

# FAIRHAVEN SENIOR LIFESTYLES

*Dedicated to Serving Fairhaven's Finest, Our Senior Citizens*



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## OCTOBER 2017

### MEDICARE BENEFICIARIES AND RETIREES

#### WHAT'S NEW FOR 2018

**Tuesday, November 14th at 1:00 pm**

**Fairhaven Senior Center, 229 Huttleston Ave.**

*Open enrollment: October 15 through December 7*

How will these changes affect you as a

Medicare Beneficiary?

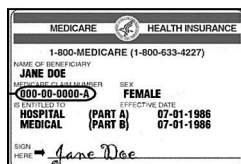
Review changes to:

\*Part D Plans

\*Supplement Plans

\*Medicare Advantages

\*Prescription Advantage



Officials from SHINE (Serving Health Insurance Needs for Everyone) will be present to answer any questions you may have. Delia DeMello from Social Security will also have a presentation. This presentation is free, but reservations are requested. Call the COA (508-979-4029) for more information and to reserve a seat.

Refreshments will be served.

### COUNCIL ON AGING STAFF

Anne Silvia, Executive Director  
Cindy Vandenburg, Senior Clerk  
Sue Roderiques, Social Day Coord.  
Sally Bourke, Social Day Activities Dir.  
Lucille Dauteuil, Outreach Coordinator  
Carolyn Dantoni, Asst. Outreach Coord.  
Christine Alfonse, Volunteer Coord.  
Phyllis Pequita, Office Assistant  
Rosemarie Houghton, Environmental  
Van Drivers  
Paul Simmons, Frank Barcellos,  
David Gagnon, Leon Hebert  
Cindy Vandenburg, Newsletter Editor

### BOARD OF DIRECTORS

Lindsay Gordon, Chairperson  
Joan Mello, Vice Chairperson  
Lee Cummings Allaire, Secretary  
Albert Borges, Member  
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Joseph Borelli, Associate  
Elaine O'Neill, Associate  
Dorothy Reid, Associate

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### MISSION STATEMENT

The Council on Aging  
Is an Advocate for improved  
Quality of Life for Seniors through  
Education, Programs & Services.

### WHAT IS THE S.H.I.N.E. PROGRAM?

*(Serving the Health Insurance Needs of Everyone)*

The **SHINE** Program provides free health insurance information, counseling and assistance to Massachusetts senior residents with Medicare. **SHINE** counselors are trained and certified by the Executive Office of Elder Affairs. A **SHINE** counselor helps Medicare beneficiaries of all ages compare costs and benefits of various health insurance plans. Contact **SHINE** representatives at the Fairhaven Senior Center at 508-979-4029.



### S.H.I.N.E. OPEN ENROLLMENT

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2018: *it is important to **review, understand and save this information!***

During **Medicare Open Enrollment**, from **October 15<sup>th</sup> to December 7<sup>th</sup>**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained S.H.I.N.E counselor is available to offer **FREE** and **CONFIDENTIAL** counseling on all Medicare and related health insurance programs. Learn more about how S.H.I.N.E can help *you*. Appointments fill up fast. Call the Fairhaven Senior Center at 508-979-4029.

### HOLIDAY CLOSING

**Monday, October 9th in observance of Columbus Day**



**FAIRHAVEN SUPPORTIVE SENIOR SOCIAL DAY PROGRAM**  
**FAIRHAVEN COUNCIL ON AGING**  
 229 Huttleston Ave., Fairhaven, MA 02719  
**508-993-9455**

**THIS PROGRAM OFFERS  
 SOCIAL SUPPORT AND ACTIVITIES**

**Program Coordinator: Susan Roderiques, Activities Director: Sally Bourke**

***BOOK NOW FOR ONE FREE DAY ~~~~CALL US AT (508)993-9455***

- ◆ Coffee Social
  - ◆ Current Events
  - ◆ Exercises
  - ◆ Arts & Crafts
  - ◆ Intergenerational Programs
- ◆ Luncheon & Shopping Trips
  - ◆ Musical Entertainment
  - ◆ Manicures & Hairstyling
  - ◆ Dancing
  - ◆ Educational Programs
  - ◆ Nutritious Lunch
- ◆ Knitting & Sewing
  - ◆ Super Bingo
  - ◆ Cookouts
  - ◆ Health & Safety Classes
  - ◆ Therapeutic Games

