

Fairhaven

SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS



📞 508.979.4029

✉️ Mreed@Fairhaven-ma.gov

📠 508.979.4116

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





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/Fairhavenseniocenter



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 - Freda St.Marie Johnson
 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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Direct line: 508.202.4603

Direct Line: 508.658.3719

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 OUR NEWSLETTER!

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

Call (508) 991-2918 to schedule an appointment

147B WASHINGTON STREET, FAIRHAVEN
www.synergypthfairhaven.com



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

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INSIDE THE FEBRUARY LIFESTYLE

PAGE DIRECTORY

- PG 2 MEET THE STAFF
- PG 3 MALL TRIPS & RECIPE
- PG 4 DIRECTOR'S LETTER, BREAKFAST TRIP, ALZHEIMERS GROUP, STAMP CLUB
- PG 5 MEMORY CAFE, VALENTINE'S DANCE, MONDAY MOVIES
- PG 6 SENIOR CENTER HAPPENINGS
- PG 7 FEBRUARY ACTIVITIES CALENDAR
- PG 8 FEBRUARY NUTRITION MENU
- PG 9 LAW ARTICLE
- PG 10 SOCIAL DAY PROGRAM
- PG 11 SOCIAL DAY PROGRAM
- PG 12 MOVING WITH MOXIE, AARP TAXES, AARP SAFE DRIVING COURSE
- PG 13 LOCAL ADVERTISEMENTS
- PG 14 TECH CLASSES, BRUSH WITH KINDNESS, WATERCOLOR, MEDICARE ADVANTAGE
- PG 15 FEBRUARY WORD SEARCH

Find Cupid throughout this newsletter. Call in with your count by February 23rd. 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 February 26th and notified by phone!



According to myth, Cupid was the son of Mercury, the winged messenger of the gods, and Venus, the goddess of love. He often appeared as a winged infant carrying a bow and a quiver of arrows whose wounds inspired love or passion in his every victim.



MALL TRIPS \$6

FEBRUARY

- FEBRUARY 7 Twin River Casino
- FEBRUARY 14 Warwick Mall
- FEBRUARY 21 Hyannis Mall, Trader Joe's, Whole Foods
- FEBRUARY 28 South Shore Plaza

MARCH

- MARCH 6 Tiverton Casino
- MARCH 13 Warwick Mall
- MARCH 20 Prov. Place & Whole Foods
- MARCH 27 Hyannis Mall, Trader Joe's & Whole Foods

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

Cheesecake-Stuffed Strawberries

INGREDIENTS

- 1 c. Cream cheese, softened
- 1/2 c. Heavy cream
- 1/4 c. Powdered sugar
- 1 pt. Strawberries, bottoms and tops sliced off and hollowed out
- Crushed graham crackers, for garnish



Delish.com

INSTRUCTIONS

1. In a stand mixer fitted with the paddle attachment, beat cream cheese, 2 to 3 minutes. Add heavy cream and powdered sugar and beat until fluffy.
2. Transfer mixture to a piping bag and pipe into strawberries.
3. Garnish with crushed graham crackers and serve.



**A message from the Director
Martha Reed**



Happy February!

Thank you for taking the time to peruse our monthly newsletter. A lot is going on at the Senior Center this month, and I hope you'll choose to spend some time with us. We are excited to be able to host a Valentine's Day Lunch and Dance on Wednesday, February 14 beginning with Turkey Divan for lunch at 11:30 and the dancing begins at Noon, there is a \$2 suggested donation for the meal, but we'll have dessert and light refreshments available.

This month we are celebrating the one-year anniversary of re-opening our Supportive Social Day Program. We are so proud of the excellent service this program provides to those in need of memory care and respite services. Together with program aids, Sally and Anne provide a day of fun activities in a safe and socially stimulating environment for attendees of the program. Please see the Supportive Social Day Program pages in our newsletter, as well as our Facebook page. If you have any questions or would like more information on the program, please give Sally a call at 508-993-9455.

We hope you'll visit the COA for any resources you need, as well as the social activities we offer. If you're struggling, please don't hesitate to get in touch with us, we may not have an instant answer, but we will listen, and provide next-step resources and referrals to assist. We can offer assistance with health insurance issues, housing applications, fuel assistance, entitlement benefit applications, and much more. We are here for you, and if there are other programs or services you'd like to see at the COA, don't hesitate to let us know.
Take care,

Martha



alzheimer's association

Caregivers Support Group
February 1, 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 February 5, 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.
Feb. 5th & Feb.26th



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
February 16, 2024

Memory Café

February 22, 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 February 20, 2024.

