

# Fairhaven

## SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS

HAPPY  
NEW YEAR  
2024

Scan with your  
cellphone camera  
to view our  
Facebook page!



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](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

Michael Jenney  
 Veterans Services Officer  
 Direct line: 508.202.4603



Jane Bettencourt  
 Administrative Assistant  
 Direct Line: 508.658.3719

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 OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
 emailed to you.

Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



## SYNERGY - Physical Therapy

THE COOPERATIVE EFFORT OF TWO ENTITIES TO ACHIEVE A MORE SUCCESSFUL OR PRODUCTIVE RESULT - YOUR HEALTH

**PAIN, WEAKNESS, BALANCE ISSUES, DIFFICULTY WALKING OR AFTER SURGERY - CALL US DIRECTLY TO SCHEDULE AN EVALUATION**

Call (508) 991-2918 to schedule an appointment

147B WASHINGTON STREET, FAIRHAVEN  
[www.synergypthfairhaven.com](http://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](mailto:p.lareau@comcast.net)

1280 Ashley Blvd, New Bedford, MA 02745

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# INSIDE THE JANUARY LIFESTYLE

## PAGE DIRECTORY

- PG 2 MEET THE STAFF**
- PG 3 MALL TRIPS, RECIPE, HOLIDAY PARTY**
- PG 4 DIRECTOR'S LETTER, ROCHESTER BREAKFAST, ALZHEIMERS GROUP**
- PG 5 MEMORY CAFE, AARP TAXES**
- PG 6 SENIOR CENTER HAPPENINGS**
- PG 7 JANUARY ACTIVITIES CALENDAR**
- PG 8 JANUARY NUTRITION MENU**
- PG 9 REVOKING A POWER OF ATTORNEY & MEDICARE ADVANTAGE**
- PG 10 SOCIAL DAY PROGRAM**
- PG 11 A LOOK BACK AT A WONDERFUL DECEMBER WITH SOCIAL DAY**
- PG 12 FAIRHAVEN / NEW BEDFORD BRIDGE REPLACEMENT IN PERSON MEETING**
- PG 13 LOCAL ADVERTISEMENTS**
- PG 14 TECH CLASSES, BRUSH WITH KINDNESS, MONDAY MOVIE & POLAR PLUNGE!!!**
- PG 15 JANUARY WORD UNSCRAMBLE**

## MALL TRIPS \$6

### JANUARY

- JANUARY 3 **Tiverton Casino**
- JANUARY 10 **Warwick Mall**
- JANUARY 17 **Hyannis Mall, Trader Joe's & Whole Foods**
- JANUARY 24 **Prov. Place & Whole Foods**
- JANUARY 31 **South Shore Plaza**

### FEBRUARY

- FEBRUARY 7 **Twin River Casino**
- FEBRUARY 14 **Warwick Mall**
- FEBRUARY 21 **Hyannis Mall, Trader Joe's, Whole Foods**
- FEBRUARY 28 **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!

Find Pebbles the Penguin throughout this newsletter. Call in with your count by January 26th. If you have the correct amount, you will be entered to win a \$10 gift card of your choice. The winner will be posted on Facebook on January 29th and notified by phone!



**Fun Fact:** Penguins give a pebble or polished rock to the female in their group with whom they hope to build a nest and mate.

## Slow Cooker Creamy Crack Chicken Soup

Slow cooker creamy crack chicken soup is pure comfort food, loaded with spinach, cream cheese, shredded cheddar cheese, and bacon. This crack chicken soup is thick and creamy comfort in a bowl!

### INGREDIENTS

- 2 boneless skinless chicken breasts
- 6 cups low-sodium chicken broth
- 1 cup cooked chopped bacon
- 1 (1-oz) packet ranch seasoning & salad dressing mix
- 1 teaspoon cumin
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 (8-oz) package cream cheese
- 1 cup shredded cheddar cheese
- 2 cups baby spinach
- 1 scallion, chopped for garnish



### INSTRUCTIONS

1. To make the slow cooker cream cheese crack chicken: Add the chicken, cream cheese, ranch seasoning, cumin, chili powder, and garlic powder to a 6-quart slow cooker.
2. Add chicken broth, cover with the lid, and set to cook on LOW for 6-8 hours.
3. Remove the cooked chicken from the slow cooker and shred with 2 forks. Return to the slow cooker.
4. Stir in spinach and cheddar cheese into the sauce. Mix with a spoon until cheese is melted and spinach has wilted.
5. Add crispy bacon and garnish with freshly chopped scallion. Serve the slow cooker cream cheese crack chicken soup immediately. Enjoy!

