

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
September 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

A History of Chowder: Four Centuries of a New England Meal
September 24th, 12:30 p.m.
New England's culinary history is marked by a varying array of chowders. Early forms were thick and layered, but the adaptability of this beloved recipe has allowed for a multitude of tasty preparations to emerge. Thick or thin, brimming with fish, clams or corn, chowder springs up throughout the region in as many distinctive varieties as there are ports of call, yet always remains the quintessential expression of New England cuisine. Join Robert Cox as he dishes out the history, flavors and significance of every New Englander's favorite comfort food.

A special lunch of Clam Chowder by Patty will be served at 11:30 a.m. This Chowder has won the Newport Chowder Festival. Reservations are required to dine with us. 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.

Who are the Friends of the Marion Council on Aging?

The Friends are a 501(c) 3, non-profit organization. Their primary purpose is to financially assist the various projects, programs and activities that support and enhance the operation of the Marion COA and the Benjamin D. Cushing Community Center. The Friends seek donations through membership, fundraising events, sponsorships and/or corporate gifts.

The Friends will be holding their Annual Meeting on Wednesday, September 26th from 5:00 p.m. - 7:00 p.m. at the Benjamin D. Cushing Community Center. All are invited to attend, please RSVP by calling 508-748-3570.

Shopping with Community

September 27th, 9:30 a.m.

Take a trip to the market with Community Nurse's Registered Dietician; learn tips to help you optimize your shopping trips. Meet at the Shaw's in Wareham at 9:30 a.m. Call 508-717-0714 to register. Transportation can be provided by calling the Council on Aging.

Day Trips

A Spectacle in Motion: The Grand Panorama of a Whaling Voyage 'Round the World
September 18th, 9:30 a.m.
The *Panorama* is a maritime artwork of national historical importance, authentically depicting a whaling voyage originating from the port of New Bedford in the mid-19th century. This is America's longest painting - longer than the Empire State Building is tall! This is the first time in generations that the entire *Panorama* can be seen by the public. Don't miss this opportunity! After, we will stop at Carmine's for lunch. The exhibit is free, but you will be responsible for the cost of your lunch. Sign ups for this trip begin on September 4th. Call 508-748-3570.

Ikea & Trader Joe's - Avon
September 25th, 10:00 a.m.
We will start the day at Ikea for some shopping and lunch before stopping at Trader Joe's on the way home. Sign ups for this trip begin on September 11th. Call 508-748-3570.

Duplicate Bridge

Duplicate bridge for the intermediate player resumes on September 13th, 1:00 p.m.-3:30 p.m. Call MJ at 508-748-6688 to register to play.

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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

Breakfast with Libby

September 18th, 10:00 a.m.

Join us as we host Libby O'Neill, Director of Elizabeth Taber Library, for breakfast and a tech. demo. Libby will introduce new e-resources that are available to patrons such as ArtistWorks and AcornTV. Please RSVP by calling 508-748-3570.

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 - September 25th

9:00a.m. - 12:00 p.m.

Date of this clinic is dependent upon when the vaccine is available. Please call 508-748-3570 as the date approaches to confirm.

PODIATRY CLINIC

October 15th

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

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.

Marion Community Fund: The Marion Community Fund invites elderly, low-income Marion residents to apply for tax relief. The deadline is early October. Call the COA at 508-748-3570 for more information.

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: This program is available to elders who are generally homebound and may enjoy a social visit from a friendly volunteer for an hour each week. A visit can relieve the isolation and loneliness experienced by our seniors. This interaction between members of the senior community can be enjoyable, therapeutic and can help to fulfill our goal of enabling our seniors to remain safely in their homes for as long as possible. If you are interested in volunteering OR being a recipient of this program, contact Linda Aguiar at 508-748-3570.

Education

50+ Job Seekers Networking Group

October 2nd, 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 16th, 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.

