

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
August 2022



BENJAMIN D. CUSHING
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CENTER

Special Events

Musical Concert with Tony Martin
Monday, August 8th 1:00 p.m.

Enjoy an afternoon concert in the new Community Center Pavilion. Tony Martin will delight you with the songs of your generation—playing the music of the seminal bands of that era. Re-live the excitement of the music scene with his rendition of expressive lyrical tunes. Call to reserve your lunch before the show—see menu insert!

An Afternoon of Magic with Illusionist Lyn Dillies
Friday, August 12th 1:00 p.m.

Enjoy eye-defying illusions, audience participation and the magical and enchanting personality of Lyn Dillies. Lyn has been on New York and Hollywood stages and has won the Merlin Award for Female Illusionist of the year.

A luncheon of Antipasto Salad will be offered prior to the presentation at Noon. There will be limited seating for the luncheon and lecture and reservations are a must. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the luncheon.

Thank you to the Friends of the Marion Council on Aging (FMCOA) for their assistance in supporting the lunch and lecture series.



Sheryl Faye presents...

Clara Barton
Monday, August 15th 1:00 p.m.

Learn more about the life of Clara Barton as you watch Sheryl Faye in this theatrical performance. Clara Barton taught children for no pay, she raised warehouses full of food, medicine and clothing during the Civil War, went to the front lines to nurse the wounded and dying and then started the Red Cross, which is her legacy today!

A luncheon of Watermelon Gazpacho with Curried Chicken Salad Wrap will be offered prior to the presentation at Noon. There will be limited seating for the luncheon and lecture and reservations are a must. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the luncheon.



Lunchtime Cooking Demonstration
Tuesday, August 23rd 12:00 p.m.

Join Linda Medeiros and learn how to prepare a quick and nutritious lunch and learn some tips and tricks on how to save money and time while preparing delicious meals. Bring your appetite! Call 508-748-3570 to make your reservation. A suggested donation of \$5.00 is requested.

Early Voting Session for State Primary

Monday, August 29th 10:30 a.m.—12:30 p.m.

As a result of accommodations made during the Pandemic, the State of Massachusetts has made some permanent changes to the voting laws, one of which is Early Voting for all state primaries and elections. On this day the Town Clerk's office is hosting a community-wide early voting session at the Community Center.

The last day to register to vote will be Saturday, August 27th and the Town Clerk's office will be open from 9:00 a.m. to 5:00 p.m. on that day for that purpose.



Bingo

Monday, August 29th 1:00 p.m.

Try your luck in this game of chance. Cost to play is \$5.00 for a standard pack of play, \$1.00 coverall & \$1.00 50/50 game. Call to reserve your lunch before the game—see menu insert!



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Council on Aging Staff:

Karen Gregory, Director
kgregory@marionma.gov
Mike Poznysz, Transportation
Coordinator
mpoznysz@marionma.gov
Linda Jackvony, Program
Coordinator
ljackvony@marionma.gov
Paul Garib, Van Driver
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 Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs.

The Marion Council on Aging makes legal, financial, medical, recreational and other services available. The persons who provide the services are not employees or otherwise acting as agents of the Town of Marion. Those who use the services do so with the understanding and agreement the Town of Marion are not responsible or liable for any advice or other information received by anyone while using the services. The Town of Marion does not endorse or recommend the persons who provide the services.

Marion Community Fund

Applications will be available soon for qualified Marion residents to receive relief on their property taxes through the Marion Community Fund from the Community Foundation of Southeastern Massachusetts. The deadline is early October. Call the Council on Aging at 508-748-3570 for more information.

Art Exhibits

Dexter Beach Artisans
On display through August 16th

Children's Art Show
On display August 18th—August 30th



Memory Cafe

Waterfront Memory Cafe
Wednesdays

12:00 p.m.—2:00 p.m.

