

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging

June 2020

## WE ARE HERE FOR YOU

As we move to the other side of the curve in the number of COVID-19 cases in Massachusetts, we are beginning to resume limited services through the Council on Aging. Our intent was never to operate a long term food pantry operation, it was formed as a short term response to the COVID-19 crisis. However, this situation has gone on much longer than anyone anticipated. The Town recognizes that the crisis and its after-effects will exist for months to come, and we have developed a process for transitioning the many current food bank participants to well-established, ongoing programs. Beginning June 1<sup>st</sup>, we will resume providing limited transportation services. The manner in which services are provided will look vastly different than in prior times. **Transportation to routine doctor's appointments:** you will be seated at the farthest distance possible from the driver.

**Transportation to grocery stores:** For every one's safety the number of passengers that we will be able to accommodate will be greatly reduced. To ensure that all who wish to shop will have the opportunity we have increased the number of weekly shopping trips. The schedule is as follows (and can change without notice):

Monday – Stop & Shop, Fairhaven

Tuesday – Market Basket, Plymouth

Wednesday – Shaws, Wareham

Thursday – Market Basket, Plymouth

Friday – Walmart or Aldi or Target, Wareham

We will begin picking up for these trips at 8:30 a.m. You must sign up in advance by calling the office at 508-748-3570, no more than 48 hours in advance. You will be limited to one trip a week, if you wish to make an additional trip we can put you on a waiting list for the second trip. These guidelines are what the Massachusetts Department of Public Health have laid out.

- ◆ Wearing of a face covering will be mandatory – if you do not have one, the Council on Aging can provide you with one.
- ◆ Avoid touching your eyes, nose and mouth.
- ◆ Stay home if you are sick or have had close contact with others who are sick.

We will do our part to keep everyone safe by sanitizing the vehicles in our fleet after each usage.

In addition, the COA is implementing new and modified processes for assisting Marion's older adults with their food needs. In combination, these actions will provide a viable option for all current participants of the Community Center food bank. We recognize that the population we serve are extremely vulnerable to this virus. Further, we understand there are some members of the community who will feel unsafe returning to a grocery store and do not have family members to assist them. To help support these individuals we will be offering a packaged box of groceries containing grocery staple items, some fresh as well as shelf stable that will be delivered weekly. If you are looking for other options there are a few that we can highlight:

- ◆ Fieldstone Farm Market is open from 8:00 a.m. – 9:00 a.m. for senior shopping and those higher risk customers and then from 9:00 a.m. – 7:00 p.m. they offer call ahead ordering and curbside pick up 774-553-5094.
- ◆ Marion General Store is open from 7:00 a.m. – 8:00 a.m. for senior shopping and those higher risk customers and then from 7:00 a.m. – 4:30 p.m. they offer call ahead ordering with curbside pick up 508-748-0340.
- ◆ Shaws, Stop & Shop, Walmart and Target are now all offering online ordering and delivery services.

Please know that we are here for you and remain committed to keeping you safe and supported in any way that we can – never hesitate to reach out to us – 508-748-3570.



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## Council on Aging Staff:

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kgregory@marionma.gov  
Mike Poznysz, Transportation  
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Linda Jackvony, Program  
Coordinator  
ljackvony@marionma.gov  
Paul Garib, Van Driver  
Sue Griffith, Van Driver  
Norman Johnson, Van Driver  
John Vaughn, 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.*

## 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 24<sup>th</sup>, 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.

## Meditation

Meditation class for the time being is meeting via Zoom. You can be a part of the class by using your computer or by phoning in. If you would like to participate and need the link call the office at 508-748-3570 and we can assist you.

## Meditation & Exercise Classes

<https://www.youtube.com/channel/UC7R6feLn4grPKk1QoR0IGqQ>

Follow this link for the Marion Public Service YouTube channel. We will be posting meditation and exercise videos as we record them.

## Farmers Market Coupons

Coastline Elderly Services provides coupons to seniors to purchase fresh fruits and vegetables at local participating farmers markets.

Every summer these coupons become available. Contact the Council on Aging at 508-748-3570 and ask to speak with Karen Gregory to confirm income eligibility and availability.

## June 2020 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	3 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	4 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	5 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
8 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	9 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	10 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	11 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	12 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
15 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	16 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	17 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	18 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	19 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
22 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	23 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	24 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	25 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	26 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
29 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	30 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	<h1 style="margin: 0;">ALL PROGRAMS ARE SUSPENDED UNTIL FURTHER NOTICE</h1>		

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## Social Isolation

## Well Being

## Staying Connected

- Rise the same time every day
- Keep to your routines
- Drink plenty of water
- Do one thing to get your exercise for the day
- Stretch, go outside for fresh air, take a walk and get 10 minutes of sun
- Reach out to another person outside your home
- Do one thing you'll be glad you did later
- Eat well, sleep well, rest and take 3 deep breathes a day
- Have one good laugh every day
- Be mindful and present to:
  - A sound or a song
  - Something you see
  - A pleasant thought
  - A spiritual practice
- Remember we are resilient, strong and we will get through this

Free apps for relaxation exercises, meditation and mindfulness:

*<https://insighttimer.com>   <https://www.headspace.com>*

## 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.

If you feel that you need professional help in navigating these uncertain times, we have a list of mental health professionals that we have compiled. Call the office at 508-748-3570 and we can guide you in the right direction.





