

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

JULY 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

Musical Performance by Yesterday's Country Band July 16th, 12:30 p.m.

Yesterday's Country Band plays the popular hit tunes from the 1940's through the 1980's. Music historians identify this period as the Golden Era of Country Music. During this period, what became known as Country Music evolved into a variety of musical styles - Country & Western Swing, Honky Tonk, Rockabilly, Nashville Sound, Outlaw and many others. Yesterday's Country Band includes songs that cover just about all the styles mentioned above including Gospel, Bluegrass and some Classic Folk. Lunch will be provided by Harriet's Catering and is served at 11:30 a.m. Registration is required if you wish to join us for lunch. Make your reservation by calling 508-748-3570.

The Summer Concert Series has been funded, in part, by a grant from the Marion Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

Day Trips

The Acushnet Classic Ensemble

July 25th, 12:00 p.m.

Enjoy the sounds of this very talented orchestra

comprised of 80 student musicians ranging in age from 10 to 18 years of age. Trip departs from the Benjamin D. Cushing Community Center, heading to Fairhaven High School at 12:00 p.m. Sign ups for this trip begin on July 11th, please call 508-748-3570 to reserve your spot.

Lunch at Isaac's on the Waterfront

July 30th, 10:30 a.m.

Located on the historic Plymouth waterfront with spectacular views of Plymouth Harbor, the Mayflower and a stones throw from Plymouth Rock. You will be surrounded by huge glass windows, brass, mirrors, and a friendly staff. After lunch enjoy some time on your own to explore the waterfront. The bus will depart from the Benjamin D. Cushing Community Center at 10:30 a.m. Sign ups begin on July 16th, please call 508-748-3570 to reserve your spot.

Transportation

Transportation for Marion Residents

Transportation is available for Marion residents in need of rides for grocery shopping, personal errands and

medical appointments. Please call the COA office as soon as you know you will need a ride as slots fill quickly, 508-748-3570. When reserving transportation please have exact date, time and address of your appointment.

Donations for rides are accepted, but not mandatory. Riders will never be refused service due to their inability to contribute financially. All riders must be able to navigate on and off the van independently or bring a friend/care provider to assist. Seat belts must always be worn.

Community Center: The COA hosts many exercise classes and other social events, including lunch. Transportation is available.

Wareham YMCA: Tuesday and Thursdays - pick up at 10:00 a.m. and return at 12:30 p.m. \$2/suggested donation.

Local Medical Transportation: \$3/suggested donation.

Boston Medical Transportation: Please schedule your appointments between 9:00 a.m. and 1:00 p.m. \$50/suggested donation.

Grocery Shopping: Every Wednesday afternoon to Market Basket. Friday afternoons alternate between Fairhaven and Wareham shopping plazas. \$2/ suggested donation.

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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

Fitness

Dance Fit
Mondays, 9:00 a.m. -10:00 a.m.
Cost: \$5.00
Instructor: Ellie Higgins

Yoga
Mondays, 10:15 a.m.-11:15 a.m.
Free
Instructor: Pamela Smith Paquette
This class has been funded by a grant from the Massachusetts Executive Office of Elder Affairs.

YMCA Group Fitness
Wednesdays & Fridays,
10:30 a.m. - 11:30 a.m.
Cost: \$35.00/10 weeks
Instructor: Janet Memoli

Tai Chi
Thursdays, 9:00 a.m.-10:00 a.m.
Cost: \$10.00
Instructor: Kyle Marston

Zumba
Thursdays, 10:15 a.m.-11:15 a.m.
Cost: \$5.00
Instructor: Pati Cautillo

Strength & Conditioning
Fridays, 12:30 p.m. - 1:30 p.m.
Free
Instructor: Larry Bigos
This class has been funded by a grant from the Massachusetts Executive Office of Elder Affairs.

Wellness

Public Health Nurse
Wednesdays, 10:30 a.m. -
12:30 p.m.
Health consultations and
education, blood pressure
monitoring and routine
adult vaccinations.

PODIATRY CLINIC

August 6th

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

DENTAL CLEANINGS & SCREENINGS

July 17th

As we age, our dental needs become more complicated and many push dental exams off until major problems occur. The Visiting Dental Hygienist Program provides consumers with a public health dental hygienist that travels to the Community Center with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. The Visiting Dental Hygienist Program is made possible, in part, by Coastline Services. You must be age 60+ with no dental insurance or limited financial means. To schedule your appointment, call Holly Petruzzo, RDH, 774-766-7238.