An engaging gathering for individuals with memory loss and their care partner. Start the afternoon enjoying lunch and conversation with some new and old friends and then take in some music, play a friendly game or a different form of entertainment—something new each week. Please register to attend by calling Linda at 508-748-3570.

Farmers Market Coupons

Coastline Elderly Services Inc. provides coupons to seniors to purchase fresh fruits and vegetables at local participating farmers markets. Contact the Council on Aging at 508-748-3570 to confirm income eligibility and availability.



**United Way of Greater New Bedford's
Mobile Market
AUGUST SCHEDULE**

United Way of Greater New Bedford's Hunger Commission provides FREE, fresh produce to residents from July - October. Mobile Markets feature produce grown at Sharing the Harvest Community Farm, a program of YMCA Southcoast Dartmouth.

WAREHAM
Tuesdays 5:30 - 7 pm
Wareham Middle School
4 Viking Drive
August 2 August 23
August 9 August 30
August 16

NEW BEDFORD
Thursdays 5:30 - 7 pm
North: BankFive 1724 Acushnet Ave.
South: BankFive 160 County St.
August 4 - South
August 11 - North
August 18 - South
August 25 - North

Please preregister for Mobile Markets at unitedwayofgnb.org/mobile-market or scan the QR code!



Markets are rain or shine, but may be cancelled due to extreme weather - check our Facebook page for updates.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 a.m. Yoga, free 12:00 p.m. Lunch	2 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	3 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch	4 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00	5 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch
8 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Concert	9 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	10 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic	11 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00	12 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Illusionist
15 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Historical Lecture	16 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	17 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic	18 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00	19 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch
22 10:00 a.m. Yoga, free 12:00 p.m. Lunch	23 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 12:00 p.m. Cooking Demonstration, \$5 1:00 p.m. Mah Jong	24 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 12:00 p.m.—2:00 p.m. Nursing Clinic	25 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00	26 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch
29 10:00 a.m. Yoga, free 10:30 a.m.—12:30 p.m. Early Voting 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	30 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	31 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic	<div style="border: 2px solid black; padding: 10px;"> <p>Duplicate Bridge Duplicate Bridge for the intermediate player is held every Thursday at 1:00 p.m., cost is \$2.00. For more information or to sign up call M.J. Wheeler at 508-748-6688.</p> </div>	

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Watercolor Art Class

Watercolor Classes with Canalside Artist Kate Furler

Fridays, 9:00 a.m.—11:00 a.m.

This class focuses on watercolor techniques. Cost per each class is \$14.00 payable to the instructor. Call 508-748-3570 to register and to receive the list of class Supplies you will need.

Upcoming

September 12th 1:00 p.m.

It is the desire of many to remain in their homes for as long as possible. However, most homes do not fit the changing needs as people age. A representative from AARP will be on hand to help to educate us on how to navigate all types of living spaces independently to allow us to remain in our own homes. A variety of potential adaptations and modifications will be given showing the solution can range in price depending on the individuals needs and desires. There will be examples of strategies to make the home more accessible and products available to make these changes. Also, on hand will be Robyn Putnam of the Office of Consumer Affairs. She will present knowledge on hiring a contractor and how to avoid being taken advantage of when hiring a home repair contractor. Executive Director, Kristina Gardiner, of Annie Maxim House, Inc., Housing Assistance Program will offer information on this invaluable resource. Does your home have a need for repairs that you cannot afford to fix? This program provides funding for small home repairs in order to enhance

the health, safety and quality of life for elders who are 62 years of age or older. If you have a financial hardship and have a need for a small home repair, they may be able to help you.

LGBTQ Supper Club

The LGBTQ Senior Supper Club meets the 4th Wednesday of the month from 5:00 p.m.—7:00 p.m. at the Fairhaven COA. The next gathering will be on August 24th. The Fairhaven COA is located at 229 Huttleston Avenue in Fairhaven. You can visit their website at: fairhaven-ma.gov/council-aging or give them a call at 508-979-4029.



