

FAIRHAVEN

SENIOR LIFESTYLES

SERVING FAIRHAVEN'S FINEST, OUR SENIOR CITIZENS

JULY 2024



📞 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/Fairhavenseniiorcenter



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



Meet the Staff

Director- Martha Reed
Administrative Assistant & Newsletter Editor - Jocelyn Bowers
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Office Assistant - Freda St.Marie
Environmental Coordinator - Rich Walker
SHINE - Dianne Perkins & Carolyn Dantoni
Social Day Program & Activities Coordinator- Sally Bourke
Social Day Administrative Assistant- Debra Chmiel
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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!**

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emailed to you.

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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



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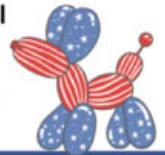
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Find the balloon dog throughout this newsletter. Call in with your total count by July 26! If you have the correct amount, you will be entered to win a \$10 gift card of your choice. The winner will be posted on Facebook on July 29th and notified by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



WHAT DID THE POPSICLE SAY TO THEIR CRUSH?
YOU MAKE ME MELT!



Triple Berry CRUMB BARS



Ingredients

- 3 cups + 1 heaping Tablespoon gluten-free "measure for measure" or "all-purpose" flour, divided (could use regular all-purpose flour if you don't need to eat GF)
- 1 cup white sugar, divided
- 1/2 cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 cup (2 sticks) cold butter or vegan butter, cubed
- 1 large egg
- 1 teaspoon vanilla
- 1 pint blueberries
- 6oz raspberries
- 6oz blackberries

Directions

1. Preheat oven to 375 degrees then spray a 9x13" baking pan with nonstick spray and set aside.
2. In a medium-sized bowl add berries, 1/2 cup white sugar and heaping Tablespoon gluten-free flour then gently stir to combine and set aside.
3. In a large bowl, stir together remaining 3 cups gluten-free flour, remaining 1/2 cup white sugar, brown sugar, baking powder, cinnamon, and salt. Whisk egg and vanilla together in a small dish then drizzle over the flour mixture and add cubed butter. Use a fork to stir everything together then switch to a pastry cutter or use your fingers to blend until small crumbles of butter remain. Scoop a little more than half the crumb mixture into prepared pan then firmly press into an even layer. Pour berries over crust then spread into an even layer. Squeeze handfuls of remaining crumble into clumps with your hands then crumble evenly over berries.
4. Bake for 38-40 minutes or until crumble topping is light golden brown, rotating baking pan 180 degrees halfway through. Check on bars at the halfway mark then place a piece of foil on top if crumble topping is browning too quickly. Uncover for the last 8-10 mins to let crumble get golden brown. Cool bars completely before cutting into small squares and serving. Bars soften as they sit (and get better, in my opinion!) so store in the refrigerator if not eaten within 24 hours.

MALL TRIPS \$6

JULY

JULY 3 Tiverton Casino

JULY 10 Mashpee Commons

JULY 17 Thames St. Newport, RI

JULY 24 Wrentham Village **CANCELLED**

JULY 31 Patriot Place

AUGUST

AUGUST 7 Plain Ridge Park Casino

AUGUST 14 Hyannis Mall, Trader Joe's, Whole Foods

AUGUST 21 Wrentham Village

AUGUST 28 Plymouth Shopping

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

**Mexican Train
Dominoes
Tuesday's
1:30-3:30**



**What's Happening to the
Veterans Wall??**

Beginning in June, we will begin remodeling the Veteran's Room at the Senior Center. We will be TEMPORARILY removing all the photos of our Veterans. The photos will be reframed, and when the room is finished, the pictures will be hung back up. We appreciate your patience during remodeling of the room. We plan to re-dedicate this room at our Veteran's Day Luncheon in November.



alzheimer's association®

Caregivers Support Group
July 11, 2024 1:00pm- 2:00pm
Fairhaven Council on Aging
Please email to register:
Donna Leary - MimiDonna29@gmail.com

STAMP, POSTCARD & COIN CLUB

Do you collect stamps, covers, postal history, postcards or coins? The Senior Center Club meets on the 3rd Friday of every month at 10:00am.

