

WESTPORT COUNCIL ON AGING

75 REED RD WESTPORT, MA 02790

Council on Aging Board Members

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Karin Bergeron –Vice Chair
William Gifford-Treasurer
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Beth Easterly

Director: Beverly Bisch



EVERGREEN NEWSLETTER FEBRUARY 2018

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.



AARP will be at the WCOA to do federal and state income taxes for seniors 60 and over. Limited Wednesday appointments are available from 12:30-2:30PM. You must call the WCOA to set up an appointment at **508-636-1026**.

Feb. 6 Networking Event beginning at 12:30.
Presentations:

White Cross Pharmacy on packaging of medications.
New Bedford Local Consumer Program on scams and identity theft. Informational tables will be available.
Please R.S.V.P. 508-636-1026 by January 30, 2018.

Intermediate Bridge will resume on Tuesday mornings at 9:30 AM beginning **February 20th**.

Men's exercise group has changed to Mondays and Wednesday from 10:00-11:00AM.

Feb. 21 This month's Soup and Sandwich is Velvety Vegetable Soup and Sloppy Joe.



Mark Your Calendar

>> UPCOMING EVENTS

March 21 Soup and Sandwich.

BLOOM TOURS– A bus trip leaving from the Council on Aging, **March 29**, will be going to Eataly and a wine tasting at the Boston Winery. Cost is \$77.00. Bus leaves promptly from the WCOA at 8:30. Returns to the WCOA at 5:00 PM. Limited seating.

For more information and to reserve your space call Wendy at 508-678-0218. RSVP by 2-10-18.

In **April**, there will be a 2 day trip going to Turning Stone Casino in New York.

For more information contact Wendy at 508-678-0218.

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

There is a waiting list for Aerobics and Stretch & Tone. Please give your name at the office.

*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 2:15-3:15 and Wednesday 12:45-1:45 PM
 Watercolor: Wednesday, 9:00 AM-12 Noon
 *Men's Exercise Class: Monday and Wednesdays 10-11AM

\$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

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

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.

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.

YOGA

NEW INSTRUCTOR and TIME on MONDAYS

Come meet **Nancy Winterhalter** -Mondays from 2:15-3:15 PM

LEES COMMUNITY PARTNER'S PROGRAM

The WCOA is a recipient of this program. Drop off your Lees Market register receipts in the box at the front entrance of the WCOA. Thank you for your participation.



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



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
TUESDAY 1:30—5:30
Proof of residency is required.



LEGAL CORNER 2018

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.

BLOOD PRESSURE CLINIC

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



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 Billiart 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

**Friends of Westport
Council on Aging**

Officers:

Susan Read-President
Elizabeth Brinkerhoff-Vice President
Margie Zeller-Secretary
Rose Rego-Treasurer

***FRIENDS OF THE WESTPORT
COUNCIL ON AGING, INC.***

*Supporting the Senior Center
P.O. Box N-192
Westport, MA 02790*

GREETINGS from the FWCOA



Hello from the "Friends". We hope everyone is staying warm during this cold winter. Our annual FWCOA contributing members' listing is in this issue of "Evergreen". Our sincere thanks to all our members for their contributions and their support of our Senior Center. If you have not yet renewed your membership, please do so as soon as possible. We hope non-members might take this opportunity to join the Friends. We would welcome your membership. The Friends of the Council on Aging is a non-profit, independent, all-volunteer fundraising organization founded in the early 1980's to raise money to help our Senior Center. Our funds are derived from membership income, memorial gifts, fundraisers and bequests. All donations to the Friends are tax-deductible, and if you wish, can be ear-marked for a specific purpose. If you have any questions or wish to join the Friends, please contact us at the above address or call Lillian Barresi (508-675-7635).

Again, thank you for your generosity.

The Friends and all seniors benefiting from our Senior Center appreciate your support.

TRANSPORTATION

Transportation is available for any Westport elder or disabled person and Supportive Day Program attendees from local towns. Call to schedule an appointment.

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

Monday– Friday 10:00PM-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, and approximate duration of your appointment (pick up time),when you call.



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.**

FLU SEASON UPDATE

When H3 viruses are predominant, we tend to have a worse flu season with more hospitalizations and more deaths. While our surveillance systems show that nationally, the flu season may be peaking now, we know from past experience that it will take many more weeks for flu activity to truly slow down. We also know that you can reduce your risk of getting the flu through everyday good health habits like covering your mouth, when you cough, and frequently washing your hands. You need, of course, to limit contact with others who might be sick and if possible, stay home when you are sick to help prevent the spread of germs and respiratory illnesses, like the flu. These are the most important measures that we all should be doing. The CDC (Center for Disease Control) continues to recommend the flu vaccine. While our flu vaccines are far from perfect, they are the best way to prevent getting sick from the flu and it is not too late to get one.

