

FAIRHAVEN SENIOR LIFESTYLES

Dedicated to Serving Fairhaven's Finest, Our Senior Citizens



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Email: asilvia@fairhaven-ma.gov - Website: www.fairhaven-ma.gov



FEBRUARY 2021



Valentine Smile

On Valentine's Day we think of those
Who make our lives worthwhile,
Those gracious, friendly people who
We think of with a smile.

I am fortunate to know you,
That's why I want to say,
To rare and special person:
Happy Valentine's Day!

By Joanna Fuchs - Poemsource.com

On this Valentine's Day, 2021, remember all those in our lives, those who are alone, those who have experienced a loss of a friend or family member, those men and women who are protecting our freedom here and abroad and, especially during this Covid-19 time, all those essential and frontline workers. Let us all extend a simple gesture of care to those who need it most.



FAIRHAVEN SENIOR CENTER

229 Huttleston Avenue
Fairhaven, MA 02719

Phone: 508-979-4029

Fax: 508-979-4116

Social Day: 508-993-9455

WEBSITE:

<https://www.fairhaven-ma.gov/council-aging>

HOURS: Monday - Friday 7:30 am to 3:30 pm

MISSION STATEMENT

*The Council on Aging
Is an Advocate for Improved
Quality of Life for Seniors through Education,
Programs & Services.*

MEET THE STAFF

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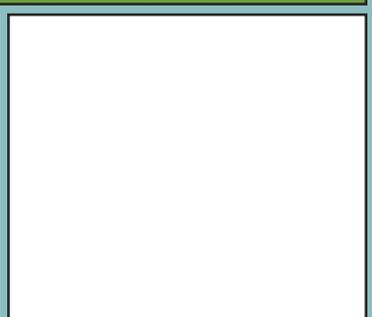
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FAIRHAVEN SENIOR CENTER TRANSPORTATION



The Fairhaven Council on Aging has put one van on the road for in-town transportation only for seniors of Fairhaven.

The van will run

Monday through Friday beginning at 8:00 am.

Van seats have been X off where riders are asked not to sit respecting social distancing.

Riders must have their temperatures taken before getting on the van and must wear a mask at all times while on the van. The van driver will sanitize the van before the next group of passengers are picked up.

Please call the Fairhaven Senior Center if you want to schedule a ride at 508-979-4029.

FUEL ASSISTANCE

For new applications, call Maria Grace at PACE at 508-999-4473 or 508-525-4276. If you have any questions, please call Phyllis at the Senior Center at 508-979-4029.

PROJECT BREAD'S FOODSOURCE HOTLINE INFO

Project Bread's FoodSource Hotline (1-800-645-8333) is able to provide SNAP application assistance over the phone and help you identify all of the allowable expenses such as housing and medical costs to ensure you receive the full amount of benefits that you are entitled to. We can also answer questions of current SNAP recipients including using their SNAP funds to purchase groceries for delivery, navigating the Healthy Incentive Program(HIP), and providing information about other local food resources. Our hotline is open Monday through Friday from 8:00am to 7:00pm and Saturdays from 10:00am to 2:00pm. We are able to assist callers in 180 languages through our interpreter service. We also offer assistance through our TTY line at 1-800-377-1292. Clients are also encouraged to connect with us via our Live Chat featured on: www.gettingsnap.org!

HEART HEALTHY



SNICKERDOODLES

Soft, chewy, and rolled in cinnamon, these "sugar" cookies have far less added sugar than the traditional varieties.

