

FAIRHAVEN

SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS

OCTOBER '23



📞 508.979.4029

✉ Mreed@Fairhaven-ma.gov

📠 508.979.4116

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





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



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

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



MEET THE SKELETON CREW

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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Visit www.mycommunityonline.com



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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 today at 508-509-2874

180 Ashley Blvd, New Bedford, MA 02745 Not affiliated with or endorsed by Medicare or any government agency.

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INSIDE THE OCTOBER LIFESTYLE

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Find Boo-tiful Ghost throughout this newsletter. Call in with your count by October 20th . 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 October 23rd and notified by phone!



GHOSTLY COOKIES

INGREDIENTS

- Almond bark or white chocolate chips
- Milano Cookies
- Mini chocolate chips



HOW TO MAKE

- Dipping the Milano cookies into the white chocolate is fairly easy.
- The white chocolate is obviously hot, which means it will also melt the chocolate inside the cookie if you are not careful!
- Using a fork to flip the cookie, cover the cookie in the white chocolate and then set the chocolate covered cookie onto either a silicone baking mat or parchment paper.
- While the white chocolate is still melted, place two mini chocolate chips into the chocolate for eyes and one mini chocolate chip below for the mouth.
- Repeat with all of the Milano Cookies and then place them into the fridge to quickly set the almond bark.
- Store in an airtight container at room temperature for up to 3-4 days.

butterwithasideofbread.com

Who did the ghost take to prom?



His ghoul-friend.

MALL TRIPS \$6

OCTOBER



- OCT 4 Twin River Casino
- OCT 11 Prov. Place & Whole Foods
- OCT 18 South Shore Plaza
- OCT 25 Warwick Mall

NOVEMBER

- NOV 1 Tiverton Casino
- NOV 8 Hyannis Mall, Trader Joes, Whole Foods
- NOV 15 Prov. Place Mall
- NOV 22 Warwick Mall
- NOV 29 South Shore Plaza

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



— HAPPY — Retirement



Mr. Fish,
Thank you for being
Fairhaven's finest Veterans
Service Officer.
We will miss you!!!
You've worked hard for so
many years. You deserve to
relax and take it easy for a
change. Enjoy it!



p.s.... Is it Friday yet?







A MESSAGE FROM THE DIRECTOR

Hello Friends,

Can you believe it's October already? As we change from sand, surf, and humid temperature to pumpkins, cozy sweaters, and crisp fall air. I want to take a moment to express my gratitude for a successful summer season at the Fairhaven Senior Center. We are so fortunate and blessed by our generous community partners, other town departments, neighboring COAs, and event sponsors, but our biggest thanks go out to everyone who visits our Senior Center. We value you, your ideas, your participation, and the good vibrations you bring with you.

We are excited about October, and have a few special events planned for you:

-  -The Breakfast Bus!!!! See below for more details. If there is a good response, we will do this on a monthly basis.
-  -October is also the start of Medicare's Open Enrollment period. Please make a SHINE appointment to make sure you are getting the best medical coverage you need.
-  -D.W. Field Park-Walking Trip, see below.
-  -Spooky Bingo on 10/27

Please visit the COA soon and take advantage of the programs, services, and activities we offer. Don't hesitate to reach out if there's anything we can do to help.

Stay Well! - **MARTHA** 



at the Rochester COA

Come take a ride with us to visit our friends at the Rochester COA for Breakfast!

Monday October 16th.
\$2.00 for the ride

Fairhaven van leaves at 7:30am
Please bring money for Breakfast.

Breakfast Menu is available at the Fairhaven COA to preview.

Please sign up 508.979.4029

New Bedford Public Schools-
Adult/Continuing Education & Summer School

VOLUNTEERS NEEDED

Can you spend one morning or evening a week sharing your time with adult students in ESOL (English for speakers of other languages), ABE (Adult Basic Education) or HiSET/GED classes to help them meet their goals? Volunteer to help an adult learner with basic language, reading, writing, math or computer skills!

