

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
April 2020

## Special Events

### Painting with Watercolors

Thursday, April 2<sup>nd</sup> 12:30 p.m.

Local resident and artist Bill Titcomb will be leading a class on painting watercolors. He will teach us how to design notecards with watercolors. No experience is necessary and all skill levels are welcome to attend. All needed materials will be supplied. Call 508-748-3570 to register. Space is limited.



### Art For Your Mind - The Art of France by Jill Sanford

Monday, April 6<sup>th</sup> 12:30 p.m.

Experience a number of France's famous art styles - Baroque, Romanticism and Impressionism, to name a few. Come away with a renewed sense of the impact and importance of France's tremendous contributions to the art world. Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds - artists and non-artists alike. In just one

hour you'll discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections.

A lunch of Chicken Cordon Bleu Sandwiches will be served at 11:30 a.m. Reservations are required for lunch. Call 508-748-3570 by April 2<sup>nd</sup> to make your reservation.



### Spring Birds

Monday, April 13<sup>th</sup> 12:30 p.m.

Join us as the Massachusetts Audubon Society shares amazing stories and information about our Spring feathered friends. After the presentation you are invited to stay and take part in a short, creative craft.



### New England Reptile & Raptor

Tuesday, April 21<sup>st</sup> 12:30 p.m.

The mission of New England Reptile & Raptor is to help people understand nature and how it functions. As a naturalist, Marla Isaac specializes in teaching the biology and conservation of reptiles and birds of prey. She uses live, non-releasable animals and artifacts, such as skulls and skeletons, as teaching tools. This event has been scheduled to coincide with April school vacation, we encourage you to bring the favorite young person in your life to this program.

*This program is funded in part by a grant from the Marion Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.*



### Consumer Protection

Monday, April 27<sup>th</sup> 12:30 p.m.

Join Robin Putnam, Massachusetts Office of Consumer Affairs and Business Regulation and Amy Schram, Better Business Bureau as they provide information on how to stay safe and general protection from scams and identity theft. Enjoy an ice cream social after the lecture. Call 508-748-3570 to register for this program.





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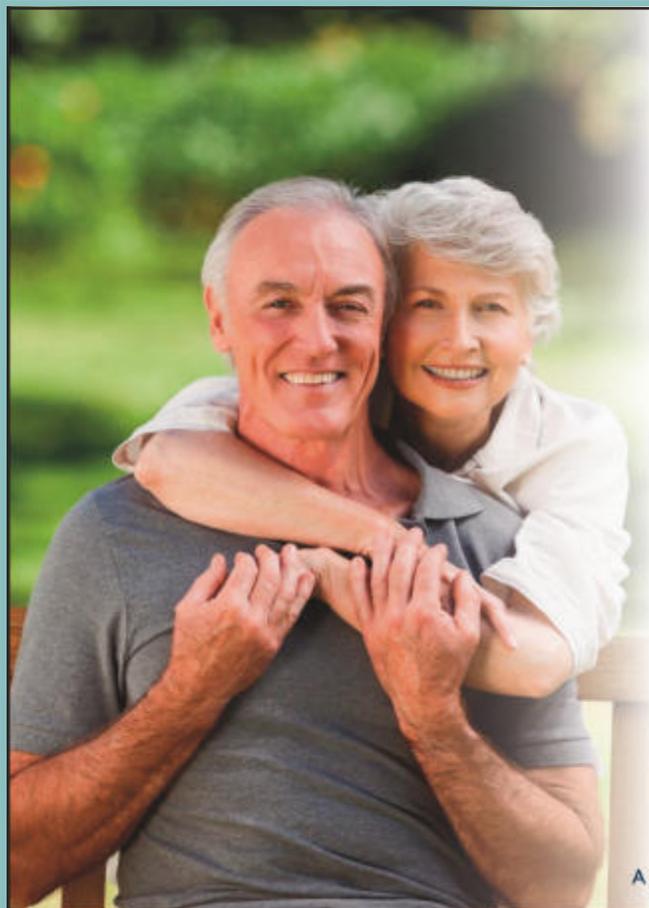
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### COA Office Hours:

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 Coast-line Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.*

## 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.

*Voluntary Donations Accepted to Sustain Programming*

### 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. There will be no clinic on April 1<sup>st</sup> or May 6<sup>th</sup>.

