

FAIRHAVEN

SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS

MAY 2024



📞 508.979.4029

✉️ Mreed@Fairhaven-ma.gov

📠 508.979.4116

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



Meet the Staff



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/Fairhavenseniorecenter

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



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



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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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 MAY LIFESTYLE

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Find the Poppy Flower throughout this newsletter. Call in with your total count by May 24. 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 May 28 and notified by phone!



Memorial Day
May 27, 2024

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
— John F. Kennedy

LEMON RICOTTA TRAY CAKE

Ingredients

- 13oz bottle pancake shake mix
- 1/2 cup lemon curd
- 1/2 cup smooth ricotta (from a tub)



Cooking Instructions

Step 1

Preheat oven to 375. Place one shelf in the center of the oven. Grease a 9"x11" baking tray.

Step 2

Prepare the pancake mix following packet directions. Pour into the prepared tray. Spoon 1/2 cup lemon curd over the pancake mixture. Add 1-2 tablespoons of water to the 1/2 cup smooth ricotta (from a tub) and stir to loosen. Spoon over lemon curd. Use a knife or skewer to gently swirl the lemon curd and ricotta.

Step 3

Bake on the middle shelf for 20 minutes or until set. Remove from oven.

Step 4

Heat oven broil on high. Broil or until the top is golden. Serve immediately

MALL TRIPS \$6

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

JUNE

- JUNE 5 Tiverton Casino
- JUNE 12 Hyannis Mall, Trader Joe's, Whole Foods
- JUNE 19 South Shore Plaza
- JUNE 26 Thames St. Newport, RI.

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

WE FINALLY
PLANTED OUR BULBS
FOR SPRING!
THINGS ARE
LOOKING BRIGHT!!!





Book Therapy

May 16, 2024 12:00pm

This book club is to help discuss and reflect on the short stories in the book with therapist, **Melissa Ahaesy, M.ED, LMHC**

The book will be **"Visions, Trips and Crowded Rooms"** by grief expert, **David Kessler**

Books will be provided to each participant.

For more information please visit the center. Please sign up for this event. 508.979.4029

alzheimer's association®

Caregivers Support Group
May 2, 2024 1:00pm- 2:00pm
Fairhaven Council on Aging
Please email to register:

Donna Leary - MimiDonna29@gmail.com

culture*park Uncommon Lunch

The Uncommon Lunch Presents Spring Shorts, a collection of Artificially Intelligent or otherwise Entertaining short plays by regional Playwrights.

May 6, 2024
1:00pm
Please sign up by
May 2, 2024 508-979-4029

TECH Café



**THURSDAYS
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 Cafe!



A message from the Director

Hello Friends,

May is a month of celebration. It's Older American's Month, Mother's Day, and we honor all those in military service who made the ultimate sacrifice in defense of freedom on Memorial Day. The theme of Older American's Month this year is "Powered by Connection". We hope that all of you recognize the profound impact that each of you brings to our COA through the power of your friendship with us. We are working very hard to bring more recognition to all of our connections and have many exciting things planned for you this month. Please take a moment to read through our newsletter for more information.

Once again, we invite all Veterans and their loved ones who are interested in participating in the Fairhaven's Memorial Day Parade to let us know, we will meet at the Senior Center by 9:00 AM on Monday, May 27, 2024 to board the van.

As always, I hope you will reach out to the COA if you have a need, question, or help to navigate the programs and services available to elders, their families, and caregivers.



Stay well and take good care!

Martha



Wellness Excursion
Borderland State Park Trip
May 23, 2024
\$10.00

Please arrive at the COA for 8:30am SHARP
Bring a Lunch.



Admission and private guided tour of former Massachusetts Sate Gov. Oliver Ames Mansion in Easton. This excursion will include admission and walking along any trail you choose inside Borderland State Park. Patsy will be providing a guided walk of approximately one and a half to two miles.

Please wear proper footwear and outerwear for the day. Please call to sign up 508-979-4029

HAPPY MOTHER'S DAY  *May 12, 2024*

Memory Café

May 23, 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 May 20, 2024.

