



SIPPICAN SOUNDINGS

News from the Marion Council on Aging
June 2022



Special Events

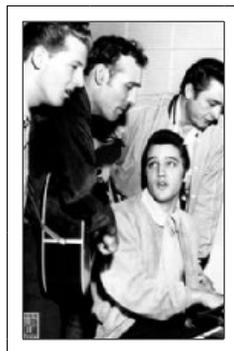
**Sarah Brown's Pastel Group
Opening Reception**
Thursday, June 2nd 5:00-7:00 p.m.
The excitement for the medium's luscious colors and textures show through the works of this group. They love painting the sea, streams, and bogs that are a mainstay of the Southcoast. Their work will be on display from May 26th through June 28th. We encourage everyone to come to the opening reception, meet the artists and enjoy some light refreshments.



Flower Arranging Workshop
Tuesday, June 7th 1:00 p.m.
Come learn how to artfully arrange a floral display from a professional florist. Cost for the workshop is \$10.00, due at sign up, and covers the cost of materials. If you have a favorite vase, bring it, if you do not have a vase—one will be provided. Please reserve your spot by calling 508-748-3570.



**Theatre By The Sea Presents...
Million Dollar Quartet**
Thursday, June 9th 9:45 a.m.
The Tony® Award nominated musical Million Dollar Quartet is set on December 4, 1956, when an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. We will start the day dining at the Chophouse Grille before taking in this musical. Tickets for the show are \$55.00 and the cost of lunch is not included. Space is limited, call 508-748-3570 to reserve your spot.



MASSBAR Association Elder Law Program
Friday, June 10th 1:00 p.m.
This presentation will touch upon various topics from the 13th edition of the Elder Law Education Guide, with opportunities to ask questions that concern you. Attorney Brandon Walecka will be making the presentation. Come and learn about topics that could affect your life.

Lunch and Lecture with Cedar Dell
Monday, June 13th 12:00 p.m.
The Residence at Cedar Dell will be serving a delicious lunch to be followed by a lecture on communication tips and best practices between caregivers and their loved ones living with dementia. This is a great opportunity to enjoy lunch and gather information that could help ease your caregiving role. Call 508-748-3570 to reserve your spot.
Trip to RISD
Tuesday, June 14th 9:00 a.m.
The RISD Museum believes that art, artists, and the institutions that support them play pivotal roles in promoting broad civic engagement and creating more open societies. Established in 1877 as part of a vibrant creative community, the RISD Museum stewards works of art representing diverse cultures from ancient times to the present. They interpret their collection with the focus on the maker and are deeply engaged with art and artists, presenting ideas and perspectives that can be inspiring and complex. They aspire to create an accessible and inclusive environment that fosters meaningful relationships across all communities. After viewing the art at the museum we will head over to a local Italian restaurant for lunch. Museum admission is \$12, payable at the museum. You will be responsible for the cost of your lunch. Sign ups for this trip begin on May 31st.

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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 June 8th.

The Healthy Incentives Plan allows customers who receive SNAP benefits to use them at farmers markets and save money. As long as SNAP cards have a positive balance, when fruits and vegetables are purchased at a participating farmers market, a reimbursement is made back to the SNAP card. Anyone receiving SNAP benefits is automatically enrolled in HIP. The state link has more information regarding this program:
<https://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip>

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>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>		<p>1 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</p>	<p>2 9:00 a.m. Tai Chi, free 12:00 p.m. Savory Salads 1:00 p.m. Bridge, \$2.00 5:00 p.m. Art Show Opening Reception</p>	<p>3 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free</p>
<p>6 10:00 a.m. Yoga, free</p>	<p>7 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Flower Arranging Workshop</p>	<p>8 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</p>	<p>9 9:00 a.m. Tai Chi, free 9:45 a.m. Theatre by the Sea 12:00 p.m. Savory Salads 1:00 p.m. Bridge</p>	<p>10 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. MASSBAR Elder Law Program</p>
<p>13 10:00 a.m. Yoga, free 12:00 p.m. Lunch & Lecture with Cedar Dell</p>	<p>14 9:00 a.m. Strength & Conditioning, free 9:00 a.m. Trip to RISD 10:30 a.m. Meditation 1:00 p.m. Mah Jong</p>	<p>15 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</p>	<p>16 9:00 a.m. Tai Chi, free 12:00 p.m. Savory Salads 1:00 p.m. Bridge, \$2.00</p>	<p>17 9:00 a.m. Zumba, \$6 12:00 p.m. Lunch with the Chief 12:30 p.m. Strength & Conditioning, free</p>
<p>20 JUNETEENTH Observed</p>	<p>21 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</p>	<p>22 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</p>	<p>23 9:00 a.m. Tai Chi, free 12:00 p.m. Savory Salads 1:00 p.m. Bridge, \$2.00</p>	<p>24 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free</p>
<p>27 10:00 a.m. Yoga, free 1:00 p.m. Bingo, \$</p>	<p>28 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong</p>	<p>29 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</p>	<p>30 9:00 a.m. Tai Chi, free 12:00 p.m. Savory Salads 1:00 p.m. Bridge, \$2.00</p>	