*The Supportive Senior Day Care Program is partially funded by the Massachusetts Executive Office of Elder Affairs and Coastline Elderly Services*

**~~~SOCIAL DAY HAPPENINGS~~~**



**OCTOBER WEEKLY HAPPENINGS**



**Coffee Social**  
**Current Events**  
**Active Fitness**  
**Card Group**  
**Tap-in-Time**  
**Pet Therapy**  
**Sing-a-along**  
**Trivia**



**OCTOBER ENTERTAINMENT**

<b>10/4 D&amp;D</b>	<b>10/5 Ray J</b>
<b>10/11 D&amp;D</b>	<b>10/12 Ray J</b>
<b>10/18 Paid in full</b>	<b>10/19 Ray J</b>
<b>10/25 D&amp;D</b>	<b>10/26 Karaoke w/Rick</b>

**FAIRHAVEN SUPPORTIVE SENIOR SOCIAL DAY PROGRAM**



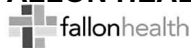
**OCTOBER 2017**  
**FREE DAY COUPON**

*(One time complimentary use for new clients to Social Day Program)*

**\*Continental Breakfast**  
**\*Nutritious Hot Lunch**  
**\*Activities**  
**\*Afternoon Snack**  
**\*Transportation**

**Locations we serve: Fairhaven, Acushnet, Marion, Mattapoisett, New Bedford, Rochester**

## LEARN ABOUT YOUR MEDICARE OPTIONS WITH FALLON HEALTH!



**Monday, October 23rd at 3:00 pm**

Fairhaven Senior Center, 229 Huttleston Avenue

**Open to Existing members of Fallon Senior Plan**

A representative from Fallon Health will be here to review changes to your plan effective January 1, 2018.

**Monday, November 6th at 3:00 pm**

Join Fallon Health at an informational presentation to learn about the Medicare Advantage and Medicare Supplement plan options available to you. Fallon offers plans that meet the needs and budget of almost anyone. And, with more than 35 years of providing coverage to those with Medicare, Fallon has become a plan that people can rely on. Call 508-979-4029 to sign up.

## GENERAL LOSS GRIEF SUPPORT GROUP

**October 17th - 5:00 to 6:30 pm**

**3rd Tuesday of the month**

**Fairhaven Senior Center**



This Grief Support Group is facilitated by trained grief professionals from Southcoast VNA and is offered to provide the opportunity to gather with others who are grieving the death of a loved one. Designed for mutual support and understanding of those experiencing grief, this group is open to anyone, regardless of whether or not your loved one was cared for by Southcoast.

**To register, please call Southcoast  
VNA Bereavement Services at 508-973-3227.**

## AMERICAN SIGN LANGUAGE CLASSES

**Want to learn a new language?**



Join us at the Fairhaven Senior Center for this **free 8 week course** starting

**Wednesday's October 11<sup>th</sup> 6:00-7:00pm**

Please call the Fairhaven Senior Center at 508-979-4029 to sign up.

You **do not** have to be a senior. Seats are limited.

## ALZHEIMER'S SUPPORT GROUP

**October 17th, 6:00 to 7:00 pm**

**3rd Tuesday of the month**

Brookdale, 274 Slocum Rd., Dartmouth MA

## YOUR LIFE, YOUR LEGACY

**Tuesday, October 30th at 1:00 pm**

Fairhaven Senior Center

This is an interactive, educational seminar discussing the importance and the benefits of pre-planning funeral arrangements in advance with 4 steps: Reflect, Record, Support and Share. Call 508-979-4029 to sign up.

## FREE SHREDDING EVENT

**Saturday, September 30<sup>th</sup> - 9:00-Noon-Rain or Shine  
for Fairhaven Residents**

Fairlawn Mortuary - 180 Washington St.- A maximum of 2 banker's boxes of materials per person. They will also be collecting canned goods and nonperishable food items for MOLife. For more info contact 508-999-5100.