**A message from the Director**

**Martha Reed**

**Hello Friends,**

**Welcome to 2024! Like most, I always see a new year as a new beginning and a chance to start fresh. As we begin 2024, we are grateful for all of you who participated in our programs and services last year, and for all of the support from our community partners and look forward to many new adventures this year. We have a lot of exciting plans for 2024 and I hope you will continue to support the center by participating in our activities. Whether you attend one of our social supper clubs, bingo, or educational presentations, need help with paperwork, or applying for benefits, we are always happy to see you. We are looking forward to being able to offer you more options for participating in our programs this year. Don't be shy, if there is a program or activity you'd like to see at the COA just let us know and we'll do the best we can to accommodate. Wishing you a peaceful, healthy, and happy new year!**

*- 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)

**alzheimer's association®**

**Caregivers Support Group**  
January 4, 2024 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 January 8, 2024

\$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

**STAMP CLUB**

Do you collect stamps, covers,  
postal history & postcards?  
The Senior Center Stamp Club  
meets on the 3rd Friday of  
every month at 10:00am.  
Next meeting will be  
January 19, 2023

# Memory Café

**January 25 , 2024**

**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 January 23, 2024.

Entertainment will be:

**Tony & Pat**

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



**AARP TaxAide IRS Certified Volunteers will be in (your facility) filing Federal and State Taxes on (day we will be in your facility each week) starting February 6, 2024 until April 9, 2024 9 AM to 12 Noon.**

**Please call (508-979-4029) for an appointment. We will start taking names in January, you will then be called with an appointment date and time.**

**Bring with you on the day of your appointment:**

- Photo ID
- Social Security Card or SSA 1099.
- Copy of Last year's taxes Federal and State.
- Relevant tax statements (all income) for tax year 2023. Examples-- W2, Social Security SSA 1099, Pensions, Interest and dividend statements, Unemployment statement, Gambling Income.
- If you want an automatic deposit (refund) or debit (tax payment), bring a document that has your bank routing number and account number. A canceled check is an ideal document as it has the routing number and account number printed. Nothing handwritten or calls to the bank will be accepted this year. This is a new policy.
- **Circuit Breaker--Individuals filing MA taxes and age 65 or older please bring with you a copy of your 2023 Real Estate Tax Bill along with your 2023 Water Bill. Real Estate taxes and Water PAID in 2023.**
- **As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2023 is \$2,590.**

**This is an AARP TaxAide Free of Charge service with Local Volunteer TaxAide Counselors.**



# 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. **Watercolor will be paused for the month of January. Look in the February Newsletter for an update!**

### TECHNOLOGY CLASSES

Please see page 14 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 **No classes until January 17, 2024**

### 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 cost increased 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!  
2:45-3:45pm 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

