

FAIRHAVEN

SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST. OUR SENIOR CITIZENS



December

2023



📞 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 Staff

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 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

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 Veterans Services Officer
 Direct line: 508.202.4603



Jane Bettencourt
 Administrative Assistant
 Direct Line: 508.658.3719

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Have our newsletter emailed to you.

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 at 774-992-0783 - p.lareau@comcast.net

1280 Ashley Blvd, New Bedford, MA 02745

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INSIDE THE DECEMBER LIFESTYLE

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Find Gingy throughout this newsletter. Call in with your count by December 22nd. 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 December 26th and notified by phone!



Holiday

PARTY

December 20, 2023

At the Fairhaven COA 12:00pm - 2:00pm

Entertainment : Jordan Paiva

Please call to sign up! 508.979.4029

MALL TRIPS \$6

DECEMBER

- DEC 6 Twin River Casino
- DEC 13 Hyannis Mall, Trader Joes, Whole Foods
- DEC 20 Warwick Mall
- DEC 27 Prov. Place & Whole Foods

JANUARY

- JANUARY 3 Twin River Casino
- JANUARY 10 Warwick Mall
- JANUARY 17 Hyannis Mall, Trader Joe & Whole Foods
- JANUARY 24 Prov. Place & Whole Foods
- JANUARY 31 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!

Holiday Crunch

INGREDIENTS

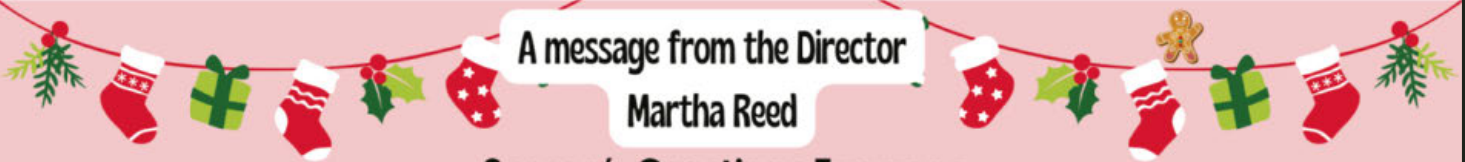
- 8 cups puffcorn
- 2 cups pretzels
- 1-1/2 cups peanuts
- 12oz bag white chocolate chips
- 1 Tablespoon coconut or vegetable oil
- 11oz bag Holiday M&Ms
- holiday sprinkles



INSTRUCTIONS

- Spread a couple sheets of parchment paper, wax paper, or two silpats on the countertop then set aside.
- Add puffcorn, pretzels, and peanuts to a very large bowl - if you don't have an XL bowl, use two large bowls - then set aside.
- Add chocolate chips and coconut oil to a medium-sized, microwave-safe bowl then microwave for 40 seconds and stir. Microwave for 30 seconds then stir. If chocolate chips aren't completely smooth, continue microwaving in 10 seconds increments, stirring between increments, until completely melted.
- Drizzle chocolate over puffcorn mixture then gently fold with a spatula until everything is evenly coated. Spread mixture out onto prepared surface then sprinkle with M&Ms (may not use whole bag) and press gently so they adhere to the warm chocolate. Add sprinkles then let cool completely. Transfer to treat bags or an airtight container.

(lowagirleats.com)



**A message from the Director
Martha Reed**

Season's Greetings Everyone,

Thank you for taking the time out of your busy holiday preparations to read through this month's edition of our newsletter. As this is the last newsletter of 2023 I would like to take a moment and express my gratitude to all of you for your continued support of the Fairhaven Council on Aging. We couldn't do all of the things we do without the support of this community, including our local businesses, community partners, and other town departments. We are stronger because of each and every one of you, and for that we are humbled and appreciative. Over the past year, we've welcomed back our Social Day Program, expanded programs and services, and made a lot of new friends. 2023 was also a little bittersweet, as we've experienced some challenges and loss along the way, including some longtime friends, who we miss dearly. My wish is that 2024 brings us all peace and contentment.

We hope you will join us for some of our special holiday programs this month. As always, please feel free to reach out and let us know how we can be of assistance to you.

