



SIPPICAN SOUNDINGS

News from the Marion Council on Aging

April 2021



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.



Thursday April 1st Opening Day of Baseball

Please join us in celebrating America's national pastime. In honor of this occasion we will be serving up a special lunch:

Hot Dogs, Baked Beans, Coleslaw, Chips, Pickle & Root Beer

Registration is a must by March 26th, call 508-748-3570, space is limited. Please consider a donation of \$5.00 for 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.

Lunch will be served as a grab n' go starting at Noon.

If the weather cooperates we may have some outside dining.

Grab n' Go

We would like to take this opportunity to thank all of you for coming out and enjoying our fresh home-cooked meals. It has been our absolute pleasure to serve you and we thank you for your support. By the end of March, we will have dished out close to 500 cups of soup and over 400 sandwiches. We will continue meals of various celebrations on a monthly basis as we begin to open up again after this challenging year. We look forward to seeing you all!

April 8th—Tomato & Basil Rotini with Grilled Cheese Croutons

April 15th—French Onion Soup

April 22nd—Summer Garden Gazpacho

April 29th—Grand Finale Fish & Clam Chowder





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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.

Health & Wellness

Podiatry Clinic

Dr. Erik Henriksen, D.P.M. visits the Community Center to provide podiatry services. Please call 508-748-3570 to schedule your appointment.

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 or ldesmarais@marionma.gov.

Medical Equipment

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, wheelchairs, etc... The COA will provide the item on loan for as long as needed. Call 508-748-3570 to inquire about what we have in stock.

In addition to these items we also have a supply of incontinence products and nutritional supplements.

Caregivers

Memory Loss Support Group

Thursdays—April 8th & 22nd

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 those in a caregiving role for loved ones afflicted with Memory Loss.

Waterfront Memory Cafe





Wednesdays

1:00 p.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.

Legal Consultations

We are very fortunate to have two highly respected attorneys that offer free legal consultations to the senior community in Marion. Attorney Harry Beach and Attorney Brandon Walecka will be available to offer free phone consultations to discuss any legal questions you may need help with. As a further service, Attorney Walecka will be contributing articles in the monthly newsletter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Noon Grab n' Go Lunch, reservations req.	2 Programs will be held outside in the heated tent. Pre-registration is a must, call 508-748-3570. Programming schedule is subject to change.
5 10:00 a.m. Yoga, free	6 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	7 1:00 p.m.—2:00 p.m. Memory Café	8 Noon Grab n' Go Lunch, reservations req. 1:00 p.m.—2:30 p.m. Memory Loss Support Group	9 9:00 a.m. Zumba, \$5 12:30 p.m. Strength & Conditioning, free
12 10:00 a.m. Yoga, free 1:00 p.m. Living Your Best Life	13 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	14 1:00 p.m.—2:00 p.m. Memory Café	15 Noon Grab n' Go Lunch, reservations req.	16 9:00 a.m. Zumba, \$5 12:30 p.m. Strength & Conditioning, free
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Living Your Best Life Becoming Stronger and More Resilient

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone. Research has shown that resilience is ordinary, not extraordinary. People commonly demonstrate resilience.

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, or significant sources of stress – such as family and relationship problems, serious health problems or work place and financial stressors. It means “bouncing back” from difficult experiences.

A common misconception is that resilient people are free from negative emotions or thoughts, remaining optimistic in most or all situations. To the contrary, resilient individuals have, through time, developed coping techniques that allow them to effectively and relatively easily navigate through crisis. In other words, people who demonstrate resilience are people, who by practice, are able to effectively balance negative emotions with positive ones.

Enroll in Living Your Best Life Course and learn how to become stronger and more resilient.

This ten-week course consists of a weekly one-hour class, and will begin on April 12th, from 1:00p.m. to 2:00p.m..

- ◆ Learn in depth knowledge about the 10 Tools for Resilience
- ◆ Meet new and interesting people
- ◆ Share your personal insights and learn new strategies from others

10 Tools for Resilience

1. Connect with others—Maintain good relationships with close family members, friends and others April 12th
2. Eat Well—Avoid seeing crises or stressful events as unbearable problems April 26th
3. Get Enough Sleep—Accept circumstances that cannot be changed May 3rd
4. Deal Better With Hard Times—Develop realistic goals and move towards them May 10th
5. Get Professional Help If You Need It—Take decisive actions in adverse situations May 17th
6. Stay Positive—Look for opportunities of self-discovery after a struggle with loss May 24th
7. Take Care Of Your Spirit—Develop self-confidence June 7th
8. Get Physically Active—Keep a long-term perspective and consider the stressful event in a broader context June 14th
9. Help Others—Maintain a hopeful outlook, expecting good things and visualizing what is wished June 21st
10. Create Joy and Satisfaction—Take care of your mind and body exercising regularly, paying attention to your own needs and feelings June 28th

Registration for this course is a must. Register by calling the Council of Aging at 508-748-3570.