## Wellness and Education

**Biking** - For schedule - call Anne at 508-524-3752

**Caregivers Support Education Group** - Free respite, 1st Wednesday of month from 1-2 pm

**Computer Class** - Call for schedule and appointment.  
\$3.00 Learn computer basics and more

**Chair Yoga** - Mon. and Thurs. 10:15-11:15 am \$3.00;  
Modified yoga program in a seated/standing position

**Dental Hygienist** - Call Holly at 774-766-7238

**Dietitian** - First Tuesday, 9:30-11:00 am, by appointment  
One-on-one help with a Registered Dietitian

**Foot Care** - 2nd Thursday, by appointment - \$22.00  
Assessment of care of podiatric health

**Grief Support Group** - Beginning Sept. 19th, 5 - 6:30 pm  
once a month on the 3rd Tuesday of the month

**Health Awareness** - Thursday, 9 -10 am  
Supportive group for health and fitness awareness

**Mahjong** - Tuesdays, 10 am to 2 pm. Mahjong is a solitaire style game that uses a set of mahjong tiles in place of playing cards.

**Osteoporosis Class** - Mon., Wed. and Fri., 8:30-10 am -  
\$1.00 Simple, safe, bone-boosting exercise

**Reassurance Program**-A free service for elders wanting a daily telephone check-in with a responsible person, ensuring all is well

**Sewing Circle** - Monday 1:00-3:00 pm and Thursday  
5:45-7:45 pm. See page 6 for dates.

**Tai Chi** - Thursday, 10:00-11:00 am - 8 weeks - \$30 Gentle movements for balance, flexibility, and muscle strength. New members call for location.

**Tap-N-Time** - Friday, 10-11 am; seated dance program for all levels

**Walking** - Indoors weekdays 12:30 - 1:00. Sign up at COA.

**Wellness Clinic** - Thursday, 9:00-10:00 am, see Pg. 6 for dates, Health and Education with a **Community Nurse** - Blood Pressure taken

**Zumba Gold** - Wed. and Fri., 11:30 am -12:30 pm - \$6.00  
Dance program for balance, strength, flexibility & heart

## OSTEO CLASS

**Monday, Wednesday and Friday from 8:30-10:00 am**



If you are looking for a gentle form of exercise focusing on improving balance and bone strength, join us at the Fairhaven Senior Center for Osteo Class. Osteo is a weight bearing exercise program done using a chair and lead by experienced osteo participants. Transportation can be provided by calling the senior center at 508-979-4029. A \$1.00 donation is suggested.

## PARKINSON'S SUPPORT GROUP MEETING

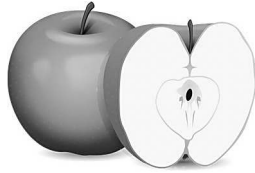
**Thursday, October 12th at 1:00 pm**

Dartmouth COA, 628 Dartmouth St., So. Dartmouth

## MICROWAVE APPLE CRISP

### Ingredients:

- 4 large Granny Smith apples - peeled, cored and sliced
- 1/2 cup butter, melted
- 3/4 cup packed brown sugar
- 3/4 cup quick cooking oat
- 1/2 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon allspice



### Directions:

1. Spread the apples evenly in an 8 inch square glass baking dish. A deep dish glass pie plate will also work. In a medium bowl, mix together the melted butter, brown sugar, oats, flour, cinnamon and allspice. Sprinkle this topping evenly over the apples.
2. Cook on full power in the microwave for 10 to 12 minutes, until apples can easily be pierced with a knife. Enjoy!

*Allrecipes.com*

## ANTIQUE APPRAISAL SHOW

**Tuesday, October 24, 2017 3:30 - 5:00 pm**  
**Fairhaven Council on Aging**

Presented by 3 companies focused on helping seniors with downsizing and moving.

- Brad Thelin of Better Living Real Estate
- Valerie Achorn of Simplified Lives
- Steven Fusco of Associated Estate & Appraisal Co.

After a brief presentation of the services they offer, seniors will have a chance to have their antiques appraised.

Refreshments will be served.

Call the Fairhaven Senior Center at 508-979-4029 to sign up for this informative and fun event.



## MALL TRIPS

Reservations accepted beginning the 15<sup>th</sup> of the prior month. There is a \$5.00 charge unless marked. The van leaves the Center promptly at 9:00 a.m.

