



SIPPICAN SOUNDINGS

News from the Marion Council on Aging
March 2022



The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population and to strive to enhance quality of life in the community by providing educational, recreational and cultural programs and activities.

Special Events

Mardi Gras Bingo

Tuesday, March 1st 1:00 p.m.

Come out and celebrate Mardi Gras with a themed bingo. 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.



Rock & Roll Singo Bingo

Tuesday, March 8th 1:00 p.m.

Bingo with a beat... Replace the numbers with your favorite songs! Test your musical knowledge..win some prizes and have some fun. There is no charge for this activity, but registration is a must 508-748-3570.



Estate Planning is For Everyone

Friday, March 11th 1:00 p.m.

Brandon Walecka of Walecka Law, P.C. will be on hand to explain all you need to consider when it comes to Estate Planning. You will learn:

- The importance of foundational estate planning documents to grant your loved ones decision-making power when needed
- How trusts avoid probate, why wills don't, and how trust can be customized to accomplish your unique goals
- How to reduce or eliminate estate taxes
- How to properly provide for disabled children or grandchildren
- How to insulate your love ones' inheritances from divorce, creditors, and lawsuits
- How to protect your home and other assets from a \$10k to \$14K nursing home bill and achieve Medicaid eligibility



Pilgrims & Plymouth

Monday, March 14th 1:00 p.m.

Submerge yourself in the year 1620. Discover the religious discipline, emerging leaders, and hardships the Pilgrims endured while living in England and the Netherlands. Learn how the Pilgrims managed the dangerous voyage aboard the Mayflower. Acquire insight as to how the location of the first settlement in New England was determined, how order and democracy were maintained, and why relationships with Native Americans were essential for survival. Many sites, artifacts, stories and homes of America's first colony in Plymouth still exist from those days 400 years ago.



Technology Series

Tuesday, March 15th 1:00 p.m.

David Vieira of Home PC Help Desk will be at the Center to answer your previously submitted questions. When you call 508-748-3570 to register for this class, you will submit your technology question and David will research it and answer these questions. Class size is limited. Bring your laptop, phone or other device.



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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 Coast-line Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.

Special Events Continued

Ask A Doctor

Friday, March 18th 10:15 a.m.

When your appointments seem shorter and doctors are pushed to deal with electronic records as well as responding to your needs, you might find you do not always get your questions answered. This meeting will let you get those questions answered. You can submit anonymous questions in the box at the COA office entrance.



Culture Park of New Bedford

Presents... Spring Shorts

Monday, March 21st 1:00 p.m.

Spring Shorts features a collection of entertaining and thoughtful ten minute plays performed as staged readings by theatre professionals. Themes of friends and partnerships will be explored.

Reservations are required to attend. Please call 508-748-3570 to reserve your seating.

Light refreshments will be offered after the performance.

Cooking Demonstration with

Linda Medeiros

Tuesday, March 22nd Noon

Come and join us for a lunchtime cooking demonstration with Linda Medeiros. Learn how to prepare ham & cheese paninis and a simple dessert. There is a \$5.00 suggested donation for this program. Call 508-748-3570 to register and bring your appetite!

Health & Wellness

Podiatry Clinic

Dr. Erik Henriksen, D.P.M. visits the Community Center to provide podiatry services. Please call 508-748-3570 to schedule your appointment.

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.



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 March 9th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Mardi Gras Bingo, \$	2 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	3 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00	4 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
7 10:00 a.m. Yoga, free	8 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Singo Bingo	9 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	10 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00 1:00 p.m.—2:00 p.m. Memory Loss Support Group	11 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Lecture: Estate Planning
14 10:00 a.m. Yoga, free 1:00 p.m. Lecture: Pilgrims & Plymouth	15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Technology Hour	16 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	17 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00	18 9:00 a.m. Zumba, \$6 10:15 a.m. Ask the Doctor 12:30 p.m. Strength & Conditioning, free
21 10:00 a.m. Yoga, free 1:00 p.m. Lecture: Spring Shorts Theatre	22 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	23 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	24 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m.—2:00 p.m. Memory Loss Support Group 1:00 p.m. Bridge, \$2.00	25 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
28 10:00 a.m. Yoga, free 1:00 p.m. Bingo, \$	29 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	30 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	31 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00	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.

