

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
October 2018

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

**Prescription for Bankruptcy**  
October 15<sup>th</sup> 12:30 p.m.

In *Prescription for Bankruptcy*, Dr. Edward Hoffer, MD, a graduate of MIT and Harvard Medical School with over 40 years of medical experience, examines every segment of the American health care system and describes the contribution of each to the ever-growing costs that are negatively affecting health care in America. Not only does he identify the many cost issues, he offers solutions that could dramatically reduce these costs and improve health care in America.

Dr. Hoffer will also give you practical suggestions for how you can get better care for yourself and your family right now.

**Early American Colonial Painting**  
October 22<sup>nd</sup> 12:30 p.m.

*Art For Your Mind* is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are intended for people of all backgrounds - artists and non-artists alike. The featured topic, *Early American Colonial Painting*, offers a selection of simple, straight-forward paintings by self-taught artists. Learn how to recognize their unique style in the context of

this transitional time period in America's history. Join us for an enjoyable hour of challenging yourself to see art in new ways!

A catered lunch of ziti with chicken and broccoli will be served at 11:30 a.m. Reservations are required. Call 508-748-3570.

*Thank you to the Friends of the Marion Council on Aging (FMCOA) for their assistance in supporting the lunch and lecture series.*

## Day Trips

**Museum of Fine Arts**  
October 25<sup>th</sup> 9:00 a.m.

What better way to follow up on Jill Sanford's lecture on Early American Colonial Painting than to make connections at the MFA's America's Wing. Also on exhibit at the museum is a show of French Pastels. Thanks to passes from the Elizabeth Taber Library we will be able to benefit from a reduced admission of \$10.00. Sign ups begin Oct. 11<sup>th</sup>.

**Trip to South Shore Plaza**  
October 18<sup>th</sup> 9:30 a.m.

Visit South Shore Plaza and have your choice of shopping from Chico's to Lord & Taylor. Enjoy a bite to eat at the extensive food court that boasts options like the Cheesecake Factory. Sign ups begin Oct. 4<sup>th</sup>.

## Opportunity

**Senior Work-Off Abatement Program**

This program allows taxpayers to provide services to the municipality in exchange for a reduction in their tax bill. One must be over the age of 60 at the time of application and own and occupy, as a principal resident, the property for which Marion taxes are paid. Only one qualifying resident of the parcel may participate. Hourly compensation is based on the current state minimum wage and may not exceed \$750.00. Registration is limited to 20 people and will be held on October 9<sup>th</sup> from 12:00 p.m. - 1:00 p.m. at the COA office. Please bring a photo id, a copy of your current tax bill, and copy of trust (if applicable). For further information please contact Susan Schwager at 508-317-9577.

## Prescription Advantage

October 9<sup>th</sup> 1:30 p.m.

There have been several reports that the Medicare Part D "donut hole" is closing. In 2019 the donut hole will still exist and Medicare beneficiaries will pay 25% of the cost of brand name drugs and 37% of the cost of generics. This is where Prescription Advantage can help! This is a state sponsored program that works with your Medicare Part D so that you are not over-paying for your prescriptions. Come learn how this program can save you money! If your income is less than \$36,420 (single) or \$49,380 (married). Prescription Advantage is FREE!!!

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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

## Art Gallery

The Marion Council on Aging Art Gallery is pleased to announce their upcoming shows.

**September 4<sup>th</sup> - November 1<sup>st</sup>**  
Art Exhibit for all ages

**November 1<sup>st</sup> - January 3<sup>rd</sup>**  
Wonders of Winter Exhibit  
Opening reception:

**November 9<sup>th</sup> 2:00p.m.-4:00p.m.**

Call 508-748-3570 for more information or to display.

## Wellness

### Public Health Nurse

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

Health consultations and education, blood pressure monitoring and routine adult vaccinations.

### Flu Clinic - October 9<sup>th</sup>

4:00 p.m. - 7:00 p.m.

Call the COA office for the town wide offered flu clinics.

### Podiatry Clinic

October 15<sup>th</sup>

Dr. Harry Shoemaker, D.P.M. provides podiatry services at the Community Center. Please call 508-748-3570 to schedule your appointment.

### Dental Cleanings

October 16<sup>th</sup>

To schedule your appointment, call Holly Petruzzo, RDH, 774-766-7238.

## Education

### 50+ Job Seekers Networking Group

October 2<sup>nd</sup> 1:00 p.m. - 3:00 p.m.

