

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

May 2019

Special Events

Seniors & Children: Create & Connect **Saturday, May 4th 10:00 a.m.**

Create a colorful decorative tray with a special child in your life in an art workshop. Instructor Barbara Green-span will show you how to make this unique project using a small wooden tray, mod-podge, tissue and decorative papers. These trays can be for personal use or given as a gift. More important, it's fun, easy and a creative way to connect with a child. Sign up with the Marion Art Center 508-748-1266. Program will be held at the Benjamin D. Cushing Community Center.

Grillin' And Chillin' BBQ **Saturday, May 4th 12:00p.m.-2:00p.m.**

Join Chef Rich Conti as he prepares a BBQ menu consisting of BBQ Chicken, Pulled Pork, Veggie Burgers, Baked Beans, Farmer's - Cut Cole Slaw, Tossed Salad and Corn Bread. Chef Conti will give a brief cooking demonstration on one or more of the items he will be preparing. Registration is required for this program. Call 508-748-3570. Cost of this dining experience is \$25.00.

Feeding Our Brains **Monday, May 6th 12:30 p.m.**

Food and brain exercises that may help fight off dementia. Presented by John Rogers, Licensed Social Worker, Assistant Administrator & the Alzheimer's Programming Director for Catholic Memorial Home in Fall River. John possesses over 25 years of experience caring for individuals with Alzheimer's or related Dementia.

Collage Workshop **Tuesday, May 7th 9:00 a.m.**

Learn the technique of painting in watercolors by working with textured rice papers resulting in colorful collages. Space is limited. Registration required. Call 508-748-3570.

This workshop is funded in part by a grant from the Marion Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

The Mediterranean Diet **Monday, May 13th 12:30 p.m.**

Community Nurse Home Care presents The Mediterranean Diet with Barbara Canuel, RD. What is the Mediterranean Diet and its many health benefits? Meal planning suggestions will be offered. Register for this program by calling 508-992-6278.

Malnutrition Awareness Week **Tuesday, May 14th 12:30 p.m.**

Are you or a loved one experiencing any of the following: unplanned weight loss, loss of appetite, not able to eat or only able to eat small amounts, feeling weak or tired, have swelling or fluid accumulation? These may be signs of malnutrition. Join us for Malnutrition Awareness Week Activities and to learn more. There will be nutrition education, malnutrition screening a take-away snack and a free, onsite yogurt parfait bar with all the fixings. Presented by Coastline Registered Dietitians. Call 508-748-3570 to register.

Chocolate & Coffee: The Good, The Bad, and The Ugly **Monday, May 20th 12:30 p.m.**

This presentation explores how chocolate and coffee may have a beneficial effect on your health, identifies and discusses the risks of consuming them and discusses specific medical conditions of which they have a positive or negative impact on your health. Throughout the presentation, participants will be offered samples of various types of chocolate.

A catered lunch of a tuna salad plate will be served at 11:30 a.m. Reservations are required for the lunch. Call 508-748-3570.

Massachusetts Bar Association's 2019 Elder Law Program "Taking Control of Your Future: A Legal Checkup"

Tuesday, May 21st 12:30 p.m.

Attorney Patricia Bloom-McDonald will be on hand to speak on the topic of Important Questions as We Age. Registration for this program is required. The first twenty people to sign up will receive a 2019 edition of the Mass Bar Law Guide. Call 508-748-3570 to register.

Memorial Day Bash **Thursday, May 23rd 11:30 a.m.**

Celebrate Memorial Day while the Marion Fire Department serves up hamburgers, hot dogs, baked beans & pasta salad. Reservations required and must be made by May 20th. Call 508-748-3570.

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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

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

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

Dental Cleanings

August 16th

The Dental Hygienist Program provides consumers with a public health 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 Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Caregiver Support Group

Thursdays - May 9th & 23rd

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. Please call 508-748-3570 to register.

Waterfront Memory Café

Wednesdays

11:30 a.m. - 2:00 p.m.

Weekly gathering for individuals with Alzheimer's or other memory loss, with their care partner, family or friends, in a safe, supportive and engaging environment.

Legal Consultations

Jilian A. Morton, Esq. will be providing complimentary legal consultations. To reserve an appointment call the Council on Aging office at 508-748-3570.

