



SIPPICAN SOUNDINGS

News from the Marion Council on Aging

May 2022



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

Brunch with the Chief Monday, May 2nd 11:00 a.m.

Take this opportunity to come meet with Chief Nighelli for a question & answer session. It is a time to address any concerns you may have. The Chief will touch on the recent wave of scams they have seen reported and ways to keep yourself protected. Please RSVP by calling 508-748-3570.



Art Show Opening Reception Thursday, May 5th 5:00—7:00 p.m.

Wareham/Bourne Art Association
Stop by the Community Center to view the works of this talented group of artists. Join us to view the artwork, meet the artists and enjoy some light refreshments. Exhibit will remain on display through May 24th.



Kentucky Derby Friday, May 6th 1:00 p.m.

It has been called "The Greatest Two Minutes in Sports". Did you know that distances around a race-track are denoted using the term furlong? A furlong is one eighth of a mile. So, join us as we take a lap on our 1 furlong walking path. After, we will head inside for our own running of the derby and themed snacks. Don your most glamorous hat and join us! Call 508-748-3570 to attend.



Lunch with Kindred at Home Monday, May 16th Noon

With a mission of providing compassionate care and service Kindred is delighted to offer a light Italian luncheon here at the Community Center. Space is limited. Call 508-748-3570 to make your reservation.

Cooking Demonstration with Linda Medeiros Tuesday, May 17th Noon

Come and join us for a lunchtime cooking demonstration with Linda Medeiros. Learn some tips and tricks on how to save money and time. There is a \$5.00 suggested donation for this program. Call 508-748-3570 to register.

Trip to Isabella Stewart Gardner Museum

Thursday, May 19th 10:00 a.m.

After years of collecting on a small, personal scale, in 1891 Isabella inherited \$1.75 million upon her father's death and was able to begin collecting on a greatly expanded level. Upon purchasing Rembrandt's *Self-Portrait, Age 23* in 1896, Isabella and her husband Jack decided their ambitions as collectors required more space than their residence permitted, and thus began to consider the idea of a museum. Take a trip with us to see how their vision came to life. Take some time to enjoy the exhibits on display, the tranquil courtyard or have a bite to eat at the café. Cost of admission to the museum is \$18.00. Call 508-748-3570 to reserve your spot beginning May 5th.



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Coordinator
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Coordinator
gsolano@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., Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living. 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.

Prescription Advantage

“Why do I need Prescription Advantage?” This question is often asked. Many say, “I don’t need it. I already have a Medicare Part D plan” or “I have coverage from my former employer.” Even with Part D or other coverage, there are many reasons to join Prescription Advantage, including:

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”;
- It allows you to change your Medicare plan outside of Medicare’s open enrollment;
- At certain income levels it’s FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability. Find out how Prescription Advantage can help you by calling 1-800-243-4636 or visiting www.prescriptionadvantagemma.org Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

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.

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. the Public Health Nurse offers the opportunity to drop off sharps and collect a new container. Next collection date is May 11th.

Vet—Together

Saturday, May 21st Noon

We invite all Veterans, Active Duty Service Members, spouses and their guest for a luncheon. Please RSVP by Tuesday, May 17th by calling 508-748-3570.

Financial Assistance for Veterans:

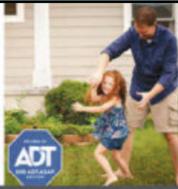
The State Chapter 115 Assistance Program, run by the Tri-Town Veterans Office, provides financial assistance for shelter/housing, fuel and medical reimbursements to Veterans and their dependents who have limited incomes and assets (not including their primary residence). Please contact the Tri-Town Veterans Office, to see if you qualify for assistance as a Veteran or Widow/Widower. The office is open Monday—Thursday. Please call 508-758-4100 ext. 7 or email at veterans@mattapoissett.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 a.m. Yoga, free 11:00 a.m. Brunch with the Chief	3 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	4 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	5 9:00 a.m. Tai Chi, free 12:00 p.m. Savory Sandwiches 1:00 p.m. Bridge, \$2.00 5:00 p.m. Art Show Opening Reception	6 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Kentucky Derby
9 10:00 a.m. Yoga, free 6:45 p.m. Annual Town Meeting	10 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong	11 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	12 9:00 a.m. Tai Chi, free 12:00 p.m. Savory Sandwiches No Bridge—Preparing for Election	13 No Activities 
16 10:00 a.m. Yoga, free 1200 p.m. Italian Luncheon with Kindred At Home	17 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	18 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	19 9:00 a.m. Tai Chi, free 10:00 a.m. Trip to ISG 12:00 p.m. Savory Sandwiches 1:00 p.m. Bridge, \$2.00	20 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Paint Party, \$20
23 10:00 a.m. Yoga, free 1:00 p.m. Bingo, \$	24 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong 1:00 p.m. Lecture	25 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	26 9:00 a.m. Tai Chi, free 12:00 p.m. Savory Sandwiches 1:00 p.m. Bridge, \$2.00	27 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
30 	31 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Mah Jong			

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.

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Special Events Continued

Paint Party with Lidia
Friday, May 20th 1:00 p.m.

