

SIPPICAN SOUNDINGS

*News from the Marion Council on Aging
May 2020*

WE ARE HERE FOR YOU



Through the overwhelming generosity and support of the citizens of Marion, the Community Center has been transformed into a food bank to help the people of Marion get through this crisis. If you do not feel safe venturing into a grocery store, or if you find your situation drastically changed and could use some assistance, we invite you to drive to the Center on Tuesday or Thursday from 1:00 p.m. to 3:00 p.m. If you are unable to make it to the Center, call the office at 508-748-3570, and we will arrange for a delivery to your door. If there is something else you need outside of what we have to offer, we will do the shopping for you.



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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

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.

Health & Wellness

Podiatry Clinic

Dr. Erik Henriksen, D.P.M. provides podiatry services at the Community Center. Please call 508-748-3570 to schedule your appointment. **Once we re-open we will work to schedule all appointments that were cancelled.**

Dental Cleanings

The Dental Hygienist Program provides consumers with a public health dental hygienist that travels to the Marion COA. Services provided: dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment for July 24th, call Holly Petruzzo, RDH, 774-766-7238.

Caregivers



Get Support Day or Night During COVID-19

No question is too big or too small. Call our 24/7 Helpline (800.272.3900) for free, around-the-clock help and the latest information.

Find a Support Group

We offer support groups and an online community for caregivers, individuals living with Alzheimer's and others dealing with the disease. Meet online or by phone.

BENJAMIN D. CUSHING COMMUNITY CENTER YARD SALE

We have moved our yard sale to the Fall. So take advantage of this time at home to clean out your closets, garages and attics. Let us turn your trash into someone else's treasure.

We will be collecting donated items for our upcoming yard sale. You will be able to drop off your items during our normal business hours. We are unable to accept furniture and certain electronic items - if you are unsure please call us and inquire - 508-748-3570.

Transportation

For the time being only medical transportation will be available to the members of our community. Only one passenger will be transported at a time and will be seated in the back seat creating as much space between passenger and driver. Passengers will be required to wear masks at all times during the ride.

Meditation & Exercise Classes

Over the next couple of weeks we will be working to record some of your favorite classes that you participate in here at the Community Center and air them on the local cable access channel. Call 508-748-3570 for more details.

Friendly Conversation Program

During this time of quarantine could you benefit from a friendly conversation? This is one way we want to help you feel supported and less isolated. Please reach out to us at 508-748-3570 and we will arrange this service.



May 2020 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL PROGRAMS ARE SUSPENDED UNTIL FURTHER NOTICE				1 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
4 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture 2:00 p.m.—3:00 p.m. Line Dancing, \$3	5 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	6 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	7 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.—3:30 p.m. Duplicate Bridge, \$2	8 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
11 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture 2:00 p.m.—3:00 p.m. Line Dancing, \$3	12 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 10:30 a.m. Meditation 11:30 a.m. Lunch	13 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	14 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	15 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
18 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture 2:00 p.m.—3:00 p.m. Line Dancing, \$3	19 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	20 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	21 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.—3:30 p.m. Duplicate Bridge, \$2	22 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
25 	26 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 10:30 a.m. Meditation 11:30 a.m. Lunch	27 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	28 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	29 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

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- <https://artsandculture.google.com/?hl=en>
- <https://www.travelandleisure.com/attractions/museumsgalleries/museums-with-virtual-tours>
- The British Museum
 - <https://britishmuseum.withgoogle.com/>
- The Solomon R Guggenheim Museum
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Free Music & Books

- www.Openlibrary.org – Explore free music and e-books
- www.manybooks.net – Explore free e-books
- Join your local library online to gain additional access to digital books, movies, music, and articles

Free Educational Tools

- Education.com – Children Pre-K to grade 5
- Scholastic.com – Children Pre-K and up
- www.khanacademy.com – Educational and teaching resources for ages 2 – 18
- Carnegie Mellon University – Computer Science Academy (for high school ages)
- Class Central – Free online Ivy league courses

Free Audiobooks

- <http://www.openculture.com/freeaudiobooks>

Food, Nutrition & Wellbeing

- <http://www.freemindfulness.org/download> – Mindfulness meditation downloads
- <https://www.downdogapp.com/> - Yoga o Planet Fitness – Free workouts on Facebook Live page @ 7pm EST
- <https://www.onepeloton.com/app> – Formatted for those who have a Peloton

Free Smartphone Apps – For meditation, sleep, relaxation, stress reduction and anxiety

- Happify – Science-based activities and games to help overcome negative thoughts and stress
- Luminosity – Brain games and brain training
- Calm – Meditate, sleep, relax
- Moodfit – Tools and insights to shape up your mood
- Sanvello – For stress, anxiety and depression

Overall Wellbeing Recommendation from the CDC

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stressanxiety.html>

Overall Wellbeing Recommendation from Mass.gov

- <https://www.mass.gov/info-details/maintaining-emotional-health-well-beingduring-the-covid-19-outbreak>

Overall Wellbeing Articles

- <https://www.eatingrecoverycenter.com/blog/march-2020/how-to-practice-selfcare-during-the-coronavirus>

Other Free Resources

- Zoom.com – Virtual meetings (for people that may not have Skype or Teams) – Get a free account at this time
- Webex.com – Virtual meetings – Get a free account at this time
- Duolingo - Learn another language at your own pace



