

Fairhaven

SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS

APRIL 2024

HELLO
SPRING



📞 508.979.4029

✉️ Mreed@Fairhaven-ma.gov

📠 508.979.4116

229 Huttleston Ave.
Fairhaven, MA 02719
www.Fairhaven-MA.gov





Fairhaven Senior Center
 229 Huttleston Ave, Fairhaven, MA 02719
 Phone: 508.979.4029 Fax: 508.979.4116
 Monday - Friday 7:30am - 3:30pm
 WEDNESDAYS OPEN 7:30am- 8:00pm
 Website:



www.fairhaven-ma.gov/council-aging
www.facebook.com/Fairhavenseniorcenter



The Council on Aging is an advocate for improved quality of life for seniors through education, programs & services.



Meet the Staff

Director- Martha Reed
Administrative Assistant & Newsletter Editor - Jocelyn Bowers
Volunteer Coordinator - Christine Alfonse
Office Assistant - Freda St.Marie
Environmental Coordinator - Rich Walker
SHINE - Dianne Perkins & Carolyn Dantoni
Social Day Program & Activities Coordinator- Sally Bourke
Social Day Administrative Assistant- Debra Chmiel
Van Drivers -
 Frank Barcellos, Ron Dexter, James Hennessy, Leon Hebert, Steve Almeida, William Farrell
Board of Directors
 Chair- Bob Ryan Secretary-Carol Burt Vice Chair- Joan Mello Member - Lee Allaire
 Member- Jacqueline Kenworthy Member - Susan Oiestad Member - Terry Pereira

VETERANS SERVICES STAFF

Michael Jenney
 Veterans Services Officer
 Direct line: 508.202.4603



Jane Bettencourt
 Administrative Assistant
 Direct Line: 508.658.3719

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Have our newsletter emailed to you.

Visit www.mycommunityonline.com



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THE COOPERATIVE EFFORT OF TWO ENTITIES TO ACHIEVE A MORE SUCCESSFUL OR PRODUCTIVE RESULT - YOUR HEALTH

PAIN, WEAKNESS, BALANCE ISSUES, DIFFICULTY WALKING OR AFTER SURGERY - CALL US DIRECTLY TO SCHEDULE AN EVALUATION

Call (508) 991-2918 to schedule an appointment

147B WASHINGTON STREET, FAIRHAVEN
www.synergypthfairhaven.com



PATRICIA LAREAU

TURNING 65? GET LOCAL HELP FOR YOUR MEDICARE PLAN QUESTIONS.

As a local licensed Medicare broker, I can answer your questions about Medicare plans and help you find a plan that fits your needs. Medicare plans can be very confusing, I take the guess work out of Medicare to help you understand and maximize all the benefits available to you.

Consultations are FREE! Call Patricia Lareau at 774-992-0783 - p.lareau@comcast.net

1280 Ashley Blvd, New Bedford, MA 02745

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INSIDE THE APRIL LIFESTYLE

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Find Sheldon the Snail throughout this newsletter. Call in with your total count of by April 26. If you have the correct amount, you will be entered to win a \$10 gift card of your choice. The winner will be posted on Facebook on April 29 and notified by phone!



ITS ALLERGY SEASON AGAIN!? 
YOU'VE GOT TO BE POLLEN MY LEG!

Fried Green Tomatoes

INGREDIENTS

- 1 egg, lightly beaten
- 1/2 cup all-purpose flour, divided
- 1/2 cup buttermilk
- 1/2 cup cornmeal
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 green tomatoes, cut into 1/3-inch slices
- Vegetable oil



INSTRUCTIONS

Add coating to green tomatoes:

1. Mix together egg and buttermilk; set aside. Combine 1/4 cup all-purpose flour, cornmeal, 1 teaspoon salt, and pepper in a shallow bowl or pan.
2. Dredge tomato slices in remaining 1/4 cup flour; dip in egg mixture, and dredge in cornmeal mixture.

Fry tomatoes:

1. Pour oil to a depth of 1/4 to 1/2 inch in a large cast-iron skillet; heat to 375°F. Drop tomatoes, in batches, into hot oil, and cook 2 minutes on each side or until golden.
2. Drain on paper towels or a rack. Sprinkle hot tomatoes with salt.

