

# FAIRHAVEN

## SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS



508.979.4029



Mreed@Fairhaven-ma.gov



508.979.4116

229 Huttleston Ave  
Fairhaven, MA 02719  
[www.Fairhaven-MA.gov](http://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](http://www.fairhaven-ma.gov/council-aging)  
[www.facebook.com/Fairhavenseniorcenter](https://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, 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

Bradford Fish  
 Veterans Services Officer  
 Direct line: 508.202.4603

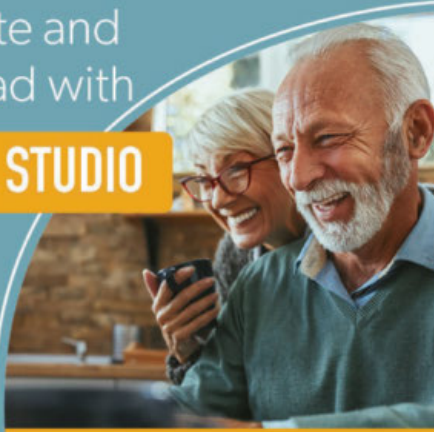


Jane Bettencourt  
 Administrative Secretary  
 Direct Line: 508.658.3719

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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](http://www.synergypthfairhaven.com)

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# INSIDE THE AUGUST LIFESTYLE

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Find Nemo throughout this newsletter. Call in with your count by August 25th. 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 August 28th and notified by phone! The previous months winner will be posted in the COA Lobby.



## Pina Colada Dip



### Ingredients

- 1-1/4 cups cold 2% milk
- 3/4 cup pineapple yogurt
- 1 package (3.4 ounces) instant coconut cream pudding mix
- 1 carton (8 ounces) frozen whipped topping, thawed
- Optional: Toasted unsweetened coconut flakes and maraschino cherries
- Fresh pineapple wedges
- Vanilla wafers

### Directions

1. In a large bowl, whisk milk, yogurt and pudding mix 2 minutes (mixture will be thick). Fold in whipped topping. Refrigerate, covered, at least 2 hours.
2. If desired, top with coconut and cherries before serving. Serve with pineapple and wafers.

TasteOfHome.com



Why do fish swim in salt water?



Because pepper water would make them sneeze.

## MALL TRIPS \$6

### AUGUST

- AUGUST 2 Plain Ridge Park Casino
- AUGUST 9 Hyannis Mall, XMas shop, Trader Joes & Whole Foods
- AUGUST 16 Warwick Mall
- AUGUST 23 Plymouth Shopping
- AUGUST 30 Thames St, Newport, RI

### SEPTEMBER

- SEPT. 6 Tiverton Casino
- SEPT. 13 Mashpee Commons
- SEPT. 20 Thames St, Newport, RI
- SEPT. 27 Wrentham Village

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

## Bourne Walking Excursion

August 24, 2023

\$10.00

Please arrive at the COA for 8:30am SHARP

Please bring a bagged lunch, sunscreen, hat and water.

Walking excursion in Bourne Massachusetts along the Cape Cod Canal. Flat, straight, 2.3 mile walk. Departing from parking lot nearest MA Maritime Academy -- walking straight to the mid canal viewing parking lot.

Bathroom will be available before departure at Fairhaven Council On Aging. Bathrooms available before walking excursion at Cape Cod Canal! Lastly, bathrooms, available inside welcome station at mid canal, viewing and parking area!





### A message from the Director

Happy August Everyone,

Thank you for taking time out of your busy summer schedule to read our newsletter. There's a lot going on in August at the COA and I hope you will be able to join us. We are so excited to be partnering with the Fairhaven Recreation Department's Kool Kids Summer Program for our first-ever Intergenerational Field Day on Wednesday, August 23rd from 10-3, featuring a Magic Show with Illusionist Lyn Dillies. This will be a day filled with fun, laughter, magic, and ice cream! We also have two movies this month, so take a break from the heat and enjoy refreshments and a movie. Don't forget to enter your photos for our September Newsletter! We are here with the resources you need to navigate programs and services available to seniors, their families, and caregivers. If there are other programs or services you'd like to see at the COA, don't hesitate to let us know.