Must RSVP 24 hours in advance (by 11:00 a.m.)  
508-748-3570

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Sodium (mg): Na	2	Sodium (mg): Na	3	Sodium (mg): Na	4	Sodium (mg): Na	5	Sodium (mg): Na
American Chop Suey	211	Cajun Chicken	377	Hot Dog	*550	Stuffed Shells w/	390	Potato Pollock	150
Italian Veg. Blend	26	Dirty Rice	137	Mustard	55	Tomato Sauce	55	Tartar Sauce	261
Multigrain Roll	190	Chickpea Blend	52	Baked Beans	36	Brussel Sprouts	12	Roasted Potatoes	33
Pineapple	1	WW Bread	160	Cabbage & Carrots	47	Oatmeal Roll	121	Spring/Summer Blend	57
		Mandarin Oranges	6	HD Roll	210	Fresh Apple	2	Dinner Roll	160
				Mixed Fruit	10			Sugar Cookie	171
								Diet: Graham Wafer	85
Total Sodium:	428	Total Sodium:	732	Total Sodium:	908	Total Sodium:	579	Total Sodium:	832
Calories: 480	Carbs: 73	Calories: 402	Carbs: 54	Calories: 599	Carbs: 72	Calories: 433	Carbs: 75	Calories: 819	Carbs: 102
8	B	9	B	10	B	11	B	12	B
Broccoli & Cheese	387	Chicken Bruschetta	394	Meatloaf w/ Gravy	350	Roast Turkey w/	360	Sausage w/	*520
Omelet		Tahitian Veg. Blend	26	Lyonnais Potatoes	112	Rosemary Gravy	124	Peppers & Onions	
Hashbrowns	136	Whipped Sweet Potato	33	Mixed Veggies	41	Cranberry Sauce (2)	16	Pasta Alfredo	116
Tomato & Zucchini	39	Oatmeal Bread	121	Wheat Bread	115	Mashed Potato	62	Sub Roll	162
Fruit Loaf	160	Banana	1	Brownie	132	Winter Squash	13	Peaches	5
Applesauce	14			Diet: Graham Wafer	85	Multigrain Bread	190		
						Pears	4		
Total Sodium:	737	Total Sodium:	575	Total Sodium:	749	Total Sodium:	769	Total Sodium:	804
Calories: 580	Carbs: 73	Calories: 462	Carbs: 78	Calories: 554	Carbs: 73	Calories: 628	Carbs: 111	Calories: 496	Carbs: 69
15	A	16	A	17	A	18	A	19	A
Shepherd's Pie	283	Lasagna Roll-Up w/	359	Lemon Chicken	330	Seafood Casserole	569	Chicken Cordon Royale	*550
Peas & Mushrooms	133	Tomato Basil Sauce	55	Florentine Rice	112	Penne Pasta	1	Garlic Mash. Potato	62
WW Roll	160	Genoa Veg. Blend	40	Glazed Carrots	83	Green Beans	3	Malibu Blend	59
Mixed Fruit	10	Dinner Roll	160	Oatmeal Roll	121	Multigrain Roll	190	Egg Dinner Roll	160
		Pineapple	1	Fresh Orange	0	Peaches	5	Pears	4
Total Sodium:	758	Total Sodium:	615	Total Sodium:	645	Total Sodium:	769	Total Sodium:	835
Calories: 787	Carbs: 107	Calories: 400	Carbs: 69	Calories: 520	Carbs: 60	Calories: 476	Carbs: 69	Calories: 582	Carbs: 78
22	B	23	B	24	B	25	B	26	B
Mexicali Chicken	173	Cheeseburger	384	Roast Pork	71	Greek Meatballs	308	Hungarian Turkey Skillet	*523
Spanish Rice	22	Ketchup	82	Gravy	121	Orzo Rice	134	White/Brown Rice	36
Brussels Sprouts	12	Roasted Potatoes	33	Cheesy Mash. Potatoes	90	Tuscan Veg. Blend	56	Cauliflower Supreme	15
WW Bread	160	Chuckwagon Veg.	2	Mixed Vegetables	41	Multigrain Roll	190	Dinner Roll	160
Mixed Fruit	10	Hamburger Bun	230	Oatmeal Bread	121	Applesauce	14	Mandarin Oranges	6
		Pineapple	1	Birthday Cake	209				
				Diet: Low Sugar Cake	210				
Total Sodium:	377	Total Sodium:	732	Total Sodium:	651	Total Sodium:	723	Total Sodium:	740
Calories: 439	Carbs: 66	Calories: 681	Carbs: 82	Calories: 719	Carbs: 97	Calories: 501	Carbs: 63	Calories: 462	Carbs: 59
29	A	30	A	<h2>Meals On Wheels Menu</h2>		<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 25 mg Sodium 13 Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</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>	
Broccoli Bake	387	Curry Chicken	375						
Hashbrowns	136	Couscous	39						
Escaloped Tomatoes	143	Beets	162						
Fruit Loaf	160	Multigrain Bread	190						
Peaches	5	Pineapple	1						
Total Sodium:	831	Total Sodium:	768						
Calories: 770	Carbs: 79	Calories: 453	Carbs: 70						

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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## Community Tracing Collaborative

The Friends of the Marion Council on Aging have generously donated face coverings for those that may need one. Call the office to arrange to get one. 508-748-3570.



The MA COVID Team and local boards of health are working together on a contract tracing program to help reduce the spread of COVID-19 in Massachusetts. Contract tracing is an important tool, and the MA COVID Team is part of the Community Tracing Collaborative created by Governor Baker. Everyone who has tested positive will get a call from their local board of health or the MA COVID Team, making sure they have the support they need and to find out who they have recently been in contact with. The MA COVID Team or the local board of health will then talk to those contacts, encouraging them to get tested and to stay at home to avoid spreading the virus further. Answer the call and stop the spread of COVID-19! To verify the MA COVID Team is calling, look for calls with area code 833 or 857 & your phone will say the call is from "MA COVID Team". Learn more at [mass.gov/matracingtteam](https://mass.gov/matracingtteam)

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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