

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
August 2019

Special Events

Brass Ring Memoirs

Monday, August 5th 12:30 p.m.

Dementia expert and nationally-renowned speaker, Kelly McCarthy has more than twenty years' experience in management within assisted living and memory care communities. She will discuss how her "Brass Ring Memoirs" method is an effective and important tool for communicating with, and caring for those affected by memory challenges. The first six attendees to RSVP will receive a free autographed copy of Brass Ring Memoirs. RSVP by calling 508-748-3570.

Abigail Adams performed by Sheryl Faye

Monday, August 12th 12:30 p.m.

Adams's life is one of the most documented of the first ladies. John frequently sought the advice of Abigail on many matters, and their letters are filled with intellectual discussions on government and politics. This story starts off in her adult years, goes back through her childhood and then back to adulthood again.

A catered lunch of ham salad sandwiches and pasta salad will be served at 11:30 a.m. Reservations are required for the lunch.

Call 508-748-3570.

Thank you to the Friends of the Marion Council on Aging for their assistance in supporting the Monday lecture series.



Art For Your Mind - America's

Unique Regions by Jill Sanford

Monday, August 19th 12:30 p.m.

Experience a collection of images describing America's diverse landforms, lifestyles, cultural influences, and historic events. From New England, to the Midwest, to the West Coast, see how artists' creative decisions portray the regions they come from.



Healthy Eating Over 50

Monday, August 26th 12:30 p.m.

Community Nurse Home Care presents... Healthy Eating Over 50 with Barbara Canuel, RD. Learn ways to maintain a well balanced diet. Discuss helpful nutritional choices that help us feel better as we age. To register call 508-992-6278.



Day Trips

Tour of Cape Cod Chip Factory and

Cape Cod Beer Company

Thursday, August 8th 10:00 a.m.

Cape Cod Potato Chips began as the dream of two small business owners. They imagined a small operation where they could produce and sell the potato chips they had cooked in their kitchen for years. On July 4th 1980 that dream became a reality. Cape Cod Beer operates on the philosophy of customer service, quality, community and conservation. Tour, sample and shop. Afterwards enjoy lunch at Olive Garden. Cost of the trip is \$6.00 for beer sampling (optional) and your lunch. Sign ups begin on July 25th. Call 508-748-3570.

Highfield Hall & Gardens

Monumental Stick Sculptures

Thursday, August 22nd 9:45 a.m.

Enjoy a guided tour of world renowned sculptor Patrick Dougherty's Monumental Stick Sculptures! After the tour enjoy the gardens at your leisure. Next you will be driven to the Quarterdeck restaurant for a mouthwatering lunch. Cost of the trip is \$5.00 for the tour plus the cost of your lunch. Sign ups for this trip begin on August 8th. Call 508-748-3570.



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Linda's hours are Mon., Wed.,
& Fri. 9:00 a.m. - 3:00 p.m.
Paul Garib, 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

Wellness

Public Health Nurse
Wednesdays 10:30 a.m. -12:30 p.m.
Health consultations and education,
blood pressure monitoring and rou-
tine adult vaccinations.

Podiatry Clinic
Dr. Michael Skonieczny, D.P.M.
provides podiatry services at the
Community Center. Please call
508-748-3570 to schedule your
appointment.

Dental Cleanings
The Dental Hygienist Program
provides consumers with a public
health dental hygienist that travels
to the Marion COA with a mobile
dental unit providing dental clean-
ings, screenings, oral health infor-
mation and education, including
denture adjustments and cleanings.
To schedule your appointment, call
Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Memory Loss Support Group
Thursdays - August 1st, 15th & 29th
1:00 p.m. - 2:00 p.m.
This support group, led by Carol
McAfee, LPN, CDP of Community
Nurse Home Care, is appropriate for
those in a caregiving role for loved
ones afflicted with Memory Loss.
Please call 508-748-3570 to register.

Waterfront Memory Café
Wednesdays
11:30 a.m. - 2:00 p.m.
Weekly gathering for individuals
with Alzheimer's or other memory
loss, with their care partner, family
or friends, in a safe, supportive and
engaging environment.

Legal Consultations

Jilian A. Morton, Esq. will be providing
complimentary legal consultations. To
reserve an appointment call the Council
on Aging office at 508-748-3570.

Art Gallery

UPCOMING SHOWS:
Mixed Medium
July 3rd - August 12th
Children's Show
August 14th - September 2nd
Opening reception August 15th 5-7pm
Canal Side Artists
September 4th - October 30th
Opening reception September 5th 5-7pm
Art for All Ages
November 1st - December 2nd
Opening reception November 7th 5-7pm
**Anything Goes- Whimsy, Abstract, Fun
& Fantastic**
December 4th - January 2nd
Opening reception December 5th 5-7pm



My Senior Center

When you scan in you will be entered
into a monthly raffle. A winner
will be drawn at random each
month. By checking in, you are help-
ing to provide accurate participation
data to the town and the Massachu-
setts Executive Office of Elder
Affairs. The winner for the month of
June is Mary Lomba.