Call for information: Donna Adams Volunteer Facilitator
508-997-4511 EXT.33511 Dadams@Newbedfordschools.org

Flu Clinic

October 18, 2023 11:15am
at the Fairhaven Senior Center
Please call to sign up 508.979.4029
Please bring Insurance and License/ID
Flu vaccine provided by:



alzheimer's association

Caregivers Support Group
October 5, 2023 1:00pm- 2:00pm

Fairhaven Council on Aging
Please email to register:

Donna Leary - MimiDonna29@gmail.com



CRIBBAGE

Mondays from 10am- 12pm



October 23, 2023
10:00am

Mandy from SRTA will be here to help with any questions and or application assistance for transportation.

Carol Flock, LMT



Massage Monday
Chair Massages \$30.00 for 20 Minutes
11:00am - 1:30pm
6 Time slots available
Please call to reserve your spot



D.W. FIELD PARK

WALKING TRIP
October 19, 2023



Trip cost \$10.00

Van leaves at 8:30am sharp from the Fairhaven Senior Center. Please wear proper outdoor attire for the weather as well as sneakers. Bring a bagged lunch.

Patsy will be your tour guide for the day.

D.W. Field Park consists of 650 acres of fields, woodlands, and waterways in Brockton and Avon, Massachusetts. The roadway loops around several lakes, waterfalls and ponds creating a scenic 6 mile route to enjoy by walking, biking or driving. D.W. Field Park Golf course is an eighteen-hole course within the park. Created in 1925 from Brockton businessman Daniel W. Field. The park was listed on the National Register of Historic Places in November 2000.

Memory Café

October 26, 2023 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 October 20, 2023.

Entertainment will be:

Joe Mac

Please see the Coastline Calendar on Page 8 for Lunch this day

SPACE IS LIMITED. Please sign up 508.979.4029

TOWN OF FAIRHAVEN
HOUSEHOLD HAZARDOUS WASTE DAY
SATURDAY- OCTOBER 28, 2023
BPW BUILDING, 5 ARSENE STREET
8 A.M. TO 12 P.M.
FAIRHAVEN RESIDENTS ONLY –
PROOF OF RESIDENCY REQUIRED



Please DO NOT BRING THESE ITEMS:

Empty containers/trash – Commercial or Industrial Waste –
Radioactive Waste & Explosives – Infectious & Biological
Wastes – Ammunition & Fireworks – Fire Extinguishers –
Prescription Medicines & Syringes – Asbestos. Latex Paint –
Dried up paint can go straight into trash.

For the full list of what is allowed, please come to the Senior Center for the flyer, see our Facebook page or visit the BPW. Any questions please call 508-979-4030

Calling all Ghouls and Goblins

PLEASE JOIN US FOR
SPOOKY BINGO ON OCTOBER 27TH
WEAR YOUR BEST COSTUME!



Monday Movie Matinee



CHAMPIONS
October 2nd
12:15pm

A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.



PRACTICAL MAGIC
October 16th
12:15pm

Two witch sisters, raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse which threatens to prevent them ever finding lasting love.

WREATHS ACROSS FAIRHAVEN



Photo courtesy of Kathy Lopez, submitted to Neighborhood News 2022

The Veterans Service Office is now taking donations for our wreath laying in our Fairhaven Cemeteries on December 2, 2023

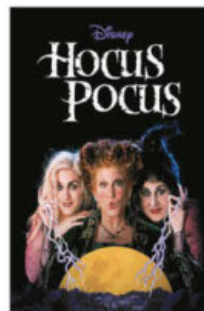
Please see Brad or Jane at the Fairhaven Senior Center to donate by November 20, 2023

Brad Fish
Direct line: 508.202.4603

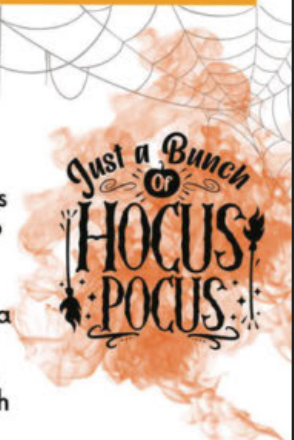
Jane Bettencourt
Direct Line: 508.658.3719



HOCUS POCUS
October 30th
12:15pm



A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.



There is lunch available before the movie and will be served at 11:30. If you would like lunch before the movie, please mention you would like lunch when you sign up for the movie. A \$2.00 donation towards your meal is greatly appreciated

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 5:45 - 7:45pm

PITCH
Thursday's 12:30-3:00pm

BINGO!
Friday's 1:00 - 3:00pm

WATER COLOR PAINTING CLASSES
Wednesday's 1:00pm-2:30pm Session fee and deposit required. (Next 4 week Session: Please see the front desk.)

