

FAIRHAVEN SENIOR LIFESTYLES

MAY 2023

SERVING FAIRHAVENS FINEST, OUR SENIOR CITIZENS



229 Huttleston Ave, Fairhaven, MA 02719

www.Fairhaven-MA.gov



508.979.4029



Mreed@Fairhaven-ma.gov



508.979.4116





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
 Principal Office Assistant & Newsletter Editor - Jocelyn Bowers
 Volunteer Coordinator - Christine Alfonse
 Office Assistant - Phyllis Pequita
 Environmental Coordinator - Rich Walker
 SHINE - Dianne Perkins & Carolyn Dantoni
 Social Day Program Coordinator- Sally Bourke
 Social Day Activities Coordinator- Anne Silvia
Van Drivers -
 Frank Barcellos, Ron Dexter, James Hennessy, Leon Hebert, Steve Almeida
Board of Directors
 Chair- Bob Ryan Secretary- Lee Allaire Member - Carol Burt Member - Joan Mello
 Member- Jacqueline Kenworthy Member - Susan Oiestad Member - Terry Pereira

VETERANS SERVICES STAFF

Bradford Fish
 Veterans Services Officer
 Direct line: 508.202.4603



Jane Bettencourt
 Administrative Secretary
 Direct Line: 508.658.3719

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SYN•ER•GY - Physical Therapy

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

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INSIDE THE MAY LIFESTYLE

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MALL TRIPS \$6

MAY

MAY 3 Plain Ridge Park Casino
 MAY 10 Prov. Place Mall
 MAY 17 Derby Street Shops
 MAY 24 South Shore Plaza
 MAY 31 Wrentham Village

JUNE

JUNE 7 Twin River Casino
 JUNE 14 Hyannis Mall, Xmas shop,
 Trader Joe's Whole Food's
 JUNE 21 South Shore Plaza
 JUNE 28 Thames St, Newport, RI

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

Find Buzzy the Bee throughout this newsletter. Call in with your count by May 26th. 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 30th and notified by phone!



How does a bee
brush its hair?
With a honeycomb.

ASPARAGUS HAM DINNER

Ingredients

- 2 cups uncooked corkscrew or spiral pasta
- 3/4 pound fresh asparagus, cut into 1-inch pieces
- 1 medium sweet yellow pepper, julienned
- 1 tablespoon olive oil
- 6 medium tomatoes, diced
- 6 ounces boneless fully cooked ham, cubed
- 1/4 cup minced fresh parsley
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/8 to 1/4 teaspoon cayenne pepper
- 1/4 cup shredded Parmesan cheese

Directions

Cook pasta according to package directions. Meanwhile, in a large cast-iron or other heavy skillet, saute asparagus and yellow pepper in oil until crisp-tender. Add tomatoes and ham; heat through. Drain pasta; add to mixture. Stir in parsley and seasonings. Sprinkle with cheese.



TasteOfHome.com



Memorial Day

May 29, 2023

"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

A message from the Director

MARTHA REED



Happy May Friends!

May is a hope-filled month. The winter has finally passed, flowers are blooming, and the sun shines longer by 2 minutes every day. We celebrate all the mothers in our lives, and we honor all those in military service who made the ultimate sacrifice in defense of freedom. May is also Older American's Month, which recognizes all older adults and the countless contributions they have made and continue to make in our community.

We have many exciting events and programs at the COA in May. We are proud to be able to participate in Fairhaven's Memorial Day Parade; Veterans and their loved ones who would like to ride the COA van are asked to meet at the Senior Center by 9:00 AM on Monday, May 29, 2022. We are kicking off a series of watercolor color art classes, there's a movie matinee, and a Memorial Day Cookout too. The usual Senior Supper Clubs, bingo, cards, and clubs are also happening, so please join us when you can, there is truly something for everyone.

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. Please call on us if we can assist.

Stay well and take good care!

Martha

Technology Classes

There are various classes available, from learning cellphones, understanding emails, flash drives and more!

Please come to the center to see which class is the best fit for you and to read the full descriptions/ skill level of the classes. Sign up is required.

9:00 am - 10:30 am



May 1 & 3 Learn all about the iPhone Smartphone
Part 1 & 2 Basic skill level. Must have an iPhone



May 8 & 10 Learn all about the Android Smartphone
Part 1 & 2 Intermediate skill level. Must have an Android phone.