Are green tomatoes just unripe tomatoes?

For the purposes of this recipe, yes. You want to use large, unripe tomatoes that are pale green all over and very solid to the touch. There is a type of tomato that is green when fully ripe, but it has vertical stripes or other variations in its coloring and will feel soft when you press it.

SouthernLiving.com

"IF THERE IS SUCH A THING AS COMPLETE HAPPINESS, IT IS KNOWING THAT YOU ARE IN THE RIGHT PLACE."

— FANNIE FLAGG, FRIED GREEN TOMATOES AT THE WHISTLE STOP CAFE

MALL TRIPS \$6

APRIL

- APRIL 3 Tiverton Casino
- APRIL 10 Wrentham Village
- APRIL 17 South Shore Plaza
- APRIL 24 Derby St. Shops

MAY

- MAY 1 Plain Ridge Park Casino
- MAY 8 South Shore Plaza
- MAY 15 Derby St. Shops
- MAY 22 Plymouth Shopping
- MAY 29 Wrentham Village

Mall Trips are \$6/trip, unless noted otherwise. Please be sure to bring the exact amount for the trip fee. Thank you!

A message from the Director

Hey there, April adventurers! Can you believe it's already time for another newsletter? As we kick off April we're diving headfirst into spring vibes and all the excitement it brings. From April showers giving way to May flowers, there's no shortage of reasons to smile this month. So grab your favorite mug of something warm, cozy up, and let's see what April has in store for us!

This month we are pleased to welcome the AARP Safe Driving Course to the Senior Center. We hope you'll be able to join us for a day that will sharpen and enhance your driving skills, which could result in additional discounts on your car insurance, plus a free lunch! Are you interested in learning a new craft, consider taking a Watercolor class with Lana or joining our Wednesday night sewing circle, which welcomes knitters, crocheters, diamond painters and more. Maybe give Tai Chi or Chair Yoga a try! Beginning in April, we will start offering some programs in a hybrid format, which means you'll be able to join us from the comfort of your own home! Stay tuned for more information on hybrid programs over the next few months.

Additionally, mark your calendars for Single Senior Supper Club this month, where you can connect with friends, share stories, and have some laughs while enjoying beef burgundy and delightful desserts. This month's movies, The Holdovers and Finestkind, feature scenes shot in our area and on location here in Fairhaven, we provide the snacks and popcorn!

We're looking forward to a month filled with laughter, learning, and moments of joy. Together, let's make this April one to remember!

Happy Spring!



alzheimer's association®

Caregivers Support Group
April 4, 2024 1:00pm- 2:00pm
Fairhaven Council on Aging
Please email to register:
Donna Leary - MimiDonna29@gmail.com



at the Rochester COA
Monday April 22, 2024
\$2.00 for the ride Fairhaven van leaves at 7:30am.
Please bring money for Breakfast.
Breakfast Menu is available at the Fairhaven COA to preview.
Please sign up 508.979.4029

STAMP, POSTCARD & COIN CLUB

Do you collect stamps, covers, postal history, postcards or coins? The Senior Center Club meets on the 3rd Friday of every month at 10:00am.

Next meeting will be
April 19, 2024



Great Hill Private Estate- Marion MA

April 25, 2024
\$10.00

Discover the beauty of Great Hill, a private estate in Marion. Patsy will be your guide on your approximate 2 mile walk through the estate grounds with beautiful ocean views as well as a private daffodil field.

Please arrive at the Fairhaven COA for 8:30am sharp. Please bring a bagged lunch. Wear proper footwear and outerwear.

This walk does have slight inclines and some uneven terrain.

Please call to sign up 508.979.4029

TECH Café



THURSDAY'S
3:00-4:00PM

Do you need help with your cellphone or computer?

Stop by the Fairhaven Senior Center for **FREE** help at our Tech Café!



Memory Café

April 25, 2024  11:30-1:30pm
Location: Fairhaven COA

A Memory Café is a gathering that individuals with early to moderate Alzheimer's or other memory loss and their care partner, family or friends can attend. It's a time and place where everyone can interact, find support, establish friendships and share concerns without feeling embarrassed or misunderstood.