Next meeting will be
July 19, 2024



**TECH
Café**

**THURSDAY JULY 11 & 18
3:00-4:00PM**

Do you need help with your
cellphone or computer?
Stop by the Fairhaven Senior Center
for **FREE** help at our Tech Café!
Begins again on June 6th!



A message from the Director

Happy July Everyone!

Summer is in full swing here at the Senior Center. There are several ways you can beat the heat with us this month. We have movies, games, supper clubs, bingo, and a special 3rd of July Cookout featuring an amazing performer, Rebecca Pink. We hope that you will be able to stop by and spend some time with us this month. Enjoy this month's issue and we hope to see you soon. Take care, be well and stay cool!

**Happy
INDEPENDENCE
Day!**
Martha



JULY WELLNESS EXCURSION

**DW Field Park - Brockton,
Massachusetts**

**\$10.00 Bus leaves promptly at
8:30am**

Join Patsy for an enjoyable walk of D.W. Field Park. The Park consists of 650 acres of fields, woodlands, and waterways in Brockton and Avon, Massachusetts. The roadway loops around several lakes, waterfalls and ponds creating a scenic 6 mile route to enjoy by walking, biking or driving.

Please bring sunscreen, hat, hydration, boxed lunch, proper outerwear, foot wear and snacks. Please also bring cash for the yogurt ice cream shop on the return trip. Must call to sign up 508.979.4029



July 18th

Memory Café

July 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 July 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

Monday Movie Matinee



July 8, 2024
12:15 Pm

Four best friends take their book club to Italy for the fun girls' trip they never had. When things go off the rails, and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.



July 22, 2024
12:15 Pm

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother.



SENIOR WALKING

Thursday's 12-12:30pm

Walking will be on Thursday's only due to the Kool Kids Program that runs during the Summer in the Recreation Center.



JULY 3RD COOKOUT

Please Join us on July 3rd for a Cookout sponsored by



Hamburgers, Hot Dog, Potato Salad, Chips & Watermelon

Entertainment: Rebecca Pink

SPACE IS LIMITED PLEASE CALL TO SIGN UP 508-979-4029



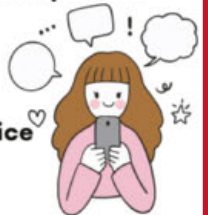
Technology Classes

Please call 508.979.4029 to sign up as spots are limited!!!

Tuesday July 9, 2024

9am-11am

Android Smartphones Novice



Thursday July 11, 2024

9am-11am

Android Beginner

Thursday July 18, 2024

9am-11am

iPhone Beginner

Tuesday July 23, 2024

9am-11am

Android Intermediate

Thursday July 25, 2024

Android Intermediate/Advanced

Tuesday July 30, 2024

9am-11am

iPhone Intermediate

Thursday August 1, 2024

9am-11am

iPhone Intermediate/ Advanced



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

MEXICAN DOMINOES

Tuesday's 1:30pm-3:30pm

SEWING CIRCLE

Wednesdays 4:00 - 7:45pm

PITCH

Thursday's 12:30-3:00pm

GREEDY DICE

Friday's 10am-12pm

STAMP, POSTCARD & COIN CLUB

3rd Friday of the month. 10:00am

BINGO!

Friday's 1:00 - 3:00pm

WATER COLOR PAINTING CLASSES

July 24th & July 29th \$18/Class 2-3:30pm

TECHNOLOGY CLASSES

See page 5

SINGLE SENIOR SUPPER CLUB

3rd Tuesday of the month 4:00-6:00pm Must sign up at the front desk or call a week before \$3.00

LGBTQ+ SUPPER CLUB

July 31st 5-7pm Please call to sign up

→ SUPPORT

REASSURANCE PROGRAM

A free service for elders wanting a daily telephone check-in with a COA staff member to ensure all is well. Call the COA for more information.