Older Adult LGBTQ+ Support Group  
For more information please contact

Sue Roque  
508-678-7542



# JANUARY EVENTS & ACTIVITIES 2024

MONDAY	TUESDAY	WEDNESDAY <i>OPEN UNTIL 8!</i>	THURSDAY	FRIDAY
<p>1</p>  <p><b>CLOSED</b></p>	<p>2</p> <ul style="list-style-type: none"> <li>Mahjongg 10:00-2pm</li> <li>Walking 12:30-1pm</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Osteo Class 8:30-10 \$1.00</li> <li><b>NO CHAIR YOGA</b></li> <li>Mall Trip 9-3 \$6.00</li> <li>Wellness Clinic 11:15-1:15</li> <li>Walking 12:30-1pm</li> <li>Sewing 5:45-7:45pm</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Health Awareness 9-10</li> <li>Pitch 12:30-3</li> <li>Walking 12:30-1pm</li> <li>Caregivers Support 1-2pm</li> <li>Hey Moxie! Caregiver Support 2:45-3:45</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Osteo Class 8:30-10 \$1.00</li> <li>Greedy Dice 10-12</li> <li>Walking 12:30-1pm</li> <li>BINGO! 1-3</li> </ul>
<p>8</p> <ul style="list-style-type: none"> <li>Rochester Breakfast pg4</li> <li>Osteo Class 8:30-10:00 \$1.00</li> <li>Technology Class 9-11 \$30 for 8 Weeks</li> <li>Massage Monday See pg 4</li> <li>Cribbage 10am-12pm</li> <li>Walking 12:30-1pm</li> <li>Movie Matinee 12:15 See page 12</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>Board Mtg. 9:00am</li> <li>Mahjongg 10:00-2pm</li> <li>Walking 12:30-1pm</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>Osteo Class 8:30-10 \$1.00</li> <li>Technology Class 9-11</li> <li><b>NO CHAIR YOGA</b></li> <li>Mall Trip 9-3 \$6.00</li> <li>Wellness Clinic 11:15-1:15</li> <li>Moving w/Moxie 1pm</li> <li>Walking 12:30-1pm</li> <li>Sewing 5:45-7:45pm</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Health Awareness 9-10</li> <li>Pitch 12:30-3</li> <li>Walking 12:30-1pm</li> <li>Widow &amp; Widowers, General Loss &amp; Greif Support Group 5-6:30pm</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Osteo Class 8:30-10 \$1.00</li> <li>Greedy Dice 10-12</li> <li>Walking 12:30-1pm</li> <li>BINGO! 1-3</li> </ul>
<p>15</p>  <p><b>CLOSED</b></p>	<p>16</p> <ul style="list-style-type: none"> <li>Mahjongg 10:00-2pm</li> <li>Walking 12:30-1pm</li> <li>Single Senior Supper Club 2:30-4:30pm</li> </ul> <p><b>Time Change Nov.-March</b></p> <p>Partially Funded by Coastline Elderly Nutrition Program</p> 	<p>17</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>Technology Class 9-11</li> <li>Chair Yoga 10:15-11:15 \$3.00</li> <li>Wellness Clinic 11:15-1:15</li> <li>Walking 12:30-1pm</li> <li>Sewing 5:45-7:45pm</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Health Awareness 9-10</li> <li>Pitch 12:30-3</li> <li>Walking 12:30-1pm</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Osteo Class 8:30-10 \$1.00</li> <li>Technology Class 9-11</li> <li>Greedy Dice 10-12</li> <li>Stamp Club 10am</li> <li>Walking 12:30-1pm</li> <li>BINGO! 1-3</li> </ul>
<p>22</p> <ul style="list-style-type: none"> <li>Osteo Class 8:30-10:00 \$1.00</li> <li>Technology Class 9-11 \$30 for 8 Weeks</li> <li>Massage Monday See pg 4</li> <li>Cribbage 10am-12pm</li> <li>Walking 12:30-1pm</li> <li>Movie Matinee 12:15 See page 12</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>Mahjongg 10:00-2pm</li> <li>Walking 12:30-1pm</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Osteo Class 8:30-10 \$1.00</li> <li>Technology Class 9-11</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>Walking 12:30-1pm</li> <li>Sewing 5:45-7:45pm</li> <li>LGBTQ+ Supper Club 5-7pm</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>Health Awareness 9-10</li> <li>Pitch 12:30-3</li> <li>Walking 12:30-1pm</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>Health Awareness 9-10</li> <li>Greedy Dice 10-12</li> <li>Walking 12:30-1pm</li> <li>BINGO! 1-3</li> </ul>
<p>29</p> <ul style="list-style-type: none"> <li>Osteo Class 8:30-10:00 \$1.00</li> <li>Cribbage 10am-12pm</li> <li>Technology Class 9-11 \$30 for 8 Weeks</li> <li>Tai Chi 11:00- 12:00</li> <li>Walking 12:30-1pm</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>Mahjongg 10:00-2pm</li> <li>Walking 12:30-1pm</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>Osteo Class 8:30-10 \$1.00</li> <li>Technology Class 9-11</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>Moving w/Moxie 1pm</li> <li>Walking 12:30-1pm</li> <li>Sewing 5:45-7:45pm</li> </ul>	<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> <li>Medical Transport - Please call</li> <li>Nutrition Program 11:30 am \$2.00 donation, menu on pg 8</li> <li>Outreach Services- Please call for an appointment</li> <li>Walking in the Rec Center- Every Day 12:30-1pm. Come walk in the gym in a trip free environment!</li> </ul>	



