

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



MARCH 2020

NATIONAL COMMON COURTESY DAY - MARCH 21st

How to Observe National Common Courtesy Day

Introduce yourself to someone new or shy

We've all been new to work or school and probably felt intimidated or left out. Introduce yourself to someone new, shy, or who is sitting alone. You could make a friend *and* you'll make someone feel included.

Remember the small actions

Giving up your seat for someone who needs it more than you do, holding the door open, and replacing the roll of toilet paper for a new one are all great small ways to show courtesy to others. Best of all, they're free!

Donate time or money to a meaningful cause (or a friend)

Maybe there's a charity that means a lot to you. March 21 is a great day to volunteer for this cause or donate a few extra dollars to whatever piques your interest. You can also call a friend you haven't had the chance to talk to, buy them a cup of coffee, or help them with something they might need.

Why National Common Courtesy Day is Important

You can participate in many small ways

Courtesy means different things to everyone. Most holidays involved giving gifts or buying something, but Common Courtesy Day involves giving up your seat for someone who needs it more, not cutting in line, saying please and thank you or making more coffee if you drank the last cup. It's easy to participate and contribute to this day.

Doing good for others actually has benefits

Scientific evidence shows that doing something good for others benefits your health. Volunteering and mentoring are some of the biggest examples of doing good for others, but random acts of kindness—including the often forgotten display of common courtesy—is a good way to make the world a better place for everyone.

Good deeds are contagious

Creating a respectful environment begets you more respect. This is especially true at home and at work. Show courtesy to the people around you and pretty soon they'll follow your example. *continued on Page 10*

From our Director

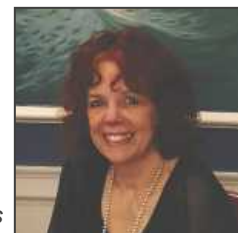
Quotes to Live By

Well it's March and that means we still have a few more cold winter days to endure and all the bothersome stuff that goes along with this seemingly never ending season. We cling to thoughts of optimism that spring is on its way but sometimes we need a little help with maintaining this mindset. So, when I need a little boost I turn to Pinterest and thumb through an ocean of inspirational quotes saving my favorites to be able to refer back to in time of need. I thought I might share a few of my favorites just in case you might need a little boost too.

- ♣ The happiest people don't have the best of everything, they just make the best of everything.
- ♣ People will *forget* what you said, people will *forget* what you did, but people will *never forget* how you made them feel. *Maya Angelo*
- ♣ Worrying does not take away tomorrow's troubles, it takes away today's peace.
- ♣ Be a pineapple...stand tall, wear a crown and be sweet on the inside.
- ♣ Be a fruit loop in a world full of cheerio's.
- ♣ Everyone you meet is fighting a battle. Be Kind Always.
- ♣ We can't always choose the music life plays for us, but we can choose how we dance to it.
- ♣ You are what you do, not what you say you'll do.
- ♣ Sometimes you will never know the value of a moment until it becomes a memory. *Dr Seuss*
- ♣ To the world, you may be one person, but to one person you may be the world. *Dr Seuss*

AND MY PERSONAL FAVORITE

- ♣ All you need in life is the love of your family & chocolate cake!



Anne Silvia



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	Anne Silvia
Senior Office Assistant	Cynthia Vandenburg
Social Day Coordinator	Sue Roderiques
Social Day Activities Dir.	Sally Bourke
Outreach Coordinator	Lucille Dauteuil
Asst. Outreach Coordinator	Carolyn Dantoni
Volunteer Coordinator	Christine Alfonse
Office Assistant	Phyllis Pequita
Environmental Coordinator	Rich Walker
Van Drivers	
	Paul Simmons, Frank Barcellos, Leon Hebert
	Ron Dexter, James Hennessy
Newsletter Editor	Cynthia Vandenburg

BOARD OF DIRECTORS

Chairperson	Francis Cox
Vice Chairperson	Jack Oliveira
Secretary	Lee Allaire
Member	Joan Mello
Associate Member	Carol Burt
Associate Member	Bob Ryan
Associate Member	Susan Oiestad

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508-994-2020

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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.synergypfairhaven.com

**THE
RESIDENCE**
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Dartmouth, MA | 508-636-0590

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YOUR FAMILY & HOME**

CALL NOW! 1-888-862-6429



HOME **SECURITY** TEAM

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MALL TRIPS

Reservations accepted beginning the 15th of the prior month. There is a \$5.00 charge unless marked. The van leaves the Center promptly at 9:00 am.