Ingredients:

- 1 cup trans-fat-free tub margarine
- 1/4 cup Stevia sugar blend plus 1 tablespoon Stevia sugar blend, divided
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 3/4 teaspoon baking powder
- 3/4 teaspoon salt
- 1 1/2 teaspoons ground cinnamon



Directions:

1. Preheat the oven to 400°F.
 2. In a large bowl, using an electric mixer on medium speed, beat the margarine, 1/4 cup Stevia sugar blend, egg, and vanilla until smooth.
 3. In a medium bowl, stir together the flour, baking powder, and salt.
 4. Using the electric mixer on medium speed, gradually beat the flour mixture into the Stevia sugar blend mixture just until moistened but no flour is visible.
 5. In a small bowl, stir together the remaining 1 tablespoon Stevia sugar blend and the cinnamon.
 6. Using your hands, shape the dough into 1 1/4-inch balls to make 24 cookies. Gently roll in the Stevia sugar blend cinnamon mixture, coating lightly. Place about 2 inches apart on a large baking sheet or two small baking sheets. With the palm of your hand or a fork, lightly flatten each ball.
- Bake for 8 to 10 minutes, or until the bottoms are browned.
- AmericanHeartAssociation

DIET AND EXERCISE DURING COVID-19

My goal for 2021 was to lose 10 pounds. I only have 14 to go.

I just did a week's worth of cardio after walking into a spider web.

I don't mean to brag, but I finished my 14-day diet food supply in 3 hours and 20 minutes.

A recent study has found women who carry a little extra weight live longer than men who mention it.

HOLIDAY CLOSING

**The Fairhaven Senior Center will not be open for calls on
Monday, February 15th
in observance of Presidents' Day**





Warning: Beware of COVID-19 Vaccination Scam Offers

As the first Americans line up for COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity to scam you.

Don't get scammed! You should know the following:

- Most Medicare beneficiaries will not have to pay to get this vaccine during this public health emergency.
- If someone offers to put you on a vaccination list in exchange for money, you are being scammed. You cannot pay to get on a list.
- If someone offers to get you early access to the vaccine in exchange for your credit card or Medicare number, you are being scammed. You cannot pay to get early access to the vaccine.
- No one from Medicare or your municipal or state health department will contact you and offer you the vaccine.
- No one from a vaccine distribution site or a private insurance company will call you asking for your Social Security number, your credit card number, or bank account information to sign you up to get the vaccine. If you get such a call you are being scammed.
- If you get a call, text, email, or even someone knocking on your door claiming they can get you early access to the vaccine, you are being scammed. You can report scams by calling the Massachusetts Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or email to ReportAScam@MASMP.org.

Remember: Never give your Medicare number, your bank account information, your credit card numbers, your Social Security number, or any other personal information to anyone you do not know and trust. Don't get scammed.

For additional guidance call the Massachusetts Senior Medicare Patrol (SMP) Program at 800-892-0890 or visit www.MASMP.org.



Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at

ftc.gov/coronavirus/scams



Recognize the Scam

You get a call, email or text message from someone claiming to be:



- A **FAMILY MEMBER** (or someone acting for them), saying your relative is sick, has been arrested or is in serious trouble and needs money right away.
- A **COURT OFFICIAL**, indicating that you failed to appear for jury duty and need to pay a fine or you will be arrested.
- The **POLICE**, saying you'll be arrested, fined or deported if you don't pay taxes or some other debt right away.
- From **SOCIAL SECURITY**, claiming that COVID-19-related office closures mean your benefits have been suspended.
- From the **IRS**, saying you owe back taxes, there's a problem with your return or they need to verify information.
- From your **BANK**, claiming they need to verify personal information before they can send you a new card.

Federal Trade Commission

Beware of an email from a friend requesting “a favor”. A friend, relative, or trusted institution may ask if you can purchase gift cards from Amazon or similar companies. Verify the request with a phone call. Never trust an email asking for you to purchase for another.



Valentines Day

Valentine Word Search

E E O C D B T R A E H T E E W S H G R
 O R J U N E R G B H G S M H R S T N A
 E I R S P M A I C E T F Q E I O N I E
 T S K U E I E R F A R N R R O S N L B
 A E I O N N H D P I N K E R I P E R Y
 L D S R D E D A E S O H E E D U C A D
 O R S O E S D N S W C R E E T R S D D
 C O E M A O D E Y A I B V E O R L H E
 O S S A R S N N N M G O E M R S U G T
 H E N E M R H D D D T T A L I E V O L
 C S S S E I Y A I I V N T E O T C B F
 O H G D N S T P O S C Z V A M V U F R
 C U N M T E U N N E M B R A C E E Y E
 H E L E R C D N O I T C E F F A D D D
 T I E C E C A N D L E L I G H T P W V
 A W E S D R I B E V O L T E U Q U O B
 S S S R E W O L F K E J E W O R R A X
 V E U D M C A R D S X F E B R U A R Y
 R C B U R E H C Y E N O H E S R M K Z