# January 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.  The total carbohydrates reflect the lower sugar dessert items.	<b>2</b> Sodium (mg): Na* Chicken Marsala 439 Parsley Mash. Potatoes 53 Tahitian Blend Veg. 38 WW Bread 160 Mixed Fruit 10 Total Sodium: 700 Calories: 500 Carbs: 74	<b>3</b> Sodium (mg): Na* Hot Dog * 550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hotdog Roll 210 Applesauce 20 Total Sodium: 918 Calories: 589 Carbs: 69	<b>4</b> Sodium (mg): Na* American Chop Suey 211 Italian Vegetables 26 Dinner Roll 210 Pears 4  Total Sodium: 451 Calories: 444 Carbs: 64	<b>5</b> Sodium (mg): Na* "Catch of the Day" 180 w/ Pineapple Salsa 44 Rice Florentine 112 Green Beans 3 WW Bread 160 Banana 1 Total Sodium: 501 Calories: 415 Carbs: 69
	<b>8</b> B Sweet & Sour 214 Chicken Meatballs Bowtie Pasta 1 Oriental Vegetables 26 Dinner Roll 210 Peaches 5 Total Sodium: 456 Calories: 492 Carbs: 71	<b>9</b> B Portuguese Chicken 290 Yellow Rice 31 Mixed Vegetables 39 Multigrain Roll 190 Applesauce 20 Total Sodium: 700 Calories: 504 Carbs: 71	<b>10</b> B Tossed Salad w/ Dressing 124 Salisbury Steak 386 Yukon Gold Potatoes 33 Oatmeal Roll 121 Pears 4 Total Sodium: 667 Calories: 554 Carbs: 50	<b>11</b> B Roast Turkey 384 w/ Gravy 70 Mashed Potatoes 52 Winter Squash 11 WW Bread 160 Chocolate Chip Cookie 171 Diet: Sugar-Free Cookie Total Sodium: 849 Calories: 790 Carbs: 90
<b>15</b> A No Meals Served 	<b>16</b> A Macaroni & Cheese 404 Tomato Florentine 121 Snowflake Roll 260 Mandarin Oranges 6 Total Sodium: 792 Calories: 620 Carbs: 83	<b>17</b> A Cream of Broccoli Soup 212 Grilled Chicken Parm. 410 Italian Style Pasta 1 Oatmeal Roll 121 Mixed Fruit 10 Total Sodium: 754 Calories: 553 Carbs: 67	<b>18</b> A Meatloaf w/ Onion Gravy 240 Cheesy Mash. Potatoes 80 Brussel Sprouts 12 WW Bread 160 Chocolate Pudding 191 Diet: Sugar-Free Pudding 100 Total Sodium: 792 Calories: 572 Carbs: 71	<b>19</b> A Crispy Fish Sandwich 337 Tarter Sauce 261 Potato Wedges 27 Hot German Slaw 81 Hamburger Roll 230 Peaches 5 Total Sodium: 940 Calories: 746 Carbs: 84
<b>22</b> B Cheeseburger 384 Ketchup 82 Roast Potatoes 33 California Blend Veg. 27 Hamburger Roll 230 Pineapple 1 Total Sodium: 757 Calories: 627 Carbs: 68	<b>23</b> B Chicken Stir-Fry w/ Vegetables 201 Lo Mein 28 Snowflake Roll 260 Banana 1  Total Sodium: 494 Calories: 662 Carbs: 110	<b>24</b> B Lazy Man Stuffed Cabbage 268 Mixed Vegetable 41 Multigrain Roll 190 Orange 0 Total Sodium: 498 Calories: 485 Carbs: 61	<b>25</b> B Roast Pork w/ Apple Gravy 66 Whipped Sweet Potato 111 Roman Vegetables 33 Oatmeal Bread 26 Pound Cake 121 Total Sodium: 597 Calories: 591 Carbs: 72	<b>26</b> B Turkey Tetrazzini w/ Pasta 420 Carrot Coins 77 Multigrain Roll 190 Tropical Blend 10 Total Sodium: 697 Calories: 549 Carbs: 98
<b>29</b> A Sausage, Peppers and Onions *520 Pasta Alfredo 116 Sub roll 162 Pears 4 Total Sodium: 802 Calories: 490 Carbs: 67	<b>30</b> A Winter Squash Soup 297 Pot Roast w/ Gravy *521 Red Bliss Potatoes 4 Oatmeal Roll 121 Applesauce 15 Total Sodium: 957 Calories: 477 Carbs: 58	<b>31</b> A Broccoli Bake 387 Hash Browns 136 Stewed Tomatoes 143 WW Bread 160 Mini Key Lime Pie 90 Diet: Low Sugar Cake 208 Total Sodium: 916 Calories: 875 Carbs: 81	For weather emergencies and cancellations, please check 1420 AM WBSM radio.  For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.	All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs  Margarine: 36 Calories 47mg Sodium

