



SIPPICAN SOUNDINGS

News from the Marion Council on Aging
April 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

Vladimir Putin: Corrupt, Competent and Environmentalist. Coming Cold War?

Friday, April 8th 1:00 p.m.

Henry Quinlan will be on hand to give us a look at the career of Vladimir Putin, as a corrupt, competent autocrat, yet an environmentalist. There are many reasons his popularity stays above 60%. There is an examination of the policies and actions that could lead to a new "Cold War". Who would believe that Russia could be the leading food producer in the world in the future? But that is a real possibility and one of the results of Putin's competence.

There will be a full examination of:

- Why the Jewish Autonomous Jewish Region is growing after years of decline.
- The opening of the Northern Passage and its impact on international trade.
- The points of conflict within the Arctic Council and the Paris Accords.
- The role of China in supporting Russia's goals.
- A look into the future.

Harry has been involved with the former Soviet Union and Russia since 1986 and has made more than 60 trips. He lived in Moscow from 1990-1995 and witnessed the collapse of the Soviet Union.

Art For Your Mind..

American Women Artists
Monday, April 11th 1:00 p.m.

Admire a selection of women from the 18th through 21st Centuries—their pastels, paintings, photographs, sculptures, quilts and more. These surprising and unique artists helped to shape America's artistic identity and helped to advance the role of women in art.

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. In just one hour, you'll discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections. Join local Art Historian, Jill Sanford, for an enjoyable hour of challenging yourself to see art in new ways!



A catered lunch of Greek Orzo Salad 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.

Trip to Old Colony Regional Vocational Technical High School Tuesday, April 12th 9:30 a.m.

We will be getting complimentary manicures from the Cosmetology students. After this special treatment, it will be on to lunch prepared by the culinary students at the Cougar's Den. Participants will be responsible for the cost of lunch and gratuity. Reserve your space beginning April 1st by calling 508-748-3570.



Bunny Hop Around the Walking Path Tuesday, April 12th 1:00 p.m.

The Bunny Hop is a 1950s novelty dance invented by the students of Balboa High School in San Francisco in the spring of 1952. Upon hearing of the dance, bandleader Ray Anthony wrote a tune to accompany it, and a timeless dance craze was born. Whether you do the Bunny Hop or just take a few laps around the walking path, we encourage all to get out and get some exercise as the warmer days of Spring are upon us, use this time to renew yourself. Light refreshments and prizes will be enjoyed after the activity. Call 508-748-3570 to let us know that you will be joining us!





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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

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 April 13th.

Motion & Balance Class

Motion & Balance Class with Larry Bigos can be viewed anytime by going to these links:

<https://vimeo.com/678396744>

or

<https://vimeo.com/675595214>

or

Monday—Friday at 7:30 a.m. on
Comcast 9
Verizon 36

Caregivers

Memory Loss Support Group
Thursdays—April 7th & 21st
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.

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.

Art Show

Think Spring

On exhibit through April 26th

Stop by the Community Center to view the works of this talented group of artists and delight in their interpretations of Springtime.



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>				1 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
4 10:00 a.m. Yoga, free	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 12:00 p.m. Savory Sandwiches 1:00 p.m. Bridge, \$2.00 1:00 p.m.—2:00 p.m. Memory Loss Support Group	8 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Lecture: Vladimir Putin
11 10:00 a.m. Yoga, free 1:00 p.m. Lecture: Art For Your Mind	12 9:00 a.m. Strength & Conditioning, free 9:30 a.m. Trip to Old Colony 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Bunny Hop	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 12:00 p.m. Savory Sandwiches 1:00 p.m. Bridge, \$2.00	15 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
18 	19 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 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 12:00 p.m. Savory Sandwiches 1:00 p.m.—2:00 p.m. Memory Loss Support Group 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. Paint Party
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 12:00 p.m. Cooking Demonstration, \$5 1:00 p.m. Mah Jong	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 8:30 a.m. Trip to Fenway Park 9:00 a.m. Tai Chi, free 12:00 p.m. Savory Sandwiches 1:00 p.m. Bridge, \$2.00	29 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Lecture: Vintage Car Social

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Special Events Continued

Paint Party with Lidia Friday, April 22nd 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, April 25th 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.



Cooking Demonstration with Linda Medeiros Tuesday, April 26th Noon

Come and join us for a lunchtime cooking demonstration with Linda Medeiros. Learn how to prepare a quick and nutritious lunch and also learn some new tips and tricks on how to save money and time while preparing delicious meals. There is a \$5.00 suggested donation for this program. Call 508-748-3570 to register and bring your appetite!