Wishing you all the joys of this holiday season,



Martha



**Transportation Options for Seniors
Let SRTA give you a ride to.... the doctors? work?
the grocery store? visit a friend?**

**Anywhere within 10 communities:
Acushnet, Dartmouth, Fairhaven, Fall River, Freetown,
Mattapoisett, New Bedford, Somerset, Swansea, and
Westport.**

**Contact our local office for more information.
508-999-5211 (New Bedford)**



**Fairhaven Veterans Service Office has a Toys
for Tots Box placed here at the Fairhaven
Senior Center inside the building. Collections
end December 15th! Please bring unwrapped
NEW toys for all ages.**



alzheimer's association*

**Caregivers Support Group
December 7, 2023 1:00pm- 2:00pm**

Fairhaven Council on Aging

Please email to register:

Donna Leary - MimiDonna29@gmail.com



at the Rochester COA

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

**Monday December 11, 2023
\$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

Massage Monday

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



Carol Flock, LMT



jokes.scoutlife.org

Monday Movie Matinee

December 11th
12:15pm

A selfish, cynical television executive is haunted by three spirits bearing lessons on Christmas Eve.



How do mountains stay warm in winter?

They put on their snowcaps.



RD

Memory Café

December 28, 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 December 26, 2023.

Entertainment will be:
Rebecca Pink

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

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

visit choosemyplate.gov for healthier options during the holidays

<p>tweak the sweets</p> <p>fruits make delicious desserts</p>	<p>cheers to good health</p> <p>drink water to manage calories</p>
<p>bake healthier</p> <p>use recipes with pureed fruits instead of butter or oil</p>	<p>spice it up</p> <p>use spices and herbs instead of sugar and salt</p>
<p>brighten your meal</p> <p>fill half your plate with fruits and vegetables</p>	<p>skim the fat</p> <p>try skim evaporated milk instead of heavy cream</p>
<p>swap the grains</p> <p>choose whole wheat flour instead of white flour</p>	<p>go easy on the gravy</p> <p>a little bit of gravy goes a long way</p>

From your friends at the
Fairhaven Council on Aging

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/call the front desk.)

TECHNOLOGY CLASSES
Please see page 12 for descriptions of the classes offered!

SINGLE SENIOR SUPPER CLUB
3rd Tuesday of the month 2:30-4:30pm (Winter Hours) 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 please call to sign up. Class is limited to 10 people. (The price will be increasing in December. Please contact Moxie Mobility for information 508.450.6774. Information Also available at the front counter.)

HEALTH & WELLNESS

FOOT CARE
Assessment of podiatric health. By appointment only \$30.00

HEY MOXIE! CAREGIVER CONNECTIONS
Come chat with Moxie Mobility Training, LLC about exercise, vitals, navigating healthcare, home modification, home safety, fall prevention and more! 11:15 - 12:15pm Free (See calendar for dates)

WELLNESS CLINIC & BLOOD PRESSURE CHECKS
Public Health Nurse every Wednesday at the Center from 11:15- 1:15.

MASSAGE MONDAY
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



DECEMBER EVENTS & ACTIVITIES 2023

MONDAY

TUESDAY

WEDNESDAY
OPEN UNTIL 8!

THURSDAY

FRIDAY

Every Day

- SHINE Rep - Please call for an appointment
- Transportation - Please call in advance if you need a ride
- Reassurance Program- Daily telephone check-in's
- Medical Transport - Please call
- Nutrition Program 11:30 am \$2.00 donation, menu on pg 8
- Outreach Services- Please call for an appointment
- Walking in the Rec Center- Every Day 12:30-1pm. Come walk in the gym in a trip free environment!



1

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

4

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

5

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

6

- 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



7

- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12:30-1pm
- Caregivers Support 1-2pm
- Hey Moxie! Caregiver Support 2:45-3:45

HAPPY HANUKKAH



8

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



11

- 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



12

- Board Mtg. 9:00am
- Mahjongg 10:00-2pm
- Walking 12:30-1pm



13

- 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
- Moving w/Moxie 1pm
- Walking 12:30-1pm
- Sewing 5:45-7:45pm



14

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



15

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



18

- 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

19

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

2:30-4:30pm
Time Change Nov.-March
Partially Funded by Coastline Elderly Nutrition Program



20

- 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
- Walking 12:30-1pm
- Sewing 5:45-7:45pm

HOLIDAY PARTY! 12-2PM

21

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

22

- Health Awareness 9-10
- Greedy Dice 10-12
- Walking 12:30-1pm
- NO BINGO

CLOSING AT 12PM

25



CLOSED



26

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



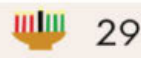
27

- 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
- Walking 12:30-1pm
- Sewing 5:45-7:45pm
- LGBTQ+ Supper Club 5-7pm