This Job Seekers Networking Group program offers support and assistance to people age 50+ who are looking for a new job or career direction, reentering the workforce after an employment gap or their Second Act career after retirement. New topic at each meeting. Facilitated by an HR professional/career coach. Develop new skills, tools and strategies to help in your career transition. *Funded by the Executive Office of Elder Affairs and managed by MCOA.*

### AARP Smart Driver Course

October 16<sup>th</sup> 10:00 a.m. - 3:00 p.m.

Geared toward drivers 50+. Smart Driver covers defensive driving, natural changes to vision and hearing and the effects of medicine and alcohol. This is a 4 hour classroom seminar and could qualify you for a discount on your car insurance. \$15.00 for AARP members, \$20.00 for non-members. Registration is required. Call 508-748-3570.

## Outreach

The COA provides outreach services to members of the community at home or onsite to help with support services, case management, friendly visiting, applications, referrals and advocacy.

**Fuel Assistance for Seniors:** If you are a senior living in Marion and are having difficulty paying for fuel this season, Coastline Elderly Services may be able to help with a one-time payment for fuel assistance. This program will benefit seniors 60 years of age or older who live on fixed incomes. Fuel assistance may be provided for oil, gas, electric, propane or other fuels. Contact the COA at 508-748-3570 for details. Funding is made possible by the generosity of the George E. Curtis Charitable Trust.

### Friendly Visitor Program:

"Help one another; there's no time like the present and no present like time."-

James Durst

The Friendly Visitor Program of the Marion Council on Aging seeks to maximize independence and enrich the quality of life for isolated seniors within the community. The program provides screened and trained volunteers to visit seniors in their homes. Visitors support seniors through weekly contact, providing social support and a connection to the community. All volunteers are screened through a CORI (Criminal History Systems Board) check. For more information, please contact Linda Aguiar at 508-748-3570.

## Open Enrollment

During Medicare Open Enrollment, from October 15<sup>th</sup> - December 7<sup>th</sup>, you will be able to change your plan for next year. If you would like help understanding upcoming changes and options, a S.H.I.N.E. counselor can help.

## October 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:15 a.m. Yoga, free 11:30 a.m. Lunch	2 11:30 a.m. Lunch 1:00 p.m. — 3:00 p.m. 50+ Job Seekers	3 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	4 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, \$3	5 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
8 Closed in observance of Columbus Day	9 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch 1:30 p.m. Prescription Advantage Seminar 4:00 p.m. — 7:00 p.m. Flu Clinic	10 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	11 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, \$3	12 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
15 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Prescription for Bankruptcy	16 9:00 a.m. Dental Clean- ings 10:00 a.m. — 3:00 p.m. AARP Driving Course 11:30 a.m. Lunch	17 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	18 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, \$3	19 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
22 10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch. Sign ups required 508-748-3570 12:30 p.m. Lecture: Early American Colonial Painting	23 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch	24 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	25 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, \$3	26 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
29 10:15 a.m. Yoga, free 11:30 a.m. Lunch 2:00 p.m. Introduction to Duplicate Bridge Reg. req. 508-748-3570	30 10:00 a.m. Sippican Lands Trust Hike 11:30 a.m. Lunch	31 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	Duplicate Bridge	Yoga Strength&Conditioning
			Duplicate Bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.	These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.

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## Caregivers

Memory Loss Support Group  
Thursdays

October 11<sup>th</sup> & 25<sup>th</sup>

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 individuals caring for someone with memory loss. Please call 508-748-3570 to register.

Waterfront Memory Café

Wednesdays

11:30 a.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.

## Services

Medical Equipment Loan Closet

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, elevated toilet seats and wheelchairs, the COA will provide the item on loan for as long as needed. Call 508-748-3570 to inquire about what we have in stock.

We also have a supply of protective undergarments/incontinence products.

File of Life

Stop by the COA to pick up a File of Life card which contains emergency contacts, medications, health issues etc. and enables medics to obtain a quick history of you during an emergency.

SHINE

(Serving Health Information Needs for Everyone) Have a question about your health insurance? Need information about prescription coverage? A SHINE counselor can help. Call 508-748-3570.

## Scan System

My Senior Center Scan System

Anytime you scan in you will be entered into a monthly raffle. A winner will be drawn at random at the end of each month. By checking in, you are helping to provide accurate participation data to the town of Marion and the Massachusetts Executive Office of Elder Affairs. The winner for the month of August is Richard Depina.

