

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
August 2020

WE ARE HERE FOR YOU, NOW MORE THAN EVER



It has been delightful to be able to host some programming here again at the Community Center. Meeting outside, safely distanced seems like the best option at this point in time. However, if we experience inclement weather starting on August 3rd we will move the program indoors. Our reopening has brought many changes. We ask that you register for each program that you wish to attend by calling the office at 508-748-3570. On the day of the program we ask that you check in with a staff member to confirm your attendance. For exercise classes, we will no longer be sharing equipment. We have some weights that we are offering, if you need them. These will be yours to keep as we will not be storing them here. For now we are requiring the wearing of facial coverings even if you are spaced 6 feet apart. We ask that you remain patient as many things have changed to keep our members as safe as possible. As always, if coming out to participate still does not feel like a safe option for you, many classes can be accessed on Marion's Public Service YouTube Channel.

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

Transportation

We continue to offer transportation to routine doctor's appointments. We request as much advance notice as possible, at least 48 hours. Transportation to grocery stores will follow the schedule set forth previously, with the possibility of changing to adjust to trends in requests.

Monday—Stop & Shop, Fairhaven
Tuesday—Market Basket, Plymouth
Wednesday—Shaws, Wareham
Thursday—Market Basket, Plymouth
Friday—Walmart or Aldi or Target, Wareham

With Gratitude

On a Wednesday in March, we received word that everything would be shutting down due to Covid-19, including town buildings and schools. It was urged that people self isolate. That triggered the question: What are the people who rely on services these agencies provided going to do to survive? Is it safe for our most vulnerable population to venture to the grocery store? What started with a simple Facebook post on Friday about starting a food pantry blossomed into the most overwhelming and heart-warming display of community. From local businesses, area food pantries, churches, individual community members and a lot of hard work it developed into a very successful food distribution that is still operating in a reduced capacity today. The show of support, from donations and offers of volunteering, was demonstrative of how wonderful our community is. The Marion Council on Aging and Recreation Department would like to extend our deepest appreciation to you all. Thank you!



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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 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. will be at the Community Center on August 7th to provide podiatry services. Please call 508-748-3570 to schedule your appointment.

Dental Cleanings

The Dental Hygienist Program provides clients 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, call Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Memory Loss Support Group

Thursdays—August 13th & 27th
1:00 p.m.—2:30 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. This support group is being held outside at the Community Center, in the event of inclement weather it will be held via Zoom, please call the office at 508-748-3570 to attain log in information.

Waterfront Memory Cafe

Wednesdays

1:00 p.m.—2:00 p.m.

Weekly programming for individuals with Alzheimer's or other memory loss, with their care partner, family or friends in a safe, supportive and engaging environment.

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.

Community Fund

The Marion Community Fund invites elderly, low-income Marion residents to apply for tax relief. The deadline is early October. We will post any information as soon as we get it. Feel free to call the COA at 508-748-3570 for more information.

Nutritional Assistance

Commodity Supplemental Food Program

This program, hosted by the Greater Boston Food Bank, is a U.S. Department of Agriculture effort designed to meet the unique nutritional needs of low-income seniors at risk of hunger, and is available here in Marion. One 30-lb. box of shelf stable food can be delivered to your home monthly simply by reaching out to the COA office and applying, income guidelines apply. Call 508-748-3570.

Legal Consultations

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:15 a.m. Yoga, free 	9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	12:00 p.m.—1:00 p.m. Drive In 1:00 p.m.—2:00 p.m. Memory Café	9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5	12:30 p.m. Strength & Conditioning, free
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10:15 a.m. Yoga, free 	<div style="background-color: #00AEEF; color: white; padding: 5px; display: inline-block; border-radius: 10px;">Online Programming</div> We will be posting programming onto the Marion Public Service YouTube channel as we record sessions. https://www.youtube.com/channel/UC7R6feLn4grPKk1QoR0IGqQ			

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Aging Together: Senior Children and Their Parents

UMass Boston Research Study, funded by the National
Institute on Aging and led by Dr. Kathrin Boerner

Senior Children (aged 65+) of Parents (90+) with Dementia

We want to learn what your relationship with your parent is like, what challenges you may face, and what types of support you may need. We are also interested in how COVID-19 may be impacting your family, and how you are navigating the current challenges.

- Remote interview with you (via phone or video calls)
- You will receive \$40 as a thank you



Please call our study team at **617-901-1082**

Or email us at agingtogether@umb.edu

Reducing Social Isolation: Activities that Older Adults can Access by Phone

◆ DOROT (<https://www.dorotusa.org/our-programs/at-home/university-without-walls>)

Provides telephone programs that seniors can sign up for that function much like small classes. You'll join discussion groups of up to 12 people that are led by an expert on the subject in question. Classes are offered on a wide variety of subjects, so you can explore new topics and make new connections. To find out more about the available programs or get started you can call 877-819-9147.

◆ Lifetime Connection Without Walls

The Family Eldercare program Lifetime Connection Without Walls is another service that offers classes seniors can access over the phone. The classes are lead by volunteers and cover a wide array of subjects. Each session lasts 13 weeks and seniors can pay \$10.00 for unlimited access to all the courses, or \$5.00 if they just want to try one out. If you'd like to learn more or register over the phone, you can call 888-500-6472.

◆ Senior Center Without Walls

Senior Center Without Walls is a California-based program with classes and discussion groups that bring seniors together over the phone. Not all of them are about learning a new topic. For instance, one of the most popular phone groups get together over the phone each day to share something they're grateful for. Participants can start their own groups if they want, as well as joining in on those that already exist. For more information or to register by phone, you can call 877-797-7299.