Meals
On
Wheels
Menu

Monday		Tuesday		Wednesday		Thursday		Friday		
<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>Come Join Us On Tuesdays for our Ethnic Meal Series!</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>Sodium (mg): Na*</p> <p>Seafood Salad *507 Pasta Salad 58 Cole Slaw 81 Hamburger Roll 230 Peaches 5</p> <hr/> <p>Total Sodium: 881 Calories: 496 Carbs: 75</p>		
4	A 5	A 6	A 7	High Sodium Meal		B		A		
Mac n' Cheese 403	Mexican Chicken 173	Sloppy Joe 221	Chicken Cordon Royale *550	Pork Lo Mein 254		Escalloped Tomatoes 40	Mexican Rice w/ Chives 36	Roasted Potatoes 33	Rice 36	Asian Veggies 26
Snowflake Roll 180	Mixed Veggies 41	Italian Blend 26	Malibu Blend 59	WW Roll 160		Mandarin Oranges 46	Oatmeal Bread 121	Hamburger Roll 230	Multigrain Roll 190	Mixed Fruit 10
	Pineapple 4	Banana 4	Bistro Cheesecake 176						Diet: Angel Food Cake 209	
Total Sodium: 712	Total Sodium: 374	Total Sodium: 511	Total Sodium: 1010	Total Sodium: 450		Calories: 670 Carbs: 87	Calories: 473 Carbs: 67	Calories: 527 Carbs: 81	Calories: 678 Carbs: 88	Calories: 545 Carbs: 80
11	B 12	B 13	B 14	B 15		American Chop Suey 211	Omelet Florentine 392	Chicken Marsala 439	Hot Dog *550	"Catch of the Day" 67
Broccoli 12	Hashbrowns 136	Mashed Potatoes 62	Mustard 55	w/ Herb Sauce 76		Dinner Roll 190	Spring Veggies 57	Mixed Veggies 41	Baked Beans 36	Confetti Rice 43
Pears 4	Fruit Loaf 160	Oatmeal Roll 121	Cabbage & Carrots 47	California Blend 27			Cinnamon Applesauce 15	Banana Pudding 251	HD Roll 210	Multigrain Bread 190
		Diet: D. Pudding 110	Peaches 5	Pineapple 1						
Total Sodium: 417	Total Sodium: 760	Total Sodium: 913	Total Sodium: 903	Total Sodium: 404		Calories: 405 Carbs: 58	Calories: 613 Carbs: 79	Calories: 611 Carbs: 88	Calories: 593 Carbs: 71	Calories: 453 Carbs: 62
18	A 19	A 20	A 21	A 22		Pot Roast w/ Gravy 320	Shepherd's Pie 283	Roast Pork w/ Apple Gravy 111	Greek Meatballs 328	White Chili w/ Chicken 121
Whipped Sweet Potatoes 33	Mixed Vegetables 41	Parslled Mashed Potatoes 63	Peas & Mushrooms 133	Snowflake Roll 180		Green Beans 3	WW Roll 160	Winter Squash 13	Multigrain Bread 190	Pineapple 1
Dinner Roll 160	Brownie 130	Oatmeal Bread 121	Mandarin Oranges 6			Fresh Apple 2	Diet: Graham Wafer 85	Pears 4		
Total Sodium: 549	Total Sodium: 615	Total Sodium: 382	Total Sodium: 658	Total Sodium: 338		Calories: 642 Carbs: 83	Calories: 751 Carbs: 102	Calories: 603 Carbs: 83	Calories: 564 Carbs: 76	Calories: 352 Carbs: 59
25	B 26	B 27	B 28	B 29		Memorial Day		Cheeseburger 384		Chicken Piccata 424
	Ketchup 82	Bowtie Pasta 1	Mashed Potatoes 62	Tartar Sauce 261					Ketchup 82	Mashed Potatoes 62
	Mac n' Cheese 187	Jardiniere Veggies 39	Glazed Carrots 83	O'Brien Potatoes 117					Mac n' Cheese 187	Glazed Carrots 83
	Hot German Slaw 81	WW Bread 160	Oatmeal Bread 121	Beets 162					Hot German Slaw 81	Oatmeal Bread 121
	Hamburger Roll 230	Birthday Cake 209	Banana 1	Hamburger Roll 230					Hamburger Roll 230	Banana 1
	Peaches 5	Diet: Low Sugar Cake 210		Mandarin Oranges 6					Peaches 5	
	Total Sodium: 969	Total Sodium: 832	Total Sodium: 507	Total Sodium: 926					Total Sodium: 733	Calories: 77
	Calories: 733	Calories: 582	Calories: 613	Calories: 590					Carbs: 77	Carbs: 81

* Indicates a food with more than 500 mg sodium. Please inform Coastline if you have any food allergies.

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

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Adopt a Window Box



We look forward to the rescheduling of the office space reception and celebrating! Thanks, once again, to the generosity of the Marion Townspeople and the work of our talented Facilities Team, this project was completed under budget and ahead of schedule... with no disruption to the many activities that you enjoy at the Center everyday!

The Community Center is once again hosting an Adopt A Window Box contest. Upon adoption, each gardener 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.



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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