

WESTPORT COUNCIL ON AGING

75 REED RD WESTPORT, MA 02790

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Council on Aging

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

Director: Beverly Bisch



EVERGREEN NEWSLETTER JANUARY 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.

JANUARY HAPPENINGS

Jan. 1 CLOSED **HAPPY NEW YEAR**
Jan. 15 CLOSED** MARTIN LUTHER KING, JR. DAY**
Jan. 17 Soup and Sandwich . Call 508-636-1026 to reserve your seat. Cost \$4.
Presentation regarding the new school by Irene Buck and School Building Committee.

ITS ALMOST



AARP Volunteers will once again be at the COA to help with your state and federal income tax. We will have appointments available starting in February.

UP AND COMING EVENTS

Feb. 6 Networking Event beginning at 12:30.

Presentations:

White Cross 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, 2017.

BLOOM TOURS– Bus trips leaving from the Council on Aging, In **March** going to Eataly and a wine tasting at the Boston Winery. 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

- *Aerobics: Monday, Wednesday and Friday 8:30-9:30AM \$30.00/month due the 25th of the month
 *Stretch & Tone: Tuesday and Thursday 8:30-9:30AM \$25.00/month due the 25th of the month
 T'ai Chi: Friday, Advanced 12:30PM Intermed. 1:30PM \$8.00/Class
 Yoga: Wednesday 12:45-1:45 PM \$5.00/ Class
 Watercolor: Wednesday, 9:00 AM-12 Noon \$10.00/Class plus your own supplies
 *Men's Exercise Class: Monday and Wed. 3:15-4:15PM \$25.00/month due the 25th of the month

*An authorization form, which is available at the COA, must be completed by your physician for these classes.

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 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.

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.

BLOOD PRESSURE CLINIC

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



ADDITIONAL ACTIVITIES

See calendar for other activities offered at the WCOA, games and billiards, bingo, knitting, quilting, bridge, poetry writing, Mahjong and book club.

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

Parkinson's Disease

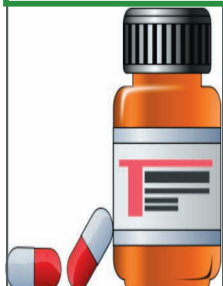
Meets the **2nd Thursday** of every month 1:00 PM
 at the Dartmouth COA on Dartmouth St. S Dartmouth

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



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

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 2:30—5:30





FRIENDS OF THE WESTPORT COUNCIL ON AGING, INC.

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



HAPPY NEW YEAR from the FWCOA

Now that 2017 has drawn to a close, we thank you again for your membership and your support in making the past year a positive and productive one for our local seniors. We hope your holidays were filled with family, fun, and memorable celebrations.

In the new year ahead, the FWCOA will continue to be active and busy creating new opportunities to support the Senior Center. We will be sponsoring a new event in the later winter, so please watch for more details about an exciting way to be part of a festive gathering to appreciate and acquire the work of our talented local artisans. We are also enthusiastically looking forward to the parking lot expansion which will get underway in the spring. If you are looking for ways to acquire a new skill this year or maintain physical fitness in the new year, COA offers many opportunities. Classes in quilting, knitting watercolor every week. Poetry writing is offerings every other week at the Center. Classes in aerobics, stretching and toning, yoga, and Tai Chi are also weekly offerings to help maintain physical fitness. The walking group and hiking group each offer exercise and companionship. Explore the COA for interesting and rewarding new opportunities. All wishes for a healthy and happy 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 10:00PM-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..**

DO YOU HAVE EXTRA TIME ON YOUR HANDS?

Ring in your New Year by giving back to your community. The Westport Council on Aging is looking for a volunteer receptionist on Friday morning. For more information please give our Volunteer Coordinator, Deb, a call at 508-636-1026.



SENIOR HAPPENINGS CALENDAR

JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 1:00 Knitting	3 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 3:15 Men's Exercise	4 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	5 8:30 Social Day 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 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Mahjong 3:15 Men's Exercise	9 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	10 8:30 Social Day 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	11 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	12 8:30 Social Day 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
15 MARTIN LUTHER KING DAY  Martin Luther King, Jr. *CLOSED*	16 8:00 WCOA Meeting 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting	17 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Soup & Sandwich 10:00 Legal Asst./Appt. only 12:45 Yoga 3:15 Men's Exercise	18 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	19 8:30 Social Day 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
22 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 9:45 FWCOA Meeting 11:30 Lunch 12:00 Mahjong 3:15 Men's Exercise	23 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting	24 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 12:45 Yoga 2:00 Poetry Writing 3:15 Men's Exercise	25 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	26 8:30 Social Day 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
29 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch 12:00 Mahjong 3:15 Men's Exercise	30 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting	31 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 3:15 Men's Exercise		

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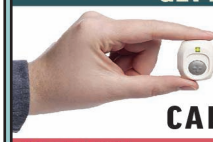
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OUTREACH INFORMATION

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. ****We are also accepting donations of bird seed.****

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

We accept clean, gently used medical equipment and unopened supplies.