May 15 & 17 Smartphone Apps for Seniors
Part 1 & 2 Intermediate skill level. Must have one of the following smartphones: LG, Samsung, Google Pixel, Motorola, Sony or iPhone.

alzheimer's association®

May 4, 2023
1:00pm - 2:00pm
(First Thursday of each month)
Fairhaven Council on Aging
Please email to register:
Donna Leary -
MimiDonna29@gmail.com

REIKI

With Diana Boucher

Second and Fourth Monday of the month.

Please see the calendar. For Seniors.

\$25.00

4 Appointment times :

- 10:00-10:20
- 10:40-11:00
- 11:20-11:40
- 12:00-12:20

The session will take place in the Recreation Center.
Please call to sign up 508.979.4029

Massage Monday's

With Carol Fleck, LMT

MAY 1ST & MAY 15TH, 2023
20 Minute Sessions for \$30.00

6 Time slots available:

- 10:00 - 10:20am
- 10:30 - 10:50 am
- 11:00 - 11:20 am
- 11:30 - 11:50 am
- 12:00 - 12:20 pm
- 12:30 - 12:50pm

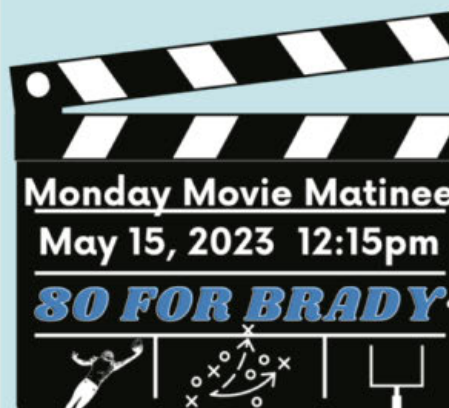
Please call or see the front desk to sign up
508.979.4029



Monday Movie Matinee

May 15, 2023 12:15pm

80 FOR BRADY



Please sign up for the movie. If you would like to come for lunch prior the movie, lunch will be served at 11:30.

Lunch will be CHICKEN STEW
\$2 Donation for the lunch

508.979.4029



Memorial Day Parade

MONDAY, MAY 29, 2023
MEET 9:30AM STEP OFF 10:00AM

ALL VETERANS ARE INVITED TO MARCH
PARADE ROUTE FROM UNION AND MAIN ST.
NORTH TO FAIRHAVEN HIGH SCHOOL AND
CONTINUE TO RIVERSIDE CEMETERY.

PROUDLY SUPPORTED BY:
VETERANS OF FOREIGN WARS POST 2892,
FAIRHAVEN LIONS CLUB AND VETERANS SERVICE
OFFICE
FURTHER INFORMATION CONTACT BRAD OR JANE
508-979-4023 X114 OR X115

Any Veteran, their spouse, or guest wishing to
participate in the parade can join us on the COA
bus. Please call the COA 508.979.4029

The Wandering Brush

Always loved watercolor but intimidated to try painting
with watercolors? Join Lana Quann, of The Wandering
Brush in a weekly workshop where we learn a variety of
techniques, "rules", methods and playful ways to
explore watercolor and many types of tools and
materials. Join once or for all sessions- every week we
practice and play to bring out your inner artist.

\$18.00/class or
\$60 for a 4 week session (Savings of \$12!)
Wednesdays 1:00pm - 2:30pm Beginning May 10th
All materials included. Deposit Required.
Please call or visit the COA to obtain more information
about the program.
508.979.4029

Memorial Day Cookout

Tuesday May 30, 2023
11:30-12:30pm

Sponsored by Coastline Elderly Services

Please RSVP by Wednesday May 24, 2023



Memory Café

"One person caring about another represents life's
greatest value." -Jim Rohn

May 25, 2023

12:00pm - 2:00pm

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 in a safe, supportive and
engaging environment. It's a time and place
where everyone can interact, find support,
establish friendships and share concerns without
feeling embarrassed or misunderstood.
The Café provides a relaxed atmosphere that
focuses on strengths and meeting new people.



Please call to reserve a spot by
May 22, 2023.