Trip to Foxwoods

Tuesday, September 27th 8:30 a.m. No one offers more gaming choices than Foxwoods Resort Casino, the internationally recognized gaming destination. With its six casinos, Foxwoods offers more than 7,400 slot machines, 388 table games, and the world's largest bingo hall. Keno lovers can play the ever-popular Keno throughout the property, as well as in a comfortable Keno lounge. Foxwoods offers many dining options. You can also enjoy the 300,000 square foot indoor Tanger Outlet Mall at Foxwoods! 80 discount stores and casino fun make for a great day. Trip includes: Casino time 10:00 a.m. to 4:00 p.m.

and deluxe motorcoach transportation. For reservations please call 508-748-3570. Full payment due upon making reservation. No refunds. Cost of the trip is \$37.00. Tour operated by Bloom Tours.



Foliage Turkey Train Tour

Wednesday, October 19th 9:30 a.m. Begin the day with a scenic drive to Meredith, New Hampshire where you will board the Winnepesaukee Turkey Train. During this two hour train ride through the countryside of New Hampshire you will be served a complete turkey dinner with all the fixins! This exceptional turkey meal is provided by Hart's Turkey Farm. Following lunch train excursion you will board the motorcoach and head to Moulton Farm, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse the farm stand, garden center or pick up a treat in the bakery. Return home at approximately 7:30 p.m. Cost of the trip is \$96.50. For reservations please call 508-748-3570. Trip operated by Bloom Tours.



What Happen When a Beneficiary Designation Differs From What is Stated in the Will?

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

It is not uncommon that I meet with family after the death of an individual. During that meeting we review the ownership and designated beneficiaries of assets of the deceased. Sometimes we discover that the Last Will and Testament of the deceased states everything goes, for example, to their children equally, but in researching their investments, however, we find that several accounts have been set up as transfer on death (TOD) accounts and the beneficiary designations do not agree with the equal split made in the Will. Should the intent of the Will be followed or does the TOD account govern the distribution?

This unfortunately is not that unusual. Parents and others make different distributions in their Wills from the beneficiary designations on their accounts, and the heirs have no idea what the deceased person had in mind. Did they change their mind from when they wrote the Will? Did the deceased person forget what they had in mind earlier? Did someone help them with the beneficiary designations not having any idea what the Will might have said? This is one reason to ensure that your estate plan (along with your designated beneficiaries) is reviewed every three to five years. This is also a reason to avoid probate and ensure your wishes are clear. A better strategy might be to create a trust and name this trust as owner or beneficiary of appropriate assets. Trusts avoids probate just like payable on death accounts, but they don't create this same confusion.

All of that said, if you find yourself in this challenging situation, technically, the beneficiary designations are binding and usually override the terms of a Will. If you would like your estate to avoid legal challenges and complications after you pass away, we encourage you to seek advice from a qualified estate planning attorney who can help.

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.

American Parkinson Disease Association Support Group

The Marion Council on Aging is working in conjunction with the American Parkinson Association to bring a Parkinson's Support Group to our Community. We are looking to build a network of support and make connections and friendships, share ups and downs without judgement while helping navigate the disease, and find ways to maintain and improve quality of life with Parkinson's Disease.

Our facilitator for this support group will be receiving training over the next few months from the Parkinsons Association. We will keep you posted when more information becomes available on the scheduling of meetings.

Please, feel free to reach out to us at the Council on Aging and give us your contact information if you would like to participate. We can be reached at 508-748-3570.

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YARD SALE

Saturday
October 8th
9:00 a.m.—1:00 p.m.
Rain or Shine

Time to clean out those closets, attics, garages & basements for our 3rd annual yard sale! We will be accepting your donations for this years yard sale. We request that you call ahead to schedule a drop off, 508-748-3570. No clothing, computers or large furniture can be accepted. If in doubt simply ask when you call to schedule a drop off.

Sponsored by Friends of the Marion Council on Aging



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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