



## Let Us Introduce Ourselves...

We recently completed an update to our mailing list, so this may be the first time you are receiving this Newsletter. We want to take this opportunity to acquaint you with what the Council on Aging is and how we can serve you.

The Marion Council on Aging provides Older Adults, their families and caregivers support, local outreach, social and health services, advocacy and resources.

This is done in a variety of ways. Some of the offerings you will find here at the Community Center are:

Transportation—Provide safe and dependable transportation for medical appointments, errands and more.

Dining— Enjoy a nutritional meal while being socially connected.

Health screenings— 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 screenings. Sharps are collected on the first Wednesday of the month. Nursing visits in the home can be arranged. Educational seminars are presented on a monthly basis. Podiatry services are offered throughout the month.

Marion Cares Community EMS Program— Keeping residents in their homes as long as possible through prevention, education & collaboration with community partners. This includes well-being checks, education on preventing falls and fire and emergency preparedness individually evaluated.

Health insurance counseling—Help Older Adults understand their existing health insurance or find new coverage.

Outreach—Helping community members remain safely in their homes by advocating for the kinds of services that will enhance dignity, support independence and promote health and wellness.

Socialization—Create opportunities for social connections. Offer concerts, lectures, trips and cultural events.

Fitness, wellness and recreation activities—Help Older Adults be independent and social while improving flexibility. Offering opportunities to engage in fulfilling past times and hobbies such as card games or book clubs.

Life-long learning—Provide unique educational experiences and opportunities that extend beyond the traditional.

Medical equipment— If you find yourself in need of durable medical equipment due to illness or surgery, we have a rotating stock available for loan. In addition to medical equipment, we also find ourselves the recipient of Ensure and incontinence supplies.

Memory Café— A weekly meeting where individuals with memory loss, and their care partners, can connect in a social, relaxing and supportive environment to enjoy an afternoon with friends.

Support Group— We offer a Parkinson's Support Group and a Caregiver Support Group where coping strategies can be shared, to help you feel empowered and gain a sense of community.

Art Gallery— A rotating exhibit of talented, local artists that not only enhance the beauty of the building, but gives artists a venue for displaying their work.

Tax Assistance— AARP TaxAide, IRS certified volunteers prepare tax returns.

If you do not wish to receive the newsletter, please just give us a call and we will remove your name from the distribution list. If you wish to receive it electronically, provide us with your email address. 508-748-3570.

## Father and Son Handyman Services

We love small jobs, are punctual & reasonably priced

**ELECTRICAL • PLUMBING  
CARPENTRY • PAINTING**

Call today for a free estimate

Wareham and the surrounding towns

**BOB 808-220-6157 PHIL 781-808-1990**

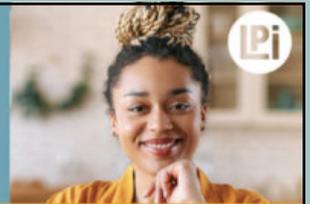


## WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
careers@4ipi.com or  
www.4ipi.com/careers

## LET'S GROW YOUR BUSINESS

Advertise in  
our Newsletter!

**CONTACT ME  
Karen Fontaine**

kfontaine@lpicommunities.com

(800) 477-4574 x6350

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,  
ad-supported  
print and digital  
newsletters to reach  
your community.

**OUR COMMUNITY  
NEWSLETTER**  
OCTOBER EDITION



Scan to  
contact us!

Visit [lpicommunities.com](http://lpicommunities.com)

## Rest assured that they'll receive the best of care at Sippican Healthcare Center.

- Exceptional **short-term** rehabilitative care.
- Highest quality **long-term and respite** care.
- **Specialized** programs tailor-made by physicians.
- Personalized **therapy systems** - PT, OT and Speech.
- **Comprehensive care** for patients suffering with COPD and respiratory distress.
- **Newly renovated** facility features redesigned resident rooms, bathrooms and common areas.
- 123 bed, family owned & operated skilled nursing facility
- Joint Commission Accredited & Medicare Certified
- Accepts most HMO's, Medicare and Commercial Insurance

15 Mill Street, Marion, MA

**(508) 748-3830**

[www.whittierhealth.com](http://www.whittierhealth.com)



A MEMBER OF THE WHITTIER HEALTH NETWORK: DEDICATED TO YOUR WELL-BEING

Member, Southcoast Physicians Network Inc. - Post Acute Care Program

## Council on Aging Staff:

Karen Gregory, Director  
kgregory@marionma.gov  
Mike Poznysz, Transportation  
Coordinator  
mpoznysz@marionma.gov  
Linda Jackvony, Program  
Coordinator  
ljackvony@marionma.gov  
Pam Greene, Chef  
Paul Garib, 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.*

## Special Events

Sheryl Faye as Queen Elizabeth II  
Monday, May 6<sup>th</sup> 1:00 p.m.