\* 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.**



# REVOKING A POWER OF ATTORNEY

Sometimes I get a call from a client who says, "I want to change my Power of Attorney."

First, what is a Durable Power of Attorney (DPOA)?

This is a legal document in which you designate who you want to make legal and financial decisions for you if you cannot make them for yourself. For example, who will pay your bills or withdraw funds from your bank accounts if you cannot. It allows your agent to handle virtually all legal and financial matters for you. Your DPOA should be in effect immediately, which means that your agent can use it even if you are not disabled.

This is necessary for the DPOA to be accepted at many financial institutions. Therefore, it is especially important that you pick only individuals who you trust to be your agent on your DPOA. Every DPOA should have a primary agent and an alternate agent (who would act only if the primary agent is unable to act for you).

How do you revoke a Power of Attorney?

If for any reason, you become unhappy with the person you have appointed to make decisions for you under a DPOA, you may revoke the power of attorney at any time. There are a few steps you should take to ensure the document is properly revoked. While any new power of attorney should state that old powers of attorney are revoked, you should also put the revocation in writing. The revocation should include your name, a statement that you are of sound mind, and your wish to revoke the power of attorney. You should also specify the date the original power of attorney was executed, and the person selected as your agent. Sign the document and send it to your current agent as well as any institutions or agencies that have a copy of the DPOA, and attach your new DPOA if you have one. You also will need to get the old DPOA back from your agent. If you cannot get it back, send the agent a certified letter stating that the power of attorney has been revoked. Because a DPOA is one of the most important estate planning instruments available, if you revoke a power of attorney, it is important to have a new one in its place. An estate planning or elder law attorney can assist you in revoking an old DPOA or drafting a new one.

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

## Medicare Advantage

If you have a Medicare Advantage Plan (Part C) there is a special enrollment period during January, February and March. If you would like to change your plan, please call to schedule an appointment with Dianne or Carolyn in our SHINE office.

508.979.4029

### 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>



**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, Mattapoissett & 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



If you are interested in Social Day and would like to try it out, please clip this coupon for a FREE one day pass.  
 New persons only.

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.



LOOKING  
BACK AT A  
WONDERFUL  
DECEMBER

Happy  
New Year  
2024



*"Supportive Social Day Program offers my mother a consistent program of mental stimulation and physical exercise. The staff has been tremendously helpful and supportive of her care needs."*



# Fairhaven / New Bedford Bridge Replacement of the US Route 6 over the Acushnet River Bridge

## In-Person Public Information Meeting

### What is happening?

The Massachusetts Department of Transportation (MassDOT) is pleased to provide an update on the Fairhaven and New Bedford Swing Bridge replacement project. The in-person event will allow attendees to learn and ask questions about the recommended bridge replacement alternative. The meeting will consist of a formal presentation as well as a question-and-answer period. All views and comments will be reviewed and considered to the maximum extent possible.

### How will this affect you?

The Swing Bridge is a critical transportation link over the Acushnet River between Fairhaven and New Bedford. The proposed project includes the replacement of US Route 6 over the Acushnet River movable span bridge. This is an early opportunity in the design process for the public to learn about and comment on the recommended bridge replacement alternative and its impacts. For those unable to attend in-person, the public information meeting will be recorded. The video will be posted to the study website at [www.mass.gov/orgs/highway-division/events](http://www.mass.gov/orgs/highway-division/events) after the event.