*- Martha*

### NEWSLETTER FRONT COVER CONTEST!

Do you have a photo that you think would look beautiful on the cover of our newsletter? If so, we would like to see!

- Requirements:**
- Must be vertical
  - No faces
  - Not blurry
  - Nothing controversial

Any images submitted must be sent in digitally via Email to [JBowers@Fairhaven-ma.gov](mailto:JBowers@Fairhaven-ma.gov)

All images submitted will be taken into consideration. The top contending images will be posted on Facebook as well as displayed at the COA to our community to vote on. The image with the most votes will be featured as the cover for the September Newsletter.

ALL entries will be entered into a raffle to win a gift card.

Any questions, please contact Martha Reed or Jocelyn Bowers at the COA. 508.979.4029

## Monday Movie Matinee



August 7, 2023  
12:15pm

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago.

Lunch will be Grilled Chicken Parm



August 21, 2023  
12:15pm

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.

Lunch will be Lasagna Roll up

## alzheimer's association®

August 3, 2023 1:00pm- 2:00pm  
Fairhaven Council on Aging  
Please email to register:

Donna Leary - [MimiDonna29@gmail.com](mailto:MimiDonna29@gmail.com)

## Senior Walking Summer Schedule

Summer walking is available in the Recreation Center on Thursdays while the children at the Rec. Summer Camp are away on their field trip. Indoor walking is subject to change if the field trip is outdoors and it is raining.

August 3 & 10 & 17 & 24



SENIOR WALKING WILL RESUME  
AUGUST 28TH 12:30-1:00PM  
MONDAY - FRIDAY

## Massage Monday's

with Carol Fleck, LMT

August 11th & August 21st  
20 Minute Sessions for \$30.00

6 Time slots available:  
10:00, 10:30, 11:00, 11:30, 12:00, 12:30  
Please call or see the front desk to sign up  
508.979.4029



# Memory Café August 24, 2023

**12:00-2:00pm 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. 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 August 21, 2023.

Entertainment will be Karaoke with Rick Ferreria      Lunch will be Teriyaki Chicken with Rice & Veggies

SPACE IS LIMITED PLEASE CALL TO RESERVE YOUR SEAT 508.979.4029

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.

## BURIED IN TREASURES

Do you or someone you know struggle with living among too much "stuff"?

Join this FREE support group to learn how to live a life less cluttered!

Acushnet Senior Center

59 1/2 Main Street Acushnet

BURIED in TREASURES Support Group.

When: Saturdays 9:30am- 12:00pm

August 5 & 26, 2023

Contact: 508.961.3136 Brittany Botelho  
bdejesus88@yahoo.com or just drop In ☺

## Donuts & Dave



August 14, 2023  
10:00am

David D. Flaherty Jr., RS, Health Agent for the Town of Fairhaven, will be at the Senior Center for a friendly chat (and to munch on donuts!) about all things public health.

If you are unfamiliar with what the Fairhaven Board of Health is all about, or you have questions, this will be a great event to attend!

Dave wants to hear your questions, your thoughts and your suggestions! Please help by writing down your thoughts, questions and suggestions at the front desk at the COA or call it in! 508.979.4029



The Massachusetts Registry of Motor Vehicles (RMV) would like to inform you that customers aged 65 and older, and customers with disabilities, can schedule an appointment at (most) Service Center locations during any available time Monday through Friday between 9:00 a.m. and 5:00 p.m.

- An appointment is required for Driver's License related transactions.
- An appointment is required for ID related transactions.
- An appointment is not required for Registration-related transactions.

### How to make an Appointment

Customers aged 65 and older and customers with disabilities can ask for assistance with an appointment by sending an email to:

MassDOTRMVSeniors@dot.state.ma.us

Customers can expect to receive a response from the RMV within 48 hours.

### Friendly Reminder

Massachusetts law requires customers age 75 and older to renew their driver's license in person.

### Select RMV Services Available at AAA Branches

AAA members may be eligible to renew your license/ID or registration at AAA. You must make a reservation to conduct RMV transactions at AAA. Learn more here.

# 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 PG 7



## 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. SEE PG 5



## 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. Summer Schedule is listed on page 5

### ZUMBA

Zumba will be taking a summer break. Please check back in August!