### OCTOBER

- October 4** Plainridge Park Casino
- October 11** Emerald Square Mall
- October 18** South Shore Plaza
- October 25** Providence Place Mall & Whole Foods

### NOVEMBER

- November 1** Twin River
- November 8** Wrentham Village
- November 15** Burlington & Lunch at Boston Market
- November 22** Hyannis Mall & Xmas Tree Shop
- November 29** South Shore Mall

## BOSTON HOSPITAL SHUTTLE

**SRTA (Southeastern Regional Transit Authority)**

New Bedford on Tuesdays - Fall River on Thursdays

Fare is \$25.00 Roundtrip

Call the Fairhaven Senior Center for more information.

## CALLING ALL KNITTERS & HAPPY HOOKERS

**Monday afternoons beginning Oct. 2nd at 1:00 - 3:00 pm**

Beacon Hospice of Fall River has invited the Fairhaven Senior Center to participate in a heartwarming activity

that is sponsored by this caring hospice. Beacon provides the veteran's who receive hospice services with a hand knitted or crocheted blanket in the colors of red, white and/or blue. Beacon supplies all of the materials including yarn. If you can't make it to the Fairhaven knitting /crocheting group and would like to participate, you can pick up the supplies at the senior center and knit/crochet at home. Please call the Fairhaven Senior Center at 508-979-4029 if you would like to share your talent and provide a veteran with this small token of comfort.



### 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.

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

## WHITFIELD - MANJIRO WORD SEARCH

**16th Manjiro Festival is on  
 Saturday, October 7th  
 Center and Walnuts Streets**



BARTLETT SCHOOL  
 CAPTAIN WHITFIELD  
 CHERRY STREET  
 CHERRY TREES  
 CULTURAL CENTER  
 DR HINOHARA  
 FESTIVAL  
 FRIENDSHIP  
 JAPAN  
 MANJIRO TRAIL

MUSEUM  
 NAKAHAMA  
 OCTOBER  
 OLD STONE SCHOOL  
 OXFORD  
 POVERTY POINT  
 SHIP JOHN HOWLAND  
 SISTER CITY  
 SOCIETY  
 TOSASHIMIZU

## NEW MEDICARE CARDS

Changes are coming to your Medicare card. By April 2019, your card will be replaced with one that no longer shows your Social Security number. Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking your eligibility and claim status. And it will all happen automatically – you won't have to pay anyone or give anyone information, no matter what someone might tell you.

Having your Social Security number removed from your Medicare card helps fight medical identity theft and protect your medical and financial information. But even with these changes, scammers will still look for ways to take what doesn't belong to them. **Here are some ways to avoid Medicare scams:**

- ~Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That's a scam. First, Medicare won't call you. Second, Medicare will never ask for your Social Security number or bank information.
- ~Is someone asking you to pay for your new card? That's a scam. Your new Medicare card is free.
- ~Is someone threatening to cancel your benefits if you don't give up information or money? Also a scam. New Medicare cards will be mailed out to you automatically. There won't be any changes to your benefits. Federal Trade Commission

## NEW MEDICARE CARDS QUESTIONS AND ANSWERS

### Why are the new Medicare cards important?

The biggest reason we're taking the SSN off of Medicare cards is to fight medical identity theft for those with Medicare. By replacing the SSN-based HICN on all Medicare cards, we can better protect:

Private health care and financial information

Federal health care benefit and service payments

We've often heard from Congress, the General Accountability Office, people with Medicare, and advocacy groups that they want the SSN taken off Medicare cards.

### What's the timeline for the new Medicare cards & what does it mean for me?

#### Getting started

Moving to new Medicare numbers and cards requires a lot of changes to our systems and how we do business. The same is true for you -- our business partners.

We've already started this work and want to help you shift to the new MBIs by April 2018. Beginning in April 2018, we'll start mailing the new Medicare cards with the MBI to all people with Medicare.

#### Will there be testing for systems that use the MBI?

We're planning to test systems that'll use the MBI, including enhanced integration testing (EIT) for new or high risk systems. We're not offering end-to-end testing with Medicare fee-for-service claims processing systems because you'll be able to use either HICNs or MBIs to submit claims during the transition period.