Please call to reserve a spot by April 22, 2024.

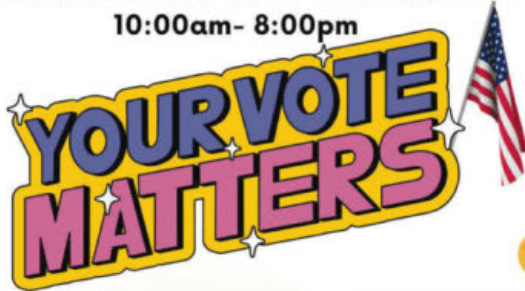
Entertainment will be: **Gary Farias**

Please see the Coastline Calendar for lunch this day. **SPACE IS LIMITED.** Please sign up 508.979.4029

TOWN ELECTION DAY!

April 1, 2024

All precincts are to vote in the Recreation Center at 227 Huttleston Ave
10:00am- 8:00pm



April 29, 2024

9:30am-11:30am (30min lunch break) 12:00pm-3:00pm
Lunch included. Please call to sign up 508.979.4029

Complete our defensive driving course and you may earn a multiyear discount on your auto insurance!



9 OUT OF 10 DRIVERS IMPROVED

9 out of 10 participants changed at least one driving behavior due to what they learned in the course.



POTENTIAL DISCOUNT ON AUTO INSURANCE

You could earn a discount on your auto insurance premium after completing the course.



92% OF PARTICIPANTS SATISFIED

92% of course participants say they'd recommend the AARP Smart Driver course to a friend.



Monday Movie Matinee

Celebrating the famously filmed Fairhaven!



The Holdovers

PAUL GIAMATTI



The Holdovers
April 8, 2024
12:15pm

Filmed inside Fairhaven High!!

A cranky history teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student who has no place to go.

Finestkind
April 22, 2024
12:15pm

Filmed in New Bedford & Fairhaven!

Two brothers from opposite sides of the tracks are reunited as adults. Desperate circumstances force them into a deal with an organized crime syndicate in Boston, and a young women gets caught in the middle.



***Rated R for pervasive language, some violence, drug material and sexual content.**

Get Help Paying Medicare Costs

Apply to the Medicare Savings Program (MSP) NOW to save up to \$3,000 a year on Medicare costs

What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare beneficiaries who meet the following income limits:



You Are	Your income is at or below
Single	\$2,824 per month
Married	\$3,833 per month

**NEW AS OF MARCH 1, 2024:
THERE IS NO ASSET LIMIT**



Any questions, please contact one of our SHINE Counselors
508.979.4029



Estate recovery does NOT apply to buy-in

SENIOR CENTER HAPPENINGS

→ LEGAL HELP

ATTORNEY SUZANNE J. SEGUIN

Free 15 minute consultation. Call the Center for more information.

SOUTH COASTAL COUNTIES LEGAL SERVICES

Advocates for older adults 508-979-7150

→ EDUCATION & ACTIVITIES

CRIBBAGE

Monday's 10:00am- 12:00pm

MAHJONGG

Tuesday's 10:00am - 2:00pm

SEWING CIRCLE

Wednesdays 4:00 - 7:45pm

PITCH

Thursday's 12:30-3:00pm

BINGO!

Friday's 1:00 - 3:00pm

WATER COLOR PAINTING CLASSES

Wednesday's 2:00-3:30 pm

Session fee and deposit required. See pg 14

TECHNOLOGY CLASSES

Please see page 14 for descriptions of the classes offered!

SINGLE SENIOR SUPPER CLUB

3rd Tuesday of the month 2:30-4:30pm(Winter Hours)Must sign up at the front desk or call a week before \$3.00

LGBTQ+ SUPPER CLUB

4th Wednesday of the month
5:00-7:00pm \$3.00

→ SUPPORT

REASSURANCE PROGRAM

A free service for elders wanting a daily telephone check-in with a COA staff member to ensure all is well.

HEALTH AWARENESS

Thursdays 9:00-10:00am. A supportive group for health and fitness awareness.