BASEBALL THEME

Lunch will be Hot Dogs, Nachos & Ice Cream.
Entertainment will be a Movie, "Fever Pitch"

SPACE IS LIMITED

PLEASE CALL TO RESERVE YOUR SEAT

If you are interested in sponsoring a future Memory Café, please
reach out to Martha Reed at the Fairhaven Council on Aging
508-979-4029.



Sunday, May 14th

"Motherhood is the biggest gamble in the world.
It is the glorious life force. It's huge and scary -
it's an act of infinite optimism."

—Gilda Radner

What creature is smarter
than a talking parrot?
A spelling bee

Buzz...buzz..



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

SEWING CIRCLE

Wednesdays 5:45 - 7:45pm

MAHJONGG

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

BINGO!

Friday's 1:00 - 3:00pm

Water Color Painting Classes

Wednesday's 1:00pm-2:30pm Session fee and deposit required. Please call or visit the COA for more information.



➔ FITNESS

CHAIR YOGA

Wednesday's & Friday'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. Last day for indoor walking will be June 16th! Everyday from 12:30 - 1:00

ZUMBA

Come to Zumba Gold with Michelle on Friday's from 11:30 - 12:30 \$8.00

TAI CHI

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

➔ SUPPORT

REASSURANCE PROGRAM

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

HEALTH AWARENESS

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

➔ FITNESS(CONTINUED)

MOVING WITH MOXIE

2nd & last Wednesday at 1pm in the Rec Center. Moving with Moxie is a unique, mobile, therapy-based balance class that is essential for people of all ages who want to improve their balance and mobility. \$5.00 Please call to sign up. Class is limited to 10 people.

➔ HEALTH & WELLNESS

MOBILE DENTAL HYGIENIST

Preventative dental services are being offered at the Fairhaven Council on Aging by Mobile Dental Hygiene Services. Please call 508-827-6725 with any questions and to make an appointment. Smile@mobiledentalhygiene.com

FOOT CARE

Assessment of podiatric health. By appointment only \$30.00

HEY KATHY!

Come chat with Kathy Clark from Moxie Mobility Training, LLC about exercise, vitals, navigating healthcare, home modification, home safety, fall prevention and more!
April 26th 11:15 - 12:15pm Free for residents \$5 for non-residents

WELLNESS CLINIC & BLOOD PRESSURE CHECKS

Public Health Nurse every Wednesday at the Center from 11:15- 12:15.

REIKI with Diana

May 8th & 22nd. 4 Time slots available. Please call the COA to reserve your time.
20 minute session \$25.00

MASSAGE MONDAY

May 1st & 15th. 6 Time slots available. Please call the COA to reserve your time.
20 minute sessions \$30.00



SOUTHCOST 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





MAY EVENTS & ACTIVITIES 2023



MONDAY

TUESDAY

WEDNESDAY

OPEN UNTIL 8!

THURSDAY

FRIDAY

1

- Osteo Class 8:30-10:00 \$1.00
- Computer Class 9-10:30
- Tai Chi 11:00-12:00
- Walking 12:30-1:00
- Massage Monday See pg 4

2

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

3

- Osteo Class 8:30-10 \$1.00
- Computer Class 9-10:30
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- Walking 12:30- 1:00
- Sewing 5:45-7:45pm

4

- Health Awareness 9-10
- Pitch 12:30-3
- Care Givers Support 1-2
- Walking 12:30 -1:00

5

- Osteo Class 8:30-10 \$1.00
- Chair Yoga 10:15-11:15 \$3.00
- Greedy Dice 10-12
- Zumba 11:30-12:30 \$8.00
- Walking 12:30-1:00
- BINGO! 1-3



CINCO DE MAYO

8

- Osteo Class 8:30-10:00 \$1.00
- Board Meeting 9am
- Computer Class 9-10:30
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Walking 12:30-1:00
- Reiki with Diana See pg 4

9

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

10

- Osteo Class 8:30-10 \$1.00
- Computer Class 9-10:30
- Chair Yoga 10:15-11:15 \$3.00
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- Walking 12:30- 1:00
- Moving with Moxie 1:00pm \$5.00
- Water Color Class 1:00pm See pg 5
- Sewing 5:45-7:45pm

11

- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12:30 -1:00
- Widow & Widowers, General Loss & Greif Support Group 5-6:30pm