SENIOR HAPPENINGS CALENDAR

FEBRUARY 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
|  |  |  | 8:30 Social Day 1 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 2 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:30 Tai Chi-Adv 1:30 Tai Chi-Int |
| 8:30 Social Day 5 8:30 Aerobics 9:00 Rep. Paul Schmid 9:00 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga | 8:30 Social Day 6 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting | 8:30 Social Day 7 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:45 Yoga AARP Tax Appointments only | 8:30 Social Day 8 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 9 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:30 Tai Chi-Adv 1:30 Tai Chi-Int |
| 8:30 Social Day 12 8:30 Aerobics 9:00 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga | 8:00 WCOA MEETING 13 8:30 Social Day 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 14 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 12:45 Yoga 2:00 Poetry Writing AARP Tax Appointments only | 8:30 Social Day 15 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 16 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:30 Tai Chi-Adv 1:30 Tai Chi-Int |
| *CLOSED* 19  PRESIDENTS' DAY | 8:30 Social Day 20 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 9:30 Bridge/Intermediate 11:30 Lunch 1:00 Knitting | 8:30 Social Day 21 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Legal Asst./Appt. only 10:00 Men's Exercise 11:30 Soup & Sandwich 12:00 Book Club 12:45 Yoga AARP Tax Appointments only | 8:30 Social Day 22 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 23 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Bridge/Int. Plus 12:30 Tai Chi-Adv 1:30 Tai Chi-Int |
| 8:30 Social Day 26 8:30 Toning/Stretching 8:45 Strolling Group 9:00 Sen. Michael Rodrigues 9:30 Games/Billiards 9:45 FWCOA Meeting 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga | 8:30 Social Day 27 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 9:30 Bridge/Intermediate 11:30 Lunch 1:00 Knitting | 8:30 Social Day 28 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Book Club 12:45 Yoga 2:00 Poetry Writing AARP Tax Appointments only | ***Due to the holiday, Sen. Michael Rodrigues will be here on the last Monday of the month.  |  |

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24SEVEN

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.

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. We accept clean, gently used medical equipment and unopened supplies. Without your generosity, we would not be able to sustain this program

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

WESTPORT SUPPORTIVE DAY PROGRAM

This 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–

Financial Aid is Available
Connie McQuoid

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



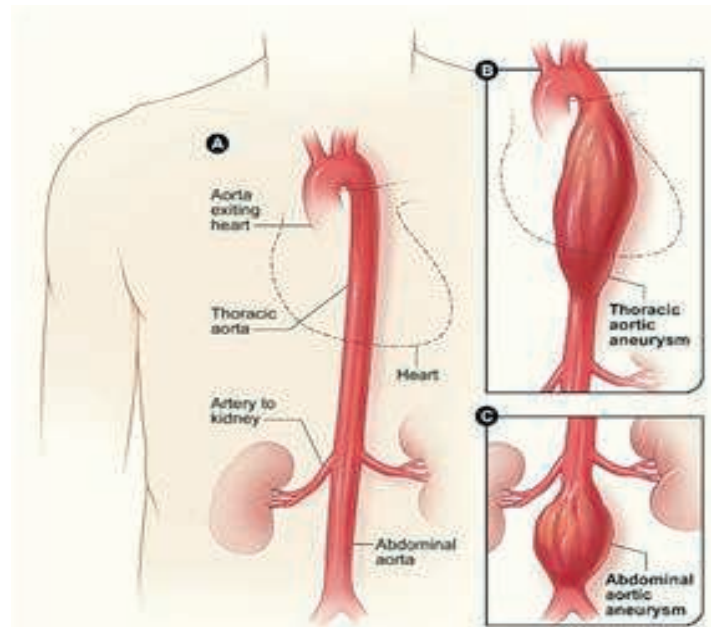
Here to help

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 1-800-922-275 to file a confidential report.

AORTIC ANEURYSM

An aortic aneurysm is a balloon-like bulge in the aorta, the large artery that carries blood from the heart through the chest and torso. Aortic aneurysms work in two ways. The force of blood pumping can split the layers of the artery wall, allowing blood to leak in between them. This process is called a dissection. The aneurysm can burst completely, causing bleeding inside the body. This is called a rupture. Dissections and ruptures are the cause of most deaths from aortic aneurysms. In the United States, about two-thirds of the people who have an aortic dissection are male.