MARCH

March 4	Tiverton Casinos
March 11	Patriots Place
March 18	Providence Place Mall, Whole Foods
March 25	Hyannis Mall, Xmas Shop, Trader Joes & Whole Foods

APRIL

April 1	Plainridge Park Casino
April 8	South Shore Plaza
April 15	Emerald Square Mall
April 22	Warwick Mall
April 29	Hyannis Mall, Xmas Shop, Trader Joes & Whole Foods

AMERICAN IRISH STEW

- 1 tablespoon extra-virgin olive oil
- 1-1/4 pounds beef, top round, cut into 3/4-in. pieces
- 3 cloves garlic, minced
- Salt and pepper to taste
- 1 medium onion, coarsely chopped
- 3 medium carrots, peeled and cut into 3/4-in. pieces
- 2 medium parsnips, cut into large chunks (optional)
- 3 cups low-fat, reduced-sodium beef broth
- 4 medium potatoes, peeled, cut in large chunks
- 1 tablespoon chopped fresh rosemary
- 1 leek, coarsely chopped
- 2 tablespoons chopped fresh parsley



In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper. Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.

Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook. Serve hot and garnish with parsley, if desired.

Yield: 6 servings

(Courtesy of Family Features. Reprinted with permission from the American Institute for Cancer Research) ©LPi

COMPUTER TECHNOLOGY FOR SENIORS

9:00 - 10:00 am - *Space is limited to 15*

Please call the Fairhaven Senior Center to sign up at 508-979-4029.

March 2, 4, 6: Emails to Gmails - What you need to know about EMail services and especially Gmail. (Participants must have a Gmail account, know their username and password).

March 9, 11, 13: Google Cloud Storage - Let's learn all about the free Google Drive storage. Participants must have a Google account and will learn how to use their Google Drive and many of its awesome features.

March 16, 18, 20: Microsoft One-Drive Cloud Storage - Let's learn about the free Microsoft One-Drive storage. Participants must have a Microsoft account and will learn all about the One-Drive and its many features.

March 23, 25, 27: USB Flash Drives - Participants must bring a USB flash drive and will learn how to use their flash drive in uploading and downloading information to their computers, organizing and other uses of the flash drive.

ANNUAL FAIRHAVEN TOWN ELECTION

Monday, April 6th - 10 am to 8:00 pm

Polling Locations

Precinct 1: Town Hall

Precinct 2: Hastings Middle School

Precinct 3: Hastings Middle School

Precinct 4: Fire Station (meeting room)

Precinct 5: Recreation Center

Precinct 6: Recreation Center



Seniors needing transportation to voting polls, call 508-979-4029 at least one day in advance.



FAIRHAVEN SUPPORTIVE SENIOR SOCIAL DAY PROGRAM
FAIRHAVEN COUNCIL ON AGING
 229 Huttleston Ave., Fairhaven, MA 02719
508-993-9455

**THIS PROGRAM OFFERS
 SOCIAL SUPPORT AND ACTIVITIES**

Program Coordinator: Susan Roderiques, Activities Director: Sally Bourke

BOOK NOW FOR ONE FREE DAY ~~~~ CALL US AT (508)993-9455

- | | | |
|------------------------------|-----------------------------|---------------------------|
| ◆ Coffee Social | ◆ Luncheon & Shopping Trips | ◆ Knitting & Sewing |
| ◆ Current Events | ◆ Musical Entertainment | ◆ Super Bingo |
| ◆ Exercises | ◆ Manicures & Hairstyling | ◆ Cookouts |
| ◆ Arts & Crafts | ◆ Dancing | ◆ Health & Safety Classes |
| ◆ Intergenerational Programs | ◆ Educational Programs | ◆ Therapeutic Games |
| | ◆ Nutritious Lunch | |

The Supportive Senior Day Care Program is partially funded by the Massachusetts Executive Office of Elder Affairs and Coastline Elderly Services.

