

WESTPORT COUNCIL ON AGING

75 REED RD WESTPORT, MA 02790

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EVERGREEN NEWSLETTER DECEMBER 2017

MISSION STATEMENT: The primary function of the Westport Council on Aging is to identify and meet the needs of Westport's elder population and the community of available services.

DECEMBER HAPPENINGS

There will be **NO SOUP AND SANDWICH** in
December

Dec. 22 Center closes at 12:00PM.
No activities. No transportation.
Dec. 25 **CLOSED **MERRY CHRISTMAS****
Dec. 29 Center closes at 12:00PM.
No activities. No transportation.

JANUARY HAPPENINGS

Jan. 1 CLOSED **HAPPY NEW YEAR**
Jan. 15 CLOSED** MARTIN LUTHER KING, DAY**
Jan. 17 Soup and Sandwich . Call 508-636-1026 to
reserve your seat. Cost \$4.

THANK YOU

**A heartfelt thank you to all who donated supplies,
monetarily or volunteered their time to make our
Veterans Day Breakfast a success.**

IT'S ALMOST



**The Westport COA is looking for
volunteer receptionist on Friday
mornings from 8AM-12PM.
Please give our volunteer coordi-
nator, Deb a call at 508-636-1026.**



SENIOR CENTER CLOSING POLICY: If the Westport Community Schools announce closings due to weather emergencies, the Senior Center will close for classes, transportation, and other activities. The center office may operate for routine administrative operations only.

Monday-Friday 8:30AM-4:00PM Tel: 508-636-1026 / Fax 508-636-1034

Visit us on Facebook: Wcoa Council

If you would like to view the Evergreen on line, go to: **Ourseniorcenter.com**

PROGRAMS FOR MIND BODY AND FITNESS

*Aerobics: Monday, Wednesday and Friday 8:30-9:30AM

*Stretch & Tone: Tuesday and Thursday 8:30-9:30AM

T'ai Chi: Friday, Advanced 12:30PM Intermed. 1:30PM

Yoga: Monday and Wednesday 12:45-1:45 PM

Watercolor: Wednesday, 9:00 AM-12 Noon

*Men's Exercise Class: Monday and Wed. 3:15-4:15PM

* Instructor approval and a physician authorization form, which is available at the COA, is required.*

\$30.00/month due the 25th of the month

\$25.00/month due the 25th of the month

\$8.00/Class

\$5.00/ Class

\$10.00/Class plus your own supplies

\$25.00/month due the 25th of the month

OSTEOPOROSIS

Monday, Wednesday, and Friday 9:45 AM—11:00AM

An exercise program for people with or at risk for Osteopenia/ Osteoporosis. Participants will learn about osteoporosis and everyday activities that will improve their day-to-day lives. An authorization form, which is available at the WCOA, must be completed by your physician for this class.

For more information, contact the WCOA.

LEGAL CORNER 2017

The 3rd Wednesday of each month from 10:00AM to 11:30AM by appointment only

Jennifer Heald, a local attorney, will be meeting individuals for 30 minute appointments every month. The Attorney is experienced in a broad variety of legal areas with expertise in Basic Estate Planning, including Living Trusts and Wills.

WALKING-HIKING GROUP

Every **Tuesday**, starting at 8:45AM, the group leaves from the WCOA. Are you interested in walking/hiking with others who love the outdoors? Have you wanted to walk some of the wonderful trails in our area but have some reservations about heading out alone? Come to the WCOA on a Tuesday morning and join the group.

STROLLING GROUP

****Stroll your way to fitness****

Join us at the WCOA at 9 AM on Thursday mornings, if you would like to walk short distances at a relaxed pace with a group.



SUPPORT GROUPS

Alzheimer's & Dementia Caregivers-Hope Health

Family Resource Center 45 Rock St, Fall River, MA 1st and 3rd **Friday** of each month 11:00-12:30 PM
Must register, please call (508) 775-5656.