September 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED IN OBSERVANCE OF THE LABOR DAY HOLIDAY	4 THERE WILL BE NO ACTIVITIES HELD AT THE CENTER DUE TO VOTING IN THE PRIMARY ELECTION THE COUNCIL ON AGING OFFICES WILL BE OPEN.	5 9:00 a.m. Badminton Registration req. 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	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 2:00 p.m.—4:00 p.m. Art Opening Reception
10 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga, free 11:30 a.m. Lunch	11 9:00 a.m.—11:00 a.m. Basket Weaving Registration req. 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.—2:00 p.m. Memory Loss Support Group 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$3	14 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
17 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga, free 11:30 a.m. Lunch	18 9:30a.m. Trip to Grand Panorama and Out to Lunch 10:00 a.m. Breakfast and Tech. Demo. With Libby 11:30 a.m. Lunch	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, \$3	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 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch. Sign ups re- quired 508-748-3570 12:30 p.m. Lecture	25 9:00 a.m.—11:00 a.m. Basket Weaving Registration req. 9:00 a.m.—12:00 p.m. Flu Clinic *Call Ahead* 10:00 a.m. Trip to Ikea and Trader Joe's 11:30 a.m. Lunch	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 9:30 a.m. Shopping with Community 10:15 a.m. Zumba,\$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Memory Loss Support Group 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$3	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
<i>The yoga and strength & conditioning classes are being funded by a grant from the Massachusetts Executive Office of Elder Affairs.</i>				

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Services

Medical Equipment Loan Closet
For those in need of medical equipment such as shower chairs, walkers, canes, commodes, elevated toilet seats and wheel-chairs, 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.

Classic Movie Series

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

September 14th, 7:00 p.m.

Good Will Hunting

October 12th, 7:00 p.m.

The Exorcist

November 9th, 7:00 p.m.

Butch Cassidy and the Sundance Kid

Opportunity

The COA has received a donation of yarn. If you would like to select some for crafting please call the office, 508-748-3570.

Caregivers

Memory Loss Support Group Thursdays

September 13th & 27th

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.

Scan System

My Senior Center Scan System

Anytime you scan in you will be entered into a monthly raffle. You will be eligible if you have scanned in once or multiple times. 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 July is Joan Jepson.

Window Box Winner

The votes have been counted and we have a tie. The winners of the adopt a window box program are Nancy Ross and Debbie Bush. Congratulations! Thank you to all who participated and the Woman's Club for their sponsorship.

Art Gallery

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

September 4th - November 1st

Art Exhibit for all ages

Opening reception:

September 7th, 2:00p.m. - 4:00p.m.

November 1st - January 3rd

Wonders of Winter Exhibit

Opening reception:

November 9th, 2:00p.m. - 4:00p.m.

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

New Programs

Jam Session

Calling all "retired musicians" interested in participating in a future jam session. The term "retired musicians" means anyone who has played a musical instrument as a hobby, while in school or professionally, including vocalists. The first step is to reach out to us at 508-748-3570, let us know what instrument you play, what style of music and your availability. Once we have secured enough interested musicians, we will hold a jam session at the Community Center. The session will be organized by a member of the COA, who is currently in two active bands.

Badminton

September 5th, 9:00 a.m.

Get introduced to badminton by T.K. Roy. He will explain the rules and regulations and provide instruction and demos. Please call 508-748-3570 to register.

"Celebrating 40 Years of Caring"