WESTPORT SUPPORTIVE DAY 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 and nutritious lunch

Educational Programs

Gentle Exercise

Transportation Available

Current Events

Financial Aid Available

Therapeutic Games

Day trips

Sing-a-longs

Health Clinics

Creative Activities

Join us for a Free Trial Day

Supportive Day Program Director– Connie McQuoid

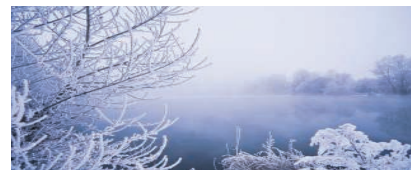
Assistant Director– Catherine Lynch



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.

WINTER WEATHER CHECKLIST-Stock up on emergency supplies for communication, food, safety, heating, and vehicles before a storm hits.



COMMUNICATION CHECKLIST:

Have as many of the following items as possible, in case there is a power outage:

- * Cell phone, portable charger, and extra batteries
- * Battery-powered radio, with extra batteries, for listening to local emergency instructions and emergency broadcasts
- * Make a **Family Communication Plan**. Your family may not be together during an extreme winter event, so it is important to know how you will contact one another, how you will get back together, and what you will do during an emergency. Be sure to check on older neighbors and family members; assist as necessary.

HEATING CHECKLIST:

Turning on the stove for heat is not safe; have at least one of the following heat sources in case of power loss:

- *Extra blankets, sleeping bags, and warm winter coats
- *Fireplace that is up to code with plenty of dry firewood or a gas log fireplace, Portable space heaters.
- *Use electric space heaters with automatic shut-off switches and non-glowing elements. Never place a space heater on top of furniture or near water. Never leave children unattended near a space heater. Keep heat sources at least 3 feet away from furniture and drapes.

Have the following safety equipment:

- *Fire extinguisher, Smoke alarm in working order, Carbon monoxide detector (Check prior to winter storm season and change batteries, if needed).
 - *If you use a generator, generators should be located at least 20 feet from any window, door or vent and in a space where the rain or snow will not reach them. Never use an electric generator indoors, inside the garage, or near the air intake of your home because of the risk of carbon monoxide poisoning. Do not use the generator or appliances if they are wet.
- Do not store gasoline indoors where the fumes could ignite.**

FOOD AND SAFETY CHECKLIST:

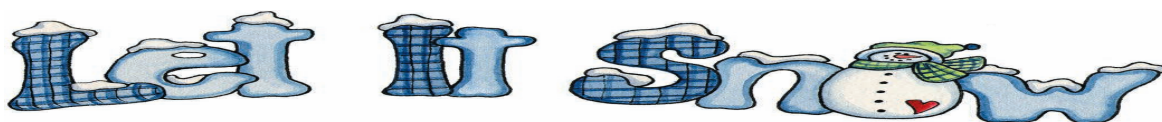
- * Use battery-powered flashlights or lanterns.
 - * Never use charcoal grills or portable gas camp stoves indoors. The fumes are deadly. Avoid using candles as these can lead to house fires. If you do use candles, never leave lit candles alone. (To prevent the risk of fire, avoid candles.)
- Have a week's worth of food and safety supplies. If you live far from other people, have more supplies on hand. Make sure you have the following supplies:**
- *Drinking water, Canned/no-cook food (bread, crackers, dried fruits), Baby food and formula (if needed)
 - * Non-electric can opener, Prescription drugs and other medicine, First-aid kit
 - *Product that melts ice on walkways, Supply of cat litter or bag of sand to add traction on walkway
 - *Flashlight and extra batteries, Battery-powered lamps or lanterns

WATER CHECKLIST DURING FREEZING:

- *Keep the indoor temperature warm. Allow more heated air near pipes. Open kitchen cabinet doors under the sink.
- *Fill the bathtub or have bottled water on hand. In an emergency, if no other water is available, snow can be melted for water. Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in snow.
- *Leave all water taps slightly open so they drip continuously. If your pipes do freeze, do not thaw them with a torch. Thaw the pipes slowly with warm air from an electric hair dryer. If you cannot thaw your pipes, or if the pipes have broken open, use bottled water or get water from a neighbor's home.

CAR EMERGENCY CHECKLIST:

- *Cell phone, portable charger, and extra batteries, Necessary medications, First aid kit with pocket knife
 - * Shovel, Windshield scraper, Battery-powered radio with extra batteries, Flashlight with extra batteries
 - * Water, Waterproof matches and a can to melt snow for water, Snack food, Blankets, Extra hats, coats, and mittens
 - *Tow Chains or rope, Tire chains, Road salt and sand to help tires get traction, Canned compressed air with emergency tire repair, Booster cables, Compass and road maps
 - *Bright colored flag or help signs, Hazard or other reflectors, Emergency flares, Emergency distress flag
- When it snows this winter, Make sure you clear more than your driveway before you hit the road and before you get in the drivers seat, check to be sure that your vehicle tailpipe is clear of snow. If the tailpipe is blocked, carbon monoxide, colorless, and deadly gas produced by your engine can build up quickly inside your vehicle, poisoning anyone inside.**