Services

SHINE

Health Insurance Counseling

Tuesdays, 9:00 a.m. - 11:00 a.m.

The SHINE Program, (Serving the Health Information Needs of Everyone), provides free health insurance information counseling and assistance to all Massachusetts residents with Medicare. In Marion we are fortunate to have Asha Wallace serve as our SHINE volunteer. On Tuesdays Asha will be on hand at the Community Center to assist with any questions you may have.

July 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga 11:30 a.m. Lunch	3 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch	4 	5 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	6 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
9 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga 11:30 a.m. Lunch	10 9:00 a.m.—11:00 a.m. SHINE 9:00 a.m.—11:00 a.m. Basket Weaving Registration req. 11:30 a.m. Lunch	11 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	12 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch	13 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
16 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga 11:30 a.m. Catered Lunch. Sign ups required 508-748-3570 12:30 p.m. Summer Concert Series Yesterday's Country Band	17 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch	18 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	19 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	20 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
23 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga 11:30 a.m. Lunch	24 9:00 a.m.—11:00 a.m. SHINE 9:00 a.m.—11:00 a.m. Basket Weaving Registration req. 11:30 a.m. Lunch	25 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	26 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch	27 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
30 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga 11:30 a.m. Lunch	31 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch			

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Services

South Coastal Counties Legal Services

August 21st

The Seniors Law Project of South Coastal Legal Services, Inc., is funded in part by Coastline to provide free legal assistance to seniors in Marion. While there is no income criteria, the SLP directs its efforts to those seniors with the greatest economic and social need. They primarily provide assistance in matters that fall within the priority areas which have been identified in conjunction with Coastline: social security benefits, subsidized housing matters, public benefits cases such as food stamps, Medicaid estate planning, physical and financial abuse, and nursing home related problems. Call 508-748-3570 to schedule an appointment.

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 may provide the item on loan for as long as it is needed. Call 508-748-3570 to inquire about what we have in stock.

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.

Caregivers

Memory Loss Support Group Thursdays

July 5th & 19th

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.

Programs

Basket Weaving

Tuesdays

July 10th & 24th

9:00 a.m. - 11:00 a.m.

\$25.00 includes instruction and materials. Pre-registration is required, call 508-748-3570.

Duplicate Bridge

The Thursday afternoon duplicate bridge group will not be held for the summer months. We welcome their return in September.

Mahjong

Fridays

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

All levels are encouraged to attend, beginners welcome- instruction provided.

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 provide accurate participation data to the town of Marion and the Massachusetts Executive Office of Elder Affairs.

The winner for the month of May is Sally Fallon.

Art Gallery

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

June 1st - July 10th

Senior Art Exhibit

July 13th - August 1st

Children's Art Exhibit

Opening reception:

July 17th, 2:00 p.m. - 4:00 p.m.

August 1st - September 4th

Sarah Brown Exhibit

Opening reception:

August 2nd, 2:00 p.m. - 4:00 p.m.

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.

Annual Chicken BBQ

The Marion Social Club invites Marion seniors, and one guest, to join them on Sunday, August 19th, 12:00 p.m. for the Annual Chicken BBQ. Tickets are 50 cents each, and are available at the Council on Aging office. Transportation can be provided upon request. Tickets must be purchased by Friday, August 10th.