Word List:

ADORE
 BELOVED
 CANDY
 CHOCOLATE
 DESIRE
 FEBRUARY
 HEART
 LOVE
 RED
 SWEETHEART

AFFECTION
 BEMINE
 CARDS
 CUPID
 DEVOTION
 FLOWERS
 HONEY
 LOVEBIRDS
 ROMANCE
 SWEETS

AMOROUS
 BOUQUET
 CHERISH
 DARLING
 EMBRACE
 FOURTEENTH
 HUGS
 PINK
 ROSES
 TEDDYBEAR

ARROW
 CANDLELIGHT
 CHERUB
 DEAR
 ENDEARMENT
 FRIENDS
 KISSES
 POEM
 SECRETADMIRER
 TENDERNESS



February 2021



www.coastlinenb.org
508-999-6400

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Monday		Tuesday		Wednesday		Thursday		Friday	
1	Sodium (mg): Na*	2	Sodium (mg): Na*	3	Sodium (mg): Na*	4	Sodium (mg): Na*	5	Sodium (mg): Na*
American Chop Suey	211	Cajun Chicken	377	Hot Dog	*550	Stuffed Shells w/	390	Fish Sandwich	190
Italian Veg. Blend	26	Dirty Rice	137	Mustard	55	Tomato Sauce	55	Tartar Sauce	261
Multigrain Roll	190	Chickpea Blend	52	Relish	81	Brussels Sprouts	12	Roasted Potatoes	33
Peaches	5	WW Bread	160	Baked Beans	36	Oatmeal Roll	121	Spring Veg. Blend	57
		Mandarin Oranges	6	Cabbage & Carrots	47	Sugar Cookie	108	HB Roll	230
				Hot Dog Roll	210	Diet: Graham Wafer	85	Mixed Fruit	10
				Fresh Apple	2				
Total Sodium:	432	Total Sodium:	732	Total Sodium:	981	Total Sodium:	685	Total Sodium:	781
Calories: 460	Carbs: 68	Calories: 402	Carbs: 54	Calories: 638	Carbs: 83	Calories: 436	Carbs: 69	Calories: 605	Carbs: 81
8		9		10		11 Special Meal		12	
Broccoli & Cheese	387	Chicken Bruschetta	394	Meatloaf w/ Gravy	350	Roast Pork w/		Shepherd's Pie	283
Omelet		Tahitian Veg. Blend	26	Lyonnais Potatoes	112	Rosemary Gravy	195	Peas & Mushrooms	133
Hashbrowns	136	Whipped Sweet Potato	33	Mixed Vegetables	41	Cheesy Mash. Potatoes	90	WW Roll	160
Peppers & Onions	3	Oatmeal Bread	121	Wheat Bread	115	Glazed Carrots	83	Mixed Fruit	10
Fruit Loaf	160	Banana	1	Mandarin Oranges	6	Oatmeal Roll	121		
Applesauce	14					Red Velvet Cake	230		
						Diet: Strawberry Cup	4		
Total Sodium:	700	Total Sodium:	587	Total Sodium:	624	Total Sodium:	718	Total Sodium:	586
Calories: 603	Carbs: 78	Calories: 449	Carbs: 75	Calories: 416	Carbs: 61	Calories: 767	Carbs: 83	Calories: 641	Carbs: 94
15		16		17		18		19	
No Meals Served		Chicken Cordon Royale	*550	Seafood Casserole	569	Lemon Chicken	330	Veg. Lasagna Roll-Up	359
		Garlic Mash. Potato	62	Penne Pasta	1	Florentine Rice	112	Tomato Basil Sauce	55
		Malibu Blend	59	Green Beans	3	Glazed Carrots	83	Genoa Veg. Blend	40
		Dinner Roll	160	Multigrain Bread	190	Oatmeal Roll	121	Dinner Roll	160
		Pears	4	Strawberry Cup	4	Fresh Orange	0	Peaches	5
		Total Sodium:	835	Total Sodium:	767	Total Sodium:	645	Total Sodium:	630
		Calories: 582	Carbs: 78	Calories: 544	Carbs: 88	Calories: 520	Carbs: 60	Calories: 408	Carbs: 74
22		23		24		25		26	
Mexicali Chicken	173	BBQ Pork Rib	280	Roast Turkey w/ Gravy	430	Greek Meatballs	328	Mac & Cheese	403
Spanish Rice	22	Roasted Potatoes	33	Cranberry Sauce (2)	16	Rice Pilaf	134	Escalloped Tomatoes	143
Brussels Sprouts	12	California Veg. Blend	27	Mashed Potato	62	Tuscan Veg. Blend	56	Broccoli Florets	12
WW Bread	160	Honey Wheat Roll	135	Winter Squash	13	Multigrain Roll	190	Fruit Loaf	160
Mixed Fruit	10	Pineapple	1	Multigrain Bread	190	Mandarin Oranges	6	Strawberry Cup	4
				Mini Cheesecake	209				
				Diet: Low Sugar Cake	210				
Total Sodium:	377	Total Sodium:	476	Total Sodium:	920	Total Sodium:	715	Total Sodium:	722
Calories: 439	Carbs: 66	Calories: 411	Carbs: 64	Calories: 747	Carbs: 136	Calories: 497	Carbs: 61	Calories: 778	Carbs: 114
		Come Join Us On Tuesdays for our Ethnic Meal Series!		For weather emergencies and cancellations, please check 1420 AM WBSM radio.		All Meals include:		We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.	
				For Reservations/ Cancellations, call:		<u>Milk:</u>		Congregate Meal participants may take home packaged bread, desserts and milk.	
				(508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in		110 Calories			
						125mg Sodium			
						13g Carbs			
						<u>Margarine:</u>			
						36 Calories			
						47mg Sodium			