Entertainment will be: Judy & Barry

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



Coastline Nutrition Check-up Event May 20, 2024 at 12:00pm



Coastline will be hosting check-up events, where you can learn more about malnutrition and how to reduce your risk. Please call to sign up. If you would like lunch before, please mention you would like lunch. Lunch is served at 11:30am. 508-979-4029

Why It Matters

- Weakened immune system
- Poor wound healing
- Increased risk of hospitalization
- Vitamin deficiencies
- Reduced GI function
- Increased risk of death

What is Malnutrition?

Malnutrition is an imbalance between the nutrients your body needs to function and the nutrients it gets. It can mean undernutrition or over-nutrition. 1 out of 2 older adults are at risk for malnutrition.

Carving Out Your Story

An oral history workshop

This fun and friendly workshop will help uncover interesting stories from participants' lives. Using story prompts and interactive activities, award-winning storytellers Karen Chace and Andrea Lovett will guide your participants through the process of finding those jewels that deserve to be remembered.

May 13, 2024

12:30-2pm Limited to 20 People

Must call to sign up 508.979.4029

(This program is supported in part by a grant from the Local Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.)

Monday Movie Matinee



May 20, 2024
Movie start time is 1:00pm for the Month of May



Set in 1967, THE MIRACLE CLUB follows the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates), and Dolly (Agnes O'Casey) of Ballygar, outside Dublin, who win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws millions of visitors each year. Just before their trip, their old friend Chrissie (Laura Linney) arrives in Ballygar for her mother's funeral. The women set out on the journey that they hope will change their lives, with Chrissie, a skeptical traveler, joining in place of her mother. Along the way, old wounds are reopened, forcing the women to confront their pasts even as they travel in search of a miracle.

Please join us for Lunch at 11:30 (Suggested \$2 Donation) immediately following lunch will be a presentation from Coastline (See Nutrition event above) and the movie will follow. Please call to sign up.

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 4:00-6:00pm 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 Currently Free from Grant Funding

→ 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

On pause until further notice.

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 12:00-12:30pm FREE **Time Change!**

TAI CHI

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

MOXIE MOTION

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.

FREE Program through a Massachusetts Hybrid Programming Grant.

Please call to sign up 508.979.4029

→ 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 May 6th & May 20th. 6 time slots available. Please call to sign up. 508.979.4029 \$30



Community Nurse Monthly Health Tip

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

Exercise Your Pelvic Floor

Urinary incontinence and urinary frequency affect a quarter to a third of men and women, especially common in older adults. Studies show that Kegel exercises-where you contract and relax your pelvic floor muscles-are effective in helping find relief.

How to do Kegel Exercises

- Make sure your bladder is empty, then sit or lie down.
- Tighten your pelvic floor muscles. Hold tight and count 3 to 5 seconds.
- Relax the muscles and count 3 to 5 seconds.
- Repeat 10 times, 3 times a day (morning, afternoon, and night).



MAY EVENTS & ACTIVITIES 2024



MONDAY

TUESDAY

WEDNESDAY
OPEN UNTIL 8!

THURSDAY

FRIDAY

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!

1

- Osteo Class 8:30-10 \$1.00
- ~~Chair Yoga Canceled~~
- Mall Trip 9-3 \$6.00
- Wellness Clinic 11:15-1:15
- Walking 12:30-1pm
- Watercolor class 2-3:30
- Sewing 4:00-7:45pm

2

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

3

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

6

- 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
- Uncommon Lunch 1pm See page4



7

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

8

- Osteo Class 8:30-10 \$1
- Mall Trip 9-3 \$6.00
- ~~Chair Yoga Canceled~~
- Wellness Clinic 11:15-1:15
- Walking 12:30-1pm
- Moxie Motion 1pm FREE
- Watercolor class 2-3:30
- Sewing 4:00-7:45pm



9

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

10

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

13

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Healing with Grace 1-2pm
- Carving out your story 12:30-2pm
- Walking 12:30-1pm