### 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 July 24<sup>th</sup>, call Holly Petruzzo, RDH, 774-766-7238.

## Caregivers

### Memory Loss Support Group

Thursdays - April 9<sup>th</sup> & 23<sup>rd</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 February is Mary Stanton.

## Art Gallery

### UPCOMING SHOWS:

Art For All Ages

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

Photography

May 1<sup>st</sup> - May 29<sup>th</sup>

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

Pastel Show

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

Opening reception June 4<sup>th</sup> 5- 7pm

Dexter Beach Artists

July 1<sup>st</sup> - August 11<sup>th</sup>

Opening reception July 2<sup>nd</sup> 5-7pm



## April 2020 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Strength &amp; Conditioning Tuesday</b>  This class is being funded through a donation made in the memory of Lynne Rhoads.	1 10:30 a.m. Group Fitness \$35/10 weeks 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	2 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 12:30 p.m. Watercolors 1:00 p.m. —3:30 p.m. Duplicate Bridge, \$2	3 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
6 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	7 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	8 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	9 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	10 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
13 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	14 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	15 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	16 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	17 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
20 Closed in Observation of Patriots Day Holiday 	21 9:00 a.m. Strength & Conditioning, free 10:00 a.m. Coffee with the Chief 10:30 a.m. Meditation 11:30 a.m. Lunch 12:30 p.m. Lecture	22 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	23 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	24 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
27 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	28 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	29 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	30 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	<b>Duplicate Bridge</b>  Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.

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## Day Trips

Blithewold Mansion, Gardens & Arboretum, Bristol, RI  
Thursday, April 23<sup>rd</sup> 9:30 a.m.  
Take part in a guided tour of the Mansion & Gardens, with over 300 species of woody plants, arboretum and a spectacular sight of up to 50,000 daffodils of various varieties. After enjoying the sights at Blithewold it will be off to dine at the Lobster Pot. Cost of the guided tour is \$15.00, this does not include the cost of lunch. Sign ups for this trip begin on April 8<sup>th</sup>. Call 508-748-3570.



Cape Cod Mall, Christmas Tree Shop & Trader Joes  
Thursday, May 7<sup>th</sup> 9:30 a.m.  
Enjoy the mall, get some lunch while you are there and then head over to Christmas Tree Shop and Trader Joes. Sign ups for this trip begin on April 23<sup>rd</sup>. Call 508-748-3570.

## Coffee with the Chief

Tuesday, April 21<sup>st</sup> 10:00 a.m.  
Join Police Chief John Garcia for coffee and conversation. It will be a time for sharing information and addressing questions and concerns.



## Classic Movie Series

The Sippican Historical Society and Marion COA are delighted to present the monthly Classic Film Series at the Music Hall.  
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. Come early and listen to music provided by Truman Terrell, Bob Sanderson and Michele Richardson.



## South Coastal Counties Legal Services

The Seniors Law Project of South Coastal Legal Services, Inc. is funded in part by Coastline to provide free legal assistance to seniors. While there is no income criteria, the SLP directs its efforts to those with the greatest economic and social need. Assistance usually falls with these priority areas:

- Social security benefits
- Subsidized housing matters
- Food stamps, Medicaid estate planning
- Physical & financial abuse
- Nursing home related problems

Appointments available on April 9<sup>th</sup> starting at 9:30 a.m. Call 508-748-3570 to reserve your spot.



## Upcoming Events

Grand Opening - Sippican Lands Trust Osprey Marsh Accessible Boardwalk  
Saturday, May 2<sup>nd</sup> 9:15 a.m.  
Meet at the Community Center and travel to the property to view this exciting project that is bringing the community closer to nature by giving greater accessibility to the outdoors.