TECHNOLOGY CLASSES
Please see page 12 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 \$3.00

→ SUPPORT

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

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

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

CAREGIVERS SUPPORT GROUP
1st Thursday of the month 1:00-2:00pm

→ FITNESS

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

OSTEOPOROSIS CLASS
Simple, safe bone boosting exercises
Monday, Wednesday & Friday 8:30am - 10:00am
\$1.00

WALKING
Walk with friends in the Recreation Center Gym.
Everyday 12:30-1:00pm FREE

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

MOVING WITH MOXIE
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

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- 1:15.

MASSAGE MONDAY
October 2, 16 & 30. 6 Time slots available beginning at 11:00am. Please call the COA to reserve your time.
20 minute Chair Massage sessions \$30.00

**Medicare Open Enrollment is :
October 15th to December 7th**



Call 508.979.4029 to schedule an appointment with a certified SHINE counselor.

Don't miss your chance to save money on your Medicare coverage in 2024!

SHINE counselors provide free, unbiased information about your Medicare options.



**Older Adult
LGBTQ+ Support
Group**
For more information please contact Sue Roque 508-678-7542



OCTOBER EVENTS & ACTIVITIES 2023

MONDAY

2

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



TUESDAY

3

- Mahjongg 10:00-2
- Bristol Hospice 10:30am
- Walking 12:30-1pm

WEDNESDAY

OPEN UNTIL 8!

4

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

THURSDAY

5

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

FRIDAY

6

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



9

Sorry we're CLOSED

Indigenous Peoples' Day



10

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

11

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

12

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

13

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



16

- Rochester Breakfast pg4
- Osteo Class 8:30-10:00 \$1.00
- Technology Class 9-10:30 \$30 for 8 Weeks
- Massage Monday See pg 4
- Cribbage 10am-12pm
- Walking 12:30-1pm
- Movie Matinee 12:15 See page 5



17

- Mahjongg 10:00-2pm
- Walking 12:30-1pm
- Single Senior Supper Club

4:00 - 6:00PM

Partially Funded by Coastline Elderly Nutrition Program



18

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

FLU CLINIC 11:15AM

19

- D.W Field Park Walking Trip Pg 4
- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12:30-1pm



20

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

23

- Osteo Class 8:30-10:00 \$1.00
- Cribbage 10am-12pm
- Technology Class 9-10:30
- SRTA pg4
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Walking 12:30-1pm

24

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



25

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



26

- Health Awareness 9-10
- Memory Cafe 11:30-1:30 pg 5
- Pitch 12:30-3
- Walking 12:30-1pm



Spooky BINGO 1-3PM

27

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

30

- Osteo Class 8:30-10:00 \$1.00
- Cribbage 10am-12pm
- Technology Class 9-10:30
- Massage Monday Pg4
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Movie Matinee 12:15 See pg 5
- Walking 12:30-1pm