Queen Elizabeth II was a true icon, inspiring people around the world with her strength, courage, resilience and dedication to a life of service. For seventy years, she remained a constant presence as sovereign, shepherding the people of the United Kingdom through both joyful times and darker periods of challenge and uncertainty.



Spring Flower Arranging  
Tuesday, May 7<sup>th</sup> 1:00 p.m.

Members of the Marion Garden Group will be offering a workshop on making a beautiful Spring arrangement. Space is limited, call 508-748-3570 to make your reservation. There is a \$5 materials cost for the workshop, due at sign up. Please bring scissors or shears with you on the day of the event.



Manicures & Lunch at Old Colony  
Regional Vocational Technical High  
School

Thursday, May 9<sup>th</sup> 9:30 a.m.  
We will be treated to complimentary manicures from the Cosmetology students (tips are welcome) to start the day. After, the skills of the Culinary students will be on display at their restaurant. You will be responsible for the cost of your lunch and gratuity. There will also be some bakery items for sale. Sign ups for

this trip will begin on May 1<sup>st</sup>, space is limited, call 508-748-3570.

**The History of Chocolate**  
Monday, May 13<sup>th</sup> 1:00 p.m.

Dr. Timothy Walker will take us on a journey of the History of Chocolate. We will learn where chocolate had its origins and how it was used in early New England. How did it come to Colonial New England? How was cocoa made in Early America? Did New England mariners drink chocolate at sea? And the best part is that we will be sampling some authentic chocolate from that era! Call 508-748-3570 to make your reservation for this lecture.



**Cooking Demonstration**  
Tuesday, May 14<sup>th</sup> 12:00 p.m.

Join us for a lunchtime cooking demonstration with Barbara Canuel. Learn some new tips and tricks while preparing quick, nutritious and delicious meals. Call 508-748-3570 to reserve your spot.

**Community EMS Lunch & Lecture**  
Thursday, May 16<sup>th</sup> 12:00 p.m.

On hand will be Marion's Board of Health, EMT Department and Animal Control Officer to answer questions and discuss concerns regarding dog bites and what to do if you encounter a bat. They will also cover other bites and rashes you might encounter through the Spring & Summer. As part of Stroke Awareness Month they will also touch on this topic and begin the discussion with a heart healthy lunch. Registration is required, please call 508-748-3570 to let us know you will be attending.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Duplicate Bridge—</b> Duplicate Bridge for the intermediate player is held every Thursday at 1:00 p.m., cost is \$2.00.		1 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café	2 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	3 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Friday Flick
6 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Queen Elizabeth II 1:00 p.m. Parkinson's Support Group	7 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Flower Arranging, \$5 reg. req.	8 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café 5:00 p.m. LGBTQ+ Supper	9 9:00 a.m. Tai Chi, \$5 suggested donation 9:30 a.m. Trip to Old Colony 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	10 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch
13 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: History of Chocolate	14 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving 12:00 p.m. Cooking Demonstration, reg. req	15 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café 1:00 p.m. Book Club	16 9:00 a.m. Tai Chi, \$5 suggested donation 12:00 p.m. Lunch & Lecture: Community EMS Reg. req. 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	17 
20 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Concert: Southcoast Ringers	21 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Caregiver Support Group	22 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café	23 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	24 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch
27 	28 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving	29 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café	30 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	31 9:00 a.m. Watercolor Class, \$15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Lecture: Digital World

**ADT-Monitored Home Security**  
 Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider **SafeStreets** **833-287-3502**

**NEVER MISS OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

## Special Events Continued

Southcoast Ringers  
Monday, May 20<sup>th</sup> 1:00 p.m.  
We invite you to enjoy the harmonious, graceful and flowing music of the hand bell choir.

Navigating Today's Digital World  
Friday, May 31<sup>st</sup> 1:00 p.m.  
David Wheeler will lead a discussion on Chat GPT, podcasts, social media, YouTube and Amazon. All hot topics, you will have an opportunity to ask questions that you may have about any of them. This is sure to be a lively and informative lecture.

## National Have a Coke Day

Wednesday, May 8<sup>th</sup>  
9:00a.m.—3:00p.m.

With the beginnings dating back more than 125 years ago as a cocaine-fueled medicinal elixir, Coke has morphed into the non-narcotic soda of choice for many. Stop by the Council on Aging and grab a Coke & a smile!



## Brain Builders

Just a reminder that there are two sessions left in the series.

May 10<sup>th</sup> & 24<sup>th</sup>

Meetings are at 1:00 p.m.