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

ON PAUSE UNTIL FURTHER NOTICE.

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.
FREE

Walking will be on Thursday's from 12-12:30pm for the summer. See calendar on pg 7

TAI CHI

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

MOXIE MOTION

Build strength and endurance safely through crucial, fundamental movements that also enhance balance.

FREE Program through a Massachusetts Hybrid Programming Grant. 2nd and LAST Wednesday

Please call to sign up 508.979.4029

ON PAUSE FOR THE MONTH OF JULY

→ 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!
11:30am June 12, September 11, December 11, 2024

WELLNESS CLINIC & BLOOD PRESSURE CHECKS

Public Health Nurse every Wednesday at the Center from 11:15- 1:15.

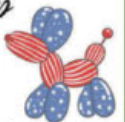
MASSAGE MONDAY

Chair Massages July 15th & 29th 6 time slots available. \$30.00 Please call to sign up. 508.979.4029



Community Nurse Monthly Health Tip

Community Nurse- (508) 992-6278
62 Center St. Fairhaven, MA 02719



HAVE A SUPERBERRY DESSERT.

Dark-colored berries like blueberries and blackberries contain compounds that fight inflammation and help protect your brain. One cup of blueberries consumed daily for 6 months can lower your risk of cardiovascular disease by 12 to 15%, according to 2019 research in the American Journal of Clinical Nutrition. Try berries and plain yogurt as your go-to-after-dinner treat.

JULY EVENTS & ACTIVITIES 2024

MONDAY

1

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

TUESDAY

2

- Mahjongg 10:00-2pm
- Mexican Train Dominoes 1:30-3:30pm

WEDNESDAY OPEN UNTIL 8!

3

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

**JULY 3RD
COOKOUT**

THURSDAY

4



FRIDAY

5

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

**WEAR YOUR BEST
Red, White,
& Blue**

8

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Movie Monday- Book Club 2 12:15pm



9

- Board Meeting 9am
- Tech Class 9-11 pg5
- Mahjongg 10:00-2pm
- Mexican Train Dominoes 1:30-3:30pm



10

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

11

- Tech Class 9-11 pg5
- Health Awareness 9-10
- Pitch 12:30-3
- Walking 12-12:30pm
- Caregiver Support 1-2
- General Loss & Grief Support 5-6:30pm
- Tech Cafe 3-4pm

**Last day to register for the
Single Senior Supper Club**

12

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

15

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Healing with Grace 1pm

16

- Mahjongg 10:00-2pm
- Mexican Train Dominoes 1:30-3:30pm
- Single Senior Supper Club 4:00-6:00pm

Time Change until Winter

Partially Funded by Coastline Elderly Nutrition Program



17

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

18

- Tech Class 9-11 pg5
- Health Awareness 9-10
- Walking 12-12:30pm
- Pitch 12:30-3
- Tech Cafe 3-4pm

**JULY WELLNESS
EXCURSION to
D.W Field Park**

19

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

22

- Osteo Class 8:30-10:00 \$1.00
- Tai Chi 11:00- 12:00 \$30 for 8 Weeks
- Cribbage 10am-12pm
- Movie Monday- Crazy Rich Asians 12:15pm



23

- Tech Class 9-11 pg5
- Mahjongg 10:00-2pm
- Mexican Train Dominoes 1:30-3:30pm

24

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- ~~Chair Yoga Cancelled~~
- Wellness Clinic 11:15-1:15
- Watercolor Class 2-3:30 see page 14
- Sewing 4:00-7:45pm
- LGBTQ+ Supper Club 5-7pm



25

- Tech Class 9-11 pg5
- Health Awareness 9-10
- Walking 12-12:30pm
- Memory Cafe pg 5
- Pitch 12:30-3