OR

2nd Tuesday of each month from 12:30 –2:00 PM and

4th Tuesday of each month from 6:00-7:30 PM

**Catholic Memorial Home 2446 Highland Ave. Fall River, MA
Caregiver Support Group**

2nd Tuesday of every month from 1:30-3:00 PM

St. Julie Billiard Church 494 Slocum Rd. N. Dartmouth, MA

Grandparents Raising Grandchildren

Meets the **3rd Tuesday** of every month, 6-8 PM
at 181 Hillman Street, Lower Level, New Bedford, MA

Parkinson's Disease

Meets the **2nd Thursday** of every month, 1:00 PM
at the Dartmouth COA on Dartmouth St. S Dartmouth, MA

Scleroderma

Meets on the **3rd Tuesday** of each month 6:30–8:30 PM
at Stop & Shop, 2nd floor conference room, 501 Rodman St.
Fall River, MA Christine T. Maroney, 508-675-4152
Donna Bernier, 774-488-6775

Visually Impaired People

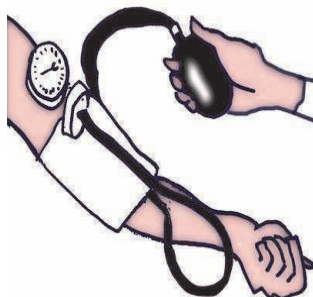
Meets **Tuesdays** from 11:00 AM to 12:00 PM
St. Peter's Episcopal Church, 351 Elm St, Dartmouth, MA

BINGO

Every Thursday, 12:30 –2:30 PM at the WCOA. Coffee and pastry served at the break. New callers welcome.

BLOOD PRESSURE CLINIC

Every 2nd Tuesday of the month from 10:00AM to 11:00AM with a Nurse from Gentiva Home Health.
NO FEE





FRIENDS OF THE WESTPORT COUNCIL ON AGING, INC.

Supporting the Senior Center

P.O. Box N-192

Westport, MA 02790



Greetings from the FWCOA

As 2017 draws to a close, we reflect on the many FWCOA accomplishments which your support has made possible during the year. Since its founding in 1985, the FWCOA volunteers, members and generous donors have helped to establish and provide assistance to the Senior Center, as it has become an integral part of the Town of Westport and the lives of its seniors. This year, FWCOA contributions have been made to the WCOA Supportive Day Program, Summer Fest, the Senior Picnic, and maintenance of the Senior Center's beautiful gardens and planters to name a few.

The Board's major contribution was the donation of matching funds to Westport for the expansion of the Senior Center Parking Lot. This has become a critical need because of the increasing number of local seniors who appreciate and take part in the services and enrichment the Senior Center offers. This is a wonderful problem to have! We look forward with anticipation in the coming months as this project gets underway, and invite you to join us through FWCOA membership, as a volunteer, or as a participant in the many programs and activities the WCOA and the Senior Center have to offer.

**The FWCOA wishes everyone a Safe, Healthy, and Happy Holiday Season.
See you in 2018!**

TRANSPORTATION

Transportation is available for Westport elders and handicapped persons of all ages by appointment only.

The donation is \$3.00 one way \$5.00 round trip.

Monday– Friday 10:00AM-2PM

Medical Appointments	Local Grocery Stores
Local Shopping Centers	Pharmacies

When you make your appointment, call us immediately to schedule a ride.

Please have the exact business or doctor's name, street address, telephone number,



WESTPORT FREE PUBLIC LIBRARY

OUTREACH TO THE HOMEBOUND HOME DELIVERY SERVICE

Know of a relative, friend, or neighbor who is homebound and has no access to our local library?

The Westport Free Public Library now offers a Home Delivery Service of library books (some in **LARGE PRINT**), audio books, DVDs, and more to homebound Westport residents. **Call 508-636-1100.**

LOCATION FOR THE FOOD PANTRY

The **Westport Food Pantry** is located at the rear entrance of the former

Westport Middle School
400 Old County Rd
Westport, MA.
774-201-0566



24/7 SAFE DISPOSAL OF EXPIRED OR UNUSED MEDICATION

A free medication disposal box, to safely dispose of your expired or unused drugs, is located in the Westport Police Station lobby at 818 Main Rd. For additional information, contact the Westport Police Department at 508-636-1122.