28

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



29

- Health Awareness 9-10
- Greedy Dice 10-12
- Walking 12:30-1pm
- NO BINGO

CLOSING AT 12PM



December 2023



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

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p>1 Sodium (mg): Na*</p> <p>Salmon w/ Lemon Dill Sauce 178</p> <p>Roasted Potatoes 33</p> <p>Garlic Green Beans 3</p> <p>Oatmeal Bread 121</p> <p>Pineapple 1</p> <hr/> <p>Total Sodium: 336 Calories: 451 Carbs: 62</p>
4	5	6	7	8
<p>Chicken Tacos 376</p> <p>Rice & Beans 35</p> <p>Peppers & Onions 3</p> <p>Flour Tortilla 236</p> <p>Peaches 5</p>	<p>Swedish Meatballs 478</p> <p>Egg Noodles 35</p> <p>Glazed Carrots 77</p> <p>WW Roll 160</p> <p>Apple 2</p>	<p>Vegetable Soup 174</p> <p>Roast Pork w/ Rosemary Gravy 124</p> <p>Red Bliss Potatoes 4</p> <p>Oatmeal Roll 121</p> <p>Pineapple 1</p>	<p>Sloppy Joe 221</p> <p>Fluffy Rice 36</p> <p>California Blend Veg. 27</p> <p>Hamburger Roll 230</p> <p>Brownie 132</p> <p>MOD: Graham Wafer 85</p>	<p>Macaroni & Cheese 404</p> <p>Tomato Florentine 121</p> <p>Multigrain Roll 190</p> <p>Mandarin Oranges 6</p>
Total Sodium: 865 Calories: 639 Carbs: 81	Total Sodium: 752 Calories: 641 Carbs: 82	Total Sodium: 496 Calories: 553 Carbs: 64	Total Sodium: 646 Calories: 577 Carbs: 67	Total Sodium: 722 Calories: 580 Carbs: 76
11	12	13	14	15
<p>Hot Dog* 550</p> <p>Mustard 55</p> <p>Baked Beans 36</p> <p>Broccoli 12</p> <p>Hot Dog Roll 210</p> <p>Banana 1</p>	<p>Carne Asada 254</p> <p>Yellow Rice 31</p> <p>Peas & Mushrooms 133</p> <p>Oatmeal Roll 121</p> <p>Mixed Fruit 10</p>	<p>Tossed Salad w/ Dressing 124</p> <p>Grilled Chicken Parm. 426</p> <p>Penne Pasta w/ Tomato Sauce 56</p> <p>Multigrain Roll 190</p> <p>Mandarin Oranges 0</p>	<p>Roast Turkey w/ Gravy 373</p> <p>Mashed Potatoes 52</p> <p>Winter Squash 11</p> <p>Snowflake Roll 260</p> <p>Vanilla Custard 174</p> <p>Diet: Lorne Doone's 56</p>	<p>Baked Cod w/ Herb Sauce 220</p> <p>Whipped Sweet Potato 33</p> <p>Spring/Summer Blend 57</p> <p>Rye Bread 300</p> <p>Peaches 5</p>
Total Sodium: 865 Calories: 639 Carbs: 81	Total Sodium: 549 Calories: 612 Carbs: 73	Total Sodium: 795 Calories: 495 Carbs: 72	Total Sodium: 871 Calories: 680 Carbs: 94	Total Sodium: 691 Calories: 440 Carbs: 77
18	19	20	21 High Sodium Meal	22
<p>Vegetarian Chili 213</p> <p>Mashed Potatoes 52</p> <p>Dinner Roll 210</p> <p>Mixed Fruit 10</p>	<p>Honey Ginger Chicken 393</p> <p>LoMein 28</p> <p>Oriental Blend 26</p> <p>WW Bread 160</p> <p>Pears 5</p>	<p>Potato Parmesan Soup 234</p> <p>Meatloaf w/ Onion Gravy 240</p> <p>Scandinavian Veg. 42</p> <p>Oatmeal Roll 121</p> <p>Banana 1</p>	<p>Christmas Ham* w/ Pineapple Cherry Sauce 580</p> <p>Au Gratin Potatoes 103</p> <p>Glazed Carrots 154</p> <p>Wheat Bread 83</p> <p>Boston Crème Pie 115</p> <p>Diet: Diet Pudding 130</p> <p>100</p>	<p>Chicken Salad 241</p> <p>Pasta Salad 56</p> <p>Three Bean Salad 50</p> <p>Sub Roll 162</p> <p>Applesauce 15</p>
Total Sodium: 486 Calories: 486 Carbs: 102	Total Sodium: 612 Calories: 577 Carbs: 90	Total Sodium: 748 Calories: 530 Carbs: 73	Total Sodium: 1165 Calories: 606 Carbs: 60	Total Sodium: 523 Calories: 517 Carbs: 62
25	26	27	28	29
<p>Spaghetti & Meatballs w/ Tomato Basil Sauce 211</p> <p>Genoa Blend Veg. 55</p> <p>Multigrain Roll 40</p> <p>Pineapple 190</p> <p>Pineapple 1</p>	<p>BBQ Pulled Pork Sandwich 261</p> <p>Baked Beans 36</p> <p>Cabbage & Carrots 47</p> <p>Hamburger Roll 230</p> <p>Pound Cake 240</p>	<p>Turkey A La King 215</p> <p>Mashed Potatoes 52</p> <p>Mixed Vegetables 41</p> <p>Honey Wheat Bread 135</p> <p>Flavored Applesauce 15</p>	<p>Florentine Omelet 393</p> <p>Hash Browns 136</p> <p>Escalloped Tomatoes 143</p> <p>Fruit Loaf 160</p> <p>Orange Juice 5</p>	
Total Sodium: 497 Calories: 542 Carbs: 81	Total Sodium: 814 Calories: 756 Carbs: 87	Total Sodium: 457 Calories: 548 Carbs: 80	Total Sodium: 837 Calories: 595 Carbs: 73	