SOCIAL DAY HAPPENINGS



MARCH WEEKLY HAPPENINGS



Coffee Social
Current Events
Active Fitness
Card Group
Tap-in-Time
Sing-Along
Trivia



MARCH ENTERTAINMENT

3/4 Richie B.	3/5 Ray J
3/11 Karaoke w/Rick	3/12 Ray J
3/18 Jordan Paiva	3/19 Ray J
3/25 Reece on piano	3/26 Joe Mac



FAIRHAVEN SUPPORTIVE SENIOR SOCIAL DAY PROGRAM

**MARCH 2020
 FREE DAY COUPON**

(One time complimentary use for new clients to Social Day Program)

- *Continental Breakfast
- *Nutritious Hot Lunch
- *Activities
- *Afternoon Snack
- *Transportation

Locations we serve: Fairhaven, Acushnet, Marion, Mattapoisett, New Bedford, Rochester

SCHEDULING MEDICAL TRANSPORTATION APPOINTMENTS



Fairhaven Seniors needing a ride to their doctor appointments **MUST** call the Senior Center 1-week (or earlier) before the appointment to arrange a driver.

FUEL ASSISTANCE

If you would like to fill out an application call Phyllis at 508-979-4029.

WANT TO LOWER YOUR MEDICARE COSTS?

On January 1, 2020 the income and asset limits for the Medicare Savings Programs* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays.

Income and asset limits effective 1-1-20

	Income/month	Assets
Individual	\$1,738	\$15,720
Married Couple	\$2,346	\$23,600

Prescription drug co-payments with Extra Help Effective 1-1-20

	Per 30-Day supply
Generic	\$3.60
Brand Name	\$8.95

SHINE Counselors can answer your questions and assist you with the application. Call the Senior Center at 509-979-4029 for an appointment.

*Medicare Savings Programs are also called "MassHealth Buy-In" and are administered by Mass-Health.



SUNDAY MARCH 8TH

**CHECK SMOKE AND
CARBON MONOXIDE DETECTORS!**

UNDERSTANDING NEW FOOD LABELS

NEW LABEL / WHAT'S DIFFERENT



FDA

SAFELINK WIRELESS®

How do I qualify for SafeLinkWireless®?

This is a free government issued phone

The Lifeline program is available to eligible consumers. In general to qualify for Lifeline, subscribers must either have an income that is at or below 135% of the Federal Poverty Guideline, or participate in one of the following assistance programs:

Mass Health
Supplemental Nutrition Assistance Program (SNAP)
Food Stamps
Supplemental Security Income (SSI)
Federal Public Housing Assistance (Section 8)
Veterans and Survivors Pension Benefit

Income Guidelines are as follows:

Persons in Household	Annual Gross Income	Monthly Gross Income
1	\$16,389	\$1,366
2	\$22,221	\$1,851

If you would like to fill out an application, call the Senior Center and ask for Carolyn. Proof of income is required.



IRISH PRAYER

May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.

FITNESS

Bike and Hike Group - Call Oren at 1-315-790-9514 for more information.

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

Precision Sculpting - Monday - one hour, blended fitness format integrating elements of yoga, pilates and free-weight training for a full body/mind workout. \$6.00 per class. Walk-ins welcomed.

Tai Chi - Thursday, 10:00-11:00 am - 8 weeks - \$30 Gentle movements for balance, flexibility, and muscle strength. New members call for location.

Walking - Indoors weekdays 12:30-1:00 Rec. Center.

Zumba Gold - Wed. and Fri., 11:30 am -12:30 pm - \$6 A choreographed program that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

HEALTH AND WELLNESS

Dental Hygienist - Fridays - Call Holly at 774-766-7238

Dietitian - A registered Dietitian provides one-on-one consultation on the first Tuesday of the month. 9:30-11:00 am, by appointment

Foot Care - 2nd Thursday, by appointment - \$22.00 Assessment of podiatric health

Wellness Clinic - Thursday, 9:00-10:00 am, see Pg. 7 for dates, Meet one-on-one for Health and Education with a **Community Nurse** - Blood Pressure taken

LEGAL

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

South Coastal Counties Legal Services, Inc. - Call the senior center for dates and information.