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium
"Catch of the Day" will vary based on availability : Menu is subject to change without notice

Your voluntary \$2 donation today, provides more meals tomorrow.

VETERANS CORNER

by Brad Fish, Veterans' Service Officer

Director/Veterans' Service Officer: Bradford Fish - **Administrative Assistant:** Jane Bettencourt
Location : Town Hall, 40 Center St., Fairhaven, MA 02719 - **Telephone :** (508)979-4023 ext. 114
Open by appointment only (508)979-4023 ext. 114 or 115
The Veterans Office has books on the stories of Vietnam free to Vietnam Vets.
Books provided by the State of Massachusetts.

FAIRHAVEN COMMUNITY ELECTRICITY AGGREGATION

The Fairhaven Community Electricity Aggregation (CEA) is the town's program to provide competitive choice for electricity to our residents and businesses. The Fairhaven CEA program is part of a 25-community electricity buying group, active since January 2016.

In January 2021, Fairhaven CEA will change electricity suppliers from Public Power to Constellation New Energy. **You will see a notice in your January 2021 Eversource electricity bill.**

The new default program rate is \$0.10865 per kilowatt hour (kWh) fixed for 36 months (January 2021 through December 2023) and now includes 10% more renewable electricity than required by state law. Fairhaven CEA will also offer two optional electricity rates with more renewable electricity than required by state law and one option that only meets the state requirements.

No action is needed to remain in the program on the default option (Local Green 10%). If you prefer a different percentage of clean electricity, call Constellation NewEnergy at 833-461-0813 or visit the program website masscea.com/Fairhaven.

If you have questions about the program, you may call Good Energy and leave a message with your name and phone number at 844-627-7232. A representative will call you within 24 hours.