Education

50+ Job Seekers Networking Group

May 7th 1:00 p.m. - 3:00 p.m.

This Job Seekers Networking Group program offers support and assistance to people age 50+ who are looking for a new job or career direction, reentering the workforce after an employment gap, or their Second Act career after retirement. New topic at each meeting. Facilitated by an HR professional/career coach. Develop new skills, tools and strategies to help in your career transition. This month's featured topic is: Developing a Marketing Plan for Job Search/Is Your Job Search Tool Box Full?

"Plan Your Work and Work Your Plan!"

Funded by the Executive Office of Elder Affairs and managed by MCOA.

Classic Movie Series

The Sippican Historical Society and Marion Council on Aging are delighted to present the monthly Classic Film Series at the Music Hall.

May 10th 7:00 p.m.

American Graffiti

My Senior Center

When you scan in you will be entered into a monthly raffle. A winner will be drawn at random each month. By checking in, you are helping to provide accurate participation data to the town and the Massachusetts Executive Office of Elder Affairs. The winner for the month of March is **Bill Johnston**.

May 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Yoga Strength & Conditioning</p> <p>These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.</p>	<p style="text-align: center;">Tuesday Strength & Conditioning</p> <p>This class is being funded through a donation made in the memory of Lynne Rhoads.</p>	1	2	3
<p style="text-align: right;">6</p> <p>10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Feeding our Brains</p>	<p style="text-align: right;">7</p> <p>9:00 a.m. Strength & Conditioning, free 9:00 a.m. Collage Workshop. Reg. req. 11:30 a.m. Lunch 1:00 p.m. 50+ Job Seekers Networking Gr.</p>	<p style="text-align: right;">8</p> <p>10:30 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</p>	<p style="text-align: right;">9</p> <p>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. Caregiver Support Group 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2</p>	<p style="text-align: right;">10</p> <p>10:30 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, free</p>
<p style="text-align: right;">13</p> <p>10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: The Mediterranean Diet</p>	<p style="text-align: right;">14</p> <p>9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch 12:30 p.m. Malnutrition Awareness</p>	<p style="text-align: right;">15</p> <p>10:30 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</p>	<p style="text-align: right;">16</p> <p>9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">There will be no COA activities held due to voting.</p> <div style="text-align: center;">  </div>
<p style="text-align: right;">20</p> <p>10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Chocolate & Coffee</p>	<p style="text-align: right;">21</p> <p>9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch 12:30 p.m. Mass Bar Assoc. Legal Checkup</p>	<p style="text-align: right;">22</p> <p>10:30 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</p>	<p style="text-align: right;">23</p> <p>9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Cook out 1:00 p.m.—2:00 p.m. Caregiver Support Group 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2</p>	<p style="text-align: right;">24</p> <p>10:30 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, free</p>
<p style="text-align: right;">27</p> <p>Closed in Observance of Memorial Day</p> <div style="text-align: center;">  </div>	<p style="text-align: right;">28</p> <p>9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch</p>	<p style="text-align: right;">29</p> <p>10:30 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</p>	<p style="text-align: right;">30</p> <p>9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2</p>	<p style="text-align: right;">31</p> <p>10:30 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, free</p>

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Sippican Lands Trust Hikes

The Marion Council on Aging is once again excited to partner with Sippican Lands Trust for a series of guided hikes of their properties.

May 7th Peirson Woods, Point Rd

June 4th Hagemann Woods, Point Rd

July 2nd Osprey Marsh, Point Rd

Aug. 6th Brainard Marsh, Point Rd

Sept. 3rd Peirson Woods, Point Rd

Oct. 1st White Eagle, Parlowtown Rd

There will be themes for each walk.

Call 508-748-3570 for more information.

Adopt A Window Box

The Community Center is once again hosting an Adopt A Window Box contest. Upon adoption, each gardner will be in charge of planning and executing a creative garden planting.

- Open to all members of the community
- Work alone or with a group of friends
- Soil, tools and a water source will be provided
- Judging will take place mid-summer

Boxes will be assigned on a lottery system. Deadline to sign up is May 31st. Call 508-748-3570.