### TAI CHI

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



## FITNESS(CONTINUED)

### MOVING WITH MOXIE

2nd & last Wednesday at 1pm 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. Smiles@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!  
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

Reiki will be taking a summer break! This program will return in the fall. Please call with any questions.

### MASSAGE MONDAY

August 7th & 21st. 6 Time slots available. Please call the COA to reserve your time.  
20 minute sessions \$30.00

## 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.

### 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



# AUGUST EVENTS & ACTIVITIES 2023




MONDAY	TUESDAY	WEDNESDAY <i>OPEN UNTIL 8!</i>	THURSDAY	FRIDAY
<p><b>Every Day</b></p> <ul style="list-style-type: none"> <li>• SHINE Rep - Please call for an appointment</li> <li>• Transportation - Please call in advance if you need a ride</li> <li>• Reassurance Program- Daily telephone check-in's</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>• Mahjongg 10:00-2</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10 \$1.00</li> <li>• Mall Trip 9-3 \$6.00</li> <li>• Chair Yoga 10:15-11:15 \$3.00</li> <li>• Wellness Clinic 11:15-1:15</li> <li>• Sewing 5:45-7:45pm</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>• Health Awareness 9-10</li> <li>• Walking 11:00-11:30</li> <li>• Care Givers Support 1-2</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10 \$1.00</li> <li>• Greedy Dice 10-12</li> <li>• BINGO! 1-3</li> </ul>
<p>7</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10:00 \$1.00</li> <li>• Tai Chi 11:00- 12:00</li> <li>• Movie Matinee 12:15 See page 4</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>• Board Meeting 9am</li> <li>• Mahjongg 10:00-2</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10 \$1.00</li> <li>• Mall Trip 9-3 \$6.00</li> <li>• Chair Yoga 10:15-11:15 \$3.00</li> <li>• Moving w/Moxie 1pm \$5</li> <li>• Wellness Clinic 11:15-1:15</li> <li>• Sewing 5:45-7:45pm</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>• Health Awareness 9-10</li> <li>• Walking 11:00-11:30</li> <li>• Widow &amp; Widowers, General Loss &amp; Greif Support Group 5-6:30pm</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10 \$1.00</li> <li>• Greedy Dice 10-12</li> <li>• BINGO! 1-3</li> </ul>
<p>14</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10:00 \$1.00</li> <li>• Tai Chi 11:00- 12:00 \$30 for 8 Weeks</li> <li>• Massage Monday See pg 4</li> <li>• Donuts &amp; Dave 10am</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>• Mahjongg 10:00-2</li> <li>• Single Senior Supper Club 4:00 - 6:00PM Partially Funded by Coastline Elderly Nutrition Program</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10 \$1.00</li> <li>• Mall Trip 9-3 \$6.00</li> <li>• Chair Yoga 10:15-11:15 \$3.00</li> <li>• Wellness Clinic 11:15-1:15</li> <li>• Water Color Class 1:00pm See pg 5</li> <li>• Senior Palooza! 1-4pm See page 9</li> <li>• Sewing 5:45-7:45pm</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>• Health Awareness 9-10</li> <li>• Walking 11:00-11:30</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10 \$1.00</li> <li>• Greedy Dice 10-12</li> <li>• Stamp Club 10am</li> <li>• BINGO! 1-3</li> </ul>
<p>21</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10:00 \$1.00</li> <li>• Tai Chi 11:00- 12:00 \$30 for 8 Weeks</li> <li>• Movie Matinee 12:15 See pg 4</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>• Mahjongg 10:00-2</li> </ul> <div style="border: 1px solid yellow; padding: 5px; text-align: center;"> <p><b>Be an Angel Day!</b></p> <p>Show your love and kindness on Be An Angel Day - spread joy, lend a helping hand, or surprise someone with an unexpected gift!</p> </div>	<p>23</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10 \$1.00</li> <li>• Mall Trip 9-3 \$6.00</li> <li>• Chair Yoga 10:15-11:15 \$3.00</li> <li>• Wellness Clinic 11:15-1:15</li> <li>• Water Color Class 1:00pm See pg 5</li> <li>• LGBTQ+ Supper Club 5-7pm</li> <li>• Sewing 5:45-7:45pm</li> <li>• Intergenerational Field Day! See page 12</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>• Health Awareness 9-10</li> <li>• Walking 11:00-11:30</li> <li>• Memory Café 12:00-2:00pm</li> <li>• Bourne Walking Trip See page 3</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10 \$1.00</li> <li>• Greedy Dice 10-12</li> <li>• BINGO! 1-3</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10:00 \$1.00</li> <li>• Tai Chi 11:00- 12:00 \$30 for 8 Weeks</li> <li>• Massage Monday See page 4</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>• Mahjongg 10:00-2</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>• Osteo Class 8:30-10 \$1.00</li> <li>• Mall Trip 9-3 \$6.00</li> <li>• Chair Yoga 10:15-11:15 \$3.00</li> <li>• Wellness Clinic 11:15-1:15</li> <li>• Water Color Class 1:00pm See pg 5</li> <li>• Hey Kathy! 11:15-12:15pm</li> <li>• Moving W/Moxie 1pm \$5</li> <li>• Sewing 5:45-7:45pm</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>• Health Awareness 9-10</li> <li>• Walking 11:00-11:30</li> <li>• Memory Café 12:00-2:00pm</li> </ul>	<p><b>Every Day</b></p> <ul style="list-style-type: none"> <li>• Medical Transport - Please call</li> <li>• Nutrition Program 11:30 am \$2.00 donation, menu on page 8</li> <li>• Outreach Services- Please call for an appointment</li> </ul>