Entertainment will be:

Tony & Pat

Please see the Coastline Calendar for lunch this day.

SPACE IS LIMITED. Please sign up 508.979.4029

Valentine's Day Dance

February 14, 2024

11:30am- 1:30pm

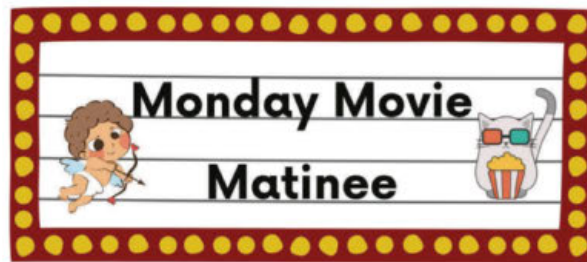
Lunch 11:30, dancing begins at 12:00

DJ Eddie Freitas will be playing all the Valentine's Day tunes to get you movin' and groovin' for a lovin' good time

Turkey Divan will be served at 11:30am
Please mention you would like lunch when signing up for the dance. (A \$2.00 dollar donation to Coastline for the meal is greatly appreciated)



Light treats and refreshments will be available



**February 5, 2024
12:15 PM
FALLING INN LOVE**

Romantic Comedy
When city girl Gabriela spontaneously enters a contest and wins a rustic New Zealand inn, she teams up with bighearted contractor Jake Taylor to fix and flip it.



**February 26, 2024
12:15pm
You've Got Mail**

Comedy, Drama, Romance
Book superstore magnate Joe Fox and independent book shop owner Kathleen Kelly fall in love in the anonymity of the Internet, both blissfully unaware that he's trying to put her out of business.

CLOSED



**FEBRUARY
19,
2024**

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. See pg 14

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

OLDER ADULT LGBTQ+ SUPPORT GROUP

For more information please contact Sue Roque 508-678-7542

➔ 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. SEE PAGE 12

➔ 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

did you know?
on Valentine's Day...

13.19 BILLION	dollars spent
196 MILLION	roses purchased
180 MILLION	cards exchanged

FEBRUARY EVENTS & ACTIVITIES 2024

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

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

2

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

5

- Rochester Breakfast pg4
- Osteo Class 8:30-10:00 \$1.00
- Technology Class 9-11
- 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

6

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



7

- Osteo Class 8:30-10 \$1.00
- Technology Class 9-11
- Chair Yoga 10:15-11:15
- Mall Trip 9-3 \$6.00
- Wellness Clinic 11:15-1:15
- Walking 12:30-1pm
- Sewing 4:00-7:45pm

8

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

9

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

12

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

13

- Board Meeting 9am
- Mahjonn 10:00-2pm
- Walking 12:30-1pm



14

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- Technology Class 9-11
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- Walking 12:30-1pm
- Moving w/ Moxie 1pm
- Sewing 4:00-7:45pm

Valentines Dance!
11:30-1:30 See pg 5 

15

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

16

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

19

HAPPY Presidents Day
Closed

20

- Mahjonn 10:00-2pm
- **NO WALKING**
- Single Senior Supper Club 2:30-4:30pm
Time Change Nov.-March

Partially Funded by Coastline Elderly Nutrition Program



21

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- **NO WALKING**
- Sewing 4:00-7:45pm

22

- Health Awareness 9-10
- Pitch 12:30-3
- **NO WALKING**

23

- Health Awareness 9-10
- Greedy Dice 10-12
- **NO WALKING**
- BINGO! 1-3

26

- Osteo Class 8:30-10:00 \$1.00
- Technology Class 9-11
- 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

27

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



28

- Osteo Class 8:30-10 \$1.00
- Technology Class 9-11
- Mall Trip 9-3 \$6.00
- Chair Yoga 10:15-11:15 \$3.00
- Wellness Clinic 11:15-1:15
- Moving w/Moxie 1pm
- Walking 12:30-1pm
- Sewing 4:00-7:45pm
- LGBTQ+ Supper Club 5-7pm 