SUPPORT

Caregivers Support Education Group - Free respite, 1st Wednesday of month from 1-2 pm

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

Parkinson's Support Group Meeting - Thursday, March 12th at 1:00 pm. Dartmouth COA, 28 Dartmouth St. So. Dartmouth, MA

Alzheimer's Support Group - Last Monday of the Month, March 30th at 4:00 pm. Cottages at Dartmouth Village, 274 Slocum Road, Dartmouth, MA

Southcoast VNA and Hospice Support Groups - *1st Tuesday of the month:* Widow and Widowers Grief Support Group 5:00 - 6:30 pm - *3rd Tuesday of the month:* General Loss Grief Support 5:00 - 6:30 pm

Memory Café -Tuesdays 1:00 to 2:30 pm

Foster Grandparents - Call Jacqueline Medeiros at 508-742-9198 for more information.

EDUCATION

Computer Class - The Fairhaven Computer Tech Department offers group classes at the Center. Topics vary month to month and cover all areas of computer technology. See page 3 for dates and times

Sewing Circle - Tuesday, 1:00-3:00 pm and Thursday 5:45-8:00 pm. See page 7 for dates.

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

PROGRAMS FOR PARKINSON'S Dartmouth Council on Aging

Dance for Parkinson's Disease

Dance classes for people with Parkinson's and their Caregivers

Mondays from 10:30-11:30

Chair Yoga specific to Parkinson's

A small exercise program that addresses the specific exercise needs of people living with Parkinson's.

Throw a Punch at Parkinson's

Empowering people with Parkinson's to fight back using non-contact boxing and address balance, hand-eye coordination, strength, agility, cognitive skills and movement disorders.

For more information on any of these programs, please call the Dartmouth COA at 508-999-4717.



FIRST DAY OF SPRING - MARCH 19TH



FAIRHAVEN SENIOR CENTER EVENTS AND ACTIVITIES MARCH 2020

MONDAY

Adult Social Day 8:30 am-3:00 pm
Board Meeting **March 9th**, 9:00 am
Chair Yoga 10:15-11:15 with Bet, \$3.00
Medical Transport Monday-Friday
Nutrition Program 11:30 am \$2 donation
Osteo Class 8:30 - 10:00 am
Outreach Services Call for an appt.
Precision Sculpting 9:00-10:00 am - \$6.00
 Walk-ins welcomed
Reassurance Program Daily telephone check-in
SHINE Rep. Call for an appointment
Transportation **8:45 am-1:00 pm**
Walking **12:30 - 1:00 Check schedule**
& sign up at Senior Center

TUESDAY

Adult Social Day 8:30 am-3:00 pm
Attorney General Consumer Mediator by appt. only
Boston Hosp. Shuttle Call COA
Grief Support **March 3rd and 17th**, 5-6:30 pm
MahJongg 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
Sewing Circle **March 10th & 17th**, 1-3:00 pm
Single Seniors Supper **March 3rd**, 4-6pm \$3.00
 Partially funded by Coastline Elderly Nutrition Program
SHINE Rep. Call for an appointment
Transportation **9:15 am-1:00 pm**
Walking **12:30 - 1:00 pm Check schedule**
and sign up at Senior Center
Wellness Clinic **March 3rd by appt.**
Dietitian **9:30-11:00 am**

WEDNESDAY

Adult Social Day 8:30 am-3:00 pm
Caregivers Support Education Group with free respite
March 4th, 1st Wed. 1:00-2:00
LGBT Supper Club **March 25th**, 5-7 pm, \$3.00
 George Whitaker Fund and Coastline Elderly Nutrition Program
Mall Trip 9 am-3 pm, \$5. Call to reserve seat
Medical Transport Monday-Friday
Nutrition Program 11:30 am \$2 donation
Osteo Class 8:30-10:00 am
Outreach Services Call for an appt.
Pitch 12:30-3:00 pm
Reassurance Program Daily telephone check-in
SHINE Rep. Call for an appointment
Transportation **8:45 am-1:00 pm**
Walking **12:30 - 1:00 pm Check schedule**
and sign up at Senior Center