12

- Osteo Class 8:30-10 \$1.00
- Chair Yoga 10:15-11:15 \$3.00
- Greedy Dice 10-12
- Zumba 11:30-12:30 \$8.00
- Walking 12:30-1:00
- BINGO! 1-3

15

- Osteo Class 8:30-10:00 \$1.00
- Computer Class 9-10:30
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Movie Matinee 12:15 see pg 5
- Walking 12:30-1:00
- Massage Monday See pg 4



16

- Mahjongg 10:00-2
- Walking 12:30-1:00
- Single Senior Supper Club 4:00 - 6:00PM

Partially Funded by Coastline Elderly Nutrition Program

17

- Osteo Class 8:30-10 \$1.00
- Computer Class 9-10:30
- Chair Yoga 10:15-11:15
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- Walking 12:30- 1:00
- Water Color Class 1:00pm See pg 5
- Sewing 5:45-7:45pm

18

- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12:30 -1:00

19

- Osteo Class 8:30-10 \$1.00
- Chair Yoga 10:15-11:15 \$3.00
- Greedy Dice 10-12
- Stamp Club 10am
- Zumba 11:30-12:30 \$8.00
- Walking 12:30-1:00
- BINGO! 1-3

22

- Osteo Class 8:30-10:00 \$1.00
- Computer Class 9-10:30
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Walking 12:30-1:00
- Reiki with Diana See pg 4

23

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

24

- Osteo Class 8:30-10 \$1.00
- Computer Class 9-10:30
- Chair Yoga 10:15-11:15
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- Walking 12:30- 1:00
- Water Color Class 1:00pm See pg 5
- LGBTQ+ Supper Club 5-7pm
- Sewing 5:45-7:45pm

25

- Health Awareness 9-10
- Memory Café 12:00-2:00pm
- Pitch 12:30-3
- Walking 12:30-1:00

26

- Osteo Class 8:30-10 \$1.00
- Chair Yoga 10:15-11:15 \$3.00
- Greedy Dice 10-12
- Zumba 11:30-12:30 \$8.00
- Walking 12:30-1:00
- BINGO! 1-3

29



Parade info Page 5

30

- Osteo Class 8:30-10:00 \$1.00
- Computer Class 9-10:30
- Memorial Day Cookout 11:30-12:30
- Walking 12:30-1:00

31

- Osteo Class 8:30-10 \$1.00
- Computer Class 9-10:30
- Chair Yoga 10:15-11:15
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- Hey Kathy! 12pm
- Walking 12:30- 1:00
- Moving W/Moxie 1:00 \$5
- Water Color Class 1:00pm See pg 5
- Sewing 5:45-7:45pm

Every Day

- Medical Transport - Please call
- Nutrition Program 11:30 am \$2.00 donation, menu on page 8
- Outreach Services- Please call for an appointment
- SHINE Rep - Please call for an appointment
- Transportation - Please call in advance if you need a ride
- Reassurance Program- Daily telephone check-in's.





