



SIPPICAN SOUNDINGS

News from the Marion Council on Aging

May 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.

Special Events

TEA PARTY THURSDAY MAY 13TH

SEATINGS AT 11:30 A.M. & 1:30 P.M.

Join us for an elegant affair where we will enjoy a spot of tea, finger sandwiches and an array of sweet treats.

Chris Carter will be on hand to provide musical entertainment.

Registration is a must by May 7th, call 508-748-3570, space is limited. Please consider a donation of \$5.00, 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.



COFFEE WITH THE CHIEF FRIDAY

MAY 21ST - 10:30 A.M.

Join Police Chief Rich Nighelli for coffee, pastry and conversation. It will be a time for sharing information and addressing questions and concerns.

Call 508-748-3570 to register to attend.

STYLE FOR THE GOLDEN YEARS TUESDAY

MAY 25TH - 1:00 P.M.

Karen Antonowicz has a Masters Degree in Textiles and Fashion Merchandising. Come and enjoy Karen's presentation on Fashion, Style & Beauty. Style is eternal! As we age, we may think that style no longer matters and that we shouldn't worry about expressing ourselves with fashion. Share this journey with Karen as you witness women of advanced age dressing fabulous and unique ways of refusing to give up their authentic style and glamour. Join us and be inspired! Call 508-748-3570 to register to attend.

ELDER LAW EDUCATION THURSDAY

MAY 27TH - 1:00 P.M.

Sponsored by the Massachusetts Bar Association with generous assistance and continued collaboration from the Massachusetts Chapter of the National Academy of Elder Law Attorneys. This program is coordinated by the MBA in celebration of Law Day. Attorney Ashley Evirs will be on hand to speak on issues that arise in our later years. Please call 508-748-3570 to register for this program. The first fifteen to register will receive a 2021 edition of "Taking Control of Your Future: A Legal Checkup".



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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 Coastline 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.

Caregivers

Memory Loss Support Group

Thursdays—May 6th & 20th

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.

Dial-A-Lawyer

The first Wednesday of each month the Massbar Association presents Dial-A-Lawyer, free legal advice by phone. Do you have a legal problem or question? Massachusetts residents are encouraged to call with questions about these topics and more: Bankruptcy, business, consumer protection, criminal law, estate planning, family law/domestic relations, government benefits & services, immigration, individual rights, labor & employment, personal finance, personal injury, real estate and housing. To use Dial-A-Lawyer, call (617) 338-0610 or (877) 686-0711 on the first Wednesday of each month between 5:30 p.m.—7:30 p.m. Next date is May 5th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 a.m. Yoga, free 1:00 p.m. Living Your Best Life	4 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	5 10:30 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café	6 1:00 p.m.—2:00 p.m. Memory Loss Support Group	7 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
10 10:00 a.m. Yoga, free 1:00 p.m. Living Your Best Life	11 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	12 10:30 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café	13 11:30 a.m. & 1:30 p.m. Tea Party, reservations req.	14 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
17 10:00 a.m. Yoga, free 1:00 p.m. Living Your Best Life	18 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	19 10:30 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café	20 1:00 p.m.—2:00 p.m. Memory Loss Support Group	21 9:00 a.m. Zumba, \$6 10:30 a.m. Coffee with the Chief 12:30 p.m. Strength & Conditioning, free
24 10:00 a.m. Yoga, free 1:00 p.m. Living Your Best Life	25 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Lecture <i>Style for the Golden Years</i>	26 10:30 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café	27 1:00 p.m. Lecture <i>Elder Law Education</i>	28 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
31 				Programs will be held outside in the heated tent. Pre-registration is a must, call 508-748-3570. Programming schedule is subject to change.

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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

May 3rd Get Enough Sleep

May 10th Deal Better With Hard Times

The presenter for May 3rd & 10th will be Siobhan McDonald. Siobhan is a Visual Arts teacher and uses her knowledge about painting and drawing to enrich her workshops.

May 17th Get Professional Help If You Need It

The presenter for May 17th will be Kelly McCarthy. Kelly has been in the senior health industry for over 20 years. She has a B.S. in Psychology and provides consulting and training through her company, Brass Ring Wellness LLC.

May 24th Stay Positive

The presenter for May 24th will be Candida Rose. Candida will share her vocal interpretations and performance abilities with us through her music.