# August 2023



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b></p> <p><b>For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.</b></p>	<p><b>1</b> Sodium (mg): Na* Sweet &amp; Sour Chicken 324 Egg Noodles 35 Spring Blend Veg 57 Oatmeal Roll 121 Peaches  5</p>	<p><b>2</b> Sodium (mg): Na* Tossed Salad w/ Dressing 124 Salisbury Steak 386 Onion Gravy 110 Mashed Potatoes 52 Multigrain Roll 190 Pears 5</p>	<p><b>3</b> Sodium (mg): Na* Chicken Cordon Blue *550 Red Bliss Potato 4 Mixed Vegetable 41 Dinner Roll 210 Pineapple 1</p>	<p><b>4</b> Sodium (mg): Na* "Catch of the Day" 180 with Herb Sauce 76 Rice Florentine 112 Green Beans 3 Whole Wheat Roll 160 Fresh Orange 0</p>
	<p>Total Sodium: 542 Calories: 456 Carbs: 64</p>	<p>Total Sodium: 868 Calories: 688 Carbs: 74</p>	<p>Total Sodium: 806 Calories: 557 Carbs: 77</p>	<p>Total Sodium: 531 Calories: 376 Carbs: 57</p>
<p><b>7</b> Grilled Chicken Parm. 410 Italian Pasta 1 Genoa Blend Veg. 40 Scali Bread 310 Pineapple 1</p>	<p><b>8</b> Beef and Broccoli 108 Asian Rice 78 Whole Wheat Roll 160 Applesauce 14</p>	<p><b>9</b> Sloppy Joe's 221 Potato Wedges 27 Brussel Sprouts 12 Hamburger Roll 121 Peaches 5</p>	<p><b>10</b> Roast Turkey w/ Gravy 303 Yukon Potatoes 70 Squash Blend 51 Multigrain Roll 190 Brownie 162 Diet: Graham Wafer 95</p>	<p><b>11</b> Macaroni &amp; Cheese 404 Tomato Florentine 121 Oatmeal Roll 260 Mandarin Oranges 7 </p>
<p>Total Sodium: 763 Calories: 583 Carbs: 87</p>	<p>Total Sodium: 360 Calories: 528 Carbs: 55</p>	<p>Total Sodium: 386 Calories: 463 Carbs: 59</p>	<p>Total Sodium: 787 Calories: 578 Carbs: 91</p>	<p>Total Sodium: 792 Calories: 622 Carbs: 83</p>
<p><b>14</b> BBQ Chicken Sandwich 497 Confetti Rice 43 Mixed Vegetable 41 Corn Muffin 280 Fresh Peach 0</p>	<p><b>15</b> Shepherd's Pie 271 Carrot Coins 77 Wheat Roll 160 Applesauce 14 </p>	<p><b>16</b> Summer Vegetable Soup 115 Chicken Bruschetta 394 Au Gratin Potato 154 Whole Wheat Roll 115 Cantaloupe 0</p>	<p><b>17</b> Pulled Pork 307 Baked Beans 36 Hot German Slaw 81 Hamburger Roll 230 Oreo Cookies 85 Diet: Graham Wafer 95</p>	<p><b>18</b> Cod w/ Chickpea Sauce 286 Yellow Rice 36 Spring Blend Veg. 57 Wheat Bread 115 Mandarin Oranges 7</p>
<p>Total Sodium: 860 Calories: 483 Carbs: 67</p>	<p>Total Sodium: 522 Calories: 588 Carbs: 86</p>	<p>Total Sodium: 628 Calories: 383 Carbs: 43</p>	<p>Total Sodium: 739 Calories: 719 Carbs: 92</p>	<p>Total Sodium: 501 Calories: 350 Carbs: 50</p>