26

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

29

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

30

- Tech Class 9-11 pg5
- Mahjongg 10:00-2pm
- Mexican Train Dominoes 1:30-3:30pm

31

- Osteo Class 8:30-10 \$1.00
- Mall Trip 9-3 \$6.00
- ~~Chair Yoga Cancelled~~
- Wellness Clinic 11:15-1:15
- Watercolor Class 2-3:30 see page 14
- Sewing 4:00-7:45pm



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- Thursdays 12-12:30. Come walk in the gym in a trip free environment! "SUMMER SCHEDULE ONLY"



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

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Sodium (mg): Na*	2	Sodium (mg): Na*	3	Sodium (mg): Na*	4	No Meals Served	5	Sodium (mg): Na*
Turkey Stew*	510	Vegetable Soup	170	Cajun Chicken	377			LS Hot Dog*	540
Parsley Mashed	50	American Chop Suey	211	Dirty Rice	132			Baked Beans	37
Biscuit	310	Italian Blend	51	Chickpea Blend	309			Glazed Carrots	83
Mandarin Oranges	7	Multigrain Roll	190	WW Bread	160			Hot Dog Roll	210
		Applesauce	14	Fresh Orange				Tropical Fruit	10
Total Sodium:	877	Total Sodium:	611	Total Sodium:	978			Total Sodium:	880
Calories: 463	Carbs: 72	Calories: 514	Carbs: 76	Calories: 535	Carbs: 73			Calories: 635	Carbs: 77
8		9		10		11		12	
Potato Pollock	150	Broccoli and Cheese	387	Chicken Brushetta	366	Meat Loaf	230	Korean Meatballs	390
Tartar Sauce	261	Omelette		Whipped Sweet	33	w/ Onion Gravy	105	Asian Rice	73
Confetti Rice	38	Hashbrowns	132	Potatoes		Mashed Potato	50	Broccoli	12
Spring Blend Veg	57	Stewed Tomatoes	143	Tahitian Vegetables	38	Green Beans	3	Oatmeal roll	121
Hamburger Bun	230	Fruit Loaf	160	WW Roll	160	Oatmeal Bread	121	Mandarin Oranges	7
Sliced Apples	10	Orange Juice	5	Mixed fruit	10	Brownie	132		
						LS: Graham Wafer			
Total Sodium:	746	Total Sodium:	827	Total Sodium:	607	Total Sodium:	641	Total Sodium:	603
Calories: 588	Carbs: 77	Calories: 583	Carbs: 75	Calories: 411	Carbs: 66	Calories: 582	84	Calories: 429	Carbs: 55
15		16		17		18		19	
Pork Sausage* w/	520	Asian Vegetable Soup	180	Mac and Cheese*	588	Lemon Chicken	330	Portuguese Seafood*	565
Peppers and Onions		Beef Lo Mein	437	Tomato Florentine	121	Florentine Rice	107	Linguine	
Pasta Alfredo	121	Oriental Blend	38	WW Roll	160	Carrot Coins	77	Green Beans	3
Sub Roll	162	Snowflake Roll	260	Fresh Fruit Salad	4	Multigrain Bread	190	Oatmeal Roll	121
Peaches	5	Pineapple	1			Chocolate Chip Cookie	155	Fresh Orange	
						LS: SF Cookie			
Total Sodium:	808	Total Sodium:	916	Total Sodium:	873	Total Sodium:	859	Total Sodium:	689
Calories: 495	Carbs: 69	Calories: 651	Carbs: 102	Calories: 585	Carbs: 97	Calories: 706	83	Calories: 451	Carbs: 66
22		23		24		25		26	
BBQ Pork Patty	280	Tossed Salad	124	Cheeseburger*	581	Roast Turkey	449	Apricot Chicken	354
Garlic Mashed Potato	49	w/ Italian Dressing		Ketchup	82	w/ Rosemary Gravy	117	Mashed Potatoes	77
Country Veg	32	Veggie Chili	214	Potato Wedges	27	Red Bliss Potatoes	15	Peas	82
WW Bread	115	Black Bean Rice	31	Cabbage and Carrots	47	Zucchini & Tomatoes	39	Multigrain Bread	190
Cinnamon Apple Slices	10	Corn Bread	280	Hamburger Roll	230	WW Roll	160	Pears	4
		Mixed Fruit	10	Pineapple	1	Birthday Cake	240		
Total Sodium:	487	Total Sodium:	658	Total Sodium:	968	Total Sodium:	1020	Total Sodium:	707
Calories: 420	Carbs: 68	Calories: 579	Carbs: 102	Calories: 645	Carbs: 76	Calories: 458	64	Calories: 541	Carbs: 84
29		30		31		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium		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.	
Tuna Noodle Casserole	351	Mexicali Chicken	162	Maple Glazed Pork	146				
Broccoli and Carrots	15	Spanish Rice	23	Roasted Potatoes	28				
Crusty Dinner Roll	210	Brussel Sprouts	12	Mixed Vegetables	41				
Applesauce	15	Snowflake Roll	260	WW Roll	160				
		Mixed fruit	10	Cantaloupe					
Total Sodium:	900	Total Sodium:	466	Total Sodium:	374				
Calories: 528	Carbs: 86	Calories: 468	Carbs: 75	Calories: 493	Carbs: 56				

