

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
August 2022



BENJAMIN D. CUSHING
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Special Events

Your Home

Monday, September 12th 1:00 p.m.
It is the desire of many to remain in their homes for as long as possible. However, most homes do not fit the changing needs as people age. A representative from AARP will be on hand to help to educate us on how to navigate all types of living spaces independently to allow us to remain in our own homes. A variety of potential adaptations and modifications will be given, showing solutions can range in price depending on the individuals needs and desires. There will be examples of strategies to make the home more accessible and products available to make these changes. Also, on hand will be Robin Putnam of the Office of Consumer Affairs. She will present knowledge on hiring a contractor and how to avoid being taken advantage of when hiring a home repair contractor. Executive Director, Kristina Gardiner, of Annie Maxim House, Inc. Housing Assistance Program will offer information on this invaluable resource. Does your home have a need for repairs that you cannot afford to fix? This program provides funding for small home repairs in order to enhance the health, safety and quality of life for elders who are 62 years of age or older. If you have a financial hardship and have a need for a small home repair, they may be able to help you.
Please RSVP, 508-748-3570.

Birds of Your Backyard

Friday, September 16th 1:00 p.m.
Judy Marzolk from The Joys of Nature will share information about a wide variety of birds that may be in your backyard—what will make a good backyard habitat for them, how to attract and keep attracting those beautiful birds, and which are locals and which are occasional visitors. Experience the sights and sounds of our most beautiful neighbors.



Culture Park Short Plays

Monday, September 19th 1:00 p.m.
The Culture Park Uncommon Lunch Players will be presenting a selection of fun, entertaining and relevant short plays by local and regional playwrights.

Thank you to the Friends of the Marion Council on Aging (FMCOA) for their assistance in supporting this program.



Lunchtime Cooking Demonstration

Tuesday, September 20th 12:00 p.m.
Join Linda Medeiros and learn how to prepare a quick and nutritious lunch and learn some tips and tricks on how to save money and time while preparing delicious meals. Bring your appetite! Call 508-748-3570 to make your reservation. A suggested donation of \$5.00 is requested.

Bingo

Monday, September 26th 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. Call to reserve your lunch before the game.



Marconi Telegraph Station

Friday, September 30th 1:00 p.m.
Join Frank McNamee as he gives a history of the Marconi Telegraph Station— at one time the world's largest— it was the main campus in the U.S. where Marconi sent the signals across the Atlantic. Learn interesting facts of Marion's place in telegraph history.



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Council on Aging Staff:

Karen Gregory, Director
kgregory@marionma.gov
Mike Poznysz, Transportation
Coordinator
mpoznysz@marionma.gov
Linda Jackvony, Program
Coordinator
ljackvony@marionma.gov
Paul Garib, Van Driver
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. and the Massachusetts Executive Office of Elder Affairs.

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.

Art Exhibits

Monday Morning Group

On display through September 1st– September 27th

Opening Reception

Thursday, September 8th 5:00-7:00 p.m.

Photography Show

On display September 29th—October 25th

Opening Reception

Thursday, October 6th 5:00-7:00 p.m.

Crafts & Wall Art Show

On display October 27th—December 27th

Opening Reception at the Festival of

Trees on November 26th



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.



Health & Wellness

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.

Podiatry

Dr. Alan Lechan, D.P.M. will be providing podiatry care monthly at the Council on Aging. Call 508-748-3570 to schedule your appointment.

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. an opportunity to drop off sharps and collect a new container is offered. Next collection date is September 14th.

Marion Community Fund

Applications are available for qualified Marion residents to receive relief on their property taxes through the Marion Community Fund from the Community Foundation of Southeastern Massachusetts. The deadline is October 7th. Stop by the Council on Aging office to pick up an application.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| <div style="border: 2px solid black; padding: 5px;"> <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> </div> | | | 1 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 2 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch |
| 5  | 6  | 7 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic | 8 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 9 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch |
| 12 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Housing Seminar | 13 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong | 14 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic | 15 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 16 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Bird Presentation |
| 19 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Culture Park Short Plays | 20 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 | 21 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 12:00 p.m.—3:00 p.m. Nursing Clinic | 22 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 23 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch |
| 26 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$ | 27 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong | 28 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic | 29 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 | 30 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Marconi Telegraph Lecture |

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Watercolor Art Class

Watercolor Classes with Canalside Artist Kate Furler
Fridays, 9:00 a.m.—11:00 a.m.
This class focuses on watercolor techniques. Cost per each class is \$14.00 payable to the instructor. Call 508-748-3570 to register and to receive the list of class Supplies you will need.

LGBTQ Supper Club

The LGBTQ Senior Supper Club meets the 4th Wednesday of the month from 5:00 p.m.—7:00 p.m. at the Fairhaven COA. The next gathering will be on September 28th. The Fairhaven COA is located at 229 Huttleston Avenue in Fairhaven. You can visit their website at: fairhaven-ma.gov/council-aging or give them a call at 508-979-4029.