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Caregivers

Memory Loss Support Group
Thursdays—March 10th & 24th
1:00 p.m.—2:00 p.m.

This support group, led by Carol McAfee, LPN, CDP of Community Nurse Home Care, is designed for those in a caregiving role for loved ones afflicted with Memory Loss. Know you are not alone.

Memory Cafe

Waterfront Memory Cafe
Wednesdays
12:00 p.m.—2:00 p.m.

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.

Art Show

Canal Side Artists
On exhibit through March 29th
Opening Reception March 3rd 5:00—7:00 p.m.

Stop by the Community Center to view the works of this talented group of artists. Join us for the opening reception, light hors d'oeuvres will be served.



Soup's On

There is no meal that evokes such fond memories as a bowl of homemade soup that heals the body and spirit. Karen & Mike are thrilled to be back in the kitchen serving up some of your favorite soups. 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.

March 3rd— Ch'ale Soup
March 10th— Vegetable Soup
March 17th— Corned Beef & Cabbage Soup
March 24th— Tomato Tortellini Soup
March 31st— Chicken Pot Pie Soup



Food Pantry

We recognize the need for assistance in the form of a food pantry in Marion. Particularly now, more than any other time, with inflation and the rising cost of groceries and personal care products we realize that assistance is very helpful. Our goal is to help ease this burden, we are here for you. We encourage anyone who feels they could benefit from this pantry, to stop in on one of the three weekly hours of operation:

Tuesdays 4:00 p.m.—6:00 p.m.,
Thursdays & Saturdays 10:00 a.m.-Noon. When you arrive you will be asked a few simple questions: size of your household, age range of members of the household and if there are any Veterans in the household. Then a volunteer will usher you into the pantry where you can shop just like you were at the grocery store. Offerings will vary week to week but you can expect to find staples, such as cereal, pasta, soups, canned fruit, vegetables, snack items, juice, paper products and personal care items. If you need transportation to the food pantry, call the office at 508-748-3570 to arrange. If you are homebound you can call the office number to arrange for home delivery.

Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities and transportation will also be cancelled. If you are not sure, please call the office, 508-748-3570. Voicemail will be monitored.



Will they look at my new spouse's assets when I apply for Nursing Home MassHealth?

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Sometimes I meet with clients who explain that they recently got married but have chosen to keep their finances separate, maintaining separate bank accounts, splitting bills, and filing taxes separately. Now, one spouse's health has significantly changed and it looks like the ill spouse will need to apply for MassHealth benefits. An emerging concern is whether the healthy spouse's assets will be exposed.

Under the Medicaid (MassHealth in Massachusetts) law, when one member of a married couple applies for benefits, their combined assets and income must be reported to determine the eligibility of the spouse requiring skilled nursing care. However, there is an exception that is often used in cases of late, short-term marriages such as here. Often referred to as "spousal refusal," the spouse can refuse to cooperate with the process and your sickly spouse's eligibility should be based on their income and assets alone.

If you would like to learn more about spousal refusal exception, seek out assistance from an elder law attorney today.

Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers.

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.

Community Nurse Home Care Grant

Community Nurse Home Care has received funds from the Friends of Marion VNA to provide Marion residents health-related services not covered by insurance. These funds may be used for the following:

- Nutritional support and education on specialized diets
- Consultations to provide advice navigating complex health care system
- Memory loss and dementia support
- Nurse practitioner palliative consults, for education on chronic diseases or life limiting illnesses
- Support groups and/or Community Education
- Purchase small items for safety, such as grab bars, commodes, shower benches, etc...

Requests can be made by residents, their family members, the COA or medical personnel by email: grants@communitynurse.com; phone: 508-992-6278.

Volunteer Opportunity

We are looking for someone interested in giving piano lessons to beginner level players. If you have experience and would be interested in investing some time each week, please call the Center at 508-748-3570.

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March 10th
Danversport Yacht Club—Danvers
Price: \$99.00

Cost of the trip includes transportation, plated luncheon (choice of corned beef & cabbage or baked schrod), meal tax, gratuity & show ticket. For reservations contact: Linda Jackvony, 508-748-3570. Estimated departure is 9:15 a.m.



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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