June 7th Take Care Of Your Spirit—Develop self-confidence

June 14th Get Physically Active—Keep a long-term perspective and consider the stressful event in a broader context

June 21st Help Others—Maintain a hopeful outlook, expecting good things and visualizing what is wished

June 28th Create Joy and Satisfaction—Take care of your mind and body exercising regularly, paying attention to your own needs and feelings

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.

New Class

Barre Fitness is a whole body workout that incorporates elements of ballet, yoga, pilates and aerobics with low impact exercises. No experience is necessary. Classes include a warm-up, a barre segment (focusing on high reps of isometric movements targeting specific muscles that tone and strengthen the core and improve posture) and concludes with stretching to increase flexibility. Chairs will be used in place of a barre. Modifications are made as needed. Class length runs around 45 minutes. Please call 508-748-3570 to register for the class. There is a \$5.00 fee to participate in the class.

YMCA

Starting May 4th, we look forward to resuming our transportation to the Gleason Family YMCA in Wareham for exercise and classes. All classes at the YMCA require pre-registration, it is your responsibility to do so. They can be reached at 508-295-9622. If you are interested in obtaining transportation please call, 508-748-3570. Transportation is every Tuesday & Thursday, pick ups begin at 9:30 a.m. and return trips are at 12:45 p.m.

Medicare Information Sessions

Medicare Information Sessions are now on Zoom! Please join SHINE Program Regional Director, Christie Rexford, for an interactive Zoom presentation of Medicare 101: Understanding Your Medicare Benefits and Options.

May 13th, 2:00 p.m.—3:30 p.m.

May 20th, 2:00 p.m.—3:30 p.m.

May 27th, 2:00 p.m.—3:30 p.m.

Pre-registration is required. Register here.

https://us02web.zoom.us/meeting/register/tZwkDOurD8qGdIJomFq1hakubOrFdrbQ_s5

For questions please contact Christie Rexford at 1-800-231-1155.

Annie Maxim House

The Annie Maxim House has a vacancy. The Annie Maxim House is a private, not-for-profit, congregate housing facility for low-income elders. Located in Rochester and is available to adults 62 years of age and older residing in the towns of Rochester, Middleboro, Wareham, Marion, Mattapoisett, Lakeville, Acushnet or Freetown for the past two years or longer. Applicants should be able to perform personal care tasks of daily living independently.

The Annie Maxim House is situated in a beautiful, rural setting. It offers an ideal housing option for elders who enjoy socializing with others. Residents congregate for a daily meal and enjoy spending time in common areas or on the lovely grounds surrounding the house. Residents are afforded a one-bedroom apartment, a daily meal and access to in-house services, including transportation or help with housekeeping, if needed.

Annie Maxim House has been in place since 1983, and since its inception, AMH has been helping elders realize enhanced autonomy via the support of staff and existing family. Residents also benefit from the companionship and mutual aid shared among residents. Please call the Annie Maxim House, Inc. at 508-763-2494 for more information or to receive an application, which will be accepted until June 14, 2021.

Annie Maxim House also has a Housing Assistance Program that helps seniors fund small home repairs in order to enhance the health, safety and quality of life for those 62 years of age or older. Projects are restricted budget wise to accommodate small versus large repairs. If you experience financial hardship and have a need for a small home repair, please call the Annie Maxim House at 508-763-2494 for more information.

Senior Haircut Day at Salon Red

Salon Red at 129 Marion Road, Wareham will be offering \$10 haircuts to seniors on May 10th from 10:00 a.m.—6:00 p.m. Appointments are required and can be pre-booked up to a week in advance Call the salon at 508-295-4400 to schedule an appointment. **Mention this advertisement when booking to receive the special discount.**

Appointments are limited. Salon Red is a hair shop for both men and women—all are welcome!

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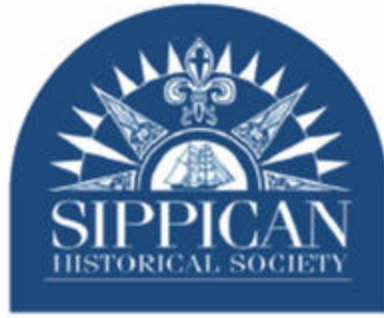
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The Sippican Historical Society is collecting oral histories of Marion's Cape Verdean Community. Please contact the SHS at 508-748-1116 to participate in an oral history. The oral histories are also on the SHS website at sippicanhistoricalsociety.org

[Sippican Historical Society Oral History with Beatrice Pina Pires on Vimeo](#)

[Sippican Historical Society Oral History - Josepha Rodriques Staton - August 13th, 2020 on Vimeo](#)

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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