Art Gallery

UPCOMING SHOWS:

Senior Show

June 1st - July 1st

Opening reception June 6th 5-7pm

Mixed Medium

July 3rd - August 12th

Opening reception July 11th 5-7pm

Children's Show

August 14th - September 2nd

Opening reception August 15th 5-7pm



Suggestion Box

Some of the best ideas at the Marion Council on Aging have come from the patrons themselves. The COA values public input and welcomes constructive suggestions. Suggest possible ideas for trips, lunch destinations, ways to enhance the experience at the Benjamin D. Cushing Community Center or to simply pose a question. All suggestions will be reviewed and passed on to the appropriate person for further action. If you wish to be contacted, include information on how you can be reached. The COA looks forward to hearing from you. The suggestion Box is located in the main hall.

Duplicate Bridge

Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.

Healthy Aging Fair

Free Healthy Aging Fair will be held on Friday, May 10th from 10:00 a.m. to 2:00 p.m. at the Fairhaven Recreation Center. Free lunch, refreshments and raffles throughout the day! Southcoast Mobile Van will be on-site for blood pressure and blood sugar checks, cholesterol screenings and pneumonia vaccines.

Charlie Card

If you are interested in getting a Charlie Card for M.B.T.A. travel please register with the front desk at 508-748-3570. If we secure 15 participants, we can hold a Charlie Card event here and get you a Charlie Card free of charge!

Day Trips

Wrentham Village Outlets

Thursday, May 9th 10:00 a.m.

Shop at New England's largest outdoor shopping center, featuring over 170 exciting brand name stores in one location and plenty of places to grab a bite to eat. Something for everyone! Signups for this trip start on April 25th. Call 508-748-3570.

Lilac Festival at Arnold Arboretum
Thursday, May 16th 9:00 a.m.

Arnold Arboretum designed by Frederick Law Olmsted is the second largest link in Boston's Emerald Necklace. The lilac collection at the Arnold Arboretum is among the premier collections of these plants in North America. Lilacs have been celebrated at the Arboretum since 1908. After visiting the garden we will proceed to Doyle's Café for a bite to eat. Signups for this trip start on May 2nd.

A Peek Ahead

Butterflies of Cape Cod

Monday, June 3rd 12:30 p.m.

Enjoy a fascinating presentation of pictures, habits, relationships and plants associated with our local butterflies. Our presenter, Joe Dwelly, has identified over 82 species in our area.

Trip to Newport Flower Show

Friday, June 21st 10:00 a.m.

Spend the day at America's most elegant flower show. Tickets are \$25.00, payable at the door. Lunch will be on your own. Signups begin on June 7th. Call 508-748-3570.



"Celebrating 40 Years of Carina"

