



# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
July 2022



## Special Events

**Dexter Beach Artisans  
Opening Reception**  
Thursday, July 7<sup>th</sup> 5:00-7:00 p.m.

Situated on the Weweantic River, Dexter Beach began as a hunting and fishing community back in the 30's and 40's. Since that time, it has grown from a seasonal summer community into a private, year-round, family-oriented Association. These mixed media artists have emerged over time under the tutelage and encouragement of professional artist and neighbor, Mary Ross. This eclectic group consists of amateur and professional artists including talented wood workers, photographers and hand work, fiber, sea glass mosaics and watercolor artists. Their work will be on display from June 30<sup>th</sup> through August 16<sup>th</sup>. We encourage everyone to come to this opening reception, meet the artists and enjoy some light refreshments.



**Singo Bingo**  
Friday, July 8<sup>th</sup> 1:00 p.m.  
Bingo with a beat—we replace the numbers with your favorite songs! Test your musical knowledge, win some prizes & have some fun! Call 508-748-3570 to reserve your spot.



**Art For Your Mind  
Early New England Seascapes**  
Monday, July 11<sup>th</sup> 1:00 p.m.  
Enjoy a selection of images by several prominent American artists—Winslow Homer, Edward Hopper and Andrew Wyeth, to name a few. Increase your understanding of all that goes into the creation of an effective seascape painting.



*A luncheon 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.*

**Celebrate Cabo Verde Independence with Candida Rose**  
Monday, July 18<sup>th</sup> 1:00 p.m.

July 5<sup>th</sup> recognizes Independence Day for Cape Verdeans. Celebrate and recognize contributions Cape Verdeans have made to the community. Candida Rose will be giving a multi-media performance about Cabo Verde.

*At Noon an authentic luncheon will be served. 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, July 19<sup>th</sup> 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.

**Trip to Cape Cod Mall, Christmas Tree Shop & Trader Joe's**  
Thursday, July 21<sup>st</sup> 9:00 a.m.

A great shopping trip—enjoy the mall and get some lunch while you are there and then hop on over to Christmas Tree Shop & Trader Joe's. Call 508-748-3570 beginning July 8<sup>th</sup> to sign up.

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Karen Gregory, Director  
kgregory@marionma.gov  
Mike Poznysz, Transportation  
Coordinator  
mpoznysz@marionma.gov  
Linda Jackvony, Program  
Coordinator  
ljackvony@marionma.gov  
Gloria Solano, Outreach  
Coordinator  
gsolano@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., Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living. 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.*

## Health & Wellness

### Dental Cleanings

*Mobile Dental Hygiene Services*  
Teresa Simison, RDH, MSDH  
Andrea Read, RDH, MSDH

This service provides consumers with a 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 508-827-6725.

### Podiatry

We welcome Dr. Alan Lechan, D.P.M to the Marion Council on Aging. Dr. Lechan will be providing podiatry care monthly. Call 508-748-3570 to schedule your appointment.

### Public Health Nurse

Lori Desmarais, Public Health Nurse for the Town of Marion is available on Wednesdays from 1:00 p.m.-3:00 p.m. for routine immunizations, blood pressure & blood sugar readings as well as home visits. You may contact Lori at 508-748-3507.

### Sharps Collection

On the second Wednesday of the month from 9:00 a.m.—11:00 a.m. the Public Health Nurse offers the opportunity to drop off sharps and collect a new container. Next collection date is July 13<sup>th</sup>.

## Murder at the Howard Johnsons

Come along with us as we travel to the Newport Playhouse to enjoy this light and funny comedic play. Feast at a delicious luncheon buffet, loaded with all of your favorites. After lunch, sit back and be delighted by a cabaret presentation. Lots of fun, food and laughter for only \$64.95. Call 508-748-3570 to reserve your spot **beginning July 5<sup>th</sup>**. Space is limited. Trip will depart the Marion Council on Aging at 9:45 a.m. and return at 5:30 p.m.

## Memory Cafe

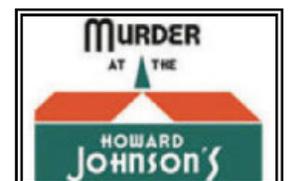
Waterfront Memory Cafe  
Wednesdays

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. These coupons typically become available in early July. Contact the Council on Aging at 508-748-3570 and ask to speak with Gloria Solano to confirm income eligibility and availability.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Duplicate Bridge</b>            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>				1 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
4 	5 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	6 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	7 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 5:00 p.m. Art Show Opening Reception	8 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Singo Bingo
11 10:00 a.m. Yoga, free 1:00 p.m. Lecture	12 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	13 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	14 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00	15 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
18 10:00 a.m. Yoga, free 1:00 p.m. Lecture	19 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	20 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	21 9:00 a.m. Tai Chi, free 9:00 a.m. Trip to Cape Cod Mall/Christmas Tree Shop/Trader Joes 1:00 p.m. Bridge, \$2.00	22 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Lecture, \$5
25 10:00 a.m. Yoga, free 1:00 p.m. Bingo, \$	26 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Paint Party, \$20	27 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	28 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00	29 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free

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## Special Events Continued

### Mediterranean Diet and Greek Cooking

Friday, July 22<sup>nd</sup> 1:00 p.m.

We have all heard of the health benefits of the Mediterranean diet—come and learn how to put it into practice. Come and sample some Greek-inspired food, such as grape leaves, figs, Greek tea cheese, olives and more. Everyone will also get a packet of original Mediterranean spice mix. Call 508-748-3570 to make your reservation. There is a \$5.00 materials fee per person for this class.

### Paint Party with Lidia

Tuesday, July 26<sup>th</sup> 1:00 p.m.