### When

TUESDAY, JANUARY 9, 2024  
6:00 – 7:30 PM

### Where

HAYDEN-MCFADDEN ELEMENTARY SCHOOL,  
AUDITORIUM  
361 CEDAR GROVE STREET  
NEW BEDFORD, MA 02746



Visit [www.mass.gov/orgs/highway-division/events](http://www.mass.gov/orgs/highway-division/events) for more information.



To ensure its meetings are accessible, MassDOT reasonably provides: translation, interpretation, modifications, accommodations, alternative formats, and auxiliary aids and services. To request such services, please contact MassDOT's Chief Diversity and Civil Rights Officer at 857-368-8580 or [MassDOT.CivilRights@dot.state.ma.us](mailto:MassDOT.CivilRights@dot.state.ma.us). For adequate time to process such request, please make them as early as possible, ideally 10-15 days prior to the event.

Project inquiries may also be emailed to [massdotmajorprojects@dot.state.ma.us](mailto:massdotmajorprojects@dot.state.ma.us). Please submit any written statements regarding the proposed undertaking to: **Carrie A. Lavalley, P.E., Chief Engineer, MassDOT, 10 Park Plaza, Boston, MA 02116, Attention: MAJOR PROJECTS, PROJECT FILE NO. 612557**

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**Fort Phoenix Polar Plunge**  
**January 1, 10:00 a.m.**  
**Fort Phoenix State Beach and**  
**Reservation**  
**South end of Green St., Fairhaven, MA**

What a great way to start off the New Year! Come on down and take the plunge on Sunday, January 1, 2024 at 10:00 am sharp. Remember the plunge is free. Long-sleeve t-shirts are sold to raise funds for Fairhaven Dollars For Scholars to provide scholarships to area high school students. T-shirts are \$25. You don't have to plunge to purchase a shirt and support our cause. Hope to see you there!

For more information, email [slopes417@aol.com](mailto:slopes417@aol.com).

## Technology Classes for Seniors

**You MUST CALL to see which class is right for you as there are 3 different skill levels.**

**January 8th & 10th**  
**NOVICE**  
**Let's learn all about the Apple iPhone Smartphone**

**January 17th & 19th**  
**NOVICE**  
**Let's learn all about the Andriod Smartphone**

**January 22nd & 24th**  
**ADVANCED BEGINNER**  
**Let's learn all about the Apple iPhone Smartphone**  
**(Must have previously participated in the novice class)**

**January 29th & 31st**  
**ADVANCED BEGINNER**  
**Let's learn all about the Andriod Smartphone**  
**(Must have previously participated in the novice class)**

All classes are 120 Minutes PLEASE CALL 508.979.4029



### Brush with Kindness Program



Is your home in need of exterior repairs? ...such as weatherization, painting, fixing up an existing porch, adding a ramp, etc.

A Habitat Partnership through the Brush with Kindness Program may be the solution for your family, if you are:

- In critical need of a repair to a home that you own
- Able to make payments for the cost of the repair
- Willing to complete the required "sweat equity" on your project

The family would receive a loan for the cost of the repair with hopes that the materials will be discounted and volunteer labor will be used to keep the cost minimal.

Please email the office at [buzzardsbayareahabitat@yahoo.com](mailto:buzzardsbayareahabitat@yahoo.com) or call (508) 758-4517 to learn more about how we may help your family!

## Monday Movie Matinee

12:15pm



If you would like lunch before the movie at 11:30am please call the center the day before to reserve a meal. \$2 Donation towards the meal. The movie is free!

January 8, 2024

**THE BEST EXOTIC MARIGOLD HOTEL**  
 British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.



January 22, 2024

**THE SECOND BEST EXOTIC MARIGOLD HOTEL**

As the Best Exotic Marigold Hotel has only a single remaining vacancy, posing a rooming predicament for two fresh arrivals, Sonny Kapoor (Dev Patel) pursues his expansionist dream of opening a second hotel.



# JANUARY WORD UNSCRAMBLE

1. lcdo \_\_\_\_\_
2. nmwnaso \_\_\_\_\_
3. nifgzree \_\_\_\_\_
4. ddginesl \_\_\_\_\_
5. oftrs \_\_\_\_\_
6. wfksoaenl \_\_\_\_\_
7. soeglv \_\_\_\_\_
8. sswbonall \_\_\_\_\_
9. tcoa \_\_\_\_\_
10. tbsoo \_\_\_\_\_
11. arcsf \_\_\_\_\_
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