



# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
June 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

### Strawberry Shortcake Social Thursday, June 10<sup>th</sup> 1:00 p.m.

Join together with friends and neighbors to celebrate strawberry season. Who could resist juicy, ripe strawberries atop a sweet biscuit laden with whipped cream.

Space is limited and registration is a must. Reservations will be taken beginning May 27<sup>th</sup>, call 508-748-3570. 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.

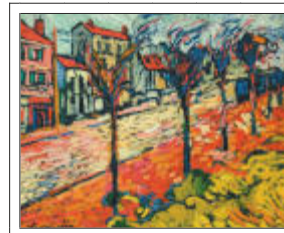


### Art For Your Mind with Jill Sanford Tuesday, June 15<sup>th</sup> 1:00 p.m.

#### Art of France

This presentation will showcase France's most prominent artists and art trends from the past several centuries—Baroque, Romanticism, Impressionism and Fauvism to name a few. Come away with a renewed sense of the impact of France's contributions to the art world.

*A catered lunch of BLT Sandwich, Tortellini Salad, Chips & Dessert will be offered prior to the presentation at Noon. There will be limited seating for the luncheon and lecture and reservations are a must. Reservations will be taken beginning June 1<sup>st</sup>. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the luncheon.*



### Southcoast Ringers Hand Bell Performance Friday, June 18<sup>th</sup> 10:30 a.m.

We invite you to enjoy the harmonious, graceful and flowing music of the hand bell choir. Please register to attend by calling 508-748-3570.



### Summer Cooking Demonstration Tuesday, June 22<sup>nd</sup> 1:00 p.m.

Linda Medeiros will be on hand to offer up some quick and easy recipes for the Summer that you will get to sample. She will demonstrate ways to beat the heat and spend less time in the kitchen. There is a \$5.00 suggested donation for this program. Call 508-748-3570 to register to attend.

### Sheryl Faye Presents... Laura Ingalls Wilder Thursday, June 24<sup>th</sup> 1:00 p.m.

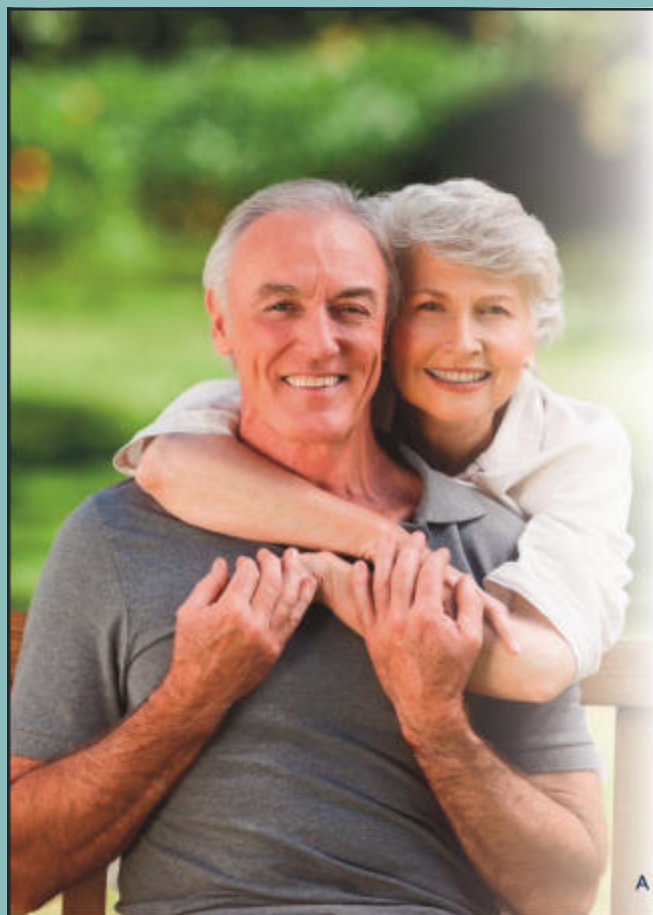
Laura Elizabeth Ingalls Wilder was an American writer, mostly known for the Little House on the Prairie series of children's books, which were based on her childhood in a settler and pioneer family. In this presentation you will get a glimpse into her life from childhood to adult years. Call 508-748-3570 to register to attend.





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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.

### 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 June 9<sup>th</sup>.

## Caregivers

### Memory Loss Support Group

Thursdays—June 3<sup>rd</sup> & 17<sup>th</sup>

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.