* 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

Trusts are versatile and powerful estate planning tools that can provide a wide range of benefits for seniors and their families. Despite their complexity, understanding the various types of trusts and how they work can help older adults make informed decisions to protect their assets, provide for their loved ones, and achieve their estate planning goals. In this article, we'll demystify trusts by exploring different types and discussing how they can benefit seniors and their families

Understanding Trusts

At its core, a trust is a legal arrangement in which a trustee holds assets on behalf of beneficiaries according to the terms set forth in the trust document. Trusts can be established during a person's lifetime (living trusts) or upon their death (testamentary trusts), and they can serve a variety of purposes, including asset protection, wealth transfer, and tax planning. There are several types of trusts:

Revocable Living Trust

- Allows the grantor (the person creating the trust) to retain control over the trust assets during their lifetime.
- Provides flexibility to amend or revoke the trust at any time.
- Avoids probate, which can save time and money for beneficiaries.
- Enables seamless management of assets in the event of incapacity.

Irrevocable Trust

- Transfers ownership of assets to the trust, under the management of a trustee.
- Provides asset protection from creditors and lawsuits.
- May offer benefits including reducing estate tax liability or qualifying for Medicaid/MassHealth eligibility.
- Typically cannot be modified nor revoked by the grantor once established.

TRUSTS DEMYSTIFIED: HOW DIFFERENT TYPES OF TRUSTS CAN BENEFIT SENIORS AND THEIR FAMILIES

Special Needs Trust

- Designed to provide for the ongoing care and support of a disabled beneficiary without jeopardizing eligibility for government benefits.
- Ensure proper management and investment of funds to meet the disabled beneficiary's ongoing needs.
- Enhance the quality of life for the disabled beneficiary by funding goods and services that support their basic needs.

Charitable Trust

- Supports charitable causes and organizations while providing potential tax benefits for the grantor.
- Can be structured to provide income to beneficiaries for a specified period before transferring remaining assets to charity.
- Offers the satisfaction of making a lasting impact on charitable causes that align with the grantor's values and interests.

Benefits for Seniors and Their Families:

- **Asset Protection:** Trusts can shield assets from creditors, lawsuits, and long-term care expenses, helping seniors preserve their wealth for future generations.
- **Probate Avoidance:** By bypassing the probate process, trusts enable faster distribution of assets to beneficiaries and maintain privacy for the family.
- **Medicaid/MassHealth Planning:** Irrevocable trusts can help seniors qualify for long-term care benefits while protecting assets for their spouse and/or heirs.
- **Legacy Planning:** Trusts allow seniors to dictate how their assets are distributed after their passing, ensuring their wishes are honored and their loved ones are provided for.