Come and enjoy time with friends and have some fun while making a beautiful canvas that you can take home the same day. You will be given all of the materials necessary to complete this 11 x 14 canvas under Lidia's direction. The cost of the class is \$20.00, due at sign up. Call 508-748-3570 to make your reservation.



### Bingo

Monday, July 25<sup>th</sup> 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.

## Save the Date

August 21<sup>st</sup>  
Chicken Bake  
Marion Social Club

Tickets to go on sale soon—50¢

## Bay Area Senior Cyclists



BASC had its beginnings over twenty years ago. It is an all-volunteer organization of seniors and near seniors, who seek a moderate amount of outdoor exercise year-round. BASC members hail from all across the South Coast. They meet every Wednesday at 10:00 a.m. to bicycle (or walk/hike in the winter) in the Cape Cod area and beyond. There are no dues or other financial obligations required for membership. If you would like more information contact Lorna Walker: [lgwalk@hotmail.com](mailto:lgwalk@hotmail.com)  
508-763-5397

## New Programs

### 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. First class will begin on Friday, July 8<sup>th</sup>.

### Beginner Bridge Classes with ACBL Bronze Life Master Kate Furler

Mondays, 2:00 p.m.— 4:00 p.m.

Text: Audrey Grant's Bidding for the 21<sup>st</sup> Century.

This class will run for an eight week series. Cost for instruction is \$125.00 text is available for another \$20.00. Call 508-748-3570 to register. First class will be on Monday, July 11<sup>th</sup>.

## Foliage Turkey Train Tour

Wednesday, October 19<sup>th</sup> 9:30 a.m.

Begin the day with a scenic drive to Meredith, New Hampshire where you will board the Winnepesaukee Turkey Train. This two hour train ride through the countryside of New Hampshire is complete with all the fixins! This exceptional turkey meal is provided by Hart's Turkey Farm. Following the 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 is MOLST?

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

MOLST is a medical order containing the patient's preferences about life-sustaining medical treatments. A MOLST is signed by the patient (or health care agent/guardian) and the clinician. The MOLST is the doctor's order.

### Where does MOLST fit in advanced care planning?

There are several documents that are commonly used in estate planning that relate to a person's medical care. MOLST is designed to work with these documents. Here is a brief description of the common documents: health care proxy, personal directive/living will, HIPAA release, and how MOLST works with these documents.

Everyone age 18 and older should have a **health care proxy** to appoint a Health Care Agent. It is a legal document in which you designate who you want to make your medical decisions for you if you cannot make them for yourself.

A **personal directive** is a document in which you tell your family and doctors what types of decisions you would like made for you if you cannot speak for yourself. It is the place for you to indicate if you would like extreme measures taken to preserve your life (life-support) or if you would not like your life extended through extreme measures. This document is not legally binding on a doctor or your health care proxy, but it is good guidance for your family.

A **HIPAA Release** is a document in which you authorize the people listed on it to access your medical information. It is needed because the HIPAA (the medical privacy law) prohibits access to your medical information by anyone except yourself. This makes it very difficult for family members to assist each other with medical issues such as insurance inquiries, learning test results, speaking to a doctor or pharmacy about a prescription, etc.

A **MOLST form** is appropriate if an individual is diagnosed with an advanced illness (at any age), chronic progressive disease, and life-threatening injuries or with medical frailty produced by advanced age. If you have a serious illness, your physician can fill out a MOLST form addressing the steps you'd like followed (or not followed) in various scenarios. This MOLST form then becomes part of your medical record. You need to keep a copy with you wherever you go. This way, the EMS personnel will know your wishes regarding life sustaining treatment and should honor them. Unlike the personal directive, this is a legal document.

### Benefits of MOLST

The MOLST form hopes to provide clear, standardized instructions for health care personnel. Also, unlike a living will, which is merely guidance to a decision maker, the MOLST is a medical order signed by a doctor. This means that medical personnel should follow the directions in the MOLST. The MOLST form is designed to address the gap between the personal directive and real-time decisions made by medical personnel. Another benefit is that the MOLST order is portable; it should follow you in your medical chart (from hospital to rehab to nursing home).

Interested in learning more about MOLST? Speak with your doctor and check out the MOLST website at [www.molst-ma.org](http://www.molst-ma.org) for more details including trainings, FAQs, and stories.

*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.*

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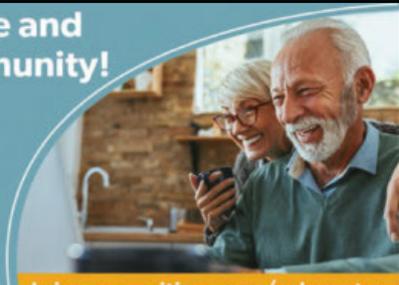
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**Mary Ross: A Retrospective**

On Display at the Marion Arts Center July 1<sup>st</sup>– August 5<sup>th</sup>

Artist’s Reception on Friday, July 15<sup>th</sup>, 5:00 p.m. –7:00 p.m.

During the reception the Musicians of the Buzzards Bay Musicfest will be celebrated

**Mary R Ross—Biography as an Artist**

Mary was encouraged in high school to pursue a career as an Artist by a teacher who saw the talent that she had.

After attending Massachusetts College of Arts, she has become the accomplished award winning artist we see and enjoy today.

Of course there were the usual interval interruptions of family and business but she has always considered her goal was to devote her time and energy to her development as an artist.

In addition she has helped develop the talents of other artists. First, as an instructor in the continuing education programs in Boston, and more recently offering group classes.

Not to be overlooked is her work as a volunteer for the Marion Arts Center.

Now she has been the originator and prime mover behind the Art Shows at the COA. In this venue she has given and is giving many local artists opportunities to display, draw attention to and potentially sell their work.

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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