SOUTHCOAST VNA & HOSPICE SUPPORT GROUP

2nd Thursday of the month: Widow and Widowers Grief , General Loss & Grief support 5:00-6:30pm

CAREGIVERS SUPPORT GROUP

1st Thursday of the month 1:00-2:00pm

OLDER ADULT LGBTQ+ SUPPORT GROUP

For more information please contact
Sue Roque 508-678-7542

→ FITNESS

CHAIR YOGA

Wednesday's 10:15 - 11:15 \$3.00

OSTEOPOROSIS CLASS

Simple, safe bone boosting exercises

Monday, Wednesday & Friday 8:30am - 10:00am
\$1.00

WALKING

Walk with friends in the Recreation Center Gym.

Everyday 12:30-1:00pm FREE

TAI CHI

Mondays from 11:00 - 12:00pm Call the Center for more information for the schedule and cost.

MOVING WITH MOXIE

Elevate your balance with our specialized therapy-based class, ideal for individuals overcoming challenges in balance. Tailoring agility circuits to each participant's unique abilities, we ensure a personalized and effective approach to enhance dynamic balance and mobility. Join us in advancing your fitness and overall well-being. \$15 per session, pricing packages available. 2nd & last Wednesday of the Month

→ HEALTH & WELLNESS

FOOT CARE

Assessment of podiatric health. By appointment only \$30.00

HEY MOXIE! CAREGIVER CONNECTIONS

Come chat with Moxie Mobility Training, LLC about exercise, vitals, navigating healthcare, home modification, home safety, fall prevention and more!
11:30am June 12, September 11, December 11, 2024

WELLNESS CLINIC & BLOOD PRESSURE CHECKS

Public Health Nurse every Wednesday at the Center from 11:15- 1:15.

MASSAGE MONDAY

Chair Massages April 1st & April 22nd. 6 time slots available. Please call to sign up. 508.979.4029 \$30



*Community Nurse
Monthly Health Tip*

Spend 20 minutes among the trees.

That is exactly how much time you need in nature to reduce your level of stress hormones significantly, according to a 2019 study. Additional time reduces it more, but not dramatically, researchers found.

Community Nurse- (508) 992-6278
62 Center St. Fairhaven, MA 02719



APRIL EVENTS & ACTIVITIES 2024

MONDAY

TUESDAY

WEDNESDAY *OPEN UNTIL 8!*

THURSDAY

FRIDAY

1

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- **NO Walking 12:30-1pm**



2

- Mahjongg 10:00-2pm
- Walking 12:30-1PM

3

- Osteo Class 8:30-10 \$1.00
- Chair Yoga 10:15-11:15
- Mall Trip 9-3 \$6.00
- Wellness Clinic 11:15-1:15
- Walking 12:30-1pm
- Sewing 4:00-7:45pm

4

- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12:30-1pm
- Caregiver Support 1-2

5

- Osteo Class 8:30-10 \$1.00
- Greedy Dice 10-12
- Walking 12:30-1pm
- BINGO! 1-3

8

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Walking 12:30-1pm
- Movie Matinee- 12:15 See Page 5



9

- Board Meeting 9am
- Mahjongg 10:00-2pm
- Walking 12:30-1pm



10

- Osteo Class 8:30-10 \$1
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- Walking 12:30-1pm
- Moving w/ Moxie 1pm
- Sewing 4:00-7:45pm

11

- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12:30-1pm
- Caregiver Support 1-2

Last day to register for the Single Senior Supper Club

12

- Osteo Class 8:30-10 \$1.00
- Greedy Dice 10-12
- Walking 12:30-1pm
- BINGO! 1-3

15



CLOSED

16

- Mahjongg 10:00-2pm
- **NO Walking**
- Single Senior Supper Club 4:00-6:00pm

Partially Funded by Coastline Elderly Nutrition Program



17

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- **NO WALKING**
- Sewing 4:00-7:45pm

18

- Health Awareness 9-10
- Pitch 12:30-3
- **NO WALKING**

19

- Osteo Class 8:30-10 \$1.00
- Greedy Dice 10-12
- Stamp Club 10am
- **NO WALKING**
- BINGO! 1-3