31

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



Every Day

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





October 2023



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

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*
Apple Cider Beef Stew with Vegetables	240	Cream of Broccoli Soup	212	Hot Dog	*550	Pork Lo Mein	254	Chili Garlic Salmon	171
Whipped Potato	52	Chicken Piccata	424	Mustard Packet	55	Oriental Blend Veg.	26	Yellow Rice	31
Oatmeal Roll	121	Spaghetti	1	Baked Beans	36	WW Roll	160	Glazed Carrots	83
Pears	5	Dinner Roll	210	Green Beans	3	Oatmeal Cookie	124	Multigrain Roll	190
		Banana	1	HD Roll	210	Diet: Graham Wafer	85	Mixed Fruit	10
				Mandarin Oranges	7				
Total Sodium: 418		Total Sodium: 848		Total Sodium: 861		Total Sodium: 564		Total Sodium: 485	
Calories: 594 Carbs: 74		Calories: 531 Carbs: 68		Calories: 595 Carbs: 69		Calories: 626 Carbs: 84		Calories: 482 Carbs: 77	
9		10		11		12		13	
Columbus Day		Sweet N Sour Meatballs		Cheese Lasagna		Meatloaf with Gravy		Fresh Cod with	
No Meals Served		Penne Pasta		with Tomato Sauce		Brussel Sprouts		Chickpea Sauce	
		Peas & Mushrooms		Italian Blend Veg.		Baked Potato		Rice Pilaf	
		Multigrain Bread		Oatmeal Roll		Scali Bread		Fall Blend Veg.	
		Peaches		Fresh Pear		Chocolate Pudding		Dinner Roll	
						Diet: Low Sugar Pudding		Applesauce	
		Total Sodium: 576		Total Sodium: 492		Total Sodium: 761		Total Sodium: 705	
		Calories: 572 Carbs: 79		Calories: 364 Carbs: 59		Calories: 678 Carbs: 83		Calories: 380 Carbs: 54	
16		17		18		19		20	
BBQ Pork Rib		Black Bean Soup		Mac and Cheese		Roast Turkey with Gravy		High Sodium Meal	
Potato Wedges		Chicken Fajita Skillet		Broccoli		Whipped Sweet Potato		Filet O Fish Sandwich	
Chuckwagon Corn		White Rice		WW Roll		Green Peas & Red Pepper		Tartar Sauce	
Cornbread		Multigrain Roll		Lorne Doones		Oatmeal Roll		Fluffy Rice	
Pineapple		Fresh Tangerine				Pears		Hot Slaw	
								Hamburger Roll	
								Peaches	
Total Sodium: 590		Total Sodium: 798		Total Sodium: 633		Total Sodium: 604		Total Sodium: 1049	
Calories: 591 Carbs: 92		Calories: 510 Carbs: 73		Calories: 597 Carbs: 72		Calories: 426 Carbs: 68		Calories: 658 Carbs: 75	
23		24		25		26		27	
White Chicken Chili with Vegetables		Stuffed Shells with Pesto Cream Sauce		Tossed Salad w/ Dressing		Pork Loin with Cranberry Apple Gravy		Beef & Pepper Casserole	
White Rice		Zucchini & Tomato		Chicken Cordon Blue		Roasted Potatoes		Mixed Veg. Blend	
Multigrain Roll		Snowflake Roll		Red Bliss Potato		Winter Squash Blend		WW Roll	
Fresh Orange		Mixed Fruit		Dinner Roll		Oatmeal Roll		Tropical Fruit	
				Mini Tiramisu Cake		Applesauce			
				Diet: Low Sugar Cake					
Total Sodium: 347		Total Sodium: 764		Total Sodium: 983		Total Sodium: 556		Total Sodium: 504	
Calories: 358 Carbs: 59		Calories: 481 Carbs: 78		Calories: 493 Carbs: 79		Calories: 612 Carbs: 76		Calories: 450 Carbs: 66	
30		31		<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>The total carbohydrates reflect the lower sugar dessert items.</p>		<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.</p>		<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	
Turkey Pot Pie		Spaghetti & Meatballs							
Cheesy Mashed Potato		Broccoli							
Biscuit		Oatmeal Roll							
Fresh Apple		Pumpkin Pie							
		Diet: Low Sugar Pudding							
									
Total Sodium: 643		Total Sodium: 657							
Calories: 600 Carbs: 83		Calories: 718 Carbs: 61							

* 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.**

Where to Keep Your Estate Planning Documents

You have planned ahead and have decided how you want your affairs to be handled upon your passing. You have signed all of your Foundational Estate Planning documents: A Last Will and Testament, a Durable Power of Attorney, a Personal Directive (sometimes called a living will), a Massachusetts Health Care Proxy, and a HIPAA Release. You may also have protected your home and assets through a trust to avoid probate, reduce estate taxes, protect a troubled child's inheritance, or protect your special needs child from losing their benefits. Congratulations! You can sleep easily. Now what should you do with these documents? Where should you keep them to ensure they are safe, accessible, and that your wishes will be honored?

In order to Probate a Will, ideally the original signed document will be located and provided to the Probate Court. Therefore, it is important that the original Will be available, and its location known to your proposed Personal Representative. Many people keep their original Will in a desk drawer or a fireproof safe at home. However, there is always a risk that this document could be stolen or accidentally destroyed if it is kept at home. Another popular place for keeping the original Will is in a safe deposit box at a bank. Obviously, there are some difficulties that are presented with this approach if the deceased person is the only person with access to the box. If the safe deposit box is held jointly with another person, the survivor will continue to have access to the box. However, if both owners die at the same time, or if the survivor is incapacitated and cannot access the box, the Will may not be available. Instead, an order from the Court would be necessary before anyone could access the Will in the box.