GLAUCOMA AWARENESS MONTH- DON'T LET GLAUCOMA STEAL YOUR SIGHT

Glaucoma is a group of diseases that can damage the eye's optic nerve, the nerve which carries visual information to the brain, and results in vision loss and even blindness. Glaucoma occurs when the normal fluid pressure inside the eyes slowly rises. However, recent findings now show that glaucoma can occur with normal eye pressure. About three million Americans have glaucoma. It is the second leading cause of blindness worldwide. There is no cure (yet) for glaucoma, but if it's caught early, you can preserve your vision and prevent vision loss. Taking action to preserve your vision health is key. With early treatment, you can often protect your eyes against serious vision loss. Treatment, which depends on the type of glaucoma a person has, is aimed at reducing the pressure in the eye and preventing damage to the optic nerve from occurring or worsening.

There are two major categories- open angle or chronic glaucoma and closed angle or acute glaucoma.

Open angle glaucoma- is the most common form of the disease and is hereditary, so talk to your family members about their vision health to help protect your eyes and theirs. Open angle, is a chronic condition that progresses slowly over a long period of time without the person noticing vision loss until the disease is very advanced, that is why it is called "sneak thief of sight." Often those affected have no symptoms and experience no pain. Typically eye drops are prescribed that will reduce the pressure in the eye. Depending on the severity, pills may be used in conjunction with the drops, to lower eye pressure more effectively.

Closed angle glaucoma can appear suddenly and is very serious and is painful. Visual loss can progress quickly; however, the pain and discomfort usually lead patients to seek medical attention before permanent damage occurs. A person may experience sudden severe pain in one eye. Decreased, cloudy, or steamy vision is sometimes reported. Seeing rainbow like halos around lights, a red eye, or a feeling of swelling in the eye are other symptoms. In the case of this glaucoma, blindness can occur within a few days, if it is left untreated. More aggressive medications may be used in treatment to reduce eye pressure, including intravenous medications. Surgery may also be used.

Know Your Risk-Anyone can get glaucoma, but certain groups are at higher risk. These groups include: African Americans over age 40, all people over age 60, people with a family history of glaucoma, and people who have diabetes. African Americans are 6 to 8 times more likely to get glaucoma than Caucasians. People with diabetes are 2 times more likely to get glaucoma than people without diabetes. **Half of people with glaucoma don't know they have it.**

Take Action-There are many steps you can take to help protect your eyes and lower your risk of vision loss from glaucoma. If you are in a high-risk group, **get a comprehensive dilated eye exam** to catch glaucoma early and start treatment. Prescription eye drops can stop glaucoma from progressing. Your eye care specialist will recommend how often to return for follow-up exams. Medicare covers a glaucoma test once a year for people in high-risk groups.

Even if you are not in a high-risk group, getting a comprehensive dilated eye exam by the age of 40 can help catch glaucoma and other eye diseases early. Maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma. These healthy behaviors will also help prevent type 2 diabetes and other chronic conditions.

AVOID*SPOT*TREAT -FROSTBITE AND HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled. Know who is at high risk: Older adults without proper food, clothing, or heating People who stay outdoors for long periods (homeless, hikers, hunters, etc.) People who drink alcohol in excess or use illicit drugs Babies sleeping in cold rooms. Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

AVOID – When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite. When going outside be sure to wear: A scarf or knit mask that covers face and mouth, mittens or gloves, water resistant boots, a hat, a water resistant coat, several layers of loose fitting clothing. The body parts most affected by frostbite are the nose, ears, toes, cheeks, chin, and fingers.

SPOT- A victim is often unaware of frostbite because frozen tissue is numb.

FROSTBITE Signs & Symptoms — Redness or pain in any skin area may be the first sign of frostbite. Other signs include: a white or grayish-yellow skin area, skin that feels unusually firm or waxy, numbness.

HYPOTHERMIA Signs & Symptoms Adults: - shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness Infants: bright red, cold skin, very low energy

If a person's temperature is below 95° get medical attention immediately.

TREAT- If a person is experiencing hypothermia or frostbite...

1.Seek medical attention as soon as possible. 2.Get them into a warm room or shelter. 3.Remove any wet clothing.

4.Warm them under dry layers of blankets and clothing. 5. Place areas affected by frostbite in warm- to- touch water.

CAUTION: Since skin may be numb, victims of frostbite can harm themselves further. Use caution when treating frostbite and: 1.Unless necessary, do not walk on feet or toes with frostbite. 2.Do not use a fireplace, heat lamp, radiator, or stove for warming. 3.Do not use a heating pad or electric blanket for warming 4.Warm them under dry layers of blankets and clothing.

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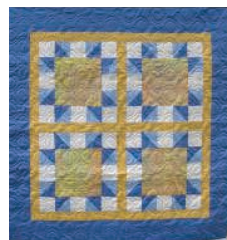


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