22

- Rochester Breakfast See pg 4!
- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Walking 12:30-1pm
- Movie Matinee 12:15 See page 5



23

- Mahjongg 10:00-2pm
- Walking 12:30-1pm

24

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- Moving w/Moxie 1pm
- Walking 12:30-1pm
- Watercolor class 2-3:30
- Sewing 4:00-7:45pm
- LGBTQ+ Supper Club 5-7pm



25

- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12:30-1pm
- **Memory Cafe 11:30-1:30**

26

- Osteo Class 8:30-10 \$1.00
- Greedy Dice 10-12
- Walking 12:30-1pm
- BINGO! 1-3

29

- Osteo Class 8:30-10:00 \$1.00
- AARP Driving Course 9:30am-3:00pm
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Walking 12:30-1pm

30

- Mahjongg 10:00-2pm
- Walking 12:30-1pm

Every Day

- SHINE Rep - Please call for an appointment
- Transportation - Please call in advance if you need a ride
- Reassurance Program- Daily telephone check-in's
- Medical Transport - Please call
- Nutrition Program 11:30 am \$2.00 donation, menu on pg 8
- Outreach Services- Please call for an appointment
- Walking in the Rec Center- Every Day 12:30-1pm. Come walk in the gym in a trip free environment!



WHAT DO YOU CALL A CLUMSY FLOWER?



A WHOOPSI-DAISY.



April 2024



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

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Sodium (mg): Na*	2	Sodium (mg): Na*	3	*High Sodium Meal	4	Sodium (mg): Na*	5	Sodium (mg): Na*
Salisbury Steak	386	Fish Sandwich	337	Sliced Ham* w/	931	Chicken Fajita Bowl	275	Seafood Salad*	507
Mushroom Gravy	44	w/ Tartar Sauce	261	Pineapple Cherry Sauce	103	Rice & Black Beans	35	Pasta Salad	56
Mashed Potatoes	146	Tator Tots	27	Oven Roasted Potatoes	33	Peppers & Onions	3	Beet Salad	173
Glazed Carrots	56	Mixed Vegetables	41	Green Beans	3	Oatmeal Bread	121	Hot Dog Roll	210
WW Roll	80	Hamburger Roll	230	Multigrain Roll	190	Pineapple	1	Peaches	5
Applesauce	49	Banana	1	Sugar Cookie	171				
				Diet: Lorna Doone					
Total Sodium:	843	Total Sodium:	896	Total Sodium:	1432	Total Sodium:	436	Total Sodium:	951
Calories: 671	Carbs: 77	Calories: 826	Carbs: 103	Calories: 702	Carbs: 89	Calories: 450	Carbs: 60	Calories: 497	Carbs: 76
8	A/B	9	A/B	10	A/B	11	A/B	12	A/B
Sloppy Joe's	221	Kale Soup	173	Pork Lo Mein	254	Crustless Turkey	221	Chili Garlic Cod	293
Potato Wedges	27	Portuguese Chicken	360	Oriental Vegetables	26	Pot Pie		Rice Pilaf	134
Hot Pineapple Slaw	81	Yellow Rice	31	Oatmeal Roll	121	Whipped Potatoes	52	Green Beans	3
Hamburger Roll	230	Broccoli	12	Clementine	6	Biscuit	340	HoneyWheat Bread	135
Pears	4	WW Bread	160			Mixed Fruit	10	Applesauce	15
		Pound Cake	240						
Total Sodium:	563	Total Sodium:	977	Total Sodium:	407	Total Sodium:	623	Total Sodium:	580
Calories: 508	Carbs: 67	Calories: 642	Carbs: 91	Calories: 524	Carbs: 74	Calories: 567	Carbs: 75	Calories: 412	Carbs: 63
15	A/B	16	A/B	17	A/B	18	A/B	19	A/B
		Beef Burgundy	241	Tossed Salad	124	Grilled Chicken w/	377	Pasta Bolognese	164
		Egg Noodles	35	w/ Italian Dress		Jardinier Sauce		w/ Tomato Basil Sauce	
		Peas	82	Meatball Sub	210	Rice Pilaf	134	Brussel Sprouts	12
		WW Bread	160	Potato Wedges	27	Broccoli	12	Dinner Roll	210
		Pears	4	Glazed Carrots	83	Multigrain Roll	190	Mixed Fruit	10
				Sub Roll	162	Cheesecake	280		
				Fresh Orange					
Patriot's Day		Total Sodium:	523	Total Sodium:	660	Total Sodium:	994	Total Sodium:	395
No Meals Served		Calories: 638	Carbs: 73	Calories: 597	Carbs: 80	Calories: 659	Carbs: 71	Calories: 525	Carbs: 71
22	A/B	23	A/B	24	A/B	25	A/B	26	A/B
Minestrone Soup	239	Chicken Jambalaya	310	Meatloaf	240	Roast Turkey	303	Pollock "COTD"	180
Macaroni N' Cheese	404	Confetti Rice	43	w/ Rosemary Gravy	124	w/ Gravy	70	w/ Newburg Sauce	66
Escalloped Tomatoes	143	Snowflake Roll	260	Au Gratin Potato	154	Mashed Potatoes	52	Bowtie Pasta	1
WW Roll	160	Fresh Nectarine	7	Trio Vegetable Blend	57	Spring Blend	57	Beans Bonanza	0
Tropical Fruit	10			WW Bread	460	Oatmeal Roll	121	Dinner Roll	210
				Birthday Cake	209	Lemon Pudding	100	Pineapple	1
				Diet: LS cake					
Total Sodium:	956	Total Sodium:	619	Total Sodium:	944	Total Sodium:	703	Total Sodium:	458
Calories: 739	Carbs: 99	Calories: 479	Carbs: 60	Calories: 621	Carbs: 91	Calories: 476	Carbs: 67	Calories: 376	Carbs: 62
29	A/B	30	A/B	<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>The total carbohydrates reflect the lower sugar dessert items.</p>		<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.</p>		<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	
Buttermilk Chicken	459	Hot Dog*	550						
Mashed Potatoes	52	Baked Beans	36						
Italian Blend Vegetab	26	Cabbage and Carrots	47						
Oatmeal Roll	121	Hot Dog Roll	210						
Mixed Fruit	10	Sliced Apples	10						
Total Sodium:	669	Total Sodium:	853						
Calories: 498	Carbs: 73	Calories: 586	Carbs: 68						