May 2023



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

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Sodium (mg): Na*	2	Sodium (mg): Na*	3	Sodium (mg): Na*	4	Sodium (mg): Na*	5	Sodium (mg): Na*
Chicken & White Bean Chili	121	Meatballs	265	Tossed Salad w/ Dressing	124	Roast Turkey w/ Gravy	373	Salmon w/ Peach Salsa	102
Brown Rice w/ Peas & Carrots	36	Penne Pasta	1	Chicken Cordon Blue	*550	Whipped Potato	52	Rice & Beans	35
Corn Bread	280	Tuscany Blend	56	Sweet Potatoes	33	Winter Squash	11	Mexicali Corn	6
Mandarin Oranges	7	Dinner Roll	210	Oatmeal Roll	121	WW Bread	160	Multigrain Bread	190
		Oatmeal Raisin Cookie	124	Mixed Fruit	10	Banana	1	Pears	5
		Diet: Graham Wafer	95						
Total Sodium:	444	Total Sodium:	656	Total Sodium:	838	Total Sodium:	597	Total Sodium:	348
Calories: 395	Carbs: 63	Calories: 562	Carbs: 74	Calories: 525	Carbs: 65	Calories: 566	Carbs: 101	Calories: 491	Carbs: 73
8	Sodium (mg): Na*	9	Sodium (mg): Na*	10	Sodium (mg): Na*	11	Sodium (mg): Na*	12	Sodium (mg): Na*
Hot Dog	*550	Chicken & Rice Soup	296	Mac n' Cheese	404	Bourbon Steak Tips	429	Baked Cod w/	220
Mustard Packet	55	Adobo Chicken Filet	173	Zucchini & Tomato	39	Garlic Mash. Potatoes	53	Lemon Vinaigrette	10
Potato Wedges	27	Chopped Broccoli	12	Wheat Roll	160	Green Beans	3	Rice Pilaf	134
Mixed Veggies	41	WW Roll	236	Mandarin Oranges	7	WW Bread	160	Broccoli & Cauliflower Blend	15
Hot Dog Roll	210	Mixed Fruit	10			Strawberry Shortcake	176	Crusty Roll	210
Fresh Orange	0					Diet: Low Sugar Cake	230	Fresh Apple	2
Total Sodium:	883	Total Sodium:	727	Total Sodium:	610	Total Sodium:	821	Total Sodium:	591
Calories: 656	Carbs: 76	Calories: 487	Carbs: 68	Calories: 553	Carbs: 73	Calories: 772	Carbs: 93	Calories: 488	Carbs: 63
15	Sodium (mg): Na*	16	Sodium (mg): Na*	17	Sodium (mg): Na*	18	Sodium (mg): Na*	19	Sodium (mg): Na*
Chicken Stew w/	273	Shepherd's Pie	271	Spring Vegetable Soup	115	Pork Lo Mein	254	Filet O' Fish Sandwich	454
Egg Noodles	35	Glazed Carrots	83	Barbecue Chicken	497	Asian Vegetable Blend	26	Tartar Sauce	261
Oatmeal Roll	121	Multigrain Roll	190	Rice Medley	43	Dinner Roll	210	Potato Wedges	27
Mandarin Oranges	7	Chocolate Chip Cookie	171	Whole Wheat Roll	160	Peaches	5	Hot German Slaw	81
		Diet: Graham Cookie	95	Banana	1			Hamburger Bun	230
								Pears	5
Total Sodium:	436	Total Sodium:	715	Total Sodium:	856	Total Sodium:	495	Total Sodium:	1058
Calories: 510	Carbs: 61	Calories: 872	Carbs: 101	Calories: 545	Carbs: 78	Calories: 550	Carbs: 80	Calories: 786	Carbs: 79
22	Sodium (mg): Na*	23	Sodium (mg): Na*	24	Sodium (mg): Na*	25	Sodium (mg): Na*	26	Sodium (mg): Na*
Spanish Omelet	382	Popcorn Chicken	456	Tossed Salad w/ Dressing	124	Roast Pork w/	66	Shrimp Mozambique	434
Hash Brown Potatoes	136	Ketchup Packet	82	Meatloaf w/	240	Mint Gravy	8	Yellow Rice	134
Stewed Tomatoes	143	Confetti Rice	43	Rosemary Gravy	124	Delmonico Potato	142	Carrot Coins	62
Fruit Muffin	160	Beets	162	Whipped Potato	52	Spring Blend	57	Snowflake Roll	260
Mixed Fruit	10	Honey Wheat Bread	135	Oatmeal Roll	121	Multigrain Bread	190	Pears	5
		Fresh Orange	0	Applesauce	15	Chocolate Pudding	191		
						Diet: SF Pudding	100		
Total Sodium:	831	Total Sodium:	878	Total Sodium:	676	Total Sodium:	654	Total Sodium:	895
Calories: 567	Carbs: 78	Calories: 463	Carbs: 75	Calories: 532	Carbs: 77	Calories: 609	Carbs: 60	Calories: 783	Carbs: 71
29	Sodium (mg): Na*	30	Sodium (mg): Na*	31	Sodium (mg): Na*	<div> <p>All Meals include:</p> <p><u>Milk:</u></p> <p>110 Calories</p> <p>125mg Sodium</p> <p>13g Carbs</p> <p><u>Margarine:</u></p> <p>36 Calories</p> <p>47mg Sodium</p> </div>			
		Cheeseburger	384	Honey Lime Chicken	393				
		Ketchup	82	Whipped Potato	52				
		Baked Beans	36	Tarragon Carrots	77	<div> <p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 742-9192 AT LEAST 24 hours in advance.</p> </div>			
		Country Blend	32	Wheat Bread	115				
		Hamburger Bun	230	Mini Red Velvet Cake	230				
		Pineapple Chunks	1	Diet: Low-Sugar Cake	210				
Total Sodium:	765	Total Sodium:	867	Total Sodium:	867				
Calories: 690	Carbs: 82	Calories: 657	Carbs: 83	Calories: 657	Carbs: 83				