<p><b>21</b> Lasagna Roll Up w/Primavera Sauce 330 Roman Blend Veg. 26 Wheat Roll 160 Fresh Pear 2</p>	<p><b>22</b> Meatball Sub 265 Cavatapi Pasta 1 Italian Blend Veg 26 Sub Roll 162 Peaches 5</p>	<p><b>23</b> Roast Pork 66 Apple Gravy 111 Red Bliss Potatoes 4 Brussel Sprouts 160 Whole Wheat Roll 160 Applesauce 14</p>	<p><b>24</b> Toriyaki Chicken 478 Brown Rice 36 Oriental Blend Veg 26 Multigrain Bread 190 Lemon Pudding 174 Diet: Diet Pudding 100</p>	<p><b>25</b> Cheeseburger 384 Ketchup 82 Potato Wedges 27 Chuckwagon Corn 2 Hamburger Roll 230 Pineapple 1</p>
<p>Total Sodium: 575 Calories: 456 Carbs: 80</p>	<p>Total Sodium: 459 Calories: 498 Carbs: 71</p>	<p>Total Sodium: 367 Calories: 462 Carbs: 55</p>	<p>Total Sodium: 904 Calories: 516 Carbs: 53</p>	<p>Total Sodium: 726 Calories: 733 Carbs: 85</p>
<p><b>28</b> Fiesta Omelet 382 Hash Browns 136 Tomato &amp; Zucchini 39 Fruit Loaf 160 Fresh Orange  0</p>	<p><b>29</b> Kale Soup 173 Portuguese Chicken 364 Red Bliss Potato 4 Biscuit 340 Pineapple 1</p>	<p><b>30</b> Meatloaf w/ Gravy 350 Cheesy Mashed Potatoes 80 Glazed Carrots 83 Multigrain Bread 190 Key Lime Pie 90 Diet: Low Sugar Cake 230</p>	<p><b>31</b> Hot Dog  *550 Mustard 55 Baked Beans 36 Cabbage &amp; Carrots 47 Hot Dog Roll 210 Mixed Fruit 10</p>	<p>All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium</p>
<p>Total Sodium: 717 Calories: 559 Carbs: 77</p>	<p>Total Sodium: 878 Calories: 497 Carbs: 71</p>	<p>Total Sodium: 733 Calories: 644 Carbs: 96</p>	<p>Total Sodium: 908 Calories: 599 Carbs: 72</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.**



# Walecka Law, P.C.

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

## Should I Transfer my Home to my Kids to Protect it from the Nursing Home Care?

I often get asked whether transferring someone's home to their children would protect it from nursing home costs. The short answer - probably not. The correct answer depends on your family's unique situation, including health and financial situation. There are several things to consider when transferring property.

### Are there tax consequences to transferring my home to my kids?

Tax consequences must be considered when transferring your home to your children. If, for example, none of your children live with you when you transfer the property to them, then later when the property is sold, your children will need to pay capital gains on the sale of the home. The long-term capital gains rate in 2022 is 20%. So, if, for example, when you purchased your home in 1970 it was valued at \$50,000 but when your children sell it is worth \$200,000, then your children will have to pay as much as 20% on the \$150,000 growth. Wow, that's a lot of tax.