Trusts are valuable estate planning tools that offer seniors and their families numerous benefits, including asset protection, probate avoidance, and tax planning opportunities. By understanding the different types of trusts available and consulting with an experienced estate planning attorney, seniors can create personalized trust strategies to achieve their goals and secure their legacies for generations to come.

COA DISCLAIMER

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





WHAT IS SUPPORTIVE SOCIAL DAY?



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

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

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



WHO DO WE SERVE?

ACTIVITIES SUPPORTIVE SOCIAL DAY PARTICIPATES IN



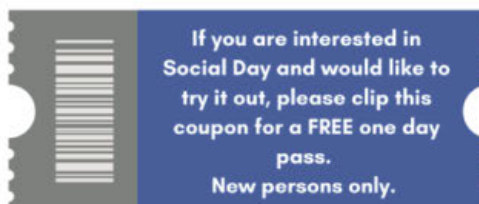
- Arts & Crafts
- Bingo
- Birthday & Holiday Celebrations
- Brain stimulating activities
- Certified pet therapy visits

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

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

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

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



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.



From Sally's Corner

Hello and Happy July!

The Fairhaven Social Day program will be kicking off the month of July by celebrating Independence Day on Wednesday, July 3, with Patriotic themed games in the morning followed by a cookout in the Courtyard. Lunch will include Hot Dogs, Hamburgers, Potato Salad, Cole Slaw and Watermelon for Dessert! We will end the celebration with Patriotic songs sung by Rebecca Pink!

On Wednesday, July 24, Officer Jillian from the Fairhaven Police Department and K-9 Blue will be here to demonstrate some of the techniques that were learned in training.

K-9 Blue is a male Labrador Retriever that partners with Officer Jillian, and is trained in Sniffing out drugs, track suspects, Missing People and also serves as an Emotional Support Dog among other duties! We are excited to meet Officer Jillian and K-9 Blue!

Sally

Activities:

- Visit from Fairhaven's Favorite K9 BLUE!!!
- Ice Cream Truck
- 4th Of July Celebration



Entertainment from:

Rebecca Pink
Joe Mac
Tony & Pat
Charolette Silva



4 Tips for Creating a Dementia-Friendly 4th of July

1. Blow Off the Fireworks

Fireworks and loud explosions can be distressing for someone living with dementia. If your loved one is also a war veteran, be mindful that fireworks noise can be triggering and misinterpreted as gunshots or bombs. Consider keeping the person indoors at times they are likely to hear fireworks. Adapt the fireworks tradition by watching a fireworks display on TV.

2. Be Prepared

Even if you're inside, the noise and explosions of nearby fireworks can cause anxiety, fear, or agitation for someone living with dementia. Prepare your loved one in advance by explaining to them that there may be loud noises and continue doing so gently at different intervals.

3. Keep Gatherings Small

If you plan on a gathering, keep it small—large crowds can be overwhelming, disorienting, and anxiety-producing for someone living with dementia. Consider providing name tags for everyone to help the person. Because of the possibility of sundowning, lunchtime celebrations could be best when there is less anxiety of confusion. Keep the person's routines as normal as possible, including mealtimes, nap times, and going to sleep at night. Incorporate favorite activities into the day.

4. Celebrate Creatively

Get involved in the holiday spirit by doing things together. Examples include creating patriotic decorations with your loved one, playing or singing familiar patriotic music, baking 4th of July themed desserts, or compiling a family album with pictures of past Independence Day memories. Each of these activities can be cognitively stimulating and help your loved one express themselves creatively.