WEDNESDAY Continued

Zumba Gold 11:30 am-12:30 pm - \$6.00

THURSDAY

Adult Social Day 8:30 am-3:00 pm
Bike and Hike Group Call Owen at 1-315-790-9514.
Boston Hosp. Shuttle Call COA
Chair Yoga 10:15 to 11:15 with Bet \$3.00
Foot Care \$22
 Second Thursday, **March 12th**
 by appointment
Health Awareness 9:00 -10:00 am - Supportive group
 for health and fitness awareness
Medical Transport Monday-Friday
Nutrition Program 11:30 am \$2 donation
Outreach Services Call for an appt.
Pitch 12:30-3:00 pm
Reassurance Program Daily telephone check-in
Sewing Circle **Mar. 5th, 12th, & 19th**, 5:45-8:00
SHINE Rep. Call for an appointment
Tai Chi 10:00-11:00 am
Transportation **7:45 am-1:00 pm**
Walking **12:30 - 1:00 pm Check schedule**
and sign up at Senior Center
Community Nurse, 2nd, 3rd, & 4th Thurs. 9:00-10:00 am

FRIDAY

Adult Social Day 8:30 am - 3:00 pm
Bingo 1:00-3:00 pm
Dental Hygienist Call Holly 774-766-7238
Medical Transport Monday-Friday
Nutrition Program 11:30 am \$2 donation
Osteo Class 8:30 to 10:00 am
Outreach Services Call for an appt.
Reassurance Program Daily telephone check-in
Transportation **7:45 am-1:00 pm**
Walking **12:30 - 1:00 pm Check schedule**
and sign up at Senior Center
Zumba Gold 11:30 am-12:30 pm - \$6.00



WEATHER CANCELLATIONS

If we have any amount of snow accumulation, there will be no shopping that day and activities may be cancelled. Call the Senior Center (508-979-4029) to confirm. So please, stock up on non-perishable food items. If the Town Hall is closed because of bad weather, the Fairhaven COA will also be closed.