## Classic Movie Series

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

October 12<sup>th</sup>, 7:00 p.m.

The Exorcist

November 9<sup>th</sup>, 7:00 p.m.

Butch Cassidy and the Sundance Kid

## Cribbage

We have had a few requests to get a weekly cribbage game started. If you are interested in joining please call 508-748-3570.

## ORR Thanksgiving Dinner

Sunday, November 18<sup>th</sup>

Students of ORR invite tri-town seniors to their annual Thanksgiving Dinner. Call the COA for ticket availability.

## New Program

Introduction to Duplicate Bridge

Are you a social bridge player? Would you like to try duplicate but feel you are not advanced enough? Nonsense! Duplicate is just bridge that is a bit more challenging and a lot more fun. Edward Hoffer, an ACBL Ruby Life Master, will offer a series of 5 lessons that will let you comfortably join the COA duplicate game as well as games at local clubs. **Session 1:** Introduction to duplicate bridge-similarities to and differences from social bridge. Value of over-tricks, competing for part scores; being guided by vulnerability. **Session 2:** Opening in a major suit. When to open. Standard responses. How high to bid. **Session 3:** Opening in a minor. Responses to 1C/1D. Where do you want to play (4-4 major; NT or minor)?

**Session 4:** Opening 1NT and responses. Invitational bids. Transfers. Stayman convention-when and why to use it.

**Session 5:** Fireworks. 2Club opener.

2NT opener. Slam bidding. Each session will begin with a lecture and be followed by supervised play, during which you will be encouraged to ask questions.

Classes will be held Mondays - Oct. 29, Nov. 19 & 26, Dec. 10 & 17 from 2:00 p.m. - 4:00 p.m.

Cost of the series is \$20.00 and registration is required. Call 508-748-3570.

## Community Based Healthy Eating Initiative

The Greater New Bedford Community Health Center will be hosting a farmer's market, for The Greater Boston Food Bank. A distribution of fresh produce, at no cost, will be offered every fourth Wednesday of the month at the Wareham site, 135 Marion Road. Pre-registration is necessary, call Joyce 508-992-6553 x 142 or Kathleen 508-742-3810 x 710. No income restrictions apply to be eligible.