The Durable Power of Attorney is the document where you name an agent to make financial decisions if you cannot. This original should be kept in a safe place where the location is known by the named agent, but only after being authorized by you may they act as your agent. Many of our clients choose to have our Firm keep this original document to avoid potential abuse by the named agent and ensure its safe keeping.

The three medical documents: the Massachusetts Health Care Proxy, the HIPAA Release and the Personal Directive, work collectively and should be kept together. The Massachusetts Health Care Proxy names an agent to make medical decisions on your behalf if you are not able to do so; the HIPAA Release authorizes named individuals to receive information regarding your private medical information; and the Personal Directive indicates your personal wishes regarding "end of life" decisions. Given the importance of each of these documents, it is vital that your agent knows where to locate these medical documents quickly and easily. At our office, we provide you multiple copies of your Massachusetts Health Care Proxy so you can provide copies to your agents and your Primary Care Physician to ensure that your wishes are known. We also provide digital copies of these documents to facilitate distribution to the necessary individuals.

Anticipating the future and signing these important legal documents to carry out your wishes is only the beginning. When the documents have been put in place, it is important that they also be kept safe while remaining accessible. Your plan may be ideal for you, but let us ensure your loved ones can access and implement these forms when necessary.

Do you know where your estate planning documents are stored? Are they easily accessible? Have they been reviewed lately? Maybe it is time to review them to ensure they accomplish your goals, reflect your wishes, and are available when you need them.

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

The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.

COA DISCLAIMER

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



**FAIRHAVEN
SUPPORTIVE**

Social Day Program



WHAT IS SUPPORTIVE SOCIAL DAY?



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

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

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



WHO DO WE SERVE?

ACTIVITIES SUPPORTIVE SOCIAL DAY PARTICIPATES IN

- Arts & Crafts
- Bingo
- Birthday & Holiday Celebrations
- Brain stimulating activities
- Certified pet therapy visits

- Cooking for special occasions
- Community events
- Competitive Games
- Daily seated exercises
- Health & safety education

- Indoor bowling & mini golf
- Intergenerational programs
- Knitting & sewing projects
- Music & Dancing

- Luncheon outings
- Manicures
- Nostalgic readings & discussions
- Theatrical performances

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



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



INTERGENERATIONAL FIELD DAY



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

- 12TH DAVID BATES**
- 19TH OCTOBER FEST:GERMANY**
- 26TH MEMORY CAFE: JOE MAC**
- 31ST HALLOWEEN PARTY**



SOCIAL DAY HAS BEEN WORKING SO VERY HARD ON DECORATIONS FOR THE TOWN HALL & COA CHRISTMAS TREE!





We are interested in new volunteers in this local area to offer free Federal and State tax assistance to taxpayers with low to moderate incomes.

As a AARP TaxAide volunteer counselor, you will review client's documentation, interview clients, and prepare federal and state income returns using computer software in one of the COA facilities during tax season (February 1 to April 15). Free local training is provided ending with an IRS certification. Volunteers get a great deal of satisfaction from helping people get the refunds and credits they may not have known about.

Previous tax experience is helpful but not necessary as many volunteers come from a number of different career backgrounds.

If interested please contact
 Email: taxaide@aarp.org Phone: 888-AARPNOW
 (888-227-7669) or

Call your local COA office and a Tax Aide Lead Volunteer will get back to you to answer any questions.

Halloween Harvest Ghosts, Goblins & More



October 12, 2023
1:00pm
Fairhaven COA

A lively participatory program of songs & stories by DAVIS BATES
 Parents' Choice Award-winning singer & storyteller
 Celebrate the Season & the Diverse Cultural Heritage of New England. Funded, in part, by a grant from the Fairhaven Cultural Council, a local agency supported by the Massachusetts Cultural Council. For information call (508) 979-4029.

Bristol Hospice **OCTOBER 3, 2023** **10:30AM**

Bristol Hospice is graciously committed to our mission that all patients & families entrusted to our care will be treated with the highest level of compassion, respect & quality care.