GET ACTIVE FOR A HEALTHY HEART

One of the most important ways to lower your risk for heart disease is by becoming physically active.

National guidelines recommend at least 2 hours, 30 minutes of moderate-intensity physical activity per week, like brisk walking where your blood gets pumping and you are a little breathless. If you find yourself short of time, you can incorporate physical activity in small chunks, such as three 10-minute intervals per day, and still achieve some heart health benefits.

How Moving More Helps

- Strengthens heart muscles
- Improves blood flow
- Lowers blood pressure and cholesterol levels
- Helps control weight



Ways to Become More Active Every Day

- Take the stairs
- Park in the farthest space from the door
- Walk around while you are on the phone
- Be active with the grandkids
- Put on some music and dance

Check with Your Doctor

Before beginning an exercise program, talk with your doctor about the type and amount of activity that is right for your health. Visit nhlbi.nih.gov for more information. ©LPi

WEAR RED DAY FOR WOMENS HEART HEALTH IS FRIDAY, FEBRUARY 5TH!

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WHAT IS A "NO CONTEST" CLAUSE?

By: Brandon C. Walecka, Esq. (Walecka Law, P.C., 774-203-9003, Brandon@WaleckaLaw.com)

A "no-contest" (also called *in terrorem* clause) provision is a clause that you can put in your Last Will & Testament to discourage a disappointed heir from challenging your estate plan. If an heir files a lawsuit against your estate, then such a clause effectively cancels that heir from inheriting under the Will. Thus, skipping over him or her and distributing assets to the other named heirs.

A no-contest clause may be a good idea where you have a beneficiary in your Will who you suspect may be upset by the property (or lack of property) distributed to him or her.

It is important to note that a no-contest provision in a Will does not make a Will bulletproof. The following are some steps that may make a Will contest less likely to succeed.

Make sure your Will is properly executed. The best way to do this is to have an experienced, qualified attorney assist you in drafting and executing the Will. There are certain procedures that need to be followed for the Will to be valid in Massachusetts.

Explain your decision. Generally, it is a good idea to talk to family members at the time you draft the Will and explain why someone is getting left out of the Will or getting a reduced share. If you do not discuss it in person, state the reason in the Will. You may also want to include a letter with the Will, which explains your intent behind your decision.

Prove competency. One common way of challenging a Will is to argue that the deceased family member was not mentally competent at the time they signed the Will. You can try to avoid this by making sure the attorney drafting the Will tests you for competency. This could involve seeing a doctor and answering a series of questions.

Remove the appearance of undue influence. Another common method of challenging a Will is to argue that someone exerted undue influence over the deceased family member. For example, if you are planning on leaving everything to your daughter who is also your primary caregiver, your other children may argue that your daughter took advantage of her position to influence you. To avoid the appearance of undue influence, do not involve any family members who are inheriting under your Will in drafting your Will. Family members should not be present when you discuss the Will with your attorney or when you sign it. To be totally safe, family members should not even drive you to meet with the attorney.

If possible, we all want to avoid unnecessary litigation over our estates. Litigation is burdensome, expensive, and can tear a family apart, but worse is having your estate go somewhere you never intended.

Want to learn more about how to properly execute a Will? 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.

COA DISCLAIMER

The Fairhaven COA offers legal, financial, medical, recreational and other services or activities by volunteers or nominal cost practitioners. Seniors participating in these services or activities do so with the understanding that the Fairhaven COA, the Town of Fairhaven or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.



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S S E O O B H E C H G N B F T B E N
R X F L T O O E S B I E T O A A M P
W S H P P J F S R S R F X E R N O P
P X R X P P O L I R B A F P D A N Y
A A R J C R A A Y C Y Y B O E N M D
U P L V C N R E T T U B T U N A E P
K C D C Q S D N N M G S I A H C R W
M G R B U I Y E M I L Y E K Z R I F
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J H K O H E A D H A Y N I K P M U P
I Y U B X J I D N C S R J R A T E I
K J S U F M T K G Y Z H H E N I P E
Z Y B D F X K Q G L X S M U E M B Q

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