## Friday Flick

My Big Fat Greek Wedding III  
Friday, May 3<sup>rd</sup> 1:00 p.m.  
My Big Fat Greek Wedding is back with a brand-new adventure. Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns. Opa!



## COA Book Club

Wednesday, May 15<sup>th</sup> 1:00 p.m.  
The May selection will be *The Soul of an Octopus* by Sy Montgomery. This is a New York Times Bestseller and finalist for the National Book Award for Nonfiction in 2016 is a fascinating exploration of the emotional and physical world of the octopus, an amazingly complex, intelligent, lively and truly unique creature. Most of Montgomery's adventure takes place in Boston at the New England Aquarium, where we meet, in addition to four individual octopuses, some special people that care for them, and are also important to the story. Call 508-748-3570 to reserve a space. The book club is organized and led by The Friends of the Elizabeth Taber Library.



## Parkinson's Support Group

May 6<sup>th</sup>—Guest Speaker:  
Jackie Davin, OT, Spaulding Rehab.  
Driving Wellness and PD  
OT Intervention for PD  
June 3<sup>rd</sup>—Guest Speaker:  
Janessa Carvalho, Psychologist  
Strategies to overcome cognitive  
and behavioral difficulties in PD  
August 5<sup>th</sup>—Guest Speaker:  
Abigail Woltman of the Michael J.  
Fox Foundation

Meetings begin at 1:00 p.m.  
This support group is facilitated by Sue Griffith, RN, and is open to people with Parkinson's and/or their Care Partners. All are welcome. Contact Sue to join.  
Registration & Questions:  
sgriffith@marionma.gov, or the  
Marion COA at 508-748-3570.

## Hand & Foot

Tuesdays, 10:30 a.m.  
Join us to play this fun and easy rummy style card game. The object is to score points by melding similar ranking cards. Never played before? No worries, instruction will be provided.

## Art Gallery

Bourne & Wareham Artists' Exhibit  
April 26<sup>th</sup>— May 29<sup>th</sup>  
Opening reception—Friday,  
May 10<sup>th</sup> 12:00p.m.—1:00p.m.

Come for lunch, check out the new exhibit and meet the artists.

*Please call 48 hours in advance if you will be joining us for lunch,*  
508-748-3570.



*Thank you to the Friends of the Marion Council on Aging for their continued support and sponsorship of programs and events at the Council on Aging. Visit their website to become a member [www.fmcoa.org](http://www.fmcoa.org)*

## LGBTQ+ Supper Club

The LGBTQ+ Senior Supper Club will meet Wednesday, May 8<sup>th</sup> from 5:00 p.m.—7:00 p.m. at the Marion COA. Join us for food, drink & great conversation! Please call 508-748-3570 so we know to expect you.



## Memory Cafe

Waterfront Memory Cafe  
Wednesdays

1:00 p.m.—2:00 p.m.

An engaging gathering for individuals with memory loss and their care partner. Enjoy an afternoon of conversation with some new and old friends and take in some music, play a game or a different form of entertainment. If you would like to join us for lunch beforehand, please make lunch reservations **48 hours in advance**. Register to attend by calling Linda at 508-748-3570.

## Newport Playhouse

Thursday, June 20<sup>th</sup>

We will be enjoying a production of “The Cemetery Club”, a comedy about three widows that visit their husbands graves once a month and a potential budding romance—that will soon be squashed. We will be departing at 10:30 a.m. and returning at approximately 5:00 p.m. Cost of the trip is \$103.00 and includes transportation, driver gratuity, buffet, the play and a cabaret show. Call 508-748-3570 to reserve your spot, space is limited.



## Shred Day

Saturday, May 18<sup>th</sup>

8:00 a.m.—12:00 p.m.

Sponsored by Bernadette Kelly Group with Keller Williams and Geoff Worrell of Movement Mortgage

Event to take place in the parking lot of the Benjamin D. Cushing Community Center—465 Mill St., Marion

## Medicare Savings Program

Medicare Savings Program will pay for some or all of Medicare premiums, deductibles, copayments and co-insurance. MSP will pay for your Medicare Part A & B premiums and cost sharing or Medicare Part B premium, as well as lower your prescription costs. As of March 1, 2024: there is no asset limit. Call 1-800-841-2900 to receive an application or stop by the COA front desk.