Come and enjoy time with friends and have some fun while making a beautiful canvas that you can take home the same day. You will be given all of the materials necessary to complete this 11 x 14 canvas under Lidia's direction. The cost of the class is \$20.00, due at sign up. Call 508-748-3570 to make your reservation.



Bingo
Monday, May 23rd 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.



Sheryl Faye Presents...
Eleanor Roosevelt—The First Lady of the World
Tuesday, May 24th 1:00 p.m.

After suffering through an unhappy childhood, and losing her parents and one of her brothers. She figured out where she fit in and could make a difference. She grew up and became an American politician. The

longest-serving First Lady of the United States. She was the first presidential spouse to hold press conferences, write a syndicated newspaper column, and speak at a national convention. She advocated for expanded roles for women in the workplace, the civil rights of African and Asian Americans and the rights of World War II refugees. She became one of the first delegates to The United Nations. One of the top ten most admired people of the 20th century.

A catered lunch will be offered prior to the presentation at Noon. There will be limited seating for the luncheon and lecture and reservations are a must. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the luncheon.



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.

Savory Sandwiches

Good Friends, Good Food & Good Times. Karen & Mike are thrilled to be in the kitchen serving up some mouth watering creations. Registration 48 hours in advance is necessary, call 508-748-3570. Please consider a donation of \$5.00 for each lunch, but this is just a suggestion. We do not want to exclude anyone from joining us due to cost, as we encourage everyone to get out and enjoy a nice, homemade lunch. You will have the option to dine in or take out. Dine in served at Noon, take out served at 12:30 p.m.

May 5th — Tacos
May 12th — Cubans
May 19th — Hot Dogs
May 26th — Chicken Parmesan



Community Shred Event

Saturday, June 4th
8:00 a.m.—12:00 p.m.

Securely dispose of your unwanted papers and keep your identity safe and out of the trash! Spring clean your unwanted papers away. Paper will be collected on-site and transported to shredding facility. This event is being sponsored by Mortgage Network and The Bernadette Kelly Group. This is a free event, but they are asking that you bring a non-perishable donation for the Community Center Food Pantry.

Computer Classes



Coastline Elderly Services, Inc. is hosting free computer classes with teacher Kraig Perry, from March 2022 through May 2024. These classes are meant for seniors who want a better understanding of technology, to learn how to use their devices & connect with family and friends virtually.

Classes will be limited to 10 students and each class will be 2 hours long. Classes will meet once a week for 6 weeks, covering topics such as the basic operations of a computer, the internet, email, Zoom, social media, etc.

If you are interested in learning how to use a computer, or deepen your understanding of technology, please contact your local Council on Aging Director to fill out an intake form to sign up for classes.

How to Handle an Unexpected Inheritance

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

For most people, receiving an inheritance is something good, but for the elderly or a nursing home resident, an inheritance may not be as welcomed. Medicaid (MassHealth in Massachusetts) has strict income and asset limits so an inheritance can suddenly and unexpectedly make the Medicaid recipient ineligible for benefits. Careful planning is necessary to address this new money.

An inheritance is considered income the month it is received. If you are currently receiving benefits, you are obligated to notify the Medicaid agency of the receipt of these funds. Your Medicaid coverage will typically end until such time as you are once again below the asset limit (\$2,000 for a single person or \$130,380 for a married couple).

If it is possible to *properly* spend down this inheritance within the same month it is received, then you typically only lose one month of coverage. If, however, you are unable to spend down the entire inheritance in one month, seeking the advice of a qualified elder law attorney can help advise you on the proper way to spend down the excess money. There are several complex but effective strategies that may be available to allow you to preserve your benefits but still enjoy the benefit of your inheritance.

What you cannot do is gift the newly received inheritance away (outside of very limited exceptions). I meet with clients who reach out after-the-fact to let me know that they inherited money from a sibling or other relative and since they did not need the funds, they immediately gifted the funds to loved ones who did – they bought cars, helped pay mortgages, paid college tuition, or gifted elaborate vacations for family members. These gifts, though generous, can have dramatic consequences to your future or continued eligibility.

If you or a loved one inherited money, you should seek advice from a qualified elder law attorney today on how best to manage this situation.

Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers.

The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.

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Improv Theatre & Dinner

Wednesday, May 11th 5:00—7:00 p.m.

The Marion Council on Aging and Marion Art Center proudly present an evening of improv. Join Tabor faculty members, John Heavey and Steffon Gales, for an exciting night of improv. Improvisation, or improv, is a spontaneous, entertaining and fun form of live theatre in which the plot, characters and dialogue of a game, scene or story are made up in the moment. Often improvisers will take a suggestion from the audience or draw on some other source of inspiration to start. For example, improvisers may begin a scene with a single line or with an everyday object like a broom or dish towel. Of course, the excitement and fun about an improvised scene is that participants never know where it is going! Audience participation is encouraged but not required. A lasagna dinner with salad, bread, dessert and beverage will be served from 5:00—6:00 p.m., followed by a one hour improv show.

Tickets for this event are \$15.00 and can be purchased online through the Marion Art Center or at the Marion Council on Aging.

Tickets for this event are limited!



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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