Funding for this program is provided by the Massachusetts Councils on Aging, through a grant provided by the MA Executive Office of Elder Affairs

After the challenges we have faced over this past year, this is a great opportunity to take care of and nurture yourself.

Common Misconceptions About Your Last Will & Testament

By: Brandon C. Walecka, Esq.

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

Before I discuss the common misconceptions that many of my clients have about their Last Will & Testament, we should ask, “What is a Last Will and Testament?”

The **Last Will and Testament** is a document in which you designate who will receive your property after your death. It is used by the Probate Court to transfer property that is owned in your name alone at your death to your heirs. In most Wills, you will name a person called a “Personal Representative” (formerly executor/trix) who will bear the responsibility for administering your estate. The personal representative works with your lawyer and the Probate Court to transfer your property to your heirs.

Often when I meet with clients for planning, they have several misconceptions about what a Will can and cannot do regarding their goals. Below I hope to eliminate some of these misconceptions and help emphasize the importance of proper estate planning.

1. A Will Avoids Probate.

While meeting with a prospective client, I often hear, “I already have a Will, so I don’t have to worry about Probate, right?” That is wrong. A Will is Probate. As described above, to execute the wishes expressed in your Last Will and Testament, the document must be probated. This means the Personal Representative must submit the Will, along with a petition, to a judge for approval. This is the Probate process. The timeline for submitting the Probate petition, receiving authority from the court, filing an inventory of assets within the estate, liquidating assets, selling property, and finally closing the estate could take 12 to 15 months, if not longer. Often, the cost and delay of probate can be avoided through some basic estate planning techniques such as proper beneficiary designations or a trust.

2. There is No Benefit to Probate.

Despite the cost and delay of the probate process, discussed above, sometimes an individual may want his or her estate to go through probate. Why?

Well, perhaps the individual has minor children and should both spouses die simultaneously, they want their minor children’s inheritance to be held in a trust until they reach the age of 25. Also, they want to name within their Wills someone who will raise and care of their minor children in their place (called a Guardian).

Also, sometimes the client wishes to establish a testamentary (within the Will) special needs trust for the benefit of a disabled person who is receiving, or may in the future receive, needs-based government benefits. Assets held by a special needs trust created by a Will generally are not considered to be owned by the beneficiary of the trust. Therefore, if the beneficiary of the trust applies for Medicaid/MassHealth the trust assets will not count.

3. The Will Distributes All of the Decedent’s Assets.

The Last Will and Testament distributes Probate assets only. A Probate asset is an asset that was held solely in the name of the deceased person. For example, a bank account owned in your name individually, or a retirement plan or life insurance policy without a named beneficiary. Often clients mistakenly believe their goal of equally distributing their assets upon their death will be accomplished through the Will, when in actuality an improper beneficiary designation could supersede the Will causing unequal distributions to your beneficiaries.

4. Only Older People Need a Will.

As an attorney, I know proper estate planning is especially important. If you are over age 18 and are of sound mind, you should execute foundational estate planning documents, including a Will. Particularly, you should have a Will if: a) you have minor children, b) you have personal property or family heirlooms that you want a specific person to receive at the time of your death, c) you are married and own property jointly, d) you have an unusual distribution scheme in mind after you pass away, and e) you were married previously and have children of a previous marriage.

Want to learn more about what benefit a Will can offer you? Consider scheduling a consultation with a qualified estate planning attorney who can help.

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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“Sit, look and listen!” walk at Peirson Woods

Location: Peirson Woods, Point Road, Marion

Date: Friday, April 23rd

Time: 10:00 a.m.

Theme: Sit, look and listen– A quiet walk in the woods , bring binoculars to observe some of the creatures around you.

Join Sippican Lands Trust for the first of a series of walks on the fourth Friday of each month starting in April and ending in October. The first walk will be at Peirson Woods property. This walk will focus on a quiet exploration of the plants and animals living in the woods of Marion and the walk will last approximately 90 minutes. Please dress appropriately for the walk and wear a mask. Only poor weather will cancel the walk. Pre-registration is required for this walk and you can register by sending an email to info@sippicanlandstrust.org or calling SLT office at 508-748-3080.

Located at the head of Blankenship Cove, Peirson Woods is 30 acres of woods and wetland with a cart trail leading from Point Road to the head of the marsh looking out over the Cove. On a clear day Cape Cod, Martha’s Vineyard and the northern Elizabeth Islands can be seen. Parking for Peirson Woods is located off of Point Road approximately 1.4 miles south of the intersection of Route 6 and Point Road.

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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