You can use the transition period as a live test and make adjustments as necessary, yet still have claims submitted and processed with HICNs until the transition period ends.

#### How will the MBI look?

The MBI will be:

Clearly different than the HICN and RRB number, 11-characters in length, made up only of numbers and uppercase letters (no special characters)

#### Will the MBI's characters have any meaning?

Each MBI is unique, randomly generated, and the characters are "non-intelligent," which means they don't have any hidden or special meaning.

#### What do the new Medicare cards mean for people with Medicare?

The MBI won't change Medicare benefits. People with Medicare may start using their new Medicare cards and MBIs as soon as they get them.

#### Where can I get more information about the new Medicare cards?

More information and update can be found at: <https://www.cms.gov/Medicare>

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



## FAIRHAVEN SENIOR CENTER EVENTS AND ACTIVITIES OCTOBER 2017

	<b>MONDAY</b>
<b>Adult Social Day</b>	8:30 am-3:00 pm
<b>Chair Yoga</b>	10:15-11:15 with Bet, \$3.00
<b>Computer Class</b>	Call for schedule and appt.\$3.00
<b>Medical Transport</b>	Monday-Friday
<b>Nutrition Program</b>	11:30 am \$2 donation
<b>Osteo Class</b>	8:30 - 10:00 am
<b>Outreach Services</b>	Call for an appt.
<b>Reassurance Program</b>	Daily telephone check-in
<b>Sewing Circle</b>	<b>October 9th and 30th</b> 1-3:00 pm
<b>SHINE Rep.</b>	Call for an appointment
<b>Transportation</b>	<b>8:45 am-1:00 pm</b>
<b>Walking</b>	<b>12:30-1:00 pm</b> at Rec. Ctr. & sign up at Sen. Center.
	<b>TUESDAY</b>
<b>Attorney General</b>	Consumer Mediator by appt. only
<b>Boston Hosp. Shuttle</b>	Call COA
<b>Dental Hygienist</b>	<b>Oct. 24th</b> Call Holly 774-766-7238
<b>Friends Meeting</b>	Call COA for date
<b>Grief Support</b>	<b>Oct. 17th</b> , 3rd Tues. of mon. 5-6:30
<b>Mahjong</b>	10 am - 2 pm
<b>Medical Transport</b>	Monday-Friday
<b>Nutrition Program</b>	11:30 am \$2 donation
<b>Outreach Services</b>	Call for an appt.
<b>Reassurance Program</b>	Daily telephone check-in
<b>Single Seniors Supper</b>	Only <b>Oct. 3rd &amp; 17th</b> 4-6 pm \$3.00
	<small>Partially funded by Coastline Elderly Nutrition Program</small>
<b>SHINE Rep.</b>	Call for an appointment
<b>Transportation</b>	<b>9:15 am-1:00 pm</b>
<b>Walking</b>	<b>12:30-1:00 pm</b> at Rec. Ctr. & sign up at Sen. Center.
<b>Wellness Clinic</b>	<b>Oct. 3rd by appt. 9:30-11:00 am</b>
<b>Dietitian</b>	
	<b>WEDNESDAY</b>
<b>Adult Social Day</b>	8:30 am-3:00 pm
<b>Board Meeting</b>	<b>October 11</b> at 9:00 am
<b>Caregivers Support Education Group with free respite</b>	<b>October 4th</b> , 1st Wed. 1:00-2:00
<b>LGBT Supper Club</b>	<b>October 25th</b> 5-7 pm \$3.00
	<small>George Whitaker Fund and Coastline Elderly Nutrition Program</small>
<b>Mall Trip</b>	9 am-3 pm, \$5, Call to reserve seat
<b>Medical Transport</b>	Monday-Friday
<b>Nutrition Program</b>	11:30 am \$2 donation
<b>Osteo Class</b>	8:30-10:00 am
<b>Outreach Services</b>	Call for an appt.
<b>Pitch</b>	12:30-3:30 pm
<b>Reassurance Program</b>	Daily telephone check-in
<b>SHINE Rep.</b>	Call for an appointment
<b>Transportation</b>	<b>8:45 am-1:00 pm</b>