Monday		Tuesday		Wednesday		Thursday		Friday			
1	Sodium (mg): Na*	2	Sodium (mg): Na*	3	Sodium (mg): Na*	4	Sodium (mg): Na*	5	Sodium (mg): Na*		
Chicken Stew w/ Vegetables	273	Greek Meatballs	328	Chicken Bruschetta	394	Roast Turkey w/ Gravy	360	Broccoli Bake	387		
Parsley Mashed Potato	62	Rice Pilaf	134	Italian Pasta	1	Cranberry Sauce (2)	70	Hash Browns	136		
Dinner Roll	160	Roman Vegetables	26	Genoa Vegetables	40	Sour Cream/Chive Potato	94	Peppers & Onions	3		
Applesauce	14	Whole Wheat Bread	115	Oatmeal Bread	121	Winter Squash	13	Raisin Bread	190		
		Lemon Pudding	174	Strawberry Cup	4	Multigrain Bread	190	Apricots	5		
		Diet: D. Pudding	110			Fresh Apple	2				
Total Sodium:	510	Total Sodium:	777	Total Sodium:	560	Total Sodium:	745	Total Sodium:	721		
Calories: 537 Carbs: 73		Calories: 563 Carbs: 68		Calories: 534 Carbs: 82		Calories: 678 Carbs: 113		Calories: 758 Carbs: 79			
All Meals include:		9	A	10	A	11	A	12	A		
Milk:		"Catch of the Day"	40	Tossed Salad w/ Dressing	124	Baked Meatloaf w/ Brown Gravy	131	Sausage w/ Peppers & Onions	*520		
110 Calories		Lemon Dill Sauce	111	American Chop Suey	211	Garlic Mashed Potato	62	Pasta Alfredo	115		
125mg Sodium		Confetti Rice	43	Peas & Portobellos	82	Brussel Sprouts	12	Sub Roll	160		
13g Carbs		Tuscany Blend	56	Oatmeal Roll	121	Multigrain Bread	190	Cinnamon Apples w/ Raisins	4		
Margarine:		Whole Wheat Bread	160	Fresh Orange	0	Pears	4				
36 Calories		Pineapple	1								
47mg Sodium		Total Sodium:	411	Total Sodium:	537	Total Sodium:	508	Total Sodium:	800		
		Calories: 494 Carbs: 61		Calories: 527 Carbs: 75		Calories: 560 Carbs: 78		Calories: 486 Carbs: 65			
15	B	16	B	17	B	18	High Sodium Meal	19	B		
Beef Stew w/ Veg.	277	Mac n' Cheese	403	Mushroom & Barley Soup	173	Baked Ham w/ Raisin Sauce	*931	Potato Pollock Filet	337		
Cheesy Mash. Potato	62	Florentine Tomatoes	121	Curry Chicken	375	Sweet Potatoes	52	Tartar Sauce	261		
Dinner Roll	160	Peas & Pearl Onions	82	California Veg.	27	Summer Vegetables	33	Potato Wedges	27		
Mixed Fruit	10	Fruit Loaf	190	Multigrain Roll	190	Oatmeal Bread	57	Asparagus	3		
		Strawberry Cup	4	Banana	1	Brownie	121	Potato Bread	120		
						Diet: Graham Wafer	132	Applesauce	14		
							85				
Total Sodium:	509	Total Sodium:	800	Total Sodium:	766	Total Sodium:	1326	Total Sodium:	762		
Calories: 609 Carbs: 76		Calories: 804 Carbs: 118		Calories: 506 Carbs: 74		Calories: 575 Carbs: 76		Calories: 716 Carbs: 78			
22	A	23	A	24	A	25	A	26	A		
Caribbean Chicken	381	Shepherd's Pie	283	Autumn Harvest Soup	233	Cheeseburger	200	Turkey Divan	321		
Pineapple Rice	35	Mixed Vegetables	41	Roast Pork w/ Rosemary gravy	71	Ketchup	187	Fluffy Rice	36		
Broccoli Florets	12	Whole Wheat Roll	160	Red Bliss Potatoes	124	Baked Beans	36	Snowflake Roll	160		
Wheat Bread	115	Pears	4	Oatmeal Roll	121	Cabbage & Carrots	47	Pineapple w/ Shredded Coconut	1		
Peaches	5	Yogurt Cup		Choc. Chip Cookie	171	WW Hamburger Roll	230				
				Diet: Graham Wafer	85	Fresh Apple	10				
Total Sodium:	548	Total Sodium:	487	Total Sodium:	724	Total Sodium:	710	Total Sodium:	518		
Calories: 408 Carbs: 61		Calories: 615 Carbs: 91		Calories: 737 Carbs: 83		Calories: 652 Carbs: 70		Calories: 531 Carbs: 61			
29	B	30	B	31	B	For weather emergencies and cancellations, please check 1420 AM WBSM radio.		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.			
Beef Burgundy	241	Tuna on Mixed Greens	408	Creepy Chili w/ Gruesome Cheese	176						
Egg Noodles	35	Pasta Salad	58	Frightful Rice	36						
Oriental Vegetables	26	Cole Slaw	81	Eerie Vegetables	27						
Whole Wheat Roll	160	WW Hamburger Roll	230	Ghostly Bread	121						
Banana	1	Applesauce	14	Spine-Chilling Cake	209						
				Diet: LS Cake							
Total Sodium:	464	Total Sodium:	791	Total Sodium:	738						
Calories: 642 Carbs: 79		Calories: 469 Carbs: 63		Calories: 652 Carbs: 89							

Meals are based on a No-Added Salt (3-4 gm/day) 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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## Veteran's Day Breakfast

Sunday  
November 11<sup>th</sup>  
9:00 a.m.

We invite all Veterans, Active Duty Service Members and their guest for breakfast.

Pancakes, sausage, home fries, coffee and juice will be served.

Please RSVP by Noon on Thursday, November 8<sup>th</sup>.  
Call 508-748-3570.



## Sippican Lands Trust Hikes

The Marion COA is excited to partner with The Sippican Lands Trust (SLT) for three walks this fall. The walks will showcase the wide variety of properties and trails managed by SLT and be led by an SLT staff member or volunteer.

Tuesday, October 30<sup>th</sup>, 10:00 a.m.

Peirson Woods, Point Road

Tuesday, November 6<sup>th</sup>, 10:00 a.m.

Brainard Marsh, Delano Road

Tuesday, November 13<sup>th</sup>, 10:00 a.m.

Osprey Marsh, Point Road

Please meet at the property's parking area a few minutes before the walk starts. Bring water and dress appropriately for each walk as only the worst weather will cancel. Call the COA office at 508-748-3570 to register and get directions.

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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