29

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





February 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.	For weather emergencies and cancellations, please check 1420 AM WBSM radio.		Sodium (mg): Na⁺ 1	Sodium (mg): Na⁺ 2
	For Reservations/ Cancellations, call (508) 999-6400 ext. 3 AT LEAST 24 hours in advance.		Sodium (mg): Na⁺	
			Roast Turkey with Gravy 384 Parslied Mashed Pota 53 Winter Squash 11 WW Bread 160 Peaches 5 Total Sodium: 683 Calories: 551 Carbs: 89.5	Macaroni & Cheese 404 Tomato Florentine 121 Snowflake Roll 260 Mandarin Oranges 7 Total Sodium: 792 Calories: 622 Carbs: 83.1
5	6	7	8	9
Veggie Chili 357 Ditalini Pasta 1 Multi Grain Bread 99 Fresh Apple 2	Spaghetti/Meatballs w/ Tomato Sauce 211 Italian Blend Veg. 55 Scali Bread 25 Raisins 310 4	Corn Chowder 280 BBQ Pork Rib 403 Glazed Carrots 1 Snow Flake Roll 280 Pineapple 1	Carne Asada 254 Cheesey Mashed Pot: 41 Mixed Vegetable 80 Multigrain Bread 160 Applesauce 49	Chinese Chicken with Broccoli 436 Fried Rice 4 Oriental Vegetable 21 Oatmeal Roll 121 Mandarin Oranges 7
Total Sodium: 459 Calories: 380 Carbs: 77.1	Total Sodium: 605 Calories: 626 Carbs: 100	Total Sodium: 965 Calories: 466 Carbs: 46	Total Sodium: 584 Calories: 625 Carbs: 62.5	Total Sodium: 921 Calories: 520 Carbs: 74.3
12	13	14	15	16
Hot Dog* 550 Mustard & Relish 55 Baked Beans 36 Hot German Slaw 81 HD Roll 210 Pears 4	Salisbury Steak 386 Red Bliss Potato 4 Brussel Sprouts 12 Oatmeal Bread 121 Peaches 5	Turkey Divan 321 Bow Tie Pasta 1 Peas and Mushroom: 133 WW Roll 160 Red Velvet Cake 210 Diet: Lorna Doones	Tossed Salad w/Italian Drsg 9 American Chop Suey 211 Italian Blend Veg. 26 Multigrain Roll 190 Banana 1	Honey Ginger Salmor 140 Mashed Potatoes 52 Mixed Vegetable 41 Snowflake Roll 250 Tropical Fruit 10
Total Sodium: 936 Calories: 567 Carbs: 67.4	Total Sodium: 528 Calories: 529 Carbs: 54	Total Sodium: 825 Calories: 781 Carbs: 86	Total Sodium: 556 Calories: 575 Carbs: 85.3	Total Sodium: 493 Calories: 612 Carbs: 94.2
19	20	21	22	23
	Honey Mustard Chicken 73 Confetti Rice 320 Glazed Carrots w/Alfredo Florentine Sa 43 White Bread 83 Cranberries 120 2	Minestrone Soup 73 Stuffed Shells 390 w/Alfredo Florentine Sa 115 Roman Vegetables 26 Dinner Roll 210 Fresh Orange 0	Pork Loin w/ Gravy 256 Sweet Potato 101 Broccoli 32 Oatmeal Bread 73 Fig Bar 100	Cheese Omelet 210 Hash Browns 136 Peppers & Onions 3 Fruit Muffin 160 Applesauce 15 9
	Total Sodium: 641 Calories: 484 Carbs: 74	Total Sodium: 741 Calories: 474 Carbs: 73	Total Sodium: 562 Calories: 562 Carbs: 67.9	Total Sodium: 524 Calories: 508 Carbs: 66.9
26	27	28	29	A
Lasagna w/ Tomato Basil Sauce 290 Green Beans 3 Scali Bread 310 Peaches 5	Meatloaf w/ Onion Mushroom Gravy 131 Garlic mashed potato 110 Peas 53 WW Roll 88 Mixed Fruit 80	Chicken Bruschetta 394 Penne Pasta 1 Broccoli 12 Multigrain Roll 190 Tiramisu 209 Diet: Low Sugar Cake	Cheeseburger 384 Potato Wedges 27 Corn 1 Hamburger Roll 230 Banana 1	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium
Total Sodium: 663 Calories: 460 Carbs: 80.2	Total Sodium: 522 Calories: 632 Carbs: 88	Total Sodium: 806 Calories: 548 Carbs: 87	Total Sodium: 643 Calories: 760 Carbs: 91.4	

* 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.