March 2020



www.coastlinenb.org
508-999-6400

Monday			Tuesday			Wednesday			Thursday			Friday		
2 Sodium (mg): Na ⁺			3 Sodium (mg): Na ⁺			4 Sodium (mg): Na ⁺			5 Sodium (mg): Na ⁺			6 Sodium (mg): Na ⁺		
Orange Tarragon	423		Turkey Stew	*571		Pot Roast	241		Cheeseburger	387		Broccoli Bake	387	
Chicken			w/ Vegetables			Red Bliss Potatoes	4		Ketchup/Mustard	137		Hash Browns	136	
Fluffy White Rice	36		Garlic Mash. Potatoes	62		Mixed Vegetables	41		Roasted Potatoes	33		Tomato Florentine	121	
Spring Veg. Blend	57		Multigrain Roll	190		WW Bread	160		Scandinavian Blend	42		Fruit Loaf	102	
Oatmeal Roll	121		Pears	4		Orange	0		WW HB Roll	230		Applesauce	20	
Mixed Fruit	10								Chocolate Pudding	191				
									Diet: LS Pudding	110				
Total Sodium:	647		Total Sodium:	827		Total Sodium:	446		Total Sodium:	1019		Total Sodium:	766	
Calories: 441	Carbs: 57		Calories: 492	Carbs: 77		Calories: 578	Carbs: 73		Calories: 714	Carbs: 74		Calories: 689	Carbs: 62	
9 A			10 A			11 A			12 A			13 A		
American Chop Suey	211		LS Crackers	12		Beef & Broccoli	108		Turkey A La King	215		Seafood Newburg	569	
Italian Green Beans	3		Kale Soup	173		Mashed Potatoes	62		Confetti Rice	43		Penne Pasta	1	
Asparagus	6		Portuguese Chicken	420		WW Roll	160		Brussels Sprouts	12		Genoa Blend	40	
Scali Bread	190		Rice Pilaf	134		Brownie	132		Oatmeal Bread	121		Snowflake Roll	160	
Mandarin Oranges	6		Multigrain Roll	190		Diet: Graham Wafers	85		Pears	4		Banana	1	
			Pineapple	1		Vanilla Yogurt Cup	50							
Total Sodium:	416		Total Sodium:	931		Total Sodium:	513		Total Sodium:	393		Total Sodium:	771	
Calories: 443	Carbs: 62		Calories: 572	Carbs: 77		Calories: 813	Carbs: 101		Calories: 443	Carbs: 53		Calories: 525	Carbs: 81	
16 B			17 High Sodium B			18 B			19 B			20 B		
Mexican Chicken	413		St. Patty's / Special Meal			Meatloaf	240		Roast Turkey	360		WG Vegetable	370	
Spanish Rice	22		Corned Beef Hash	*775		w/ Onion Gravy	110		w/ Gravy	70		Lasagna Roll-Up		
Country Veg. Blend	32		Cabbage & Carrots	47		Au Gratin Potatoes	154		Cranberry Sauce (2)	16		Tomato Basil Sauce	55	
Dinner Roll	160		Turnips	29		Garden Peas	82		Parsley Mash. Potatoes	63		Broccoli Florets	12	
Peaches	5		Raisin Bread	110		Multigrain Bread	190		Winter Squash	13		WW Roll	160	
			Pistachio Cookie	170		Mandarin Oranges	6		Oatmeal Bread	121		Pineapple	1	
			Diet: Graham Wafers	85					Mixed Fruit	10				
Total Sodium:	632		Total Sodium:	1131		Total Sodium:	783		Total Sodium:	692		Total Sodium:	599	
Calories: 397	Carbs: 61		Calories: 633	Carbs: 82		Calories: 527	Carbs: 73		Calories: 614	Carbs: 111		Calories: 397	Carbs: 74	
23 A			24 A			25 A			26 A			27 A		
Chicken Cacciatore	426		Tossed Salad	124		Broccoli & Cheese	410		Roast Pork	71		Tuna Noodle	358	
Italian Pasta	1		w/ Dressing			Stuffed Chicken			Apple Gravy	111		Casserole		
Jadiniere Veg. Blend	39		Shepherd's Pie	283		Malibu Veg. Blend	59		Garlic Mash. Potatoes	62		Peas & Carrots	80	
Scali Bread	190		Peas & Mushrooms	133		Lyonnais Potatoes	112		Italian Veg. Blend	26		Wheat Roll	160	
Apple	2		Oatmeal Roll	121		Multigrain Bread	190		WW Roll	160		Peaches	5	
Strawberry Yogurt Cup	75		Pears	4		Mini Tiramisu Cake	209		Applesauce	20				
						Diet: LS Cake	210							
Total Sodium:	753		Total Sodium:	664		Total Sodium:	979		Total Sodium:	450		Total Sodium:	603	
Calories: 606	Carbs: 96		Calories: 664	Carbs: 92		Calories: 637	Carbs: 92		Calories: 569	Carbs: 72		Calories: 428	Carbs: 65	
30 B			31 B			All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g 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.			For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.		
BBQ Pork Patty	280		LS Crackers	12										
Whipped Sweet Potatoes	33		Butternut Bisque	149										
Green & Wax Beans	3		Apricot Chicken	359										
Oatmeal Bread	121		Rice Florentine	112										
Pineapple	1		Multigrain Roll	190										
			Mixed Fruit	10										
Total Sodium:	438		Total Sodium:	832										
Calories: 409	Carbs: 68		Calories: 528	Carbs: 74										

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

Menu is subject to change without notice.
Catch of the Day will vary based on availability.

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.



## VETERANS CORNER

by Brad Fish, Veterans' Service Officer

### ACCESS TO COMMISSARIES AND EXCHANGES

Starting in January, about 3 million more service-connected disabled veterans were able to shop at on-base commissaries and exchanges, known for its tax-free shopping. Any veteran with a VA disability rating is able to gain access to their local military bases, according to the Department of Defense.

Veterans with VA disability rating of zero to 90 percent are allowed to access on-base exchanges and commissaries, as well as some morale, wellness and recreation-or MWR-facilities. Those veterans must have a VA-issued Veteran Health Identification Card to have access.

For veterans who will be given entry to bases, a surcharge of 5 percent will be added to every purchase with a credit or debit card. However, veterans may use cash, check or Military Star card (a part of the Exchange Credit Program) to avoid the fee.

Before the change, only veterans who had a VA disability rating of 100 percent, as well as Medal of Honor recipients, were allowed access to shop on base. Military retirees also have access to shop at any exchange or commissary.