Trip to Foxwoods

Tuesday, September 27th 8:30 a.m.
No one offers more gaming choices than Foxwoods Resort Casino, the internationally recognized gaming destination. With six casinos, Foxwoods offers more than 7,400 slot machines, 388 table games, and the world's largest bingo hall. Keno lovers can play the ever-popular Keno throughout the property, as well as in a comfortable Keno lounge. Foxwoods offers many dining options. You can also enjoy the 300,000 square foot indoor Tanger Outlet Mall at Foxwoods! 80 discount stores and casino fun make for a great day. Trip includes: Casino time 10:00 a.m. to 4:00 p.m. and deluxe motorcoach transportation. For reservations please call 508-748-3570. Cost of the trip is \$37.00, no refunds. Tour operated by Bloom Tours.



Opportunity

Senior Work-off Abatement Program

This program allows taxpayers to provide services to the town in exchange for a reduction in their tax bill. One must be over the age of 60 and own and occupy, as a principal residence, the property for which Marion taxes are paid. Only one qualifying resident of the property may participate. Hourly compensation is based on the current state minimum wage and may not exceed \$750.00. Registration for this program will be held on Tuesday, October 4th at 1:00 p.m. at the Community Center. Bring a photo i.d., a copy of your current tax bill, and a copy of trust (if applicable). For further information please call 508-748-3570.



Community Health Fair

The Marion Council on Aging is proud to host The Second Annual Community Health Fair
Monday, October 24th 9:00 a.m. to Noon

Vendors will include:

AAA - All American Assisted Living - All Hands Dentistry - Alzheimers Association
Attorney Brandon Walecka - Bask Canibas - Belltone Audiology - Coastline - Dietitian Barbara Canuel
Dr. Edward Hoffer - Heart to Home Meals - Kindred at Home - Marion Fire Department
Marion Police Department - Marion Public Health Nurse - Tri Town Veterans Agent
More to be announced!

Come and gather some information, free samples, helpful tips and get questions answered.
Put your name in for one of the many door prizes being offered!

Cost Savings Strategies From SHINE



Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

| Medicare Savings Plans | Gross Monthly Income Limit | Asset Limit* | Application to Use | Benefits |
|--------------------------------|--|--|---|---|
| MassHealth Senior Buy-In (QMB) | \$1,473 (individual) \$1,984 (couple) | \$16,800 (individual) \$25,200 (couple) | MassHealth SACA-2 or Buy-In 1-800-841-2900 | Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs |
| MassHealth Buy-In (SLMB, QI-1) | \$1,869 (individual) \$2,518 (couple) | \$16,800 (individual) \$25,200 (couple) | MassHealth SACA-2 or Buy-In 1-800-841-2900 | Pays Medicare B premium & full extra help with prescription costs |

*Primary residence and one vehicle are not counted

If you have any questions about these programs, contact a SHINE counselor or MassOptions at (1-800-243-4636). You can apply any time and reap big savings!

Preventing Elder Abuse

Elder abuse is an act or omission which results in physical or emotional injury, or financial loss to a person over the age of 60. This includes physical, sexual, and emotional abuse, caretaker neglect, financial exploitation, and self-neglect. If you have reason to believe an adult age 60 or older is a victim of elder abuse, call the Massachusetts-based Elder Abuse Hotline at 1-800-922-2275. The identity of the reporter is always confidential. Elder Protective Services is operated locally through Bristol Elder Services which investigates reports of abuse and provides protective services to elders residing in Acushnet, Attleboro, Berkley, Dartmouth, Dighton, Fairhaven, Fall River, Freetown, Gosnold, Mansfield, Marion, Mattapoisett, New Bedford, North Attleboro, Norton, Raynham, Rehoboth, Rochester, Seekonk, Somerset, Swansea, Taunton, and Westport.

For more information, contact them at (508) 675-2101.

Flu Clinic

The Marion Board of Health along with Marion CARES Community EMS will be hosting Flu Clinics this Fall. They will be drive-thru clinics at the Community Center. The first is tentatively scheduled for September 29th. High-dose and regular-dose will be offered. Everyone will need to pre-register. We will send out an email blast when registration is open, and will provide a link once we have confirmation of delivery of the vaccine. If you have any questions or need assistance with registration, contact Maureen at the BOH 508-748-3530.



Time to Renew
Membership Renewal

Please join or renew your membership in the FMCOA for our new fiscal year which began July 1, 2022. Your help supports the growth of the wonderful Council on Aging programs and activities.

FMCOA
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YARD SALE

Saturday
October 8th
9:00 a.m.—1:00 p.m.
Rain or Shine

Time to clean out those closets, attics, garages & basements for our 3rd annual yard sale! We will be accepting your donations for this years yard sale. We request that you call ahead to schedule a drop off, 508-748-3570. No clothing, computers or large furniture can be accepted. If in doubt simply ask when you call to schedule a drop off.

Sponsored by Friends of the Marion Council on Aging



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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