Town Happenings



Fairhaven Fourth of July Parade

Thursday, July 4, 2024
Parade starts approximately
9:00 a.m. at Green St. side of
Cushman Park
(Gathering Time is 8:00 a.m.
for participants in the
parade)



Fairhaven Farmer's Market
Sundays, June 16 through
October 27, 2024, 11:00
a.m. to 2:30 p.m.
151 Alden Road, Fairhaven,
MA, next to National
Bleach



Huttleston Marketplace

saturdays, may 18-september 28, 2024

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Except last Saturday in June

July 4th Car Cruise
Thursday, July 4, 2024, 8:30 a.m.
Starts at Fairhaven High School, 12 Huttleston
Ave., Fairhaven
Route ends at Fort Phoenix



Classic and antique cars line up at Fairhaven High School for the raising of the "Big Flag" at 8:30 a.m. They then cruise through town, heading toward Green Street, where they will then lead the town's Fourth of July Parade south to Fort Phoenix. The cruise and parade will be followed by the Independence Day Ceremony at the fort.

For information about joining the July 4th Car Cruise, call John Medeiros at 508-990-0000.



NFIA & Legendary Street Rods
Car, Truck & Bike Show
Sunday, August 18, 2024, 9:00
a.m. to 3:00 p.m.
Livesey Park, Glenhaven Ave. &
Parker St., Fairhaven

The Legendary Street Rods Car Club teams up with the North Fairhaven Improvement Association to present a summertime Car, Truck, and Bike Show at Livesey Park in North Fairhaven. There will be raffles, awards, music, food and more. Admission to the event is free. Proceeds from the Car Show benefit the New Bedford Veterans Transition House & Cancer Fund. Proceeds from food sales benefit the NFIA. For more information, email northfairhavenimprovement267@gmail.com.

Fort Phoenix Independence Day Ceremony
Thursday, July 4, 2024, following the July 4th parade
Fort Phoenix, Fort Street, Fairhaven

This patriotic program is held at historical Fort Phoenix to celebrate the founding of our nation. A short presentation will be given by speakers, including a history of Fort Phoenix. There will be a reading of the Declaration of Independence. The flag will be raised as the National Anthem is sung. Throughout the ceremony there will be musical performances coordinated by the Shepherd Center for the Performing Arts.

Following the flag raising, a cannon salute will be fired over the harbor by the Fairhaven Village Militia, Inc.

Sponsored by the Fairhaven Fourth of July Parade Team, with the Fairhaven Village Militia, Inc. Free. Disabled accessible parking and walkway available. For further information email July4thParade@fairhaven-ma.gov.



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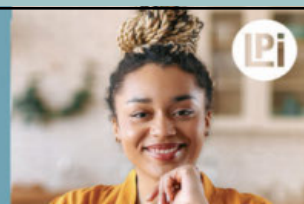
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July 24th
Splashy Flowers

2-3:30pm \$18/class
At the Fairhaven COA

July 31st
Textured Landscapes



Healing with Grace

July 15, 2024
1:00-2:00pm
Fairhaven
Senior Center

"Growing old is not easy, but only the lucky ones get the chance"

How do we ensure that our golden years can weather the ups and downs of natural aging and medical needs? We talk about it! And we talk about it with our medical team and our loved ones.

Healing with Grace owner Michelle Upton would love to create a space where together we can talk about our hopes and our worries in a meaningful way that results in improved understanding, a stronger sense of control, and a lifetime of dignity.

Please join us on July 15th at the COA!

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HAPPY Independence Day

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

NEW

LAWN BOWLING & CROQUET LESSONS

Hazelwood Greens

Tuesdays 9:30am-11:30am
Preregistration is required
through your Coastline.

The Fairhaven Senior Center has partnered with New Bedford Recreation for the use of the Hazelwood Greens! This is a wonderful opportunity to meet new people as well as enjoy the outdoors while playing a fun game of Lawn Bowling!

553 Brock Ave, New Bedford, MA



July Word Search

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