14

- Board Meeting 9am
- Mahjongg 10:00-2pm
- **NO Walking**



15

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- ~~Chair Yoga Canceled~~
- Wellness Clinic 11:15-1:15
- Walking 12:30-1pm
- Watercolor class 2-3:30
- Sewing 4:00-7:45pm

16

- Health Awareness 9-10
- **Book Therapy- 12pm See pg4**
- Pitch 12:30-3
- Walking 12:30-1

Last day to register for the Single Senior Supper Club

17

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



20

- Rochester Breakfast 7:30am
- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Nutrition Check-up 12-1pm
- Walking 12:30-1pm
- Movie Matinee 1:00 See page 5



21

- Mahjongg 10:00-2pm
- Walking 12:30-1pm
- Single Senior Supper Club 4:00-6:00pm Time Change until Winter

Partially Funded by Coastline Elderly Nutrition Program



22

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- ~~Chair Yoga Canceled~~
- Wellness Clinic 11:15-1:15
- Walking 12:30-1pm
- Sewing 4:00-7:45pm
- LGBTQ+ Supper Club 5-7pm



23

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

Borderland State Park Walking Trip with Mansion Tour See Page 4

24

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

27

CLOSED FOR MEMORIAL DAY



Parade info see Town Happenings

28

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

MEMORIAL DAY COOKOUT 11:30AM MUSIC BINGO to follow 12-2PM



29

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

30

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

31

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



May 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<p>1 Sodium (mg): Na*</p> <p>Bourbon Chicken 389 Yukon Gold Potatoes 5 Chuckwagon Corn 2 Corn Muffin 291 Mandarin Orange 7</p> <p>Total Sodium: 693 Calories: 560 Carbs: 85</p>	<p>2 Sodium (mg): Na*</p> <p>Roast Pork 141 w/ Apple Gravy 111 Parsley Mashed Potato 53 Butternut Squash 11 Oatmeal Bread 121 Pears 4</p> <p>Total Sodium: 441 Calories: 604 Carbs: 83</p>	<p>3 Sodium (mg): Na*</p> <p>Tuna Noodle 358 Casserole Mixed Veg 88 WW Roll 160 Plum</p> <p>Total Sodium: 606 Calories: 430 Carbs: 62</p>
	<p>6 A</p> <p>Macaroni & Cheese 404 Escalloped Tomatoes 143 Dinner Roll 260 Tropical Fruit 10</p> <p>Total Sodium: 767 Calories: 613 Carbs: 81</p>	<p>7 A</p> <p>Mexican Chicken 413 Spanish Rice 22 Mixed Vegetables 41 Oatmeal Roll 121 Pineapple 1</p> <p>Total Sodium: 597 Calories: 408 Carbs: 63</p>	<p>8 A</p> <p>Vegetable Soup 174 Beef Stroganoff 290 w/ Egg Noodles 35 Green Beans 3 Fruit Loaf 160 Banana 1</p> <p>Total Sodium: 664 Calories: 903 Carbs: 101</p>	<p>9 A *High Sodium Meal</p> <p>Chicken Cordon Blue *550 Roasted Potatoes 33 California Blend 27 Snowflake Roll 260 Strawberry Shortcake 176</p> <p>Total Sodium: 1046 Calories: 712 Carbs: 96</p>
<p>13 B</p> <p>Minestrone Soup 239 American Chop Suey 211 Broccoli 12 WW Roll 160 Pears 4</p> <p>Total Sodium: 626 Calories: 551 Carbs: 79</p>	<p>14 B</p> <p>Cheese Florentine 392 Omelet Hash Browns 136 Florentine Tomatoes 121 WW Bread 160 Orange juice 5</p> <p>Total Sodium: 814 Calories: 491 Carbs: 59</p>	<p>15 B</p> <p>Chicken Marsala 439 Penne Pasta 62 Brussels Sprouts 12 Oatmeal Roll 121 Banana Pudding 100 Diet: SF Banana Pudding</p> <p>Total Sodium: 672 Calories: 443 Carbs: 55</p>	<p>16 B</p> <p>Hotdog* 550 Mustard & Relish 136 Baked Beans 36 Cabbage & Carrots 47 Hotdog Roll 210 Peaches 5</p> <p>Total Sodium: 984 Calories: 607 Carbs: 74</p>	<p>17 B</p> <p>Teriyaki Salmon 225 Fluffy White Rice 78 Peas 82 Multigrain Roll 190 Pineapple 1</p> <p>Total Sodium: 576 Calories: 484 Carbs: 72</p>