* 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

WHAT HAPPENS WHEN A BENEFICIARY DESIGNATION DIFFERS FROM WHAT IS STATED IN THE WILL?

It is not uncommon that I meet with family after the death of an individual. During that meeting we review the ownership and designated beneficiaries of assets of the deceased. Sometimes we discover that the Last Will and Testament of the deceased states everything goes, for example, to their children equally, but in researching their investments, however, we find that several accounts have been set up as transfer on death (TOD) accounts and the beneficiary designations do not agree with the equal split made in the Will. Should the intent of the Will be followed or does the TOD account govern the distribution?

This unfortunately is not that unusual. Parents and others make different distributions in their Wills from the beneficiary designations on their accounts, and the heirs have no idea what the deceased person had in mind. Did they change their mind from when they wrote the Will? Did the deceased person forget what they had in mind earlier? Did someone help them with the beneficiary designations not having any idea what the Will might have said? This is one reason to ensure that your estate plan (along with your designated beneficiaries) is reviewed every three to five years. This is also a reason to avoid probate and ensure your wishes are clear. A better strategy might be to create a trust and name this trust as owner or beneficiary of appropriate assets. Trusts avoids probate just like payable on death accounts, but they don't create this same confusion.

All of that said, if you find yourself in this challenging situation, technically, the beneficiary designations are binding and usually override the terms of a Will. If you would like your estate to avoid legal challenges and complications after you pass away, we encourage you to seek advice from a qualified estate planning attorney who can help.

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.



Volunteers Wanted!

The Fairhaven Senior Center is looking for volunteers to assist with various positions.

- Front Desk
- Serving/Cleaning at Supper Clubs
- Food Box Delivery
- Newsletter Delivery

Please call or email Martha Reed for any interest
 508.979.4029
 MReed@Fairhaven-ma.gov

Christmas Day Dinner

Sponsored By:

Jewish Community of Greater New Bedford

December 25, 2023
 Holy Name of the Sacred Heart
 of Jesus Parish Hall
 121 Mount Pleasant Street, New Bedford, MA

Doors open at 10:30AM
 Dinner Served at Noon

CALL 508-999-4717
 To make reservations
 Deadline December 22, 2023

This is not a Fairhaven Senior Center Event,
 Please call the number above

INTERNET SURVEY

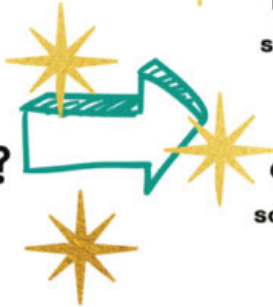
The Town of Fairhaven and Massachusetts Broadband Institute (MBI) want to hear from you about your experiences accessing and using internet service! This survey is completely anonymous and should be completed by one person per household. Your feedback is important to understand challenges to internet access, affordability, and adoption to help close the digital divide.