Fenway Park Tour Thursday, April 28th 8:30 a.m.

Join us as we travel to Fenway Park for a tour of the classic ballpark! Check out the Green Monster, press box area and hall of fame. After the tour we will dine at a local eatery. Cost of the trip is \$22.00 for the tour. Lunch will be an additional charge. Sign ups for this trip will begin on April 14th. Call 508-748-3570.



Vintage Car Slideshow Social Friday, April 29th 1:00 p.m.

Take a ride down memory lane with John of Orphan Car Garage. John will highlight some of the most notorious vehicles of the past; from Rambler to Studebaker, Corvair to Vega, come enjoy this slideshow and stories while sipping a root beer float. Call 508-748-3570 to register for this program.



Brunch with the Chief Monday, May 2nd 11:00 a.m.

Take this opportunity to come meet with Chief Nighelli for a Q & A, it is a time to address any concerns you may have. The Chief will touch on the spat of recent scams they have seen and ways to keep yourself protected. Please RSVP by calling 508-748-3570.



Kentucky Derby Friday, May 6th 1:00 p.m.

It has been called "The Greatest Two Minutes in Sports". Did you know that distances around a racetrack are denoted using the term furlong? A furlong is one eighth of a mile. So, join us as we take a lap on our 1 furlong walking path. After, we will head inside for our own running of the derby and themed snacks. Don your most glamorous hat and join us! Call 508-748-3570 to attend.

Savory Sandwiches

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.

April 7th — Meatball Subs
April 14th — Turkey Slaw Burgers
April 21st — Egg Salad Sandwiches
April 28th — Ham & Cheese Sliders



What if I Cannot Find the Original Will?

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

I sometimes receive a call from a family after someone passes telling me that they cannot find the original Last Will and Testament.

Without the original Will, estate administration involves an application by a proposed Personal Representative (“PR”, formerly known as the Executor) and usually a bond is needed. A surety company will issue the bond to protect the heirs and creditors should the PR fail to carry out their duties. Depending on the size of the estate, this bond can be several thousand to tens of thousands of dollars. Further, in order to sell any real estate property, as there is no Will, the court will likely require additional steps are taken by the PR to ensure that the sale prices are fair and reasonable.

If a copy of the Will has been found but not the original, and there is no belief or evidence that the decedent destroyed the original intentionally, then Probate can still be accomplished with additional steps. Additional legal papers must be filed explaining to a judge that we looked everywhere and could not find the original, but we do not believe it was intentionally destroyed. If the judge is satisfied, then the copy can be admitted to Probate and the named PR can carry on the role of estate administration. A hearing before the judge may or may not be necessary.

Do you know where your original Last Will and Testament is stored? Is it accessible? Does your family know where to find it? Has your estate planning attorney retired? Was he or she storing the original Will? Has your Will been reviewed lately? Maybe it is time to review your Will to ensure it accomplishes your goals, reflect your wishes, and is available when it is needed.

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.

Walk Massachusetts

Earn money for your Council on Aging and possibly win a \$50 gift card. Lace up your sneakers—the Walk Massachusetts challenge is back! This year, the challenge is open to everyone in the Commonwealth of Massachusetts aged 5 and up. Walk with your family or friends or on your own. The challenge runs from May 1st to October 31st. In that time, as you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, \$25 Amazon gift card or \$10 Dunkin Donut gift card. Starting April 1st register at www.walkmachallenge.com choose a challenge based on a Commonwealth of Massachusetts fun fact. Councils on Aging will receive an entry for each person who completes the challenge. One COA will win \$1000.00 toward future programming. If you need assistance registering see a staff member.

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Improv Theatre & Dinner

Wednesday, May 11th 5:00—7:00 p.m.

The Marion Council on Aging and Marion Art Center proudly present an evening of improv. Join Tabor faculty members, John Heavey and Steffon Gales, for an exciting night of improv. Improvisation, or improv, is a spontaneous, entertaining and fun form of live theatre in which the plot, characters and dialogue of a game, scene or story are made up in the moment. Often improvisers will take a suggestion from the audience or draw on some other source of inspiration to start. For example, improvisers may begin a scene with a single line or with an everyday object like a broom or dish towel. Of course, the excitement and fun about an improvised scene is that participants never know where it is going! Audience participation is encouraged but not required. A lasagna dinner with salad, bread, dessert and beverage will be served from 5:00—6:00 p.m., followed by a one hour improv show.

Tickets for this event are \$15.00 and can be purchased online through the Marion Art Center or at the Marion Council on Aging.

Tickets for this event are limited!



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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