* Indicates a food with more than 500 mg 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.



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



## IS IT A GOOD IDEA TO HAVE MY SON OR DAUGHTER ON MY BANK ACCOUNT?

I often meet with clients who want their adult children to be able to access their accounts to help with writing checks or paying bills on their behalf. However, this good intention can create a serious risk of liability if carried out incorrectly. Often, a parent goes to the bank and asks the teller to add the child onto the account. In doing so, the adult child is now a co-owner of this account. This action may create problems for the parent. For example, if the child has creditors, later files for divorce, has a failed business, or files for bankruptcy, then the jointly owned asset may be vulnerable to claims. This could force the parent to lose some or all of that account to pay the child's debt. Instead of adding the child as a co-owner on bank accounts, your child could use a properly drafted Durable Power of Attorney (DPOA) to help you deal with your finances should the circumstance arise.

A Durable Power of Attorney is a legal document in which you designate whom you want to make legal and financial decisions for you if you cannot make them for yourself. Our DPOA is extremely comprehensive. It allows your agent to handle virtually all legal and financial matters for you. Our DPOA is in effect immediately. This means your agent can use it even if you are not disabled which is necessary for the DPOA to be accepted at many financial institutions. Therefore, it is especially important that you pick only people whom you trust to be your agent on your Durable Power of Attorney. Every Durable Power of Attorney should have a primary agent and an alternate agent who would act only if the primary agent is unable to act for you.

Designating the adult child as a Power of Attorney allows the child to access the account, write checks, pay bills, and do everything the parent needs without connecting them personally to the account or exposing assets to the child's liability.

**Do you have a Power of Attorney? Call a qualified estate planning attorney today to discuss.**

*Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers. 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.