SENIOR HAPPENINGS CALENDAR

DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				8:30 Social Day 1 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Advanced Bridge 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
8:30 Social Day 4 8:30 Aerobics 9:00 Paul Schmidt 9:00 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Mahjong 12:45 Yoga 3:15 Men's Exercise	8:30 Social Day 5 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting	8:30 Social Day 6 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 TSH Book Club 12:45 Yoga 3:15 Men's Exercise	8:30 Social Day 7 8:30 Toning/Stretching 8:45 Strolling group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 8 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Advanced Bridge 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
8:30 Social Day 11 8:30 Aerobics 9:00 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Mahjong 12:45 Yoga 3:15 Men's Exercise	8:30 Social Day 12 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 10:00 Blood Pressure 11:30 Lunch 1:00 Knitting	8:30 Social Day 13 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 TSH Book Club 12:45 Yoga 2:00 Poetry Writing 3:15 Men's Exercise	8:30 Social Day 14 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 15 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Advanced Bridge 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
8:30 Social Day 18 8:30 Toning/Stretching 8:45 Strolling Group 9:00 Sen. Michael Rodrigues 9:30 Games/Billiards 9:45 FWCOA Meeting 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	8:00 WCOA Meeting 19 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting	8:30 Social Day 20 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Legal Asst./Appt. only 12:00 TSH Book Club 12:45 Yoga 3:15 Men's Exercise	8:30 Social Day 21 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	22 CLOSE AT NOON No Activities No Transportation
25 CLOSED 	8:30 Social Day 26 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting	8:30 Social Day 27 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 2:00 Poetry Writing 3:15 Men's Exercise	8:30 Social Day 28 8:30 Toning/Stretching 8:45 Strolling group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	29 CLOSE AT NOON No Activities No Transportation

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OUTREACH INFORMATION

Are you or anyone you know in need of assistance?

Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, to explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps, and other benefits. The Outreach Workers also assist elders in crisis; they are mandated reporters for suspected elder abuse, neglect, and financial exploitation.

The Outreach Workers strive to include family members in meetings, if the elder or disabled individual agrees. The Outreach Workers and all Council on Aging staff are bound by strict confidentiality laws and are not allowed to release any information without permission.

Referrals come from many different sources including family members, police and fire departments, health professionals, community agencies, nursing homes, and the elders and disabled themselves.

If you would like to make a referral to the Council on Aging Outreach Workers, please contact Andrea, Cindy or Susan at 508-636-1026.

DO YOU HAVE EXTRA TIME ON YOUR HANDS TO GIVE BACK TO YOUR COMMUNITY? BECOMING A FRIENDLY VISITOR VOLUNTEER (MALE OR FEMALE) MAY BE THE ANSWER. FOR MORE INFORMATION, CALL DEBBIE AT 508-636-1026.

OUR OUTREACH DEPARTMENT IS IN NEED OF GRABBERS or REACHERS, SOCK AIDES, BLADDER PADS (not pull-ups) FOR MEN AND WOMEN, BED RAILS, SHOWER CHAIRS AND BENCHES, WHEEL-CHAIRS AND WALKERS.



The WCOA has a durable medical equipment “loan closet” with wheelchairs, canes, commodes, shower chairs, etc., for Westport elderly and disabled individual. We would like to thank our many generous donors for the equipment we are able to loan the Westport Community. Without your generosity, we would not be able to sustain this program.

Outreach workers are looking for donations of cat and dog food for their client's pets.

WESTPORT SUPPORTIVE DAY PROGRAM

The supportive day program provides a safe, structured environment for seniors who are isolated, experience memory loss, recovering from personal illness or injury, or have certain physical restrictions because of age related disabilities.

This community care program allows elders to remain in their homes, providing much needed respite for caregivers. These services are provided in a non-medical facility.

Our program includes:

Trained Professional Staff
Daily structured and supervised activities
Morning/afternoon snacks
Nutritious Lunch
Educational Programs
Current Events

Therapeutic Games
Day Trips
Health Clinics
Sing-a-longs
Gentle Exercise
Creative Activities



Transportation is Available
Supportive Day Program Director –Connie McQuoid

Financial Aid is Available

Join us for a FREE Trial Day
Assistant Director –Catherine Lynch

Elder Abuse is a Serious Issue

If you have cause to believe that you or someone you know who is 60 or older is being abused, neglected, or exploited, call the Elder Abuse Hotline at 1-800-922-2275 to file a confidential report.

DIABETES and PREDIABETES

Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). More than 100 million Americans are living with diabetes (30.3 million). Diabetics are at higher risk of serious health complications such as, kidney failure, heart disease, stroke and loss of toes, feet or legs. Diabetic retinopathy is a common complication of diabetes. It is characterized by progressive damage to the blood vessels of the retina. It is the lead cause of blindness in American adults. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 84 million American adults, more than 1 out of 3, have prediabetes. Of those with prediabetes, 90% don't know they have it. See your doctor to get your blood sugar tested to find out if you have prediabetes. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease and stroke. Help cut the risk of getting type 2 diabetes by eating healthy, being more active and losing weight.

HOW CAN DIABETES AFFECT DENTAL HEALTH?