Marion Community Fund

The Marion Community Fund in-
vites elderly, low income Marion
residents to apply for tax relief.
Applications will be available
soon. The deadline is early Octo-
ber. Call the COA at 508-748-3570
for more information.

August 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga Strength & Conditioning	Tuesday Strength & Conditioning	Duplicate Bridge	1 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Memory Loss Support Gr. 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	2 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
These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.	This class is being funded through a donation made in the memory of Lynne Rhoads.	Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.		
5 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Brass Ring Memoirs	6 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch 3:00 p.m. Farmers Market Trip	7 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	8 9:00 a.m. Tai Chi, \$10 10:00 a.m. Day Trip 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	9 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
12 10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch, Reservations req. 12:30 p.m. Lecture: Abi- gail Adams	13 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch	14 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	15 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Memory Loss Support Gr. 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	16 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
19 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: America's Unique Re- gions	20 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch 3:00 p.m. Farmers Market Trip	21 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	22 9:00 a.m. Tai Chi, \$10 9:45 a.m. Day Trip 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	23 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
26 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Healthy Eating Over 50	27 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch	28 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	29 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Memory Loss Support Gr. 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2	30 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

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On behalf of everyone who uses the Benjamin D. Cushing Community Center, and in particular Marion's Older Adults, we wish to thank the Friends of the Marion Visiting Nurse Association for fully funding the much-needed wall partitions through a grant to the Marion Council on Aging.

Sippican Lands Trust Hikes



The Marion Council on Aging is once again excited to partner with Sippican Lands Trust for a series of guided hikes of their properties.
 Aug. 6th Brainard Marsh, Point Rd
 Sept. 3rd Peirson Woods, Point Rd
 Oct. 1st White Eagle, Parlowtown Rd
 There will be themes for each walk. Call 508-748-3570 for more information.

Annual BBQ Dinner

The Marion Social Club invites Marion seniors annually to a Chicken BBQ. This year it is being held Sunday, August 18th. At this point the event has sold out. We ask that if you have a ticket and your plans have changed and you are no longer able to attend that you kindly return your ticket to the COA as we have a waiting list of those who wish to attend.

Transportation Alert

For the month of August, the Wareham shopping trip normally scheduled for Fridays, will be moved to Mondays. Pick up begins at Noon, unless otherwise noted.

Farmers Market

Would you like to visit the Farmers Market at ORR and enjoy the season's freshest produce? On Tuesday August 6th and 20th at 3:00 p.m. we will provide transportation to this venue. Call 508-748-3570 if you would like to join us.

Veteran's Ice Cream Social

Saturday - September 7th - 1:00 p.m.
 We invite all area Veterans/Active Duty Servicemen & a guest. A representative from the Providence VA will be available to discuss Federal benefits. Also, a representative from CapTel Captioned Telephone will be on hand, who is able to provide free telephones to those with hearing loss. Barry Denham and Jo-Ann O'Malley from the Tri-Town Veteran's Services Office will also be present. RSVP 508-748-3570.

New Programs

Line Dancing with Nancy Cabral
 Mondays 2:00 p.m. - 3:00 p.m.
 Beginning on September 9th take part in one of the most popular dances out there! \$3.00 fee payable at the time of the class.

Meditation with Susan Pisapia
 Tuesdays 10:30 a.m. - 11:30 a.m.
 Meditation is a natural and effective way of quieting the mind and has been attributed as having many health benefits. Susan has been teaching meditation for 25 years. Beginning on September 3rd come learn how to bring peace and ease into your life.

End of Summer BBQ

Monday - September 9th - 11:30 a.m.
 Join Coastline Elderly Services to celebrate the end of the summer with a New England Cookout. On the menu Cheeseburgers, Hot Dogs, Potato Salad, Cole Slaw, Watermelon & Lemonade. Call 508-748-3570 to reserve your spot by Tuesday, September 3rd.



