard	55	Haddock w/ Supreme Sauce	111		
Oriental Blend	26	Peas & Mushrooms	133	WW Roll	160	Baked Beans	36	Parsley Mash. Potato	63		
Multigrain Roll	190	Oatmeal Roll	121	Oatmeal Raisin Cookie	97	Tarragon Carrots	77	Peas and Pimentos	82		
Peaches	5	Mandarin Oranges	6	Diet: Graham Wafers	85	HD Roll	210	Honey Wheat Bread	135		
Yogurt Cup	50					Fresh Orange	0	Pears	4		
Total Sodium:	841	Total Sodium:	603	Total Sodium:	609	Total Sodium:	929	Total Sodium:	455		
Calories: 505	Carbs: 78	Calories: 551	Carbs: 68	Calories: 537	Carbs: 68	Calories: 614	Carbs: 75	Calories: 481	Carbs: 80		
12	A	13	A	14	A	15	High Sodium Meal	16	A		
Meatloaf w/ Mushroom Gravy	131	Kale Soup	173	Roast Turkey w/ Broccoli Divan Sauce	321	 Special Meal 		Macaroni & Cheese	403		
Mashed Potato	62	Chicken Marsala	439	Roasted Potatoes	33	Corned Beef Hash	*775	Tomato Florentine	121		
Glazed Beets	179	White/Brown Rice	36	WW Roll	160	Boiled Potatoes	51	Asparagus	6		
Oatmeal Bread	121	Multigrain Roll	190	Pears	4	Carrots & Cabbage	47	Fruit Loaf	190		
Mixed Fruit	10	Fresh Apple	2			Raisin Bread	110	Applesauce	14		
						Diet Pistachio Pudding	110				
Total Sodium:	651	Total Sodium:	840	Total Sodium:	517	Total Sodium:	1094	Total Sodium:	734		
Calories: 559	Carbs: 77	Calories: 539	Carbs: 75	Calories: 505	Carbs: 57	Calories: 530	Carbs: 67	Calories: 677	Carbs: 86		
19	B	20	<i>First day of Spring!</i>	21	B	22	B	23	B		
Chicken Stew w/ Vegetables	273	Salisbury Steak	386	Tossed Salad w/ Dressing	124	Shredded Cheese	187	Potato Pollock Filet	240		
O'Brien Potatoes	117	Brown Gravy	110	Chicken Bruschetta	394	American Chop Suey	211	Tartar Sauce	261		
Broccoli Florets	12	Mashed Potato	62	Penne Pasta	1	Green Beans	3	Sweet Potato Wedges	33		
WW Bread	160	Carrots	83	Brussels Sprouts	12	Oatmeal Roll	121	German Slaw	81		
Mixed Fruit	10	Dinner Roll 	160	Multigrain Roll	190	Pears	4	Honey Wheat Bread	135		
		Brownie 	132	Cinnamon Apples	4			Pineapple Chunks	1		
		Diet: Graham Wafers	85								
Total Sodium:	573	Total Sodium:	933	Total Sodium:	724	Total Sodium:	526	Total Sodium:	751		
Calories: 541	Carbs: 73	Calories: 815	Carbs: 89	Calories: 453	Carbs: 64	Calories: 536	Carbs: 60	Calories: 556	Carbs: 83		
26	A	27	A	28	A	29	A	30	A		
Beef Burgundy	241	Carrot & Celery Soup	130	Roast Turkey w/ Gravy	160	Chicken La'Orange	391	Omelet w/	312		
Egg Noodles	35	Chicken Salad	241	Cranberry Sauce (2)	16	Rice Florentine	112	Broccoli Cheese Sauce	103		
California Vegetables	27	German Potato Salad	62	Mashed Potato	62	Riveira Vegetables	16	Hash Browns	136		
WW Roll	160	Finger Roll	162	Winter Squash	13	Multigrain Roll	190	Spring Vegetables	57		
Peaches	5	Mandarin Oranges	6	Oatmeal Bread	121	Mixed Fruit	10	Fruit Loaf	102		
Fig Bar	65			Chocolate Cream Pie	209			Pears	4		
Diet: Lorna Doone's	85			Diet: Low Sugar Cake	210						
Total Sodium:	534	Total Sodium:	602	Total Sodium:	581	Total Sodium:	719	Total Sodium:	714		
Calories: 677	Carbs: 85	Calories: 546	Carbs: 60	Calories: 757	Carbs: 130	Calories: 453	Carbs: 60	Calories: 581	Carbs: 62		

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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