Unfortunately, gingivitis and periodontal disease affect people living with diabetes more often and more seriously than people who do not have diabetes. Diabetes can cause changes in the teeth and gums, especially when it is not controlled with a proper treatment plan from the doctor. Diabetes increases the risk for gingivitis (small gum infection), and more seriously, periodontal (gum) disease. Gingivitis can go away with good cleaning of the teeth, but periodontal disease is a long-term infection that hurts the gums and bone holding the teeth. If too much of the gums and bone is lost, teeth become loose and can fall out. Diabetes can affect the mouth in other ways by changing the way people taste food; increasing the time it takes the mouth to heal from cuts or sores; decreasing saliva (dry mouth); and increasing risk for other infections in the mouth.

How can you keep your teeth and gums healthy if you have diabetes?

- * See your doctor often. Don't smoke and limit alcoholic drinks.
- * Visit a dentist at least every six months (even if you don't have natural teeth) and talk to your dentist about how you control your diabetes.
- * Take your medicine(s) and check your blood glucose (sugar) correctly; exercise and eat proper foods as directed.
- * Brush twice daily for two minutes with fluoride toothpaste, and floss at least once each day.
- * If your mouth feels dry, drink a lot of water, or chew sugarless gum. Check your mouth regularly for any problems or changes. See your dentist if your gums bleed when you brush or floss; or if you notice dry mouth, pain, white spots, and/or a bad taste in your mouth.

'TIS THE SEASON FOR FAMILY, FESTIVITY, AND FOOD-LOTS OF FOOD!!!!

Temptations are everywhere. During the holidays, how do you stick to your diabetes meal plan when everyone around you seems to be splurging? Below are five tips that can help.

- 1. Holiday Proof Your Plan**-Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served. Invited to a party? Offer to bring a healthy dish along. If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal. Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat. If you slip up, get right back to healthy eating with your next meal.
- 2. Outsmart the Buffet** -When you face a spread of delicious holiday food, make healthy choices easier. Have a small plate of the foods you like best and then move away from the buffet table. Start with vegetables to take the edge off your appetite. Eat slowly. It takes at least 20 minutes for your brain to realize you're full. Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.
- 3. Fit in Favorites**-No food is on the naughty list. Choose the dishes you really love and can't get any other time of year like pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.
- 4. Keep Moving**-You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.
- 5. Get Your Zzz's**- Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for seven to eight hours of sleep per night to guard against mindless eating.



THE 12 WAYS to HEALTH -HOLIDAY SONG

Learn how to stay safe and healthy with this festive song, sung to the tune of The Twelve Days of Christmas! Family health information from the Centers for Disease Control and Prevention (CDC).



1. The **first** way to health, said the CDC to me, Wash hands to be safe and healthy.
2. The **second** way to health, said the CDC to me, Bundle up for warmth and wash hands to be safe and healthy.
3. The **third** way to health, said the CDC to me, Manage stress, bundle up for warmth, and wash hands to be safe and healthy.
4. The **fourth** way to health, said the CDC to me, Don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
5. The **fifth** way to health, said the CDC to me, Be smoke-free, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
6. The **sixth** way to health, said the CDC to me, Fasten belts while driving, be smoke-free, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
7. The **seventh** way to health, said the CDC to me, Get exams and screenings, fasten belts while driving, be smoke free, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
8. The **eighth** way to health, said the CDC to me, Get your vaccinations, get exams and screenings, fasten belts while driving, be smoke free, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
9. The **ninth** way to health, said the CDC to me, Monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, be smoke free, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
10. The **tenth** way to health, said the CDC to me, Practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, be smoke-free, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
11. The **eleventh** way to health, said the CDC to me, Prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, be smoke-free, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
12. The **twelfth** way to health, said the CDC to me, Eat well and get moving, prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, be smoke-free, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

DID YOU KNOW:

- *December 21st– Winter solstice. It's the shortest day and longest night, and the official start of winter. Even though daylight increases from now until June, our coldest weather is still to come.
- *December is the peak time of year for candle fires. In December, 11% of home candle fires began with decorations compared to 4% the rest of the year.
- *The top three days for home candle fires are Christmas Eve., Christmas Day and New Year's Day.



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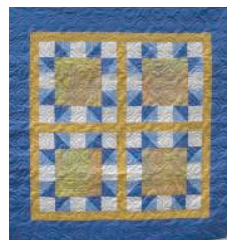


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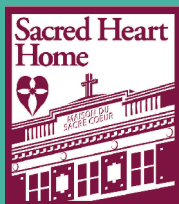
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