Realistic Resilience for Caregivers  
Monday, May 4<sup>th</sup> 12:30 p.m.

This presentation by Janet Cromer RN, LMHC will focus on recognizing and relieving depression, stress and compassion fatigue. You will be presented with new ideas to connect with, fortify, appreciate and help heal yourself.

Sweet Sculpture: Learn - Build - Eat!  
Friday, May 8<sup>th</sup> 2:00 p.m.

Jill Sanford will be presenting an opportunity to experience the art medium of sculpture more fully. From ancient masterpieces to modern creations, increase your understanding of the complex choices artists make as they give physical form to the elements of design. After, take part in a hands-on opportunity to construct your own edible dessert creation. Sign up by calling 508-748-3570. Cost \$5.00.



Monday	Tuesday	Wednesday	Thursday	Friday
<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>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>1 Sodium (mg): Na*</p> <p>Tossed Salad w/ Dressing 124</p> <p>American Chop Suey 211</p> <p>Roman Blend 26</p> <p>Oatmeal Roll 190</p> <p>Pears 5</p> <p>Total Sodium: 556</p> <p>Calories: 448 Carbs: 62</p>	<p>2 Sodium (mg): Na*</p> <p>Roast Turkey w/ Gravy 160</p> <p>Cranberry Sauce (2) 4</p> <p>Mashed Potatoes 62</p> <p>Winter Squash 13</p> <p>Marble Rye Bread 127</p> <p>Fruited Jell-O 1</p> <p>Total Sodium: 368</p> <p>Calories: 538 Carbs: 84</p>	<p>3 Sodium (mg): Na*</p> <p>Mac n' Cheese 403</p> <p>Escalloped Tomatoes 143</p> <p>Peas &amp; Portobello's 133</p> <p>Fruit Loaf 160</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 845</p> <p>Calories: 750 Carbs: 102</p>
		<p>6</p> <p>Cheeseburger 384</p> <p>Ketchup &amp; Mustard 82</p> <p>Roasted Potatoes 33</p> <p>Cabbage &amp; Carrots 47</p> <p>WW HB Roll 230</p> <p>Baseball Cookie 171</p> <p>Total Sodium: 946</p> <p>Calories: 852 Carbs: 90</p>	<p>7</p> <p>Crustless Turkey Pot Pie 221</p> <p>Mashed Potatoes 62</p> <p>Biscuit 340</p> <p>Applesauce 15</p> <p>Yogurt Cup</p> <p>Total Sodium: 638</p> <p>Calories: 557 Carbs: 74</p>	<p>8</p> <p>Pork Lo Mein 254</p> <p>Oriental Vegetables 26</p> <p>Oatmeal Roll 121</p> <p>Peaches 5</p> <p>Total Sodium: 405</p> <p>Calories: 532 Carbs: 76</p>
<p>13</p> <p>Chicken La'Orange 391</p> <p>Jasmine Rice 112</p> <p>Malibu Blend 59</p> <p>Oatmeal Bread 121</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 688</p> <p>Calories: 418 Carbs: 53</p>	<p>14</p> <p>Tossed Salad w/ Dressing 124</p> <p>Shepherd's Pie 283</p> <p>Mixed Veggies 41</p> <p>WW Roll 160</p> <p>Butterscotch Pudding 251</p> <p>Diet: Diet Pudding</p> <p>Total Sodium: 857</p> <p>Calories: 769 Carbs: 109</p>	<p>15</p> <p>Roast Pork w/ Apple Gravy 71</p> <p>Scalloped Potatoes 185</p> <p>Brussel Sprouts 12</p> <p>Honey Wheat Bread 135</p> <p>Pears 4</p> <p>Total Sodium: 517</p> <p>Calories: 521 Carbs: 59</p>	<p>16</p> <p>Sweet n' Sour Meatballs 214</p> <p>Fluffy Rice 36</p> <p>Winter Blend 15</p> <p>Multigrain Roll 180</p> <p>Cinnamon Applesauce 15</p> <p>Total Sodium: 460</p> <p>Calories: 455 Carbs: 60</p>	<p>17</p> <p>Stuffed Shells w/ Tomato Basil Sauce 390</p> <p>Italian Blend 55</p> <p>Garlic Button Mushrooms 26</p> <p>Hot Cross Bun 190</p> <p>Banana 1</p> <p>Total Sodium: 711</p> <p>Calories: 472 Carbs: 79</p>