* 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.**



## FAIRHAVEN SUPPORTIVE

# Social Day Program

Fairhaven Council on Aging  
229 Huttleston Ave  
Fairhaven, MA 02719  
508-993-9455

Program Coordinator:  
Sally Bourke  
Activities Coordinator:  
Anne Silvia

For May, Social Day will be  
participating in:  
Mothers Day Brunch  
Karaoke with Rick  
Movie at Memory Café

Clip this coupon for a  
FREE one day pass.

For new persons only  
CALL US AT 508-993-9455

### THIS PROGRAM OFFERS SOCIAL SUPPORT & ACTIVITIES

- Coffee Social
- Current Events
- Exercises
- Arts & Crafts
- Intergenerational Programs
- Baking Group
- Special Event Celebrations
- Musical Entertainment
- Manicures
- Dancing
- Educational Programs
- Nutritious Lunch
- Light Breakfast
- Knitting and Sewing
- Bingo
- Cookouts
- Health & Safety Classes
- Therapeutic Games



The Supportive Senior Day Care Program is partially funded by the Massachusetts Executive Office of Elder Affairs, Coastline Elderly Services & Massachusetts Councils on Aging Grant. Locations we serve: Fairhaven, Acushnet, Marion, Mattapoisett, New Bedford, Rochester & Dartmouth

Now Accepting  
Applications!

## Fairhaven Village

Contact the  
Management Office  
for Additional Info.

330 Main St.  
Fairhaven, MA  
508-994-1908  
PeabodyProperties.com



- 1 & 2 Bedrooms
- Heat Included
- On-site Maintenance
- On-site Professional Mgmt.
- Laundry Facilities
- On-site Parking
- Planned Resident Events and Activities

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



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## An Estate Planning Warning for Married Massachusetts Residents who are Not US Citizens

Married couples in Massachusetts can take advantage of unlimited gifting between spouses. This is an effective and useful strategy that makes planning to minimize estate taxes relatively straightforward in most situations.

What if one spouse is a non-citizen, however? The estate tax rules are different. It is still possible to protect your assets and provide for your spouse, though you just must plan more carefully.

### The unlimited marital deduction

The reason there are no estate taxes at the first death when both spouses are US citizens is due to a deduction in the estate tax world known as an unlimited marital deduction. So, regardless of the wealth of the couple, there's no estate tax at the first death. All assets are passed to a surviving spouse who is a U.S. citizen, so the unlimited marital deduction just zeroes out that tax.

### If the spouse is not a U.S. citizen

However, if a spouse were not a U.S. citizen, there would be a significant tax. There is no unlimited marital deduction. This is the case because the government's concern is that if the non-citizen spouse inherited all the wealth from their deceased spouse, there is a possibility they may return to their home country where the U.S. government would never be able to levy the estate tax against their estate.

### There are solutions

There are solutions to this. It's best to do advanced planning while you and your spouse are alive to ensure that this tax doesn't get levied on the widow(er) who's a non-U.S. citizen. But don't fret, there are options for our clients in which one or both spouses are non-U.S. citizens.

So, seek out proper legal advice from a qualified estate planning attorney to ensure you're not subject to this tax.

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.

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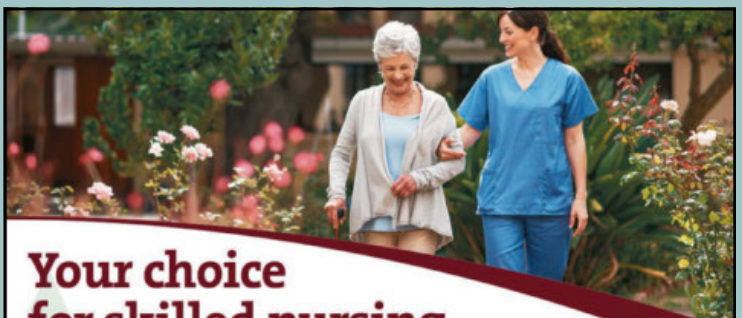


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