◆ Mather Telephone Topics

Connect to new possibilities—without leaving home. With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. Take part in Wellness programs, Education programs, Discussion topics, Music reviews and Live performances. There are two ways to participate via the telephone or online. To view a schedule you can visit their website:

<https://www.mather.com/neighborhood-programs/telephone-topics> or contact the office at 508-748-3570 and we can provide you with one.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Sodium (mg): Na ⁺	4 Sodium (mg): Na ⁺	5 Sodium (mg): Na ⁺	6 Sodium (mg): Na ⁺	7 Sodium (mg): Na ⁺
Hot Dog *550	Chicken w/	Beef Picadillo 251	Turkey Divan 321	Fiesta Omelet 382
Mustard 55	Supreme Sauce 431	White/Brown Rice 36	Cheesy Mash. Potatoes 90	Hash Browns 136
Relish 81	Carrots 77	Scandinavian Blend 42	Multigrain Roll 190	Florentine Tomatoes 121
Baked Beans 36	Red Bliss Potatoes 4	WW Bread 160	Hermit Cookie 108	Fruit Loaf 115
Cabbage/Carrots 47	Oatmeal Roll 121	Pineapple 1	Diet: Graham Wafers 85	Mandarin Oranges 6
WW Hot Dog Roll 210	Fresh Orange 0			
Applesauce 20				
Total Sodium: 994	Total Sodium: 633	Total Sodium: 490	Total Sodium: 708	Total Sodium: 886
Calories: 602 Carbs: 74	Calories: 425 Carbs: 62	Calories: 440 Carbs: 64	Calories: 623 Carbs: 76	Calories: 553 Carbs: 73
10 B	11 B	12 B	13 B	14 B
Cheeseburger 387	Chicken Chow Mein 253	American Chop Suey 211	Roast Turkey w/ Gravy 430	Fish Sandwich 190
Ketchup 82	Asian Rice 92	Summer Veg. Blend 57	CB Sauce (2) 16	Tartar Sauce 261
Mustard 55	Dinner Roll 160	Zucchini 3	Mashed Potatoes 62	Lyonnais Potatoes 112
Roasted Potatoes 33	Pineapple 1	Scali Bread 190	Winter Squash 13	Green & Wax Beans 3
Glazed Carrots 83		Peaches 5	Oatmeal Bread 121	WW Roll 160
WW Hamburger Bun 230			Tapioca Pudding 130	Applesauce 15
Fresh Orange 0			Diet: Diet Pudding 100	
Total Sodium: 814	Total Sodium: 507	Total Sodium: 466	Total Sodium: 772	Total Sodium: 741
Calories: 658 Carbs: 73	Calories: 418 Carbs: 56	Calories: 455 Carbs: 68	Calories: 637 Carbs: 107	Calories: 533 Carbs: 71
17 A	18 A	19 A	20 A	21 A
Lasagna Roll Up 370	Beef Stroganoff 278	Chicken Bruschetta 394	Mac & Cheese 403	Beef Chili 176
Italian Blend 26	Egg Noodles 35	Whipped Sweet Potato 33	Escalloped Tomatoes 143	Fluffy Rice 36
Snowflake Roll 180	Broccoli 12	Tahitian Veg 38	Italian Green Beans 3	Roman Blend 26
Peaches 5	Multigrain Bread 190	Oatmeal Bread 121	Fruit Loaf 160	WW Roll 160
	Pears 4	Brownie 132	Mandarin Oranges 6	Canteloupe 7
		Diet: Graham Wafers 85		
Total Sodium: 581	Total Sodium: 519	Total Sodium: 717	Total Sodium: 715	Total Sodium: 405
Calories: 385 Carbs: 69	Calories: 677 Carbs: 66	Calories: 528 Carbs: 72	Calories: 706 Carbs: 94	Calories: 418 Carbs: 57
24 B	25 B	26 B	27 B	28 B
Greek Meatballs 328	"Catch of the Day" 302	Meatloaf w/ 131	Chicken Teriyaki 478	Turkey Stew w/ Veg *571
Parsley Mash. Potatoes 63	Lemon Dill Sauce 111	Rosemary Gravy 124	Asian Rice 92	Penne Pasta 1
Country Blend 32	Rice Florentine 112	Whipped Sweet Potato 33	Oriental Veg. 26	Dinner Roll 160
Wheat Bread 115	Malibu Veg. 59	Brussel Sprouts 12	Oatmeal Bread 121	Mandarin Oranges 6
Fresh Apple 2	WW Roll 160	Multigrain Bread 190	Peaches 5	
	Mixed Fruit 10	Birthday Cake 209		
		Diet: Low Sugar Cake 210		
Total Sodium: 540	Total Sodium: 754	Total Sodium: 698	Total Sodium: 722	Total Sodium: 738
Calories: 573 Carbs: 86	Calories: 586 Carbs: 68	Calories: 656 Carbs: 97	Calories: 388 Carbs: 53	Calories: 444 Carbs: 66
31 A	<p>Come Join Us On Tuesdays for our Ethnic Meal Series!</p> 		<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	
Sausage w/ Peppers & Onions *520	<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>		<p>Meals On Wheels Menu</p>	
Pasta Alfredo 116				
Sub Roll 162				
Peaches 5				
Total Sodium: 803				
Calories: 496 Carbs: 69				

Meals are based on a No-Added Salt (3-4 g) 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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Marion Council on Aging, Marion, MA 06-5128

Drive— In Days

Stop by on our drive—in days to say hello and pick up a special treat!

Wednesday, August 5th 12:00 p.m.—1:00 p.m.
Hot Dog Lunch



Wednesday, August 19th 12:00 p.m.—1:00 p.m.
Milk & Cookies



For planning purposes, please call to register for these events 508-748-3570.

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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