Thank you for your time and participation.
<https://made.civilspace.io/en/projects/ma-digital-equity/engagements/ma-sdep-public-survey/sections/1>





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.

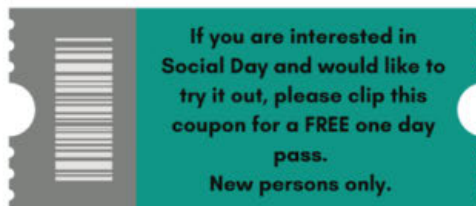


WHO DO WE SERVE?

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.



**SOCIAL DAY
HAPPENINGS
FOR**

December

2023



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

- Decorating Yule Logs
- Listening to George Hubert
- Making Hot Cocoa Bombs
- Painting Snowman Hats
- Making Italian Cream Cake with Christmas Mice
- Making Pizzelles
- Watching Movies
- Baking Christmas Breads
- Christmas Tree Meringues
- Listening to Rebecca Pink
- Caroling at Town Hall
- Listening to Jordan Paiva
- Enjoying Christmas Dinner



Technology Classes for Seniors

December 4 & 6, 2023

Windows 11 Operating System

December 11 & 13, 2023

Navigating the Google Photo app on mobile smartphone (will need a gmail and know their log-in infomation.)



From one of the November Classes!



Watercolor Paint Classes

\$18.00/class or \$60 for a 4 week session (Savings of \$12!)
Wednesday 1:00pm - 2:30pm November 8, 15, 22 & 29
All materials included. Deposit required. Please call or visit the COA to obtain more information about the program.
508.979.4029



www.seniorlifestyle.com

Sippican Choral Society Holiday Concert

Join us as we bring the brass to Wickenden Chapel, Tabor Academy, for our annual Winter Concert on Saturday, **December 9 at 7:00 p.m.** Tickets are \$20.00 general admission, \$10.00 for students, and free for children 14 and under. Tickets can be purchased online at sippicanchoralsociety.org, or from Choral Society members, at Marion General Store, the Symphony Music Shop, and at the door with cash or check. This program is supported in part by grants from the Massachusetts Cultural Council through its local council affiliates.



The Mental Health Benefits of Socializing for Seniors

Why is Socialization Important for Seniors?

People are inherently social. This may seem obvious and self-evident, but a growing amount of research confirms the social aspect of human life. According to Dr. Craig Sawchuk, Ph.D., a Mayo Clinic psychologist, "We are social animals by nature, so we tend to function better when we're in a community setting and being around others." Unfortunately, seniors are more likely to isolate or experience loneliness than the rest of the population. A study by the UCSF Division of Geriatrics found that 43% of seniors regularly experience loneliness.

The Health Hazards of Senior Isolation

Senior isolation affects nearly every aspect of their lives. On top of the effects on mood and mental health, isolation often leads to physical deterioration. In a study from the National Academy of Sciences, lonely and isolated seniors showed higher rates of poor physical and mental health. Additionally, individuals with limited social lives are more likely to suffer from the following health concerns:

Hypertension, Coronary artery disease, Cardiac failure, Depression, Anxiety & Alzheimers (and other forms of dementia)

The Mental Health Benefits of Socialization in Seniors

Psychology and mental health has received increasing attention in the past decades, especially as it relates to health overall. Seniors represent a particularly vulnerable population when it comes to mental health concerns. According to The Lancet, depression has an especially serious impact on seniors with ongoing medical conditions. Depression has been shown to worsen disability, increase the severity of chronic illness, raise mortality rates, and cause suffering for seniors and their families.

Fortunately, socialization has been shown to be one of the most effective ways for seniors to improve their mental health. According to the American Public Health Association, socialization improves mood, cognition, memory recall, and is associated with healthy behaviors, including exercise. Connecting with family and friends through technology, exercise, games like bingo and cards, and other activities has a profound effect on the mental health of seniors.

Social Activities for Seniors

Seniors are the fastest-growing age demographic in America, as a result of increased longevity and better quality healthcare. Fortunately, as more adults reach retirement age, there are an increasing amount of social activities available. From technology-focused connections to outings and happy hours, there are plenty of options for seniors to choose from.