24Hr / 7 day per week care team including:
 Physician, Nurses, Home Health Aide, Chaplin/Spiritual, Social Work Support

Specialty Programs:
 Bright Moments, We Honor Veterans, Volunteers

----- EMBRACING A REVERANCE FOR LIFE -----

Come by on October 3, 2023
 to find out more about Bristol Hospice

Technology Classes for Seniors October & November



Smartphone classes are limited to 4-6 Participants

- October 2nd & 4th
 "The Basics" All about the iPhone Smartphone
- October 16th & 18th
 "The Basics" All about the Andriod Smartphone
- October 23rd & 25th
 "The Basics" All about the iPhone Smartphone
- October 30 & Nov. 1
 "The Basics" All about the Andriod Smartphone

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11 AM -2 PM
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OCTOBER 20, 2023 AT 6PM
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Town Happenings




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

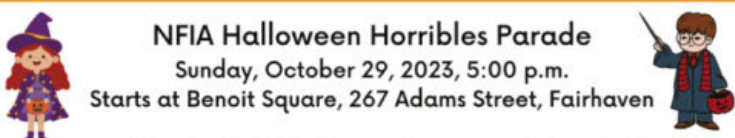


Fairhaven Kids Fest
Saturday, October 14, 2023, 10:00 a.m. to 3:00 p.m.
Lawn of Visitors Center and Fairhaven High School
141 Main Street at Route 6, Fairhaven
Sponsored by the Fairhaven Office of Tourism and Millicent Library Youth Services

All-ages may come in costume for photo opportunities and to play "Costume Bingo."



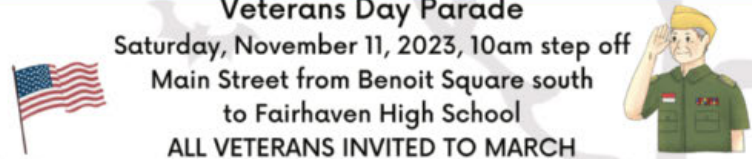

Fairhaven Village Militia Fall Historical Encampment
Saturday and Sunday, September 30 & October 1, 2023,
10:00 a.m. to sunset Saturday and 10:00 a.m. to Noon on Sunday.
Fort Phoenix, Fort Street, Fairhaven, MA
Cannon firing at sunset Saturday only if gunpowder is available.
Call the Visitors Center for more info: 508-979-4085



NFIA Halloween Horribles Parade
Sunday, October 29, 2023, 5:00 p.m.
Starts at Benoit Square, 267 Adams Street, Fairhaven

Sponsored by the North Fairhaven Improvement Association, this Halloween costume parade has been held every year since 1950. Children and adults in costume walk from Benoit Square north on Main Street to St. Mary's Church. In the parking lot behind the church, costumes are judged in different categories and age groups with prizes award. There are also bags of Halloween treats and hot chocolate.
Free.


Manjiro Festival
October 7, 2023
Center and Walnut streets, Fairhaven
A Japanese-American festival commemorating Manjiro Nakahama, the first Japanese person to live in America, and the town's Sister City connection with Tosashimizu, Japan, established in 1987.



Veterans Day Parade
Saturday, November 11, 2023, 10am step off
Main Street from Benoit Square south to Fairhaven High School
ALL VETERANS INVITED TO MARCH


If you are a veteran, or family of a veteran and unable to march but would like to be in the parade call the COA if you would like to ride the van in the Parade 508.979.4029

Fairhaven TV's 6th Annual Haunted Halloween Party
Thursday October 26, 2023 5-8pm
At Fairhaven Town Hall

Blue Devils Craft and Vendor Fair
Saturday, November 18, 2023, 10:00 a.m. to 3:00 p.m.
Fairhaven High School, 12 Huttleston Ave. (rear, Larch Ave. entrance)

This annual fair features many crafters and vendors for your holiday shopping. The event is a fundraiser for the Fairhaven High School Class of 2024 and Class of 2025.




FAIRHAVEN, MA Old-Time Holiday
Fairhaven Old-Time Holiday
Saturday, December 9, 2023
Various Locations.
More information to come in Nov.



Do you know any skeleton jokes?

Yes, but you wouldn't find it very humorous.

OCTOBER WORD SEARCH

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