(Image courtesy of the National Heart, Lung, and Blood Institute)

Types of Aortic Aneurysms: A **thoracic aortic aneurysm** occurs in the chest. Men and women are equally likely to get thoracic aortic aneurysms, which become more common with increasing age.

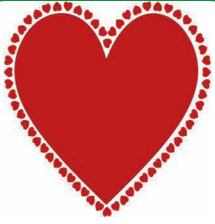
Thoracic aortic aneurysms are usually caused by high blood pressure or sudden injury. Sometimes people with inherited connective tissue disorders, such as Marfan syndrome and Ehlers-Danlos syndrome, get thoracic aortic aneurysms. Signs and symptoms of thoracic aortic aneurysm can include sharp sudden pain in the chest or upper back, shortness of breath, and trouble breathing or swallowing.

An abdominal aortic aneurysm occurs below the chest. Abdominal aortic aneurysms happen more often than thoracic aortic aneurysms. Abdominal aortic aneurysms are more common in men and among people aged 65 years and older. Abdominal aortic aneurysms are usually caused by atherosclerosis (hardened arteries), but infection or injury can also cause them. Abdominal aortic aneurysms often don't have any symptoms. If an individual does have symptoms, they can include throbbing or deep pain in your back or side and/or pain in the buttocks, groin or legs.

Risk Factors for Aortic Aneurysm: Diseases that damage your heart and blood vessels also increase your risk for aortic aneurysm. These diseases include high blood pressure, high cholesterol and atherosclerosis (hardened arteries). Some inherited connective tissue disorders, such as Marfan syndrome and Ehlers-Danlos syndrome, can also increase your risk for aortic aneurysm. Your family may also have a history of aortic aneurysms that can increase your risk. Unhealthy behaviors can also increase your risk for aortic aneurysm, especially for people who have one of the diseases listed above. Tobacco use is the most important behavior related to aortic aneurysm. People who have a history of smoking are three to five times more likely to develop one.

Treating Aortic Aneurysm: The two main treatments for aortic aneurysms are **medicines** and **surgery**. Medicines can lower blood pressure and reduce the risk for an aortic aneurysm. Surgery can repair or replace the injured section of the aorta.

Other Types of Aneurysms: Aneurysms can occur in other parts of your body. A ruptured aneurysm in the brain can cause a stroke. Peripheral aneurysms—those found in arteries other than the aorta—can occur in the neck, in the groin, or behind the knees. These aneurysms are less likely to rupture or dissect than aortic aneurysms, but they can form blood clots. These clots can break away and block blood flow through the artery.



“LIFE’S SIMPLE 7”

Seven Easy Ways to Help Control Your Risk For Heart Disease

- 1. Get active:** Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.
- 2. Control cholesterol:** When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.
- 3. Eat better:** Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. If you are frequently skipping out on veggies, fruit, low-fat dairy, fiber-rich whole grains, and lean meats including fish, your body is missing the basic building blocks for a healthy life.
- 4. Manage blood pressure:** High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer. To manage blood pressure, you should eat a heart-healthy diet (which includes **reducing (sodium)**), get regular physical activity, **maintain a healthy weight manage stress**, limit alcohol and avoid tobacco smoke.
- 5. Lose weight:** If you have too much fat, especially if a lot of it is at your waist, you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you’re overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. Even losing as few as five or ten pounds can produce a dramatic blood pressure reduction.
- 6. Reduce blood sugar:** Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate **diabetes** or pre-diabetes. The following tips can all help reduce your blood sugar: Reduce consumption of simple sugars that are found in soda, candy and sugary desserts, get regular physical activity- moderate intensity aerobic physical activity directly helps your body respond to insulin and take medications or insulin if it is prescribed for you. Although diabetes is treatable and you can live a healthy life with this condition, even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die from some form of heart or blood vessel disease.
- 7. Stop smoking:** Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots. Like a line of tumbling dominoes, one risk creates another. Blood clots and hardened arteries increase your risks for heart attack, stroke and peripheral artery disease. Smoking can also reduce your good cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.

The American Heart Association’s “Life’s Simple 7”



Stop
Smoking



Get
Active



Control
Your
Cholesterol



Manage
Blood
Pressure



Eat
Healthy



Lose
Weight



Reduce
Blood
Sugar

Independent Living | Assisted Living | Avita Memory Care



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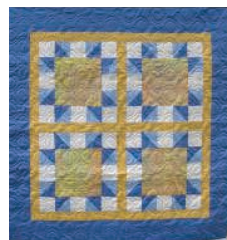


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