<p>20 A</p> <p>Greek Meatballs 328 Penne 1 Peas & Mushrooms 133 Multigrain Bread 190 Mandarins 6</p> <p>Total Sodium: 658 Calories: 564 Carbs: 76</p>	<p>21 A</p> <p>Shrimp Mozambique 434 Yellow Rice 31 Mixed Vegetables 41 WW Roll 160 Pears 4</p> <p>Total Sodium: 670 Calories: 770 Carbs: 72</p>	<p>22 A</p> <p>Tossed Salad 9 w/ Italian Dressing 119 Mexican Chicken & Bean Chili 241 Brown Rice 36 Corn Muffin 280 Pineapple 1</p> <p>Total Sodium: 686 Calories: 565 Carbs: 83</p>	<p>23 A</p> <p>Turkey w/ Gravy 373 Parsley Mashed 53 Potatoes Butternut Squash 11 Oatmeal roll 121 Oreo Cookies 85 LS: Lorna Doone 4</p> <p>Total Sodium: 643 Calories: 554 Carbs: 87</p>	<p>24 A</p> <p>BBQ Pork Rib Sandwich 403 Smiley Tots 33 Green Beans & Pepper 16 Hamburger Roll 230 Sliced Cinnamon Apple 4</p> <p>Total Sodium: 686 Calories: 446 Carbs: 59</p>
<p>27 B</p> <p>Cheese Burger 384 Ketchup 82 Lyonnais Potatoes 112 Corn 1 Hamburger Roll 230 Peaches 5</p> <p>Total Sodium: 814 Calories: 659 Carbs: 77</p>	<p>28 B</p> <p>Chicken Picatta 424 Bowtie Pasta 1 Jardiniere Blend Veg. 39 WW Roll 160 Birthday Pound Cake 240</p> <p>Total Sodium: 863 Calories: 569 Carbs: 78</p>	<p>29 B</p> <p>Meatloaf w/ Gravy 350 Mashed Potato 52 Glazed Carrots 83 Oatmeal Bread 121 Pink Lady Apple 2</p> <p>Total Sodium: 607 Calories: 524 Carbs: 87</p>	<p>30 B</p> <p>Veggie Primavera 345 Penne Pasta 1 Broccoli 12 Dinner Roll 210 Mandarins 6</p> <p>Total Sodium: 574 Calories: 438 Carbs: 76</p>	<p>31 B</p> <p>No Meals Served</p> <p>Total Sodium: 814 Calories: 659 Carbs: 77</p>

* 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.**

IF I RECEIVE AN INHERITANCE, WILL I BE TAXED?



Many clients ask, "what happens if I receive an inheritance? Will I be taxed?" The typical answer from me is, "It depends."

No state inheritance tax in Massachusetts

An inheritance tax is a tax on the beneficiary who is receiving the inheritance. If you are a Massachusetts resident and you receive an inheritance, there's no state inheritance tax. There's also no federal inheritance tax.

Death tax or estate tax

As mentioned, the mere fact you have received an inheritance does not mean there is a tax. However, there's another type of tax known as a "death tax," which is more formally known as an estate tax. That is not a tax to the beneficiary (or recipient). It is actually a tax on the estate when someone dies if the value of that estate exceeds certain thresholds.

Estate taxes

On the federal side, there's a federal estate tax. That tax threshold is \$12.06 million. So, in 2022, if the estate of the person who passed away is under that \$12.06 million, there's no federal estate tax.

If the person who passed away was a Massachusetts resident, the threshold is significantly lower--\$1 million to be specific. If the estate exceeds \$1 million, the estate may need to pay an estate tax, but that comes off the top before the beneficiary (or recipient) inherits.

