

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
February 2020

## Special Events

### Brain Builders

Mondays, February 3<sup>rd</sup> & March 2<sup>nd</sup>  
12:30 p.m.

Buzzards Bay Speech Therapy invites you to participate in this 3 part program designed to help to improve memory, word-finding, thinking skills and socialization. Call 508-748-3570 to reserve your spot.



### Getting Older and Having Fun

Tuesday, February 4<sup>th</sup> 12:30 p.m.

Join Ken Hart of Compassionate Care Hospice for this inspiring talk to lighten your load and lift you up. Call 508-748-3570 to register.

### Helen Keller - Champion of the Disabled

Monday, February 10<sup>th</sup> 12:30 p.m.

This program is written from Helen's mind eye. The story is told on a taped voice over as Helen reenacts her full life from her childhood through her discovery of language when she was seven years old to the writing of her twelve books. She will show the audience how she speaks and reads in Braille, her story continues through her graduation from college. This is one of the most unique, very special programs that helps people understand and accept the different ways people do things, and

inspires them to be the best they can be, with the talents they possess.

A catered lunch of roast beef sandwiches with pasta salad will be served at 11:30 a.m. Reservations are required for the lunch. Call 508-748-3570 by February 6<sup>th</sup> to make your reservation.

*Thank you to the Friends of the Marion Council on Aging for their Continued support of our programming.*



### All You Need is Love Friday, February 14<sup>th</sup> 11:30 a.m.



Join us for a Valentine's Day Celebration of a Meal & Matinee. We will begin by feasting on a luncheon of Broccoli, Chicken with Ziti, Garden Salad, Bread Sticks & a Special Dessert. Following the meal we will be showing Casablanca, an undisputed masterpiece and perhaps Hollywood's quintessential statement on love and romance. Sign up by Monday, February 10<sup>th</sup> call 508-748-3570.

### Getting Back to Happiness:

#### Loss & Grief Support Group

Tuesdays, 12:30 p.m. - 2:00 p.m.

Join Facilitator Ken Hart, BS, MA of Compassionate Care Hospice as he introduces tools for moving ahead through grief. We want to help you find healing as you navigate the emotional response to loss.

This is a six week series that will begin on February 18<sup>th</sup> -we will not be meeting on March 10<sup>th</sup>. Please call 508-748-3570 to register for this program.

### Painting with Watercolors

Thursday, February 20<sup>th</sup> 12:30 p.m.

Local resident and artist Bill Titcomb will be leading a class on painting watercolor florals. By the end of this class you will have learned to create a floral watercolor greeting card. No experience is Necessary and all skill levels are welcome to attend. All needed materials will be supplied. Call 508-748-3570 to register.



### The Science of Cannabinoids

Monday, February 24<sup>th</sup> 12:30 p.m.

Thomas Davenport from Verilife will cover the science of cannabinoids, terpenes, the many forms of ingestion and its uses. He will share information about the medical marijuana program. Bring your questions!

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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

## Wellness

### 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 to having many health benefits. Susan has been teaching meditation for 25 years. Come learn how to bring peace and ease into your life.

*This class is being  
funded from a Title III grant through Coastline  
Elder Services.  
Donations Encouraged*

### Public Health Nurse

Wednesdays 10:30 a.m. - 12:30 p.m.

Health consultations and education, blood pressure monitoring and routine adult vaccinations. Please call 508-748-3530 to confirm availability.

### Podiatry Clinic

Dr. Erik Henriksen, 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. Services provided: dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment for March 6<sup>th</sup>, call Holly Petruzzo, RDH, 774-766-7238.

## Caregivers

### Memory Loss Support Group

Thursdays - February 13<sup>th</sup> & 27<sup>th</sup>  
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. 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. provides complimentary legal consultations. To reserve an appointment call the Council on Aging office at 508-748-3570.

## 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 helping to provide accurate participation data to the town and the Massachusetts Executive Office of Elder Affairs. The winner for the month of December is Dick Evans.