PROMISSORY NOTES AND REVOCABLE TRUSTS

You may know that with a Revocable Trust, you should take steps to transfer your assets into your trust during your lifetime, to ensure it accomplishes your goals (such as probate avoidance, estate tax reduction, and providing for your beneficiaries). This particularly is important when you have a promissory note.

Promissory Notes

A promissory note is a written promise by one party (the "maker") to pay a sum of money to another party (the "payee").

A promissory note, if assignable, can be transferred to your Revocable Trust by assigning the beneficial interest in the note to your Revocable Trust. If the note is secured, the security should also be assigned. This assignment is accomplished by the payee signing over the note to the trustee or trustees of the Revocable Trust. The assignment should be in writing and a copy of the promissory note should be attached.

Once a promissory note has been assigned to a Revocable Trust, the payee should notify the maker and instruct them to remit future payments on the note to the trustee rather than the original payee.

Why is this so important?

Here's an example:

John and Jane have a joint revocable trust that provides for each other and upon their deaths, the trust is to be divided among their four children. One child, Amy, borrows \$300,000 from her parents to purchase a home. She signs a promissory note and a mortgage is recorded. The note is payable back to John and Jane. John and Jane don't tell their estate planning attorney about this transaction. Often clients don't consider the outstanding notes that they have between themselves and their adult children.

When you loan money to your children, it's always a good idea to inform your estate planning attorney about these agreements to ensure that your intent is properly followed through. Another issue that arises is when the note is never repaid, including interest on the loan. When this occurs, the IRS requires individuals to impute an interest rate if one isn't stated resulting in taxes.

Another issue that can occur is that upon the deaths of the parents, if the note hasn't been paid in full, the note will be a probate asset and the mortgage cannot be discharged unless a probate is filed—a process that can add delay and cost.

Perhaps, many years later when both Ken and Barb are deceased and their estate is being administered, their children will find out about the note, as Amy was the only person who knew about it. What if none of the note had been repaid? What was the intent of their parents? Does Amy still owe the outstanding note to her siblings?

Make sure that your estate plan considers all of the issues and context associated with lending money to children or other relatives. Otherwise, your children may have to sort through these problems, which can cause conflict among them.

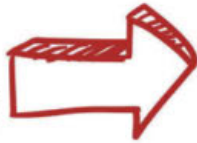
The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody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

COA DISCLAIMER

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



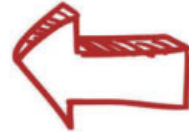
WHAT IS SUPPORTIVE SOCIAL DAY?



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

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

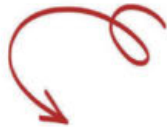
Serving 60 Years old and older, or those who may have cognitive disabilities .Who are independent with eating, ambulation, medication administration, continent and are not an elopement risk. Residing in Fairhaven, New Bedford, Acushnet, Dartmouth, Marion, Mattapoissett & Rochester.



WHO DO WE SERVE?

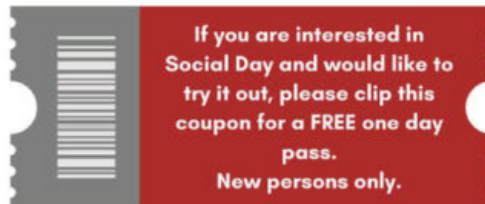


ACTIVITIES SUPPORTIVE SOCIAL DAY PARTICIPATES IN



- Arts & Crafts
- Cooking for special occasions
- Indoor bowling & mini golf
- Luncheon outings
- Bingo
- Community events
- Intergenerational programs
- Manicures
- Birthday & Holiday Celebrations
- Competitive Games
- Knitting & sewing projects
- Nostalgic readings & discussions
- Brain stimulating activities
- Daily seated exercises
- Music & Dancing
- Theatrical performances
- Certified pet therapy visits
- Health & safety education

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.