Other tax issues

If you're a beneficiary of a retirement plan, an IRA, or a 401k, withdrawal of those funds will be treated as income to you upon withdrawal. And you'll have to report that on your 1040 income tax return the year following the withdrawal.

Growth in the value of the inherited asset

The other time when you receive an inheritance with possible future tax requirements is if there's been a growth in the value of the inherited asset from the date of death to the date you sell it. There will be a capital gains tax just on that growth, but it's not a tax by the mere fact that you inherited it; it's just on the increased value.

I hope you found this information regarding inheritances and possible tax requirements helpful. If you have any other questions regarding estate planning or tax planning, reach out to a qualified estate planning attorney and your accountant/CPA.

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.

Technology Classes for Seniors

Please call to sign up. 508-979-4029.

Classes are 120 Minutes



May 20 & 22, 2024
 iPhone Beginner

Let's 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

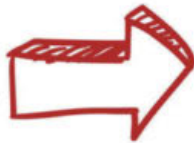


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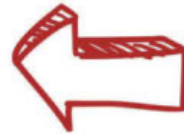
WHAT IS SUPPORTIVE SOCIAL DAY?



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, Mattapoissett & 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



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.



May Social Day Activities



Entertainment from:

- Joe Mac
- Tony & Pat
- The Singing Nurse
- Judy & Barry DiRossi



Activities:

- Kentucky Derby
- Mother's Day Celebration
- Ice Cream Social
- Golf

- Visit from Fairhaven PD K9 Blue
- Cinco de Mayo



From Sally's Corner

Hello all!

I am so excited to announce that the Fairhaven Supportive Social Day program has been Reopened now for one year! The program was closed in March of 2020, as most of you know, due to the Corona Virus Pandemic. The Social Day reopened in February of 2023 with 13 enrolled. As of February of 2024, there are now 28 enrolled.

We had a few clients that were hesitant to come to our program because of not knowing anybody, but once they attended and made new friends, they are now thriving in the program!

Thanks to Anne Sylvia, who was our Activities Director, the year was full of fun activities, from all the fun games, Craft groups, Live entertainment to celebrating all the holidays with delicious meals and desserts made by Anne!!

Anne retired in March and I took over as Supportive Social Day Coordinator/ Activities director. Anne will be popping in from time to time to volunteer with our special events. We will certainly miss seeing her every day and truly appreciate all that she has done for the social day program and our clients.

Since I have jumped into Anne's spot, Debra Chmeil has been hired as the Supportive Social Day Administrator Assistant. Welcome aboard Deb!! If you have any questions about our Supportive Social Day program, please don't hesitate to reach out to Deb (508) 993-9455.

We look forward to another successful year! -Sally B.



Town Happenings

A Bristol County Celebration of Seniors



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

Friday June 14, 2024
Whites of Westport



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

Fairhaven Town-Wide Yard Sale Day

Saturday, May 18, 2024, times of yard sales vary
Rain Date, Sunday, May 19
Throughout Fairhaven, MA

Mark Twain's "Life on the Mississippi"
Saturday, May 18th, 2024, 7:00 pm
The Shepherd Center for the Performing Arts
34 Center Street (William Street Entrance)
Fairhaven, MA

The Harper and The Minstrel – A May Day Celebration!

The Harper and The Minstrel – A May Day Celebration!
Saturday, May 4, 2024, 2:00 pm
The Shepherd Center for the Performing Arts
34 Center Street (William Street Entrance) Fairhaven, MA



Celebrate the merry month of May with The Harper and The Minstrel! Enjoy a wide variety of music spanning hundreds of years including traditional May songs, traditional contemporary music from Ireland and Scotland, Medieval and Renaissance tunes, unique acoustic arrangements of some Classic Rock songs, and original music by Jay and Abby!

Please visit the Visitors Center or call for more information
508-979-4085



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MEMORIAL DAY

Memorial Day Parade
May 27, 2024

Gather at 9:30 at Union and Main St.
All Service Members welcome to march.