	<b>WEDNESDAY</b> Cont.
<b>Walking</b>	<b>12:30-1:00 pm</b> at Rec. Ctr. & sign up at Sen. Center.
<b>Zumba Gold</b>	11:30 am-12:30 pm - \$6.00
	<b>THURSDAY</b>
<b>Adult Social Day</b>	8:30 am-3:00 pm
<b>Bike Group</b>	Schedule - call Anne at 508-524-3752
<b>Boston Hosp. Shuttle</b>	Call COA
<b>Chair Yoga</b>	10:15 to 11:15 with Elizabeth \$3.00
<b>Foot Care \$22</b>	2nd Thurs. <b>October 12th</b> , by appt.
<b>Health Awareness</b>	9:00 -10:00 am, Supportive group for health and fitness awareness
<b>Medical Transport</b>	Monday-Friday
<b>Nutrition Program</b>	11:30 am \$2 donation
<b>Outreach Services</b>	Call for an appt.
<b>Pitch</b>	12:30-3:30 pm
<b>Reassurance Program</b>	Daily telephone check-in
<b>Sewing Circle</b>	<b>October 5th, 12th &amp; 26th</b> -5:45-7:45
<b>SHINE Rep.</b>	Call for an appointment
<b>Tai Chi</b>	10:00-11:00 am
<b>Transportation</b>	<b>7:45am-1:00 pm</b>
<b>Walking</b>	<b>12:30-1:00 pm</b> at Rec. Ctr. & sign up at Sen. Center.
<b>Wellness Clinic</b>	<b>Community Nurse-2nd, 3rd, &amp; 4th, Thurs. 9:00-10:00 am</b>
	<b>FRIDAY</b>
<b>Adult Social Day</b>	8:30 am - 3:00 pm
<b>Bingo</b>	1:00-3:00 pm
<b>Computer Class</b>	Call for schedule and appt.\$3.00
<b>Medical Transport</b>	Monday-Friday
<b>Nutrition Program</b>	11:30 am \$2 donation
<b>Osteo Class</b>	8:30 to 10:00 am
<b>Outreach Services</b>	Call for an appt.
<b>Reassurance Program</b>	Daily telephone check-in
<b>Tap-N-Time</b>	10-11:00 am
<b>Transportation</b>	<b>7:45 am-1:00 pm</b>
<b>Walking</b>	<b>12:30-1:00 pm</b> at Rec. Ctr. & sign up at Sen. Center.
<b>Zumba Gold</b>	11:30 am - 12:30 pm - \$6.00



## HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.



**CALL NOW! 1-888-862-6429**



Visiting Nurse | Hospice | Private Care | Wellness

An award winning non-profit agency caring for southeastern Massachusetts since 1916

**62 Center Street, Fairhaven | 508-992-6278**  
[www.communitynurse.com](http://www.communitynurse.com)





"Celebrating 40 Years of Caring"