February Social Day Activities



Valentines Tea Party



Entertainment by Tony & Pat

Entertainment by Dave Valerio

Why Socialization is Essential

- Engaging with other people helps keep the brain active, maintain memory, and manage emotions. Socialization has even been shown to slow the progress of cognitive impairment in some cases.
- People with dementia often feel confused about where they are and what time period they're in, which is unsettling. Socialization can provide an anchor to the here and now, providing a reassuring sense of groundedness that makes it easier to complete everyday tasks.
- Humans are social creatures; we depend on relationships for stimulation and survival. Loneliness and isolation are associated with an increased risk of depression and anxiety, while feeling connected to others is associated with a higher quality of life.

seniorsathome.jfcs.org



Please see the Calendar for dates for each course

MOXIE

MOBILITY TRAINING, LLC
Get Strong & Safe at Home

3 Great Programs to Keep You Empowered!



Moving with Moxie

Elevate your balance with our specialized therapy-based class, ideal for individuals overcoming challenges in balance. Tailoring agility circuits to each participant's unique abilities, we ensure a personalized and effective approach to enhance dynamic balance and mobility. Join us in advancing your fitness and overall well-being.

\$15 per session, pricing packages available



MoxieMotion

Build strength and endurance safely through crucial fundamental movements that also enhance balance. Participants engage in exercises at their own pace, supported by the group synergy for a personalized and supportive experience.

Join this class in-person or on Facebook Live.

COMING IN THE SPRING

FREE "HEY, MOXIE" CAREGIVER CONNECTION



For caregivers and their loved ones to engage in conversations exploring strategies and educational insights to identify challenges, navigate obstacles, and collaboratively develop solutions to improve quality of life.

Delve into discussions on available community resources to overcome hurdles effectively.

"This program is funded in part by a grant from Coastline Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs, and the Federal Administration for Community Living."

Our Mission: To not only increase safety and well-being in the lives of seniors and their caregivers (through physical fitness, education, community resources and compassion); but to keep this vital resource engaged in our communities as long as they so choose.

For more information on the classes or to inquire about our in-home Personal Training:



www.moxiemobilitytraining.com



508-450-6774



kathy@moxiemobilitytraining.com

AARPSM

Tax-AideTM

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

AARP TaxAide IRS Certified Volunteers will be at the Fairhaven COA filing Federal and State Taxes starting February 6, 2024 until April 9, 2024 9 AM to 12 Noon.

Appointments are currently full. Please call if you would like to be placed on the wait list. 508.979.4029

AARP[®]

Safe Driver Course Coming in April 2024!

Complete our defensive driving course and you may earn a multiyear discount on your auto insurance!



9 OUT OF 10 DRIVERS IMPROVED

9 out of 10 participants changed at least one driving behavior due to what they learned in the course.



POTENTIAL DISCOUNT ON AUTO INSURANCE

You could earn a discount on your auto insurance premium after completing the course.



92% OF PARTICIPANTS SATISFIED

92% of course participants say they'd recommend the AARP Smart Driver course to a friend.

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833-287-3502

Older Adult Lobby Day

Tuesday, February 27, 2024

11:00am to 2:00pm

Save the Date!

If you would like to attend, the Fairhaven COA will provide transportation. Limited to 13 persons. Please call by February 20th. 508.979.4029

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safety independence
care CAREGIVING
community aging well
social access home equity
STRONGER aging supports
network VALUE ADVOCACY

Massachusetts State House
The Great Hall

11:00 Registration and Refreshments
11:30 Featured Speakers
12:15 to 2:00pm Legislative Office Visits



Technology Classes for Seniors

The classes below are competent level. Must have previously attended the advanced beginner class.

February 5 & 7
COMPETENT LEVEL

"Must have previously attended the advanced beginner class"

Let's learn all about the Apple iPhone Smartphone

February 12 & 14
COMPETENT LEVEL

"Must have previously attended the advanced beginner class"

Let's learn all about the Andriod Smartphone

February 26 & 28
NOVICE LEVEL

Windows 11 Operating system.
"The Basic's"

All classes are 120 Minutes PLEASE CALL
508.979.4029

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

THE WANDERING BRUSH WATERCOLOR CLASSES



February 7, 2024
Watercolor Workshop
Wet in Wet Flowers

This class we will focus on wet and wet method to create flowy flowers and interesting color mixes.



February 14, 2024
Going with the flow

Creating soft wet in wet backgrounds using wet in wet, strong pigments and water to push the colors and create interesting backgrounds for our watercolor landscapes.



February 21, 2024
Expressive lines and colors

This class we will play with a variety of color schemes and brushes to make interesting marks

ALL CLASSES ARE 2:00 - 3:30PM

Fairhaven Senior Center
229 Huttleston Ave, Fairhaven, MA

\$18.00/Class
\$45.00 for all 3 Classes

FEBRUARY WORD SEARCH

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

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