### What about the consequences of Medicaid eligibility in the future?

In the event you need long-term care, there is a five-year look-back period that applies to gifts (transfers of assets for less than fair market value) you make to anyone other than your spouse (and a few limited exceptions). Thus, if you are faced with a chronic disease or catastrophic illness within five years after you transferred the home to your children, then such a transfer may impact your ability to obtain Medicaid benefits. You cannot control what may happen in the future. What if your children cannot transfer the property back so you can apply for Medicaid? What if there is a creditor or divorce that prevents the child from giving it back? How will you get the care you need?

### What are some other consequences of gifting the property outright to the children?

When you gift the property outright to your children, you no longer own the property. Therefore, there is a risk that your children could potentially kick you out of your home. Now, most clients tell us that their children would never do such a thing, but it is possible. For example, a creditor of a child could force the sale of the property out from under you to satisfy your child's debts. Also, if your child files for bankruptcy, gets sued, or goes through a divorce, then suddenly what the child would want to do, and what he or she must do, could be quite different. So, the property you worked so hard for may be lost.

### If an outright gift of the house is not a good idea, then what other option is there?

In most situations, the best way to transfer your home to your children is a properly drafted Irrevocable Trust. An irrevocable trust is created for the purpose of protecting any property placed into the trust from (1) having to be spent on nursing home care for the person who created the trust (that's you, the Grantor), (2) having the property in the trust count as an asset when you apply for Medicaid, and (3) having the property placed in the trust be subject to "estate recovery." Estate recovery is the process whereby Medicaid (MassHealth in Massachusetts) looks to be paid back for the care paid by Medicaid from the deceased person's estate.

An Irrevocable Trust works particularly well for protecting the home or any other real estate. Other assets such as cash and stocks can also be placed in an Irrevocable Trust as well, but it is often not as advantageous as putting real estate into the trust

The advantages of an irrevocable Medicaid protection trust are:

- You retain control over your home.
- The property cannot be sold, mortgaged, or conveyed by the Trustee without the written permission of a Trust Protector.
- You have the right to live in the home for the rest of your life.
- You retain the right to change who receives the property at your death.
- While the property is in trust during your lifetime, your property is not at risk if your Trustee divorces, gets sued or declares bankruptcy
- You may remove or change the Trustee and/or beneficiaries.
- You maintain all current income tax, capital gains tax and estate tax status.
- You maintain the I.R.C. Section 121 capital gains tax exclusion.
- Your children should get a step-up in basis on your death.
- If the trust invests in rental property, the income could flow through the trust and be paid to you. The income would be taxable on your tax return.
- You can continue to deduct real estate taxes on your personal income tax return.

The disadvantages of an irrevocable Medicaid protection trust are:

- Although the income from the trust could be available to pay for your care, you cannot take any principal out of the trust.
- The transferring of property into the trust is a disqualifying transfer, with an associated five-year look-back period. You will not be approved for Medicaid to pay for your nursing home care if you apply within five years of putting your property into the trust.

Interested in learning more about Medicaid and how to plan for long-term care? Call a qualified elder law attorney. Don't let long-term care costs drain in months what you saved a lifetime to achieve. As you can see, the transfer of your home is something that requires careful consideration and sound legal counsel.

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.



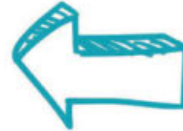
## WHAT IS SUPPORTIVE SOCIAL DAY?



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.



**Intergenerational  
Arts & Crafts**

**SOCIAL DAY  
HAPPENINGS  
FOR  
AUGUST**

**FOR THE MONTH OF AUGUST SOCIAL DAY WILL BE PARTICIPATING IN THE FOLLOWING ACTIVITIES :**



**3RD**

**LISA SOARES**

**24TH**

**MOVING WITH MOXIE  
BALANCE CLASS**

**3  
DAYS**

**INTERGENERATIONAL ARTS  
& CRAFTS WITH  
CHAMPIONS KIDDO'S**

**24TH**

**MEMORY CAFE  
RICK FERREIA KARAOKE**

**17TH**

**MEXICO DAY!**



**FIRE DRILL**



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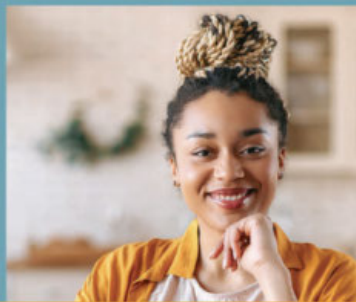
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# Town Happenings