Monday	Tuesday	Wednesday	Thursday	Friday
No Meals Served 	4 Sodium (mg): Na* Stuffed Shells 390 Tomato Meat Sauce 123 Roman Veg. Blend 26 WW Roll 160 Cinnamon Apples 4	5 Sodium (mg): Na* Seafood Newburg *521 White/Brown Rice 36 Italian Vegetables 26 Oatmeal Bread 121 Mandarin Oranges 6	6 Sodium (mg): Na* Chicken Piccata 424 Parsley Mash. Potato 63 Peas 82 Scali Bread 190 Hermit Cookie 108 Diet: Graham Wafers	7 Sodium (mg): Na* Haddock w/ 60 Lemon Dill Sauce 111 Roasted Potatoes 33 Riviera Vegetables 16 Snowflake Roll 160 Mixed Fruit 10
	Total Sodium: 703 Calories: 521 Carbs: 64	Total Sodium: 710 Calories: 398 Carbs: 56	Total Sodium: 867 Calories: 558 Carbs: 81	Total Sodium: 390 Calories: 394 Carbs: 61
10 A	11 A	12 A	13 A	14 A
Swedish Meatballs 321 Egg Noodles 35 California Vegetables 27 Multigrain Roll 190 Chocolate Pudding 191 Diet: Low-Sugar Pudding	Chicken Teriyaki 478 Pineapple Rice 35 Oriental Vegetables 26 Wheat Roll 115 Fortune Cookie 2	Omelet w/ 312 Broccoli Cheese Sauce 103 Hash Browns 136 Green Beans 3 Fruit Loaf 190 Banana 1	Roast Turkey w/ Gravy 90 Cranberry Sauce (2) 70 Mashed Potato 16 Winter Squash 62 Oatmeal Bread 13 Pears 121	Sausage w/ *520 Peppers & Onions 70 Pasta Alfredo 16 Sub Roll 62 Applesauce 13
Total Sodium: 764 Calories: 630 Carbs: 77	Total Sodium: 657 Calories: 336 Carbs: 42	Total Sodium: 746 Calories: 674 Carbs: 85	Total Sodium: 376 Calories: 633 Carbs: 106	Total Sodium: 847 Calories: 512 Carbs: 66
17 B	18 B	19 B	20 B	21 B
BBQ Pork Ribs 410 Baked Beans 36 Carrots & Turnips 83 Multigrain Roll 190 Peaches 5	Cajun Chicken 377 Rice and Beans 137 Mexicali Corn 6 WW Bread 160 Fresh Orange 0	American Chop Suey 211 Broccoli Florets 12 Snowflake Roll 160 Choc. Chip Cookie 171 Diet: Graham Wafers	Baked Salmon w/ 67 Supreme Sauce 111 Whipped Sweet Potato 33 Zucchini/Summer Squash 3 Multigrain Bread 190 Pineapples 1	Cheeseburger 437 Ketchup 82 Mustard 55 Potato Wedges 27 Jardinière Vegetables 39 WW HB Roll 230 Mandarin Oranges 6
Total Sodium: 670 Calories: 522 Carbs: 78	Total Sodium: 680 Calories: 488 Carbs: 75	Total Sodium: 554 Calories: 670 Carbs: 87	Total Sodium: 406 Calories: 462 Carbs: 71	Total Sodium: 876 Calories: 752 Carbs: 77
24 A	25 High Sodium Meal A	26 A	27 A	28 A
Turley a La King 215 Confetti Rice 43 Broccoli/Cauliflower 15 Dinner Roll 160 Cinnamon Apples 4	Lentil Kale Soup 352 Chicken Marsala 439 Garlic Mash. Potato 62 Asparagus 6 WW Bread 160 Mixed Fruit 10	Roast Pork 71 Apple Gravy 111 Red Bliss Potatoes 4 Brussels Sprouts 12 Multigrain Bread 190 Mini Carrot Cake 209 Diet: Low-Sugar Cake 210	Meatloaf 131 Mushroom Gravy 148 Mashed Potato 62 Country Vegetables 32 Oatmeal Bread 121 Peaches 5	Hot Dog *550 Mustard 55 Relish 81 Baked Beans 36 Cabbage & Carrots 47 HD Roll 210 Pears 4
Total Sodium: 436 Calories: 444 Carbs: 52	Total Sodium: 1029 Calories: 616 Carbs: 91	Total Sodium: 596 Calories: 621 Carbs: 83	Total Sodium: 498 Calories: 566 Carbs: 80	Total Sodium: 983 Calories: 600 Carbs: 73
	Come Join Us On Tuesdays for our Ethnic Meal Series! 	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	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.	For weather emergencies and cancellations, please check 1420 AM WBSM radio.

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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Thursday, October 4, 2018

Catch a train, the HOBO Scenic Railroad! Enjoy a delicious turkey lunch, catered by Hart’s Turkey Farm, on this historic railroad that will take you through natural woody settings along the Pemigewassett River, New Hampshire. This is a beautiful ride at any time of the year. Cost of the trip is \$95.00 and includes: Deluxe motorcoach transportation, 2-hour train ride & turkey luncheon aboard the Hobo Scenic Railroad and driver gratuity.

Trip departs the Benjamin D. Cushing Community Center at 8:15 a.m. and returns at approximately 7:00 p.m.

Call the Marion Council on Aging to reserve your spot, 508-748-3570.

Sign up and payment due by September 10th. Make checks payable to the Marion COA.

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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