<p>20</p> <p><b>Patriot's Day</b></p>	<p>21</p> <p>Chicken Cordon Royale *550</p> <p>Roasted Potatoes 33</p> <p>Peas &amp; Mushrooms 133</p> <p>Potato Bread 190</p> <p>Pineapple 1</p> <p>Total Sodium: 907</p> <p>Calories: 600 Carbs: 79</p>	<p>22</p> <p>Meatloaf w/ Gravy &amp; Pearl Onions 255</p> <p>Whipped Sweet Potato 33</p> <p>Malibu Blend Veggies 59</p> <p>Oatmeal Bread 121</p> <p>Fresh Orange 0</p> <p>Total Sodium: 467</p> <p>Calories: 541 Carbs: 75</p>	<p>23</p> <p>Turkey Divan 321</p> <p>Italian Bowtie Pasta 1</p> <p>WW Roll 160</p> <p>Hermit Cookie 108</p> <p>Diet: Graham Wafer 85</p> <p>Total Sodium: 589</p> <p>Calories: 562 Carbs: 65</p>	<p>24</p> <p>Fish Sandwich 337</p> <p>Tartar Sauce 261</p> <p>Au Gratin Potatoes 154</p> <p>Green Beans 3</p> <p>WW Hamburger Roll 230</p> <p>Pineapple 1</p> <p>Total Sodium: 985</p> <p>Calories: 745 Carbs: 87</p>
<p>27</p> <p>Chicken &amp; Green Been Stir Fry 207</p> <p>Lo Mein 28</p> <p>Multigrain Roll 190</p> <p>Pineapple 1</p> <p>Fortune Cookie 2</p> <p>Total Sodium: 429</p> <p>Calories: 578 Carbs: 94</p>	<p>28</p> <p>Oyster Crackers 133</p> <p>Potato Leek Soup 131</p> <p>Pot Roast w/ Gravy 351</p> <p>Spring Vegetables 57</p> <p>Oatmeal Roll 121</p> <p>Banana 1</p> <p>Total Sodium: 795</p> <p>Calories: 777 Carbs: 104</p>	<p>29</p> <p>Buttermilk Chicken 139</p> <p>Red Bliss Potatoes 4</p> <p>Glazed Carrots 83</p> <p>WW Bread 160</p> <p>Lemon Cream Cake 209</p> <p>Diet: Low Sugar Cake 210</p> <p>Total Sodium: 652</p> <p>Calories: 578 Carbs: 88</p>	<p>30</p> <p>Beef Chili w/ Cheddar Cheese 176</p> <p>Rice 36</p> <p>Garlic Roll 180</p> <p>Pears 4</p> <p>Total Sodium: 589</p> <p>Calories: 519 Carbs: 64</p>	

\* Indicates a food with more than 500 mg sodium.  
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Please join us to celebrate the completion of the Office Renovation Project  
The Benjamin D. Cushing Community Center - 465 Mill Street, Marion  
April 3rd - Open House from 11:00 a.m. to 2:00 p.m. Ribbon Cutting at 12:30 p.m.

Thanks to the generosity of many townspeople and the work of our talented facilities team, this project was completed ahead of schedule, on budget and with no disruption to the many activities that go on at the Center every day.

**BENJAMIN D. CUSHING COMMUNITY CENTER YARD SALE**

Clean out your closets, garages and attics. Let us turn your trash into someone else's treasure. We are collecting donated items for our upcoming yard sale in May. You may drop off your items during our normal business hours. We are unable to accept furniture and certain electronic items - if you are unsure please call us and inquire - 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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