Step off at 10am. Parade will head towards Fairhaven High School for the raising of the flag, from there, continue to Main to Riverside for a Memorial Day Service. Any questions please contact Mike or Jane at the Veterans Office 508-202-4603. If you would like to ride the van in the parade please call 508.979.4029

THE WANDERING BRUSH WATERCOLOR CLASSES

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



MoxieMotion

May 8 & May 29, 2024

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.

FREE Program through a Massachusetts Hybrid Programming Grant.
Please call to 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 May 17, 2024



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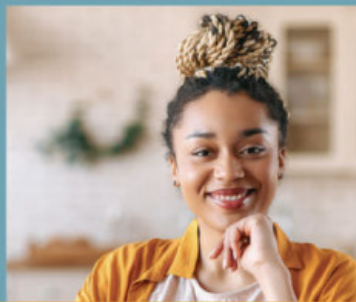
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Community Garden Seeks Growers

Fairhaven- Have you ever wanted to try gardening but didn't know where to start? Perhaps you're interested in saving money by growing your own organic vegetables? Maybe your yard is too small or too shady for a garden? Or maybe, you just want to be a part of a "growing green" community?

If you answered yes to any of these questions, you are in luck! The Fairhaven Community Garden has beds available at three locations in town: East Fairhaven Elementary School, Hastings Middle School and Wood Elementary School. The annual fee is \$10 per 4x8 bed.

If you are interested or have a question, visit the website at FairhavenCommunityGarden.org where you will find more information and the 2024 gardening application, or you can email the site coordinator at SiteCoordinator@FairhavenCommunityGarden.org



"Growing old is not easy, but only the lucky ones get the chance"

How do we ensure that our golden years can weather the ups and downs of natural aging and medical needs? We talk about it! And we talk about it with our medical team and our loved ones.

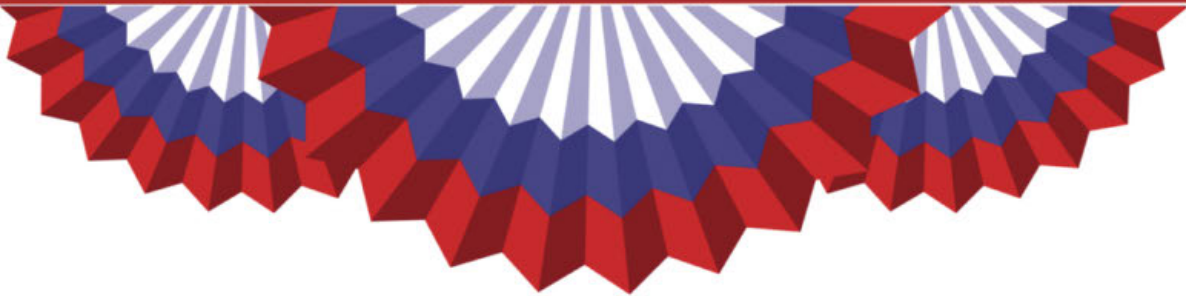
Healing with Grace owner Michelle Upton would love to create a space where together we can talk about our hopes and our worries in a meaningful way that results in improved understanding, a stronger sense of control, and a lifetime of dignity.



Please join us May 13th for some light refreshments as we explore topics that matter to you most such as:

- "Is it possible to age in place?"
- "Where can I call home, when home is no longer safe?"
- "How will I know when it is time for Palliative Care or Hospice Care?"
- "Is there help available to navigate all my specialty doctors?"
- "Am I the only one feeling overwhelmed or afraid?"
- "Why are Health Care Proxies important and who do I choose?"
- "What will it feel like at the end of my illness?"

Please bring a loved one and your own questions!



Memorial Day Cookout

11:30am- 2:00pm

May 28, 2024 at the Fairhaven COA

Hot dogs, Hamburgers, Potato Salad, Pasta Salad & Watermelon
Lunch is served at 11:30. Following Lunch at 12:00 will be Music
Bingo with Eddie Freitas until 2pm.

Please call to sign up as this event is limited to 75 people.

508.979.4029



May *Mother's Day* Word Search

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

*"The influence of a mother in the lives of her children is beyond calculation."
-James E. Faust*

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