## May Menu

May 6<sup>th</sup> – Spaghetti with Meat Sauce and Artichoke Brushetta

May 13<sup>th</sup> – Grilled Mozzarella, Eggplant and Tomato Sandwich with Pasta Salad

May 20<sup>th</sup> – Pasta with Sausage, Spinach with Lemon Cream Sauce and Garlic Bread

May 27<sup>th</sup> – Closed for the Memorial Day Holiday

May 1<sup>st</sup> – Tomato Basil Soup with 1/2 Grilled Cheese Sandwich

May 8<sup>th</sup> – Roast Beef Sandwich with Cheddar & Horseradish Sauce and Chips

May 15<sup>th</sup> – Clam Chowder with 1/2 Tuna Sandwich

May 22<sup>nd</sup> – Chopped Salad with Chicken, Blue Cheese & Bacon and Dinner Roll

May 29<sup>th</sup> – Kale Soup with Cheese Quesadillas

May 3<sup>rd</sup> – Naan Linguica Pizza with Caesar Salad

May 10<sup>th</sup> – Vegetable Soup and Bratwurst Sandwich with Onions & Sauerkraut

May 17<sup>th</sup> – Closed for Voting

May 24<sup>th</sup> – Meatloaf, Mashed Potatoes and Vegetable

May 31<sup>st</sup> – Quiche Lorraine, Roast Potatoes and Vegetable

If you would like to join us for a meal, please make your reservation 48 hours in advance by calling 508-748- 3570.

There is a suggested donation of \$5.00 per meal.



## SAUNDERS DWYER

Home For Funerals

*"Our Family Serving Your Family"*

508-758-2292

[www.saundersdwyer.com](http://www.saundersdwyer.com)



## Chapman Cole & Gleason

FUNERAL HOMES ESTABLISHED 1862

2599 Cranberry Highway (Route 28), Wareham, MA 02571

(508) 295-0060 • [www.ccgfuneralhome.com](http://www.ccgfuneralhome.com)



- HOME CARE & PCA SERVICES
- HOME DELIVERED MEALS
- COMPUTER/PHONE CLASSES
- BENEFITS ENROLLMENT
- MORE THAN 30 PROGRAMS

508-999-6400 • [coastlinenb.org](http://coastlinenb.org)

### Dedicated to Keeping the Heart in Home Care!

PERSONAL CARE, COMPANIONSHIP, HOUSEKEEPING, ALZHEIMER'S CARE,  
DEMENTIA CARE, HOSPICE SUPPORT, MEDICATION REMINDERS,  
TRANSPORTATION, HEALTHY MEAL PLAN & PREPARATION

**24 Hour On Call Support**

**508-748-1331**

[www.TenderHeartsCare.com](http://www.TenderHeartsCare.com)



*Fine Foods, Catering & More*

508-758-9922 • 508-758-9923

50 MARION RD., MATTAPOISETT, MA 02739

[www.OnTheGoTakeout.com](http://www.OnTheGoTakeout.com)

**15% OFF** with this ad

COUPON GOOD FOR ONE VISIT

Marion's oldest and most reliable real estate company



CONVERSE COMPANY  
REAL ESTATE

CELEBRATING 100 YEARS

166 Front Street, Marion, MA 02738

508.748.0200

[www.conversecompanyrealestate.com](http://www.conversecompanyrealestate.com)

# ADVERTISE HERE

to reach your community



Call 800-477-4574

### Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD  
CREATOR  
STUDIO



[lpicomunities.com/adcreator](http://lpicomunities.com/adcreator)

## Marion Antiques

APPRAISALS - FRANK McNAMEE  
ON-SITE ESTATE SALES & AUCTIONS  
ANTIQUES & ESTATES PURCHASED

335 Wareham Rd. (Route 6) Marion

748-3606

[www.marionantiques.com](http://www.marionantiques.com)

[www.marionantiqueauctions.com](http://www.marionantiqueauctions.com)

## NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter  
emailed to you.

Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



# SUPPORT OUR ADVERTISERS!

## A Bristol County Celebration of Seniors



Friday, June 14, 2024  
9am-12pm  
White's of Westport  
*Save the Date*

Come for breakfast, resource fair and presentations on issues important to seniors. The Council on Aging will be providing transportation, call 508-748-3570 to reserve a space. Those that plan on attending the breakfast on their own must RSVP to Coastline.



## Caregiver Support Group Tuesday, May 21<sup>st</sup> 1:00 p.m.

Nicole Botelho, CDP (Certified Dementia Practitioner), Area Director of Operations for Kaplan Development Group will be leading a Caregiver Support Group for members of the community who find themselves in a caregiving role. Nicole is a practitioner and professional leader with extensive experience with working with patients and family members. Come and listen, offer advice, share experiences, gain knowledge and a sense of community knowing that you are not alone. This support group will meet regularly on the third Tuesday of the month.



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.

PRRST STD  
US POSTAGE PAID  
ROCHESTER, MA  
PERMIT NO. 115

Marion Council on Aging  
465 Mill Street  
Marion, Ma. 02738