October 2017



www.coastlinenb.org  
508-999-6400

Monday		Tuesday		Wednesday		Thursday		Friday	
2 Sodium (mg): Na*		3 Sodium (mg): Na*		4 Sodium (mg): Na*		5 Sodium (mg): Na*		6 Sodium (mg): Na*	
White Chicken Chili	121	Sloppy Joe	221	Caribbean Chicken	381	Braised Beef	241	BBQ Pork Rib	410
White/Brown Rice	36	Hash Brown	138	Pineapple Rice	35	Egg Noodles	35	Baked Beans	36
California Blend	27	Green Beans	3	Zucchini/Sum. Squash	77	Broccoli Florets	28	Country Blend	32
WW Bread	160	WW Bun	230	Multigrain Bread	190	Oatmeal Bread	121	Dark Rye Bread	300
Peaches	5	Apricots	4	Brownie	132	Banana		Mandarin Oranges	6
				Diet: Graham Wafer	85				
Total Sodium: 349		Total Sodium: 595		Total Sodium: 815		Total Sodium: 425		Total Sodium: 785	
Calories: 363 Carbs: 60		Calories: 487 Carbs: 68		Calories: 592 Carbs: 82		Calories: 618 Carbs: 73		Calories: 502 Carbs: 74	
9 Columbus Day		10 A		11 A		12 A		13 A	
For weather emergencies and cancellations, please check 1420 AM WBSM radio.		Minestrone Soup	239	Meatloaf with	240	Turkey w/	360	Potato Pollock	150
		Cheese Lasagna	359	Onion Gravy	110	Rosemary Gravy	124	Tartar Sauce	261
		w/ Tomato Sauce	55	Mashed Potatoes	62	Whipped Sweet Potato	33	Parsley Mash. Potato	62
		Italian Green Beans	3	Asparagus	77	Peas & Portobello	133	Brussel Sprouts	12
For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.		WW Roll	160	Oatmeal Bread	121	Mushrooms		Dinner Roll	160
		Applesauce	20	Tapioca Pudding	130	Multigrain Bread	190	Mixed Fruit	10
				Diet: Diet Pudding	110	Pineapple	1		
		Total Sodium: 836		Total Sodium: 741		Total Sodium: 841		Total Sodium: 655	
Calories: 492 Carbs: 80		Calories: 517 Carbs: 75		Calories: 510 Carbs: 81		Calories: 624 Carbs: 89			
16 B		17 B		18 B		19 B		20 B	
Beef & Pepper Casserole	293	Mac n' Cheese	403	Potato Leek Soup	131	Hot Dog	*550	"Catch of the Day"	250
Cauliflower Supreme	15	Escalloped Tomatoes	143	Honey Mustard Chicken	481	Mustard Packet	55	Lemon Dill Sauce	111
Honey Wheat Roll	65	Peas & Mushrooms	133	Tuscan Vegetables	58	Potato Wedges	27	Mashed Potatoes	62
Cinnamon Apples	4	WW Roll	160	Oatmeal Roll	121	Cabbage & Carrots	47	Zucchini & Red Peppers	39
		Mixed Fruit Cup	10	Applesauce	20	Hot Dog Roll	210	Multigrain Bread	190
						Peaches	5	Chocolate Chip Cookie	171
								Diet: Lorna Doone's	85
Total Sodium: 377		Total Sodium: 849		Total Sodium: 808		Total Sodium: 894		Total Sodium: 823	
Calories: 349 Carbs: 46		Calories: 684 Carbs: 95		Calories: 484 Carbs: 68		Calories: 611 Carbs: 67		Calories: 691 Carbs: 97	
23 A		24 A		25 A		26 A		27 A	
Chicken Piccata	424	Seafood Salad	*507	Roast Pork w/ Gravy	192	Meatball Sub	245	Turkey Pot Pie	221
Florentine Rice	112	Italian Pasta Salad	58	and Pearl Onions		Potato Wedges	27	Mashed Potatoes	62
Italian Blend	26	Beet Salad	173	Garlic Mash. Potatoes	62	Tuscan Vegetables	56	Biscuit	340
Scali Bread	190	WW Bulkie Roll	160	Butternut Squash	13	Mini Sub Roll	162	Raisins	4
Applesauce	20	Mixed Fruit	10	Oatmeal Bread	121	Low Sugar Jell-O	1		
				Mini Key Lime Pie	209				
				Diet: Low Sugar Cake	210				
Total Sodium: 772		Total Sodium: 908		Total Sodium: 596		Total Sodium: 491		Total Sodium: 627	
Calories: 416 Carbs: 54		Calories: 483 Carbs: 74		Calories: 741 Carbs: 107		Calories: 471 Carbs: 58		Calories: 621 Carbs: 90	
30 B		31 B		We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.  Congregate Meal participants may take home packaged bread, desserts and milk.		All Meals include:  Milk: 110 Calories 125mg Sodium 13g Carbs  Margarine: 36 Calories 47mg Sodium		Come Join Us On Tuesdays for our Ethnic Meal Series!  	
Pasta Bolognese	164	Tossed Salad w/ Dressing	124						
Fall Blend Vegetables	15	Beef & Broccoli	108						
WW Roll	160	Asian Rice	92						
Apple	2	Oatmeal Roll	121						
		Halloween Dessert	209						
		Diet: Low Sugar Cake	210						
Total Sodium: 340		Total Sodium: 653							
Calories: 538 Carbs: 77		Calories: 688 Carbs: 71							

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : \* Indicates a food with more than 500mg sodium

"Catch of the Day" will vary based on availability : Menu is subject to change without notice

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.



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