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Sodium (mg): Na*	3	Sodium (mg): Na*	4	Sodium (mg): Na*	5	Sodium (mg): Na*	6	Sodium (mg): Na*
Turkey Stew	*571	Cheeseburger	437		Grilled Chicken w/	320	Tuna Noodle Casserole	358	
White/Brown Rice	36	Ketchup	82		Peach Salsa	45	Peas & Portobello	133	
Multigrain Roll	190	Potato Wedges	27		Spanish Rice	22	Mushrooms		
Fresh Orange	0	Cabbage & Carrots	47		Broccoli Florets	12	Dinner Roll	160	
		WW HB Roll	230		Oatmeal Bread	121	Mandarin Oranges	6	
		Holiday Cookie	170		Applesauce	20			
		Diet: Lorna Doone's	140						
Total Sodium:	797	Total Sodium:	992		Total Sodium:	541	Total Sodium:	657	
Calories: 453	Carbs: 66	Calories: 903	Carbs: 89		Calories: 364	Carbs: 49	Calories: 445	Carbs: 65	
9		10			11		12		13
Sweet n' Sour	240	Lasagna Roll Up	359	BBQ Chicken	497	Braised Italian Beef	113	Potato Pollock	233
Meatballs		Tomato Veg. Sauce	57	Parsley Mash. Potato	63	Egg Noodles	35	Tartar Sauce	261
Oriental Rice	92	Zucchini/Sum. Squash	27	Chuckwagon Veggies	2	Gr. Beans/Mushrooms	38	Au Gratin Potatoes	154
Oriental Veggies	26	WW Roll	160	Corn Bread	280	Oatmeal Roll	121	Roman Blend	26
WW Bread	160	Tapioca Pudding	130	Mixed Fruit	10	Fresh Cantaloupe	12	Multigrain Roll	190
Pineapple w/ Shredded Coconut	1	Diet: Diet Pudding						Apricots	10
Total Sodium:	520	Total Sodium:	709	Total Sodium:	852	Total Sodium:	284	Total Sodium:	875
Calories: 521	Carbs: 69	Calories: 377	Carbs: 57	Calories: 620	Carbs: 101	Calories: 485	Carbs: 53	Calories: 583	Carbs: 75
16		17		18		19		20	
BBQ Pork Patty	410	Chicken Piccata	424	Mac n' Cheese	403	Turkey w/ Gravy	160	Stuffed Shells w/	390
Whipped Sweet Potato	33	Florentine Rice	112	Escalloped Tomatoes	143	Cranberry Sauce (2)	16	Meat Sauce	123
Brussel Sprouts	12	Asparagus	6	Green Beans	3	Whipped Potato	62	Italian Blend Veggies	26
WW Roll	160	Oatmeal Bread	121	Fruit Loaf	78	Winter Squash	13	Snowflake Roll	190
Cinnamon Apples	4	Mandarin Oranges	6	Fresh Watermelon	0	Potato Bread	120	Pears	4
						Brownie	132		
						Diet: Graham Wafer	85		
Total Sodium:	619	Total Sodium:	668	Total Sodium:	627	Total Sodium:	503	Total Sodium:	733
Calories: 399	Carbs: 55	Calories: 401	Carbs: 45	Calories: 611	Carbs: 86	Calories: 786	Carbs: 121	Calories: 547	Carbs: 71
23		24		25		26		27	
Apricot Chicken	359	Beef Picadillo	251	Roast Pork w/	71	Meatloaf w/	240	Broccoli Bake	387
Pineapple Rice	35	White/Brown Rice	36	Apple Gravy	111	Pearl Onions & Gravy	110	Hash Browns	136
Summer Blend Veg.	57	Genoa Blend Veg.	40	Oven Roasted Potato	33	Mashed Potatoes	62	Gr. Beans & Tomatoes	68
Dinner Roll	160	Multigrain Roll	190	Broccoli/Cauliflower	15	Brussel Sprouts	12	Fruit Loaf	78
Pineapple Whip	191	Fresh Orange	0	Oatmeal Bread	121	WW Bread	160	Apricots	10
Diet: Diet Pudding	110			Mini Key Lime Pie	209	Mixed Fruit	10		
				Diet: Low Sugar Cake	210				
Total Sodium:	803	Total Sodium:	517	Total Sodium:	558	Total Sodium:	594	Total Sodium:	679
Calories: 529	Carbs: 69	Calories: 449	Carbs: 65	Calories: 612	Carbs: 76	Calories: 496	Carbs: 77	Calories: 731	Carbs: 85
30		31		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.			
Hot Dog	*550	American Chop Suey	211						
Mustard & Relish	136	Peas	82						
Baked Beans	36	Oatmeal Roll	121						
Cabbage/Carrots	47	Fresh Apple	2						
HD Roll	210								
Peaches	5								
Total Sodium:	984	Total Sodium:	416						
Calories: 606	Carbs: 74	Calories: 502	Carbs: 76						

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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Special Opportunity

Friendly Visitor Program

Can you give a few hours a month to make a difference in a senior's life?

The Friendly Visitor Program is a program available to elders who are generally homebound and may enjoy a social visit from a friendly volunteer for an hour each week. A weekly visit can relieve the isolation and loneliness often experienced by our seniors. This interaction between members of the senior community can be enjoyable as well as therapeutic and can help to fulfill our goal of enabling seniors of Marion to remain safely in their own homes for as long as possible. If you are interested in this program and have some time to give to a senior in our community, please contact Linda Aguiar at 508-748-3570.

Thank you



Thank you to the Sippican Woman's Club for their generous donation in support of the Council on Aging's Adopt a Window Box Program. Stop by the COA and enjoy these masterful creations!

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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