All images on this page are courtesy of Fairhaven Tourism  
If you would like to contact Fairhaven Tourism for any events listed here in Town, please call 508-979-4085



**Huttleston Marketplace**  
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\*EXCEPT LAST SATURDAY IN LINE  
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141 Main Street, at Route 6, Fairhaven



**Fairhaven Farmer's Market**  
Sundays, June 18 through the end of October, 2023, 11:00 a.m. to 2:30 p.m.  
151 Alden Road, Fairhaven, MA next to National Bleach

**Fairhaven Office of Tourism**

Call for more information on what Tourism offers below:  
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Henry Huttleston Tours  
Dreadful Medicine "Living History"  
Pirates & Privateers  
Riverside Cemetery Evening Tour  
Fort Phoenix with Fairhaven Village Militia



**Concert under the Stars**

Thursday, August 3  
Mojo Kings  
Rock & Roll, Funk and Soul.

Thursday, August 10  
G & Friends  
Jazz, pop, rock, and blues.  
Something for everyone

7:00 to 9:00 p.m.  
Town Hall steps, 40 Center Street, Fairhaven



## COA Transportation Update



We are experiencing a large increase in transportation services, and want to ensure that we are able to meet the rising demand for rides. Please keep the following in mind:

### In-Town Transportation

The Fairhaven COA provides in-town transportation Monday through Friday from 8:00 am to 12:00. There is a limited number of 10 people per day so we ask that you call the senior center as soon as you know when you will be needing a ride. We also ask that you limit your outing to one place per day. The van will provide transportation to and from medical appointments in Fairhaven (Southcoast on Mill Rd.), barber shops/hairdressers, pharmacies, banks, therapy, stores, etc. There is no charge for this transportation, however, a donation is gratefully accepted.

### Volunteer Medical Transportation

Volunteers, who have had an appropriate CORI, a valid driver's license, and a reliable vehicle, may be available to provide local transportation to medical appointments in the Greater New Bedford/Dartmouth area. The driver uses his/her own vehicle for this service. To book a ride to a medical appointment, please call the Fairhaven COA as soon as you have your appointment. You will be asked your name, address, phone number, destination, and time of your appointment. COA staff will reach out to the volunteer drivers. If a volunteer driver is available to provide the transportation, the senior will be notified and the driver will reach out to the senior to arrange a pick-up time. The COA charges no fee for this service, however, there is a suggested donation of \$10.00 given to the driver directly from the senior to assist with the cost of fuel.

*NOTE: Drivers will not provide transportation to those who are non-ambulatory, incontinent, violent, or otherwise medically inappropriate. No transportation can be provided to anyone who is having a procedure requiring anesthesia.*

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**Summer Word Search**

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|-----------|--------|
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| CAMPFIRE  | BIKING |
| SWIMMING  | BEACH  |
| ICE       | TOWEL  |
| BARBECUE  | SHADE  |
| SWIMSUIT  | CANOE  |
| CAMPING   | OCEAN  |
| SUN       | KAYAK  |
| READING   | RIVER  |
| VACATION  | PARK   |
| FISHING   | POOL   |
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| FLOATIE   | WARM   |
| GARDEN    | BOAT   |



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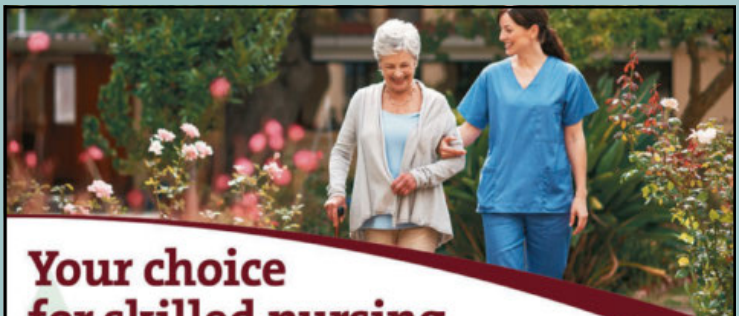
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