

# WESTPORT COUNCIL ON AGING

## 75 REED RD WESTPORT, MA 02790

### Council on Aging Board Members

Marcia Liggin-Board Chair  
Karin Bergeron –Vice Chair  
William Gifford-Treasurer  
Muriel Kokoszka  
Cathy Davis  
Ed Thadeu

Director: Beverly Bisch

## EVERGREEN NEWSLETTER MAY 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 to inform elders and the community of available services.

## May Happenings

### May 8 -Ruth Harcovitz

2015 Ms. Massachusetts will be performing "Songs of WWII" at the WCOA following an 11:30 lunch. If anyone is interested in lunch, the *cost is \$2*.

**You must reserve your seat for the performance by calling 508-636-1026.**

**If you are ordering lunch you must RESERVE by May 4.**

#### **Menu:**

Turkey Stew with Vegetables, White/Brown Rice, Whole Wheat Roll, Orange, Milk. The program commemorates the end of the Second World War in May 1945, a time when the world was new, hearts were young, and life was once again free.



[www.RuthHarcovitz.com](http://www.RuthHarcovitz.com)

This program is supported in part by a grant for the Westport Cultural Council, Massachusetts Cultural Council, (a state agency), and the Westport COA.

## May Happenings (continued).....

**Remember to reserve your seat by calling 508-636-1026.**

May 13-



**May 15– 12:00PM** Asset Protection and MassHealth for long term care presented by Atty. Jennifer Heald.

**May 16–** Soup & Sandwich (chili & hot dog).

A presentation by Brookdale from 12:-12:30PM on Joint Health and Memory Support.

**May 28-** Closed for Memorial Day

## June Happenings

**June 20–** Soup & Sandwich (Clam Chowder and Tuna Salad.) Presentation by Atty. Jennifer Heald.

**June 21–** Summer Solstice



### ***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: [www.facebook/wcoa.council.9](http://www.facebook/wcoa.council.9)

If you would like to view the Evergreen online, go to: **[Ourseniorcenter.com](http://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.\*\***

Balance & Bones: Mon., Wed., Fri. 9:45-11:00AM	\$12.00/month due the 25th of the month
*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: Monday 2:15-3:15 and Wednesday 12:45-1:45PM	\$5.00/ Class
Watercolor: Wednesday, 9:00 AM-12 Noon	\$10.00/Class plus your own supplies
*Men's Exercise Class: Mon., Wed., Fri. 10:00-11:00AM	\$30.00/month due the 25th of the month
* Instructor approval and a physician medical form, which is available at the COA, is required.	

### BALANCE and BONES (formerly Osteoporosis)

**Come meet our new instructor Deb Manning Mon., Wed., and Fri., 9:45 AM—11:00 AM. Fee \$12.00 per month**

An exercise program for people with at risk for falls. Participants will learn about osteoporosis and everyday activities that will improve their muscle and bone strength. An authorization form, which is available at the WCOA, must be completed by your physician for this class.

### 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.

### BINGO

Every Thursday at 12:30 PM, Coffee and Pastry served.

**Bingo callers needed!!!!**



### 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 PM**  
**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.



## 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. 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**



It is now spring and hopefully the weather will be much warmer. In June, we will be mailing out our membership flyer for our membership drive. We hope our present members will renew their membership and hope we gain new members.

**Come and see the Parking Lot Expansion at our Senior Center!** Work began in early April and has continued at a rapid pace. This photo was taken in progress, but as you read this, the project will be near completion. The added parking spaces will help meet the needs of our increasing busy Senior Center, and the one-way in and out will provide additional safety and convenience. The Friends, with support from our members and generous donors, were pleased to partner with the Town in supporting this worthwhile and much needed change.



### **TRANSPORTATION**

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

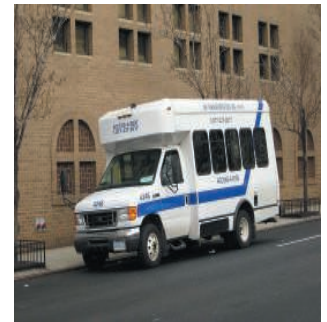
The donation is \$3.00 one way \$5.00 round trip.

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