All honorably discharged veterans currently are eligible to shop online at the Army/Air Force, Navy Marine Corps and Coast Guard exchanges. The 5 percent surcharge does not apply to online purchases.

Eligible veterans can apply for a Veteran Health Identification Card at [www.va.gov/health-care/how-to-apply](http://www.va.gov/health-care/how-to-apply) or in person by visiting a VA medical facility.

**Director/Veterans' Service Officer: Bradford Fish - Administrative Assistant: Jane Bettencourt**  
**8:30AM-4:30PM - Monday thru Friday**

**Location : Town Hall, 40 Center St., Fairhaven, MA 02719 - Telephone : (508)979-4023 ext. 114**

### FAIRY TREES

**All over Ireland, there are Fairy trees believed to be sacred grounds for the 'wee folk'.**

The superstitions surrounding Fairy trees is still very strong amongst the Irish, even for those who don't believe in the wee folk, so they remain protected where they stand.

A Fairy tree is usually a Hawthorn or an Ash tree but what makes them stand out from any other tree of its kind is their location. A Fairy tree is found standing by itself in the center of a field or on the side of the road and they're quite easy to spot if you know what you are looking for. Some of these trees have stones surrounding its base for protection but who put them there? The locals or the wee folk?



Ireland is a place with thousands of folklore stories and Fairy trees are still commonly talked about to this day. Some believe these trees are the gateway between worlds for mortals and that of the faeries in the other-world.

Irish Mythology is split into four different cycles with the Mythological Cycle describing how faeries (Sidhe) moved to the other-world.

The wee folk had many entrances to the otherworld such as in burial mounds, underwater and even at the base of Fairy trees. As you can imagine these gateways are extremely important for the movement of the wee folk so they are heavily protected by magic. You wouldn't be considered mad if you just so happened to spot a Leprechaun at a Fairy tree.

*YourIrish.com*

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## AREA HAPPENINGS

March brings a short lull in area happenings, but do check our Events and Activities Calendar on page 7 for things happening at the Fairhaven Senior Center.

**COMING IN MAY!**  
**5th ANNUAL SENIOR TALENT SHOW**  
 May 3rd, 1 pm to 4 pm  
 Fairhaven Town Hall



Contact Melissa Kurcharski  
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## VOLUNTEER OPPORTUNITIES

### BEACON HOSPICE COMMUNITY NURSE SOUTHCOAST

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### FAIRHAVEN COA VOLUNTEER DRIVERS

Volunteer drivers are needed to provide transportation for medical appointments.

Call 508-979-4029.

### CLASSROOM GRANDPARENTS WANTED

Join the Foster Grandparent Program! It will be your chance to help children who need it the most. Call Jacqueline Medeiros at 508-742-9198.

#### ALSO

Fairhaven East and Wood Elementary Schools also need volunteers to work with small groups of students.

## NATIONAL COMMON COURTESY DAY

*Continued from Page 1*

### National Common Courtesy Day timeline

2011

#### IITTI was formed (Institute of Image Training and Testing International)

An organization named IITTI was formed to test employee etiquette in interviewees.

1922

#### Emily Post began documenting etiquette

Emily Post was a famous author who wrote a best-selling book called "Etiquette in Society, in Business, in Politics, and at Home."

18th Century

#### The Enlightenment Era and politeness

Politeness, certain artistic standards, and behaviors started becoming markers of affluence and upward mobility.

551–479 BC

#### Confucius shapes morality and manners in China

The Chinese teacher, philosopher, and politician fostered a mindset that shaped morality, correctness in relationships, and justice.

3rd Millennium BC

#### Ptahhotep wrote his Maxims

The ancient Egyptian Vizier Ptahhotep wrote a book of Maxims that discussed how to treat others and exhibit self-control. *NationalToday*

### COA DISCLAIMER

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

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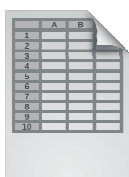
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 T L J E U Z S I W G Q O E P R Y B M  
 Q A A I H N J E V A W O R C I M M Q  
 K B R F T M W A Y O J E I L V H X T  
 D T O U W Y D D O T A B T Q D P C N  
 I E O R B A B A E D I W O P P S V B  
 U K Z D W B G L S J O R Y I Q O A C  
 U S F I C Z E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