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Special Events Continued

Lunch with the Chief

Friday, June 17th 12:00 p.m.

Come dine with the Fire Chief and members of the Fire Department. Chief Jackvony will address any questions or concerns that you may have, give you some tips on staying safe and will also give you an update on what the Marion Fire Department has been up to. Call 508-748-3570 to make your reservation.



Lunchtime Cooking Demonstration

Tuesday, June 21st 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.

Bingo

Monday, June 27th 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.



Savory Salads

Good Friends, Good Food & Good Times. Karen & Mike are thrilled to be in the kitchen serving up some mouth watering creations. Registration 48 hours in advance is necessary, call 508-748-3570. Please consider a donation of \$5.00 for each lunch, but this is just a suggestion. We do not want to exclude anyone from joining us due to cost, as we encourage everyone to get out and enjoy a nice, homemade lunch. You will have the option to dine in or take out. Dine in served at Noon, take out served at 12:30 p.m.

June 2nd — Chicken Caesar Salad

June 9th — Panzanella

June 16th — BLT Pasta Salad

June 23rd — Greek Orzo Salad

June 30th — Cheeseburger Salad



Welcome To Our New Chef

We are excited to announce the return of lunch to the Benjamin D. Cushing Community Center. We have signed on Pamela Greene, a professional chef, with experience working at Newport Reading Room and more recently at Harriet's Custom Catering. We anticipate serving lunches Monday, Wednesday & Friday. A donation of \$5.00 is requested to help defray the cost. As with all activities, reservations are a must. We hope you will stop in and enjoy lunch with friends.



Save the Date

August 21st
Chicken Bake
Marion Social Club

Tickets to go on sale soon—50¢

Don't Forget About the Elective Share

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Sometimes I meet with a client who explains for a variety of reasons that they want to not include their spouse as part of their estate plan. Typically, they want to update their Will but not any other documents. I usually explain to the client about something called the "elective share". The elective share is a statute in Massachusetts that provides a surviving spouse with a minimum amount of a deceased spouse's estate even if, as with this client, they intentionally leave their spouse nothing.

In Massachusetts, the elective share permits a surviving spouse to set aside their deceased spouse's will and instead claim a statutorily-defined portion of the deceased spouse's probate estate. Depending on the existence of descendants of either or both spouses, parents of the deceased, and/or other close family members, the surviving spouse may claim an amount ranging from one-third of the probate estate to \$25,000 plus one-half of the remaining estate.

While most people want to take care of their surviving spouse, there are situations where you might want to give the bulk of your assets to a different person.

If you are in a second marriage and want to take care of your children from a first marriage, for example. Or you have family assets that you want to go directly to your children. Or perhaps your spouse is expecting a substantial inheritance of their own and you would rather leave assets to your children.

Whatever your reason, if you want to leave your spouse anything less than the spousal or elective share, you need to be aware of the rules and work with your estate planning attorney to make sure you can accomplish your goals. If you don't already have an estate planning attorney, be sure to seek the advice of a qualified estate planning attorney who can help you structure your estate plan to meet your goals, whatever they are.

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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Date: Saturday, June 4
Time: 8:00 am – 12:00 pm
Where: Benjamin D. Cushing Community Center Parking Lot
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Donation: This is a FREE event. We do ask that you bring a non-perishable donation for the Benjamin D. Cushing Community Center Food Pantry

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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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