

FAIRHAVEN SENIOR LIFESTYLES

Dedicated to Serving Fairhaven's Finest, Our Senior Citizens



229 Huttleston Avenue, Fairhaven, MA 02719
Phone: (508) 979-4029 · Fax: (508) 979-4116

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



JULY 2022

FROM EVERY
MOUNTAIN SIDE,
LET FREEDOM
ring

Martin Luther King Jr.

July 4th

INDEPENDENCE DAY



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

Director	Martha Reed
Volunteer Coordinator	Christine Alfonse
Office Assistant	Phyllis Pequita
Environmental Coordinator	Rich Walker
Van Drivers	
	Frank Barcellos, Leon Hebert
	Ron Dexter, James Hennessy

BOARD OF DIRECTORS

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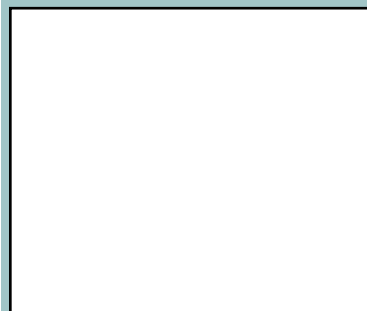
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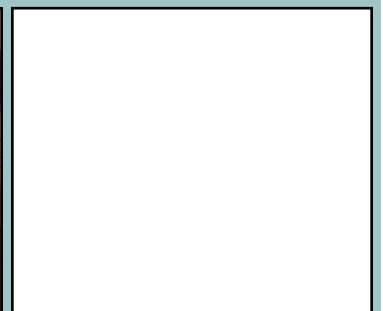
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COPS AND DONUTS UPDATE August 10th at 10 am



Detective Janis Guerreiro will be coming back to the center for another **Cops and Donuts**.

As promised, Det. Guerreiro has followed up with the Do Not Call Registry phone number which is 1-888-382-1222.

Please call the center to register for the August session. Detective Guerreiro wants to make sure there are enough doughnuts for all!

GREEDY DICE Fridays beginning July 8th 9 am to 11 am Fairhaven Senior Center

Come to the Fairhaven COA for a fun and exciting new game!



To play you need 5 Dice (supplied by the COA). Players need 3 Quarters, 3 Dimes, and 3 Nickels. You can use your hand or a shaker. The purpose of this game is to reach 10,000 points or more for each game played. If time allows, there will be 3 rounds, but guaranteed at least 2 rounds.

Come on out and make some new friends, socialize, and win big! No experience is necessary, and beginners are welcome!

Please contact the center and register at 508-979-4029, so we'll know how many dice we'll need!

Thank you to Delores Trinidad for bringing this new and exciting game to the COA!

MALL TRIPS

Reservations accepted beginning the 15th of the prior month. There is a \$6.00 charge unless marked. The van leaves the Center promptly at 9:00 am.

JULY 2022

July 6	Twin River Casino
July 13	Mashpee Commons
July 20	Thames St., Newport, RI
July 27	Wrentham Village

AUGUST 2022

August 3	Plainridge Park Casino
August 10	Hyannis Mall, Xmas Shop, Trader Joe's & Whole Foods
August 17	Warwick Mall
August 24	Plymouth Shopping
August 31	Thames St., Newport, RI

4TH OF JULY CHEX MIX™

Ingredients:

- 1 bag (8.75 oz) Chex Mix™ Honey Nut snack mix
- 1/4 cup dried blueberries
- 1/4 cup dried cranberries
- 1/4 cup roasted sunflower seeds
- 2 cups white chocolate chips
- 1/2 cup M&M's® chocolate candies red and blue



Directions:

1. In a large bowl, combine the snack mix, blueberries, cranberries, and sunflower seeds.
2. Place the white chocolate chips into a medium, microwave-safe bowl. Melt in the microwave on High for 60-90 seconds then stir. Melt for an additional 30-60 seconds, if needed.
3. Drizzle the melted chocolate over the snack mix, and stir until well coated. Turn the mix out onto a large piece of wax paper, sprinkle with blue and red candies, then allow the white chocolate to stand at room temperature for about 1 hour to harden. To serve, break the mix up into large chunks.

14 servings

Betty Crocker

FREE WELLNESS CLINICS

July 13th & 27th, 2022
1:00 pm - 3:00 pm

Public Health Nurse is available for Blood Pressure Screens along with addressing any health and wellness questions or concerns.

Fairhaven Council on Aging
229 Huttleston Avenue

For more information please call the Board of Health Office at 509-979-4023 Ext. 125

HOLIDAY CLOSING MONDAY, JULY 4TH

A Message from Director, Martha Reed.....

Hello Friends,

Summer is here and July is a very exciting time for the COA. First, we are pleased to announce that effective July 5th, the Veteran’s Services Office for the Town will be moving their office location from Town Hall to the Council on Aging. We are pleased to welcome Brad Fish and Jane Bettencourt to our building. The Veteran’s Services Office Hours are the same as the COA’s 7:30 AM to 3:30 PM and we look forward to providing more convenience and services to Veterans under one roof.

The COA will be participating in the July 4th Parade. If you’re interested in riding on the Van during the parade, please call the center and sign-up. We are looking for Seniors of all ages to help us celebrate the 4th of July!

Our first intergenerational program of the year will begin in July. We are pleased to be able to partner with the CHAMPS program at the Wood School again this summer on the Pen Pal Project. If you are interested in participating, please sign-up as soon as possible, as the program begins July 8th, complete details are listed separately in this newsletter. The Summer Music Series continues on July 14th, with Amanda Butts and her Bag Pipes. We hope you can join us!

We are also pleased to announce the start of a new game on Friday mornings from 9-11 AM beginning July 8th. Greedy Dice is fun where you are guaranteed to walk away with something. So come on out and make some new friends, have some laughs, and beat the heat this summer. You can enjoy lunch in our congregate dining room after, and you can make a day of it and play BINGO from 1-3. Please see the separate article with all details.

Come to COA for fun, friendship, laughs, as well as the resources you need to navigate the programs and services available to elders, their families, and caregivers. We are here for you, and if there are other programs or services you’d like to see at the COA, don’t hesitate to let us know.

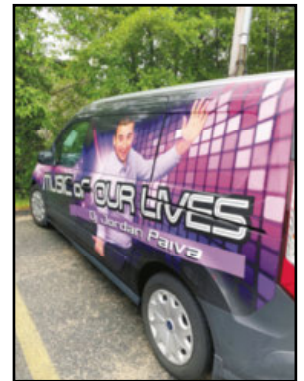
Happy Summer!

Martha

SUMMER MUSIC SERIES

Our first Summer Music Series was a huge success with over 40 people attending. We are looking forward to more good times and music!

Join us July 14th for Beth Butts & Her Bag Pipes!



JULY EVENTS IN FAIRHAVEN

Fourth of July Car Cruise and Parade
Monday, July 4, 2022

Huttleston Marketplace
Saturdays, 10:00 a.m. to 3:00 p.m.

Fairhaven High School Tour
Friday, July 8, 10:00 a.m.
Friday, July 15, 10:00 a.m.

Henry H. Rogers Walking Tour

Tuesday and Thursday mornings, 10:00 a.m.
Tours begin outside the Town Hall, 40 Center Street, Fairhaven

Pirates & Privateers Presentation

Friday mornings, 10:00 a.m., until September

Riverside Cemetery Tour

Wednesday, July 20, 2022, 6:00 p.m.
Wednesday, August 10, 2022, 6:00 p.m.

ALL EVENTS ARE WEATHER PERMITTING

For more information please call Fairhaven Office of Tourism at 508-979-4085

Bingo & Ice Cream Social

JULY 21, 2022 | STARTS AT 10:00 A.M

FAIRHAVEN SENIOR CENTER



To sign up, please call the COA 508-979-4029

SPONSORED BY



PEN PALS PROGRAM 2022



The Pen Pal Project is between the Fairhaven Council on Aging and the students of the Champions Program at the Leroy Wood School. The Champions Program is the after-school program at Wood and East Fairhaven schools. They also provide a summer program for the students of those schools. Amanda Bonilla is the Champions Director and the person who initiated this Pen Pal Project last year.

This project is an effort to bring children and seniors together to communicate via letters once a week.

The first letters will be written by the children and dropped off at the COA. We will then match those letters with a Pen Pal. After 6 weeks of once-a-week correspondence, we will celebrate by hosting a "Meet Your Pen Pal" with an ice cream social.

Students write letters beginning July 8 (and every Friday for 6 weeks). We will get your letter to you by Monday, July 11 (and every Monday for 6 weeks). We will have to get your letters back to Wood School by Thursday, July 14 (and every Thursday for 6 weeks) so the students have your letter to respond to on July 15. This schedule will be the same for a total of 6 weeks ending August 19 with the "Meet Your Pen Pal" event here at the Senior Center.

This is a great project for all involved on many levels. To sign up or if you have any questions, call the Center at 508-979-4029. If you participated last year, you are welcome to participate again this year.

SENIOR CENTER HAPPENINGS...

FITNESS

Chair Yoga - Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to all people. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance. Mon. and Thurs. 10:15-11:15 am \$3.00 - Modified yoga program in a seated/standing position.

Osteoporosis Class - Mon. and Wed., 8:30-10 am - Simple, safe, bone-boosting exercises. \$1.00

Walking - Monday to Friday, 12:30 - 1:00. Check schedule and sign up at Senior Center. No walking until August 29th.

Zumba - July and August, 1:00 pm at Oxford Terrace. \$7.00

HEALTH AND WELLNESS

Mobile Dental Hygienist - Preventative dental services are being offered at the Fairhaven Council on Aging by Mobile Dental Hygiene Services. We are excited to offer dental cleanings, exams, desensitizing treatments, denture care, temporary fillings and crown re-cements if needed. Services are covered for anyone with Mass Health Standard/Medicaid. We offer affordable rates for individuals without dental insurance, as well as grant funded services for eligible individuals. Please call 508-827-6725 with any questions and to make appointments. Smile@mobiledentalhygiene.com

Foot Care - 2nd Thursday of the month by appointment - \$30.00 - Assessment of podiatric health

Note: Wellness Clinic is now at the Fairhaven Council of Aging. See page 3.

SUPPORT

Reassurance Program - A free service for elders wanting a daily telephone check-in with a responsible person, ensuring all is well

Health Awareness - Thursday, 9 -10 am Supportive group for health and fitness awareness

Southcoast VNA and Hospice Support Groups - 2nd Thursday of the month: Widow and Widowers Grief Support Group 5:00 - 6:30 - 3rd Thursday of the month: General Loss Grief Support 5:00 - 6:30.

Caregivers Support Group - 1st Wednesday 1-2 pm

EDUCATION

Computer Class - No class for the summer. Class will resume in September.

Sewing Circle - Wednesday evenings 5:45 - 7:45 pm

Mahjongg - Tuesdays, 10 am to 2 pm. Mahjongg is a rummy-style game that uses Mahjongg tiles instead of playing cards.

LEGAL

Attorney Suzanne J. Seguin - Free 15-minute consultation. Call the Senior Center for dates and information.

“HEY, KATHY”

**Discussion Time from 10:00 am - 11:00 am
Last Friday of the month beginning July 29, 2022
Fairhaven Senior Center, 229 Huttleston Avenue, Fairhaven, MA
Free to residents, Non-Residents \$5**

Come chat with Kathy Clark from Moxie Mobility Training, LLC about:

- Exercise ideas and exercise safety
- Have your vitals (blood pressure, O2 level, and heart rate) checked
- Get tips on navigating healthcare agencies from hospital to home care and beyond
- Find answers to questions on how to achieve your best fitness
- Discuss home modification ideas including home safety
- Ways to reduce your fall risk and fall prevention
- And more!

Kathy is a Senior Fitness Instructor, Personal Trainer and licensed Physical Therapist Assistant; she specializes in Fall Prevention, Brain Injury, and Lymphedema. Handouts available and show and tell items will be displayed. Feel free to bring your toughest questions! Light refreshments will be served.

FAIRHAVEN SENIOR CENTER EVENTS AND ACTIVITIES JULY 2022

MONDAY

Board Meeting July 11th, 9:00 am
Bridge 1:00 to 3:00 pm
Chair Yoga 10:15-11:15 with Bet, \$3.00
Computer Class No class for summer.
Medical Transport Monday-Friday
Nutrition Program 11:30 am \$2 donation
Osteo Class 8:30 - 10:00 am \$1.00
Outreach Services Call for an appt.
Reassurance Program Daily telephone check-in
SHINE Rep. Call for an appointment
Transportation 8:00 am
Walking No walking until August 26th

TUESDAY

Attorney General Consumer Mediator by appt. only
Dental Hygienist **Mobile - Next visit August 2nd.** Call 508-827-6725 for an appointment.
Mahjonn 10 am - 2 pm
Medical Transport Monday-Friday
Nutrition Program 11:30 am \$2 donation
Outreach Services Call for an appt.
Reassurance Program Daily telephone check-in
SHINE Rep. Call for an appointment.
Single Senior Supper **July 19th, 3rd Tuesday - 4 - 6pm**
Partially funded by Coastline Elderly Nutrition Program
Transportation 8:00 am
Walking No walking until August 26th

WEDNESDAY

Caregivers Support July 6th, 1-2 pm
Computer Class No class for summer.
Foot Care \$30 2nd Thursday, **July 14th** by appointment
LGBTQ Supper Club **July 27th**
George Whitaker Fund and Coastline Elderly Nutrition Program
Mall Trip 9 am-3 pm, \$6, Call to reserve seat
Medical Transport Monday-Friday
Nutrition Program 11:30 am \$2 donation
Osteo Class 8:30-10:00 am \$1.00
Outreach Services Call for an appt.
Reassurance Program Daily telephone check-in
Sewing Circle Evenings 5:45 to 7:45
SHINE Rep. Call for an appointment.
Transportation 8:00 am
Walking No walking until August 26th
Wellness Clinic Every other Wed. 7/13 & 7/27 1-3pm

THURSDAY

Bingo and Ice Cream Social **July 21, 10:00 am**
Chair Yoga 10:15 to 11:15 with Bet \$3.00
Grief Support **July 14th**, 2nd Thurs. of month
 Widow & Widowers 5-6:30 pm
July 21st, 3rd Thurs. General Loss Grief Support 5-6:30 pm

THURSDAY continued

Health Awareness 9:00 -10:00 am - Supportive group for health and fitness awareness
Medical Transport Monday-Friday
Legal Services Call for an appointment.
Nutrition Program 11:30 am \$2 donation
Outreach Services Call for an appointment.
Pitch 12:30-3:00 pm
Reassurance Program Daily telephone check-in
SHINE Rep. Call for an appointment
Transportation 8:00 am
Walking No walking until August 26th

FRIDAY

Bingo 1:00-3:00 pm
Greedy Dice 9:00 - 11:00 am beginning 7/8
Medical Transport Monday-Friday
Nutrition Program 11:30 am \$2 donation
Outreach Services Call for an appt.
Reassurance Program Daily telephone check-in
SHINE Rep. Call for an appointment
Transportation 8:00 am
Walking No walking until August 26th
Zumba **July and August Zumba will be at Oxford Terrace - 1:00 pm**

2022 SUMMER MUSIC SERIES

Fairhaven Council on Aging
1 - 2 pm

JOIN US FOR LIGHT REFRESHMENTS & MUSIC

July 14th - Beth Butts & her Bag Pipes

August 11th - Matt York

September 8th - Judy and Barry DeRossi



www.coastlinenb.org
508-999-6400 ext. 3

"Celebrating 40 Years of Caring"

Monday	Tuesday	Wednesday	Thursday	Friday
For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in For weather emergencies and cancellations, please check 1420 AM WBSM radio.	All Meals include: <u>Milk:</u> 100 Calories 107mg Sodium 12g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk.		1 Sodium (mg): Na* Broccoli & Cheese 410 Stuffed Chicken White/Brown Rice 36 Glazed Carrots 83 Oatmeal Roll 121 Applesauce 20 Total Sodium: 664 Calories: 493 Carbs: 63
4 	5 Beef & Cabbage 300 Casserole Peas 82 WW Roll 160 Holiday Cookie 171 Diet: Lorna Doone's 140 Total Sodium: 713 Calories: 551 Carbs: 92	6 Chicken Mozambique 432 Florentine Rice 112 Tahitian Blend Veg. 38 Multigrain Bread 190 Fresh Orange 0 Total Sodium: 771 Calories: 458 Carbs: 61	7 Beef Stew w/ Vegetables 277 Garlic Mashed Potato 53 Dinner Roll 210 Mixed Fruit 10 Total Sodium: 549 Calories: 609 Carbs: 76	8 Fish Nuggets 220 Tartar Sauce 261 Potato Wedges 27 Summer Blend Veg 57 Potato Bread 120 Low Sugar Pudding 130 Total Sodium: 815 Calories: 631 Carbs: 72
11 American Chop Suey 211 Italian Blend 36 Multigrain Roll 190 Mandarin Oranges 7 Total Sodium: 433 Calories: 438 Carbs: 63	12 Chicken w/ Soy Ginger Sauce 320 Asian Rice 104 Oriental Veg. 78 WW Bread 26 Chocolate Chip Cookie 160 Diet: Low Sugar Cookie 171 Total Sodium: 859 Calories: 658 Carbs: 86	13 Meatloaf w/ Mushroom Gravy 131 Cheesy Mash. Potato 148 Scandinavian Blend 80 Multigrain Bread 42 Fresh Nectarine 190 Total Sodium: 590 Calories: 597 Carbs: 83	14 Roast Turkey w/ Gravy 384 Cranberry Sauce 70 Red Bliss Potatoes 3 Squash 4 Oatmeal Bread 11 Mixed Fruit 121 Total Sodium: 603 Calories: 555 Carbs: 97	15 Chicken Kielbasa *520 Peppers & Onions 3 Italian Style Pasta 1 Sub Roll 162 Applesauce 14 Total Sodium: 701 Calories: 514 Carbs: 73
18 Shepherd's Pie 271 Jardinière Blend Veg. 39 WW Roll 160 Mixed Fruit 10 Total Sodium: 480 Calories: 616 Carbs: 91	19 Spanish Omelet 382 Hash Browns 136 Escalloped Tomatoes 143 Fruit Loaf 102 Orange Juice 0 Total Sodium: 763 Calories: 437 Carbs: 60	20 Chicken Marsala 439 Tricolor Rotini 1 California Blend 27 Oatmeal Bread 121 Iced Brownie 160 Diet: Low Sugar Cookie Total Sodium: 748 Calories: 670 Carbs: 86	21 Hot Dog *550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Pears 5 Total Sodium: 904 Calories: 596 Carbs: 72	22 Salmon w/ 180 Lemon Dill Sauce 111 Parsley Mash. Potato 53 Peas 82 Multigrain Bread 190 Banana 1 Total Sodium: 618 Calories: 547 Carbs: 95
25 Italian Braised Beef 78 Sour Cream & Chive 92 Mashed Potatoes Brussel Sprouts 12 Oatmeal Roll 160 Fresh Apple 2 Total Sodium: 343 Calories: 575 Carbs: 72	26 Pork Lentil Stew 356 White/Brown Rice 36 Roman Blend 26 WW Roll 160 Peaches 5 Total Sodium: 583 Calories: 627 Carbs: 77	27 Chicken Divan 282 Oven Roasted Potatoes 33 Dinner Roll 210 Strawberry Cheesecake 320 Diet: Low Sugar Cake 210 Total Sodium: 840 Calories: 781 Carbs: 73	28 Mac n' Cheese 403 Escalloped Tomatoes 143 Snowflake Roll 260 Fresh Orange 0 Total Sodium: 807 Calories: 654 Carbs: 91	29 Honey Ginger Chicken 393 Mashed Potatoes 52 Tarragon Carrots 77 Multigrain Bread 190 Mixed Fruit 10 Total Sodium: 723 Calories: 532 Carbs: 83

* Indicates a food with more than 500mg sodium. Please inform Coastline if you have any food allergies.

Consumers should anticipate frequent menu substitutions due to supply chain shortages.

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

~~~~~To schedule lunch call the day before by 10:00 am.~~~~~

If you would like to enjoy lunch at the Senior Center and do not have a ride, call 508-979-4029.



### THE HEALTH BENEFITS OF WATERMELON



As the weather heats up, so does our need for hydration and healthy snacks. A ripe, juicy watermelon satisfies your thirst and goes the extra mile toward helping maintain a healthy diet. But did you know that not only does this picnic staple taste sweet and is delicious, but is also rich in lycopene and Vitamin C?

Lycopene, an antioxidant, can be found mostly in red fruits and vegetables, such as tomatoes, watermelons, red oranges, pink grapefruits. You may be surprised to learn this health-boosting nutrient can also be found in apricots, red cabbage, and asparagus. Watermelon has more of this nutrient than any other fruit or veggie — even tomatoes. To load up on lycopene, choose a ripe melon with bright red flesh and opt for the seedless variety as it has more lycopene than those with seeds.

Try Watermelon to Protect Your Cells. Antioxidants play a significant role in protecting your cells against free radicals (natural and environmental occurring), which may play a role in heart disease, cancer, and other diseases.

Watermelon is no one health trick pony; it also contains Vitamin C, which the body needs to boost immunity and produce collagen, promoting healthy skin. Studies suggest that Vitamin C may reduce the risk of age-related skin damage, such as wrinkling. If watermelon had not already made enough of a case as to why it should be added to a healthy diet, this show-off fruit boasts a few more health benefits. It is even more pleasing to the palate for anyone looking to boost their vitamin intake; watermelon includes these nutrients: Vitamin A, Potassium, Magnesium, and Vitamins B1, B5, and B6.

For most adults, their body consists of 60% water, and to function optimally; it needs proper hydration. Drinking enough water each day is vital for regulating body temperature, keeping joints lubricated, preventing infections, delivering nutrients to cells, and keeping organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. As the thermometer rises, so does our need for more water.

#### Sneak in Water Through This Tasty Treat

If you struggle to meet the recommended 6 - 8 glasses of water a day, fresh fruits, like watermelon, which is 92% water (probably could have guessed that from the name), can be a delicious solution for adding more water into your diet. This health-conscious melon is a versatile food, try cutting it up and add to a summer beverage or a salad, or freeze and use as ice cubes in your favorite lemonade. Want something a little more filling? Blend watermelon, strawberries, yogurt, and a drizzle of honey, for a delicious breakfast smoothie.

While watermelon can be consumed any time of the year, summer seems to be its sweet spot offering the perfect combination of refreshment and nutrition. Maybe you'll experience one more unexpected benefit, as this summer-time classic invokes memories that will bring a smile to your face. LPI

### NEW BEDFORD WHALING MUSEUM - Volunteer Opportunity

Docents are Museum guides and educators that carry out the Museum's mission to ignite learning through art, history, science, and culture. Our education programs are geared towards K-12 students with a goal to teach our local history and today's science through hands-on learning and discussion-based discovery. Docents help connect and teach a wide variety of audiences using museum galleries, exhibitions, and artifacts.

Our next 6-week Volunteer Training Course will take place this summer, every Tuesday morning from 9 am-12pm starting Tuesday, July 19- Tuesday August 23.

To learn more about this opportunity reach out to me at [jlouro@whalingmuseum.org](mailto:jlouro@whalingmuseum.org) or visit our website to learn more!

#### 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.



**Fairhaven Village**

Now Accepting Applications!

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- Planned Resident Events and Activities

Income limits apply. Housing for 62 years+, HP/Disabled person 18 years+. Please inquire in advance for reasonable accommodations. Info contained herein subject to change without notice.

## UNDERSTANDING GUARDIANSHIP

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

If you are an adult child, one of the most painful moments in your lifetime may be realizing your mother or father is no longer able to safely care for themselves due to cognitive decline. Whether the cause is physical injury, Alzheimer's disease, an acute illness, or natural aging, the result is the same. It may be time to consider guardianship. I will provide some details about this process.

### What is Guardianship?

Guardianship is a court-appointed relationship between a competent adult (the "Guardian") and an individual considered unable to handle their affairs (the "Incapacitated Person" or "IP"). When a guardian is appointed, the court gives the Guardian authority to handle certain legal rights of the IP and removes those rights from the IP. The extent of the authority granted to the Guardian will depend on the IP's needs. The court is required to use the least restrictive means possible to ensure the IP's safety. Therefore, if the IP is still capable of handling some of their affairs, the Guardian's authority will be tailored accordingly.

### Types of Guardians

In Massachusetts, several types of Guardians are recognized, including:

**General Guardian** — responsible for ALL personal and medical decisions of the IP's life. The Guardian assures that the IP has a place to live, food to eat, proper clothing, and other necessities, as well as medical treatment, schooling, vocational opportunities, and other needed services.

**Limited Guardian** — has the authority to make decisions ONLY in specific areas of the IP's life, such as major medical decisions or residential location and needs. The court's order will identify these areas.

**Emergency or Temporary Guardian** — may be appointed in situations where immediate action is required to prevent harm to the IP. An emergency guardianship CANNOT be in effect longer than 90 days and has ONLY the authority identified by the court at the time of the appointment.

**Note:** A Guardian is not responsible for the IP's assets nor for managing the financial affairs of the IP. In MA, a Conservator is appointed to manage and protect the estate of an incapacitated individual. You can, however, petition to be both a Conservator and a Guardian.

### Petitioning for Guardianship

To become your parent's Guardian, you must first file a petition for guardianship in the appropriate court. You are required to notify the IP, as well as immediate family members and a spouse, of your filing. The court may conduct its own investigation in an attempt to determine the need for a Guardian. Ultimately, the court will set the matter for a hearing at which time you will need to present sufficient evidence of the need for a Guardian to convince the judge to grant your petition. You will also need to convince the judge that you are the right person to grant as the Guardian. If the judge agrees with you, your petition for guardianship will be allowed and the judge will explain the authority you are being granted and any limitations to that authority.

The process of obtaining a Guardianship is costly, public, and time consuming and can be avoided by planning ahead and having appropriate estate planning documents in place prior to issues arising. Every individual should execute foundational estate planning documents, including a durable power of attorney, health care proxy, HIPAA release, personal directive, and last will and testament. By executing these documents, you choose who you want to make decisions for you if you are unable to make them yourself. Save your family's money and frustration. Call a qualified elder law attorney today.

*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.*



**Our Lady's Haven**  
Skilled Nursing & Short Term Rehabilitation

**509-999-4561**

**508-997-0254**

71 Center St., Fairhaven, MA 02719

**www.dhfo.org**



# INDEPENDENCE DAY WORD SEARCH

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

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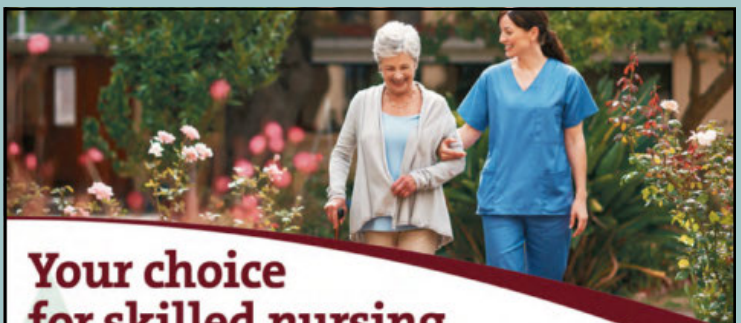


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