Social activities that improve mental health for seniors include:

- Exercise classes and walking groups
- Happy hours and group outings
- Regular phone calls and video conferences with friends and family
- Bingo
- Card games
- Billiards, darts and other parlor games
- Swimming and water aerobics classes

Holiday Event at the Rec Center



Stop by the Rec Center on December 10th from 12:00-4:00pm for a youth vendor fair, Santa's workshop, Photo's with Mr. and Mrs. Claus (1pm-3pm), crafts, and cookie decorating! Call 508-993-9269 for more information.

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Town Happenings



"Christmas by the Sea Bazaar"

St. Anthony / St. Rita Parish will be holding its 56th Christmas by the Sea Bazaar on Saturday, December 2 from 9 am - 1 pm at St. Anthony's Church Hall at 26 Hammond Street in Mattapoisett. All proceeds to benefit parish initiatives. For more information or to volunteer, please contact Linda Quinn at 508-758-8698.

December 2nd WINTER

CRAFT & VENDOR MARKET

EHMS
30 SCHOOL STREET
FAIRHAVEN

9AM-3PM



- PHOTOS W. SANTA
- FOOD TRUCK
- ACTIVITIES
- K9 BLUE
- FAIRHAVEN PD
- FAIRHAVEN FD
- TOYS -TOTS DRIVE



FAIRHAVEN HOUSING AUTHORITY'S 1ST ANNUAL RESIDENT CRAFTERS HOLIDAY CRAFT FAIR

Join us for the 1st Annual Resident Crafters Holiday Craft Fair at Fairhaven Housing Authority. There will be door prizes, complimentary Popcorn, Hot Chocolate and Apple Cider. There will also be a baked goods table. Come on out and start or finish your Christmas Shopping. Where: 275 Main St Oxford Terrace,

Fairhaven Ma, 02719
When: Saturday December 2, 2023
Time: 10am-2pm



VFW Holiday Craft Fair Saturday, December 9, 2023, 10:00 a.m. to 4:00 p.m. Fairhaven VFW Post 2892 109 Middle Street, Fairhaven

Benoit Square Lighting & Caroling Friday, December 1, 2023, 6:30 p.m. Benoit Square, opposite 267 Adams Street, Fairhaven

FAIRHAVEN, MA Old-Time Holiday



FAIRHAVEN, MASSACHUSETTS

Saturday & Sunday, December 9 & 10, 2023

SATURDAY

St. Joseph's School Breakfast with Santa
Pancakes, eggs, sausages, photos with Santa, crafts
St. Joseph's School, 100 Spring St., 9-11:30

Millicent's Holiday Fun & Book Sale
Book sale, children's craft activity, music, treats
45 Center St. (book sale 10-2, crafting 11-2)

Town Hall Shops
Booths by non-profit groups and commercial vendors
NFIA Cafe in banquet room: meat pies, spinach pies, chowder, kale soup
Town Hall, 40 Center St., 10 am - 3 pm

Congregational Church Holiday Fair
Craft booths, baked goods, thrift shop & more
Congregational Church, 34 Center St., 10 am - 3 pm.

Lobster Roll Luncheon
Lobster rolls, stuffed quahogs, chowder, hot dogs.
Congregational Church, 34 Center St., 11 am - ?

Unitarian Church Holiday Marketplace
Craft booths, holiday greens & more
Unitarian Church, 102 Green St., 10 am- 3 pm

Holiday Soup & Sandwich Luncheon
Harrop Center, 47 Center St., 11:30 am -2:00 pm

Unitarian Church Tours
Unitarian Church, 102 Green St. 10 am- 3 pm

**Santa's Sweet Shop at
Northeast Maritime Institute**
Open for candy, fudge, pastry, hot chocolate, music.
Visit and take photos with Santa 11 am - 2 pm.
Northeast Maritime Institute
32 Washington St., 10 am - 3 pm

Town Hall Sing-along
Town Hall, 40 Center St., 6:00 p.m.
Sponsored by Fairhaven Improvement Association.

SUNDAY

Youth Vendor Fair
Crafts and other products sold by young people up to age 18.
Fairhaven Recreation Center, 227 Huttleston Ave., Noon to 4 p.m.

The Old-Time Holiday is sponsored by Fairhaven non-profit and church groups and is coordinated and promoted by the Fairhaven Office of Tourism. Complete program listings are available from <https://Fairhaventours.com>. For more information, contact the Office of Tourism, 508-979-4085, email FairhavenTours@fairhaven-ma.gov.

DECEMBER WORD SEARCH

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

Bells
 Cane
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 Chimney
 December
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