## Farmers Market Coupons

Coastline Elderly Services provides coupons to seniors to purchase fresh fruits and vegetables at local participating farmers markets. These coupons become available in July. Contact the Council on Aging at 508-748-3570 and ask to speak with Karen Gregory to confirm income eligibility and availability.

## Newsletter Delivery

Did you know that you can get the Sippican Soundings newsletter delivered electronically? Call the Council on Aging office at 508-748-3570 and simply relay your email address.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	2 9:30 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café	3 1:00 p.m.—2:00 p.m. Memory Loss Support Group	4 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
7 10:00 a.m. Yoga, free 1:00 p.m. Living Your Best Life	8 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	9 9:30 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café	10 1:00 p.m. Strawberry Shortcake Social Reservations req.	11 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
14 10:00 a.m. Yoga, free 11:30 a.m. Veterans Luncheon 1:00 p.m. Living Your Best Life	15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Art for Your Mind	16 9:30 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café	17 1:00 p.m.—2:00 p.m. Memory Loss Support Group	18 9:00 a.m. Zumba, \$6 10:30 a.m. Bell Ringers 12:30 p.m. Strength & Conditioning, free
21 10:00 a.m. Yoga, free 1:00 p.m. Living Your Best Life	22 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Cooking Demonstration	23 9:30 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café	24 1:00 p.m. Sheryl Faye Presents Laura Ingalls Wilder	25 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
28 10:00 a.m. Yoga, free 1:00 p.m. Living Your Best Life	29 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	30 9:30 a.m. Barre Fitness Class, \$5 1:00 p.m.—2:00 p.m. Memory Café		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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**PLEASE RSVP BEFORE  
JUNE 11 TO 508-748-3570**



## Planning for Parents with a Disabled Adult Child

**By: Brandon C. Walecka, Esq.**

Walecka Law, P.C.

774-203-9003

Brandon@WaleckaLaw.com

### **Buy enough life insurance**

A parent of any child is irreplaceable, but in the case of a disabled adult child, older adult parents are faced with the challenge of deciding how best to care for their child in the event of their passing. In that case, someone will have to fill in, such as siblings or other relatives. Likely, that family member will have to pay for at least some services the parents had provided when they were able. If the estate is not large enough for this purpose, it can be made larger through life insurance proceeds. Premiums for second-to-die insurance (which pays out only when the second of two parents pass away) can be surprisingly affordable.

### **Set up a trust**

Any funds left for a child with special needs, whether from an estate or the proceeds of a life insurance policy, should be held in trust for their benefit. Leaving money directly in the name of someone with a special need may jeopardize public benefits. This strategy also can cause complications as many people with special needs cannot manage funds -- especially large amounts. Another strategy is when families disinherit children with special needs, relying on their siblings to care for them, though this approach also is fraught with potential problems such as siblings being sued, getting divorced, disagreeing with their responsibilities, or running off with the funds. It also can cause tax problems for the siblings. The best approach is a trust fund specifically designated for the child with special needs.

### **Create a Will and appoint a guardian**

While a Will and the appointment of a guardian is important for anyone with minor children, it is even more so if the child has special needs. Finding the right guardian can be difficult. In some cases, the care needs of the child may be so demanding that he or she will need a different guardian besides his or her siblings. The parents need to make these determinations while they can. The Will is the vehicle for the appointment of a guardian. An adult child also may require a guardian when the parent can no longer serve in this role (whether officially appointed or not) and it will probably not be legally possible to officially appoint a successor guardian once the parent is out of the picture. Therefore, it may make sense to begin making the transition to a new guardian while the parent is able to assist in the process. This can be in the form of a formal co-guardianship or transitioning the role to a successor guardian.

### **Write down the care plan**

All parents caring for children with special needs are advised to write down what any successor caregiver would need to know about the child and what the parents' wishes are for their care. Should the child reside in a group home, with a sibling, or be on their own? Usually, the parents know best, but needs to pass on the information. The memo or letter can be kept in the attorney's files with the parents' estate plan.

### **Coordinate with other family members**

Even a carefully developed plan can be sabotaged by a well-meaning relative who leaves money directly to the child with a special need. If a trust is created for the benefit of the child, grandparents and other family members should be told about it so that they can direct any bequest they may like to leave to that child through the trust.

Adults with disabilities are living much longer than in the past, which means their aging parents must plan for the day when their dependent children outlive them. Reach out to a qualified estate planning attorney to 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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Building on our success of two years ago, The Friends of Marion Council on Aging are planning a special community event on August 19<sup>th</sup>. Do you want to be a part of the event team? To become a Celebration Committee volunteer, give a call to the Center at 508-748-3570.



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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