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p>	<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>1 Sodium (mg): Na⁺</p> <p>Roast Pork w/ Gravy 192 Garlic Mashed Potato 62 Tarragon Carrots 77 Multigrain Bread 190 Mixed Fruit 10</p>	<p>2 Sodium (mg): Na⁺</p> <p>Mexicali Chicken 173 Spanish Rice 22 Mexicali Corn 6 WW Bread 160 Fresh Pineapple 1</p>	<p>3 Sodium (mg): Na⁺</p> <p>Hungarian Turkey *523 Skillet Penne Pasta 1 Asparagus 41 Garlic Roll 160 Mandarin Oranges 6</p>
	<p>Total Sodium: 531 Total Sodium: 363 Total Sodium: 731 Calories: 603 Carbs: 77 Calories: 509 Carbs: 84 Calories: 524 Carbs: 76</p>			
<p>6 Shepherd's Pie 283 Brussel Sprouts 12 Oatmeal Roll 121 Pears 4</p>	<p>7 A Unsalted Saltines 22 Kale & Lentil Soup 352 Cajun Chicken 217 Dirty Rice 137 WW Roll 160 Banana 1</p>	<p>8 A Spaghetti w/ Bolognese Sauce 163 Italian Blend 26 Garlic Roll 160 Melon Cup 4</p>	<p>9 A Turkey w/ Rosemary Gravy 167 Cranberry Sauce (2) 16 Cheesy Whip. Potato 62 Winter Squash 13 MG Bread 190 Strawberry Shortcake 176 Diet: Strawberry Cup 4</p>	<p>10 A "Catch of the Day" 67 Lemon Dill Sauce 111 Red Bliss Potatoes 36 Malibu Blend 59 WW Bread 160 Peaches 5</p>
<p>Total Sodium: 419 Total Sodium: 889 Total Sodium: 354 Total Sodium: 617 Total Sodium: 438 Calories: 509 Carbs: 84 Calories: 481 Carbs: 83 Calories: 499 Carbs: 66 Calories: 807 Carbs: 137 Calories: 441 Carbs: 58</p>				
<p>13 A Hot Dog *550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 WW HD Roll 210 Applesauce 20</p>	<p>14 B Tossed Salad w/ Dressing 124 Beef Strips & Broccoli 108 White/Brown Rice 36 MG Roll 190 Chocolate Pudding 191 Diet: D. Pudding 100</p>	<p>15 B Mac n' Cheese 403 Escalloped Tomatoes 143 Green Beans 3 Fruit Loaf 115 Strawberry Cup 4</p>	<p>16 B Chicken Divan w/ Broccoli Florets 281 Red Bliss Potatoes 4 Oatmeal Roll 121 Mixed Fruit 10</p>	<p>17 B American Chop Suey 211 Peas & Mushrooms 133 Dinner Roll 190 Mandarin Oranges 6</p>
<p>Total Sodium: 918 Total Sodium: 649 Total Sodium: 668 Total Sodium: 416 Total Sodium: 540 Calories: 509 Carbs: 69 Calories: 670 Carbs: 71 Calories: 771 Carbs: 117 Calories: 492 Carbs: 56 Calories: 450 Carbs: 65</p>				
<p>20 A Turkey Stew with Vegetables *571 Sour Cream & Chive Mash. Potato 160 WW Roll 4 Pears</p>	<p>21 A Swedish Meatballs 321 Egg Noodles 35 Malibu Blend 59 Snowflake Roll 180 Fresh Orange 0</p>	<p>22 A Tuna Salad on Shredded Lettuce 3 Tri-Color Pasta 58 Cole Slaw 81 MG Roll 190 Oatmeal Raisin Cookie 210 Diet: Graham Wafer 85</p>	<p>23 A Beef Pot Roast 241 Whip. Sweet Potato 33 Green Beans 3 Oatmeal Bread 121 Mixed Fruit 10</p>	<p>24 A Apricot Chicken 359 Rice Florentine 112 California Veg. 27 Potato Bread 120 Lemon Pudding 174 Diet: D. Pudding 100</p>
<p>Total Sodium: 797 Total Sodium: 595 Total Sodium: 949 Total Sodium: 408 Total Sodium: 792 Calories: 472 Carbs: 74 Calories: 576 Carbs: 74 Calories: 676 Carbs: 92 Calories: 556 Carbs: 68 Calories: 537 Carbs: 70</p>				
<p>27 No Meals Served</p>	<p>28 B Meatloaf w/ Mushroom Gravy 110 Parslied Whip. Potato 62 Glazed Carrots 83 WW Bread 160 Strawberry Cup 4</p>	<p>29 B Cream of Broccoli Soup 212 Grilled Chicken Parm. 357 Penne Pasta 1 Garlic Roll 160 Mini Carrot Cake 209 Diet: LS Cake 210</p>	<p>30 B Spinach & Cheese Omelet 392 Hash Browns 136 Zucchini & Tomato 39 Fruit Muffin 115 Mandarin Oranges 6</p>	<p>31 B BBQ Pulled Pork 484 Au Gratin Potatoes 154 Chuckwagon Blend 2 WW HB Roll 230 Banana 1</p>
<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>Congregate Meal participants may take home packaged bread, desserts and milk.</p>	<p>Total Sodium: 792 Total Sodium: 958 Total Sodium: 688 Total Sodium: 870 Calories: 657 Carbs: 115 Calories: 622 Carbs: 91 Calories: 556 Carbs: 71 Calories: 623 Carbs: 94</p>			

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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A sincere *THANK YOU* to our friends at Always in Bloom Flower & Gift Shoppe for the lovely flower arrangements they deliver weekly to the Benjamin D. Cushing Community Center. The arrangements lend a touch of beauty and bring a smile to many faces.



Veteran's BBQ

**Saturday
May 18th
Noon**

We invite all Veterans, Active Duty Service Members and their guest for a BBQ.

Hamburgers, hot dogs, potato salad, chips & a pickle will be served.

Please RSVP by noon on May 16th. Call 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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