## Art Gallery

### UPCOMING SHOWS:

The Artisans

Grainger Pottery, Dannie Engwert,  
Deborah Kuhlman-Hussey & Dave  
Peterson

February 3<sup>rd</sup> - February 28<sup>th</sup>

Opening reception February 6<sup>th</sup> 5-7pm

Mattapoisett Area Artists

March 2<sup>nd</sup> - March 31<sup>st</sup>

Opening reception March 5<sup>th</sup> 5-7pm

Art For All Ages

April 1<sup>st</sup> - April 30<sup>th</sup>



## February 2020 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture 2:00 p.m.— 3:00 p.m. Line Dancing, \$3	4 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch 12:30 p.m. Lecture	5 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	6 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. —3:30 p.m. Duplicate Bridge, \$2	7 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
10 10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch, Reservations req 12:30 p.m. Lecture 2:00 p.m. —3:00 p.m. Line Dancing, \$3	11 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 10:30 a.m. Meditation 11:30 a.m. Lunch	12 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	13 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:30 p.m. Memory Loss Support Gr 1:00 p.m. —3:30 p.m. Duplicate Bridge, \$2	14 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Meal & Matinee 12:30 p.m. Strength & Conditioning, free
17 Closed in observation of President's Day 	18 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch 12:30 p.m. Grief Support	19 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	20 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. —3:30 p.m. Duplicate Bridge, \$2	21 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
24 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture 2:00 p.m.— 3:00 p.m. Line Dancing, \$3	25 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 10:30 a.m. Meditation 11:30 a.m. Lunch 12:30 p.m. Grief Support	26 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	27 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:30 p.m. Memory Loss Support Gr 1:00 p.m. —3:30 p.m. Duplicate Bridge, \$2	28 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
Yoga Strength & Conditioning Friday	Strength & Conditioning Tuesday	Meditation	Duplicate Bridge	
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.	This class is being funded from a Title III grant through Coastline Services.	Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.	

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## Day Trips

Cape Cod Mall, Christmas Tree Shop & Trader Joe's

Thursday, February 6<sup>th</sup> 9:30 a.m.

A great shopping adventure awaits! Enjoy some time at the Mall and have some lunch before heading over to Christmas Tree Shop and Trader Joe's. Call 508-748-3570 to sign up beginning January 22<sup>nd</sup>.

New England Aquarium

Thursday, February 27<sup>th</sup> 8:30 a.m.

Spend the day enjoying more than 70 exhibits in exotic waters, 20,000 fish and aquatic animals!!! Lunch will be your choice at the aquarium. Sign ups for this trip begin on February 13<sup>th</sup>. Call 508-748-3570. The cost of aquarium admission is \$30.00 - discounted passes are available at local libraries.

Boston Flower and Garden Show

Thursday, March 12<sup>th</sup> 8:30 a.m.

When you arrive at the show you will enjoy landscaped gardens, edible gardening, floral designs, outdoor living and over 200 vendors! Enjoy lectures and demos from master gardeners. Discount tickets are available for \$16.00. Tickets must be paid for in advance. Call 508-748-3570 to reserve your spot on this trip starting February 27<sup>th</sup>.

## Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities, including transportation, will also be cancelled. If it is school vacation or you just aren't sure, please call the COA office, 508-748-3570. Even if we are closed the voicemail will be updated.

## Classic Movie Series

The Sippican Historical Society and Marion COA are delighted to present the monthly Classic Film Series at the Music Hall.

February 14<sup>th</sup> 7:00 p.m.

The Browning Version

March 13<sup>th</sup> 7:00 p.m.

The Day the Earth Stood Still

April 10<sup>th</sup> 7:00 p.m.

The Battle of Britain

May 8<sup>th</sup> 7:00 p.m.

The Piano

Movies are free and open to the public - Popcorn served.

## Natural History Museum

The Butterflies of the Region

Wednesday, February 26<sup>th</sup> 10:30 a.m.

Joe Dwelly will visit the Marion Natural History Museum to share what he knows about local species. You will learn how to attract them to your own backyard with plant and butterfly pairings. Please call the Museum at 508-748-2098 to reserve your spot.

## Medicare Changes

Income and asset limits for Medicare Savings Programs have increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one).

Income and asset limits as of 1/1/20:

	Income/Month	Assets
Individual	\$1,738	\$15,720
Married	\$2,346	\$23,600

To learn more and to request an application, contact MassHealth at: 1-800-841-2900.

## Happy New Year

Thanks to all who celebrated with us ushering in 2020! A special thank you to Wah May Restaurant of Fairhaven for serving up delicious cuisine. *Wishing all a happy & healthy New Year.*





Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Sodium (mg): Na <sup>+</sup>	<b>4</b> Sodium (mg): Na <sup>+</sup>	<b>5</b> Sodium (mg): Na <sup>+</sup>	<b>6</b> Sodium (mg): Na <sup>+</sup>	<b>7</b> Sodium (mg): Na <sup>+</sup>
Meatloaf w/ Onion Gravy 350 Mashed Potatoes 62 Brussels Sprouts 12 WW Bread 160 Applesauce 14	Minestrone Soup 239 Chicken Bruschetta 394 Italian Pasta 1 Multigrain Roll 190 Mixed Fruit 10	Cheeseburger 387 Ketchup 82 Mustard 55 Roasted Potatoes 33 Malibu Blend 59 HB Roll 230 Pears 4	Roast Turkey w/ Gravy 360 Cranberry Sauce (2) 16 Mashed Potatoes 62 Winter Squash 13 Oatmeal Bread 121 Hermit Cookie 108 Diet: Graham Wafers 85	Mac & Cheese 403 Tomato Florentine 121 Broccoli Florets 12 Fruit Loaf 102 Mandarin Oranges 6
Total Sodium: 598 Calories: 482 Carbs: 74	Total Sodium: 834 Calories: 583 Carbs: 80	Total Sodium: 850 Calories: 630 Carbs: 65	Total Sodium: 680 Calories: 584 Carbs: 105	Total Sodium: 645 Calories: 625 Carbs: 77
<b>10</b> A	<b>11</b> A	<b>12</b> A	<b>13</b> A	<b>14</b> Special Meal A
Turkey Stew w/ Vegetables *571 Confetti Rice 43 Oatmeal Roll 121 Fresh Orange 0 Yogurt Cup 50	Spaghetti/Meatballs w/ Tomato Sauce 246 Roman Vegetables 26 Dinner Roll 190 Pineapple 1	Fish Sandwich 190 Tartar Sauce 261 Whipped Sweet Potatoes 33 Green Beans 3 WW HB Roll 230 Mandarin Oranges 6	German Beef Stew w/ Vegetables 240 Garlic Mash. Potatoes 62 Beets 162 Oatmeal Bread 121 Cinnamon Applesauce 14	Broccoli & Cheese Stuffed Chicken 410 Rosemary Red Potatoes 4 Cali. Veg. Blend 27 Snowflake Roll  160 Mini Red Velvet Cake 209 Diet: Low-Sugar Cake 210
Total Sodium: 784 Calories: 522 Carbs: 80	Total Sodium: 463 Calories: 474 Carbs: 70	Total Sodium: 723 Calories: 586 Carbs: 83	Total Sodium: 600 Calories: 613 Carbs: 78	Total Sodium: 810 Calories: 597 Carbs: 88
<b>17</b> President's Day No Meals Served 	<b>18</b> B	<b>19</b> B	<b>20</b> B	<b>21</b> B
	Lentil Veggie Chili 215 Fluffy Rice 36 Multigrain Roll 190 Pineapple 1 Yogurt Cup 50	Shepherd's Pie 283 Scandinavian Veg. 42 WW Bread 160 Tapioca Pudding 130 Diet: Low-Sugar Pudding 100	Turkey Divan 321 Egg Noodles 35 Oatmeal Roll 121 Mixed Fruit 10	Hot Dog *550 Mustard 55 Relish 81 Baked Beans 36 Cabbage & Carrots 47 WW HD Roll 210 Peaches 5
	Total Sodium: 492 Calories: 587 Carbs: 111	Total Sodium: 614 Calories: 651 Carbs: 89	Total Sodium: 487 Calories: 548 Carbs: 59	Total Sodium: 984 Calories: 607 Carbs: 74
<b>24</b> A	<b>25</b> A	<b>26</b> A	<b>27</b> A	<b>28</b> A
Beef Picadillo 251 Rice & Lentils 36 Spring Vegetables 57 WW Bread 160 Applesauce 14	Butternut Bisque 149 Roast Pork w/ Apple Gravy 182 Scalloped Potatoes 185 Asparagus 6 Oatmeal Bread 121 Mandarin Oranges 6	Stuffed Shells 390 Tomato Basil Sauce 55 Broccoli Florets 12 WW Roll 190 Strawberry Cheesecake 209 Diet: Low-Sugar Cake 210	Swedish Meatballs 321 Penne Pasta 1 Green Beans 3 Multigrain Roll 190 Fresh Orange 0	"Catch of the Day" 250 Herb Sauce 76 Cheesy Mash. Potatoes 90 Mixed Vegetables 41 Dinner Roll 160 Pears 4
Total Sodium: 518 Calories: 420 Carbs: 57	Total Sodium: 648 Calories: 591 Carbs: 67	Total Sodium: 826 Calories: 525 Carbs: 91	Total Sodium: 515 Calories: 560 Carbs: 77	Total Sodium: 620 Calories: 476 Carbs: 76
For weather emergencies and cancellations, please check 1420 AM WBSM radio.	Come Join Us On Tuesdays for our Ethnic Meal Series! 	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.  Congregate Meal participants may take home packaged bread, desserts and milk.	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	

\* Indicates a food with more than 500 mg sodium.  
Please inform Coastline if you have any food allergies.

Menu is subject to change without notice.  
Catch of the Day will vary based on availability.

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## Soup-er Thursdays

There is no meal that evokes such fond memories as a bowl of homemade soup that heals the body and spirit.

February 6<sup>th</sup> - Taco Soup

February 13<sup>th</sup> - Chicken & Rice Soup

February 20<sup>th</sup> - Cauliflower Soup

February 27<sup>th</sup> - Italian Sausage Zucchini Soup

*To help offset the cost of these luncheons a \$5.00 donation is suggested.*



Reservations are required.

508-748-3570



## SAVE THE DATE

What: AARP Age-Friendly Town Survey Results Focus Group

When: Thurs. Feb.13<sup>th</sup> 6 p.m. or Sat. Feb.15<sup>th</sup> 10 a.m.

Where: Benjamin D. Cushing Community Center

Join us for an open-to-the-public informational session for Marion residents about the age-friendly survey results and provide us with your thoughts, input and feedback.

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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