				All Meals include:		Thursday		Friday	
		We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.		Milk: 110 Calories 125mg Sodium 13g Carbs		1 Sodium (mg): Na*		2 Sodium (mg): Na*	
		Congregate Meal participants may take home packaged bread, desserts and milk.		Margarine: 36 Calories 47mg Sodium		"Catch of the Day"		Hot Dog *550	
						Haddock w/ 250		Mustard 55	
						Supreme Sauce 111		Relish 81	
						Florentine Rice 112		Baked Beans 36	
						Malibu Veg. Blend 59		Cabbage & Carrots 47	
						Mandarin Oranges 6		HD Roll 210	
						Total Sodium: 538		Total Sodium: 989	
						Calories: 303 Carbs: 37		Calories: 612 Carbs: 75	
5	B 6	B 7	B 8	B 9	B	B	B	B	B
Beef & Broccoli 108	Grilled Chicken Parm. 410	Beef Picadillo 251	Roast Turkey w/ Gravy 430	Mac & Cheese 403	Asian Rice 92	Italian Pasta 1	Fluffy White Rice 36	Cranberry Sauce (2) 16	Hashbrowns 136
WW Roll 160	Genoa Veg. Blend 40	California Veg. 27	Mashed Potato 62	Tomatoes Florentine 121	Applesauce 14	Multigrain Bread 190	Oatmeal Roll 121	Winter Squash 13	Fruit Loaf 102
Yogurt Cup 51	Pineapple 1	Peaches 1	Snowflake Roll 160	Mandarin Oranges 6					
			Brownie 132						
			Diet: Graham Wafer 85						
Total Sodium: 426	Total Sodium: 643	Total Sodium: 440	Total Sodium: 813	Total Sodium: 768	Calories: 642 Carbs: 73	Calories: 533 Carbs: 77	Calories: 385 Carbs: 52	Calories: 748 Carbs: 121	Calories: 711 Carbs: 91
12	A 13	A 14	A 15	A 16	A	A	A	A	A
Shepherd's Pie 283	Chicken Divan 281	Turkey Stew *571	Sausage w/ *520	Seafood Newburg *521	Carrot Coins 77	Confetti Rice 43	Sour Cream & Chive 94	Peppers & Onions 94	White/Brown Rice 36
WW Roll 160	Multigrain Roll 190	Mashed Potatoes 190	Pasta Alfredo w/ 150	Spring/Summer Veg. 57	Pears 4	Banana 1	Oatmeal Roll 121	Portobello Mushrooms 12	Wheat Bread 115
			Choc. Chip Cookie 171	Mixed Fruit 10					
			Diet: Graham Wafer 85						
Total Sodium: 524	Total Sodium: 514	Total Sodium: 957	Total Sodium: 837	Total Sodium: 739	Calories: 590 Carbs: 86	Calories: 582 Carbs: 72	Calories: 727 Carbs: 89	Calories: 501 Carbs: 62	Calories: 398 Carbs: 57
19	B 20	B 21	B 22	B 23	B	B	B	B	B
Chicken Gacciatore 446	Swedish Meatballs 321	Roast Pork w/ 71	Veg Lasagna Roll-Up 370	Salisbury Steak w/ 370	Italian Pasta 1	Parsley Mash. Potato 63	Primavera Sauce 121	Mushroom Gravy 148	
Jardinière Veg. 39	Scandinavian Veg. 42	Red Bliss Potatoes 4	Roman Veg. Blend 26	Roasted Potatoes 33	Multigrain Bread 190	Oatmeal Bread 121	Lentil Salad 12	Cabbage & Carrots 47	
Peaches 5	Lemon Pudding 200	WW Roll 160	Scali Bread 190	Wheat Bread 115					
	Diet: Low-Sugar Pudding 100	Mandarin Oranges 6	Pineapple 1	Pears 4					
Total Sodium: 681	Total Sodium: 746	Total Sodium: 374	Total Sodium: 707	Total Sodium: 716	Calories: 514 Carbs: 73	Calories: 653 Carbs: 95	Calories: 487 Carbs: 56	Calories: 537 Carbs: 93	Calories: 410 Carbs: 58
26	A 27	A 28	A 29	A 30	A	A	A	A	A
Fiesta Omelet 489	Bok Choy Soup 99	Pot Roast 241	Bruschetta Chicken 394	BBQ Pulled Pork *653	Sausage Patty 217	Chicken & Vegetable 480	Au Gratin Potatoes 154	Baked Beans 36	
Hashbrowns 136	Dumplings 158	Cheesy Mash. Potatoes 90	Peas & Carrots 80	Hot German Slaw 81	Tomatoes & Zucchini 39	Teriyaki Sauce 158	WW Bread 160	WW HB Roll 230	
Fruit Loaf 102	Oriental Veg. Blend 26	Strawberry Cheesecake 209	Mandarin Oranges 6	Mixed Fruit 10	Fresh Orange 0	Oatmeal Roll 121			
	Cinnamon Apples 4	Diet: Low-Sugar Cake 210							
Total Sodium: 983	Total Sodium: 888	Total Sodium: 756	Total Sodium: 794	Total Sodium: 1010	Calories: 627 Carbs: 64	Calories: 392 Carbs: 68	Calories: 754 Carbs: 103	Calories: 458 Carbs: 63	Calories: 505 Carbs: 73

* Indicates a food with more than 500 mg sodium.
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Menu is subject to change without notice.
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An Evening on Sippican Harbor

YOU ARE INVITED

An Evening on Sippican Harbor

Wednesday, August 7th 4 pm- 7 pm

On the lawn at 2 Lewis Street

Friends of Marion Council on Aging invite you to a community wide celebration of COA past accomplishments and an opportunity to participate in the future.

Enjoy a spectacular harbor view

Share appetizers & beverages

Learn more about current COA activities

Visit with those who have "made it happen"

Share your "I love our COA" stories with others



Parking at the Silvershell Town Field off Lewis Street - Shuttle bus available for the short jaunt - No parking at 2 Lewis Street, but handicap drop off is available

Tickets are available at the COA, Marion General Store and Serendipity

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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