**CHANGE CAN BE HARD....**



**WE'RE HERE FOR YOU!**

**OPEN DISCUSSION SUPPORT GROUP**

Led by Tony Rose, Case Manager  
 Elder Mental Health Outreach Team

### ACUSHNET COUNCIL ON AGING

- Thursday February 15<sup>th</sup> 4:30 PM
- Saturday February 24<sup>th</sup> 10:00 AM
- Thursday March 16<sup>th</sup> 4:30 PM
- Saturday March 30<sup>th</sup> 10:00 AM
- Thursday April 4<sup>th</sup> 4:30 PM
- Saturday April 27<sup>th</sup> 10:00 AM
- Thursday May 9<sup>th</sup> 4:30 PM
- Saturday May 25<sup>th</sup> 10:00 AM

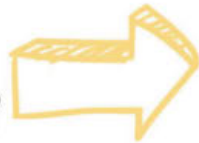




FAIRHAVEN SUPPORTIVE  
Social Day Program



WHAT IS SUPPORTIVE SOCIAL DAY?



The Fairhaven Supportive Social Day Program is a structured and supervised program for seniors, in need of socialization while also providing caregivers much needed respite.

Our dedicated staff provides a fun day of activities in a safe and socially stimulating environment maintaining a 1:8 ratio. The staff is CPR, AED & First Aid certified and receive in-service training.

Serving 60 Years old and older, or those who may have cognitive disabilities .Who are independent with eating, ambulation, medication administration, continent and are not an elopement risk. Residing in Fairhaven, New Bedford, Acushnet, Dartmouth, Marion, Mattapoisett & Rochester.



WHO DO WE SERVE?

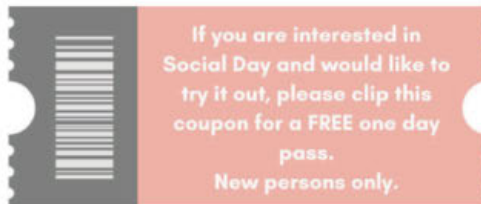


ACTIVITIES SUPPORTIVE SOCIAL DAY PARTICIPATES IN



- Arts & Crafts
- Bingo
- Birthday & Holiday Celebrations
- Brain stimulating activities
- Certified pet therapy visits
- Cooking for special occasions
- Community events
- Competitive Games
- Daily seated exercises
- Health & safety education
- Indoor bowling & mini golf
- Intergenerational programs
- Knitting & sewing projects
- Music & Dancing
- Luncheon outings
- Manicures
- Nostalgic readings & discussions
- Theatrical performances

Fairhaven Council on Aging  
229 Huttleston Ave, Fairhaven, MA 02719  
508.993.9455  
Council on Aging Director: Martha Reed  
Program Coordinator: Sally Bourke  
Activities Coordinator: Anne Silvia



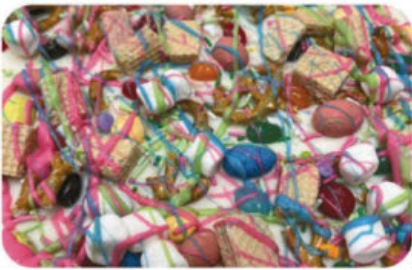
The program at Fairhaven Supportive Social Day is a fee-based and funded in part by the Executive Office of Elder Affairs, Massachusetts Councils on Aging and Coastline Elderly Services - the Area Agency on Aging.





### April Social Day Activities

- Red Sox Opening Day Theme
- Spring Crafts
- April Birthday Celebration
- Music from Gary Farias
- Celebrating Italy
- Outdoor Games
- The history of Oreo Cookies



### Tips for Changes in Communication and Behavior for People With Dementia

Communication can be hard for people with Alzheimer's and related dementias because they have trouble remembering things. They also can become agitated and anxious, even angry. In some forms of dementia, language abilities are affected such that people have trouble finding the right words or have difficulty speaking. You may feel frustrated or impatient, but it is important to understand that the disease is causing the change in communication skills. To help make communication easier, you can:

- Reassure the person. Speak calmly. Listen to his or her concerns and frustrations. Try to show that you understand if the person is angry or fearful.
- Allow the person to keep as much control in his or her life as possible.
- Respect the person's personal space.
- Build quiet times into the day, along with activities.
- Keep well-loved objects and photographs around the house to help the person feel more secure.
- Remind the person who you are if he or she doesn't remember, but try not to say, "Don't you remember?"
- Encourage a two-way conversation for as long as possible.
- Try distracting the person with an activity, such as a familiar book or photo album, if you are having trouble communicating with words.





Please see the  
Calendar for dates  
for each course

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\$15 per session, pricing packages available



## MoxieMotion

Build strength and endurance safely through crucial fundamental movements that also enhance balance. Participants engage in exercises at their own pace, supported by the group synergy for a personalized and supportive experience.

Join this class in-person or on Facebook Live.

**COMING IN THE SPRING**

## FREE "HEY, MOXIE" CAREGIVER CONNECTION



For caregivers and their loved ones to engage in conversations exploring strategies and educational insights to identify challenges, navigate obstacles, and collaboratively develop solutions to improve quality of life.

Delve into discussions on available community resources to overcome hurdles effectively.

*"This program is funded in part by a grant from Coastline Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs, and the Federal Administration for Community Living."*

**Our Mission:** To not only increase safety and well-being in the lives of seniors and their caregivers (through physical fitness, education, community resources and compassion); but to keep this vital resource engaged in our communities as long as they so choose.

For more information on the classes or to inquire about our in-home Personal Training:



[www.moxiemobilitytraining.com](http://www.moxiemobilitytraining.com)



508-450-6774



[kathy@moxiemobilitytraining.com](mailto:kathy@moxiemobilitytraining.com)



# COMING IN MAY!



## culture\*park

### May 6, 2024

### Uncommon Lunch Group Short Plays

### May 22, 2024

### CARVING OUT YOUR STORY

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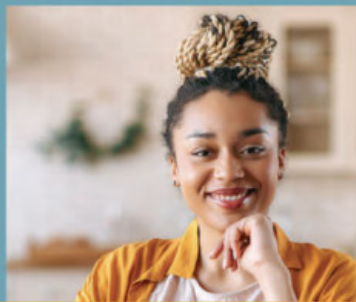
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# THE WANDERING BRUSH WATERCOLOR CLASSES

**April 24, 2024**

Painting little birds in watercolor

**May 1, 2024**

Understanding "negative painting" in watercolor

**May 8, 2024**

Exploring mixed media with watercolor

**May 15, 2024**

Introduction to lost and found edges

**🕒 ALL CLASSES ARE 2:00 - 3:30PM**

**📍 Fairhaven Senior Center  
229 Huttleston Ave, Fairhaven, MA**

**\$18.00/Class**

**\$45.00 for all 3 Classes**

## Technology Classes for Seniors

Please call to sign up. 508-979-4029.  
Classes are 120 Minutes

**There will be NO CLASSES for the month of April. Classes will resume in May for the dates below.**

**May 20 & 22, 2024**

### iPhone Beginner

Lets learn all about the iPhone Smartphone. This class is designed for the person who has recently received their smartphone and knows very little. This class will assume that participants will have minimum knowledge and need close supervision navigating the phone.

**May 29 & 31, 2024**

### Android Beginner

Lets learn all about he Android Smartphone. This class is designed for the person who has recently received their smartphone and knows very little. This class will assume that participants will have minimum knowledge and need close supervision navigating the phone.

# A Bristol County Celebration of Seniors

**Friday, June 14, 2024**

**9am-12pm**

**White's of Westport**

*Save the Date*

**Join us for a FREE breakfast, resource fair and presentations of issues important to seniors.**

**MORE INFORMATION TO COME!**



Sponsor Info: Zach Boyer at 508-742-9161, ZBoyer@CoastlineNB.org.  
Vendor Info: Natacha Salemme at 508-742-9113, NSalemme@CoastlineNB.org





# APRIL WORD SEARCH

Y Y D O I D K B T E U S N C J Y J I R S P E A L X  
 M W B A F R A N X D L F L R U X Z C T E X Z Q D I  
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**Daisy**  
Daffodil  
Acacia  
Iris

**Dahlia**  
Amaryllis  
Rose  
Lily

**Marigold**  
Orchid  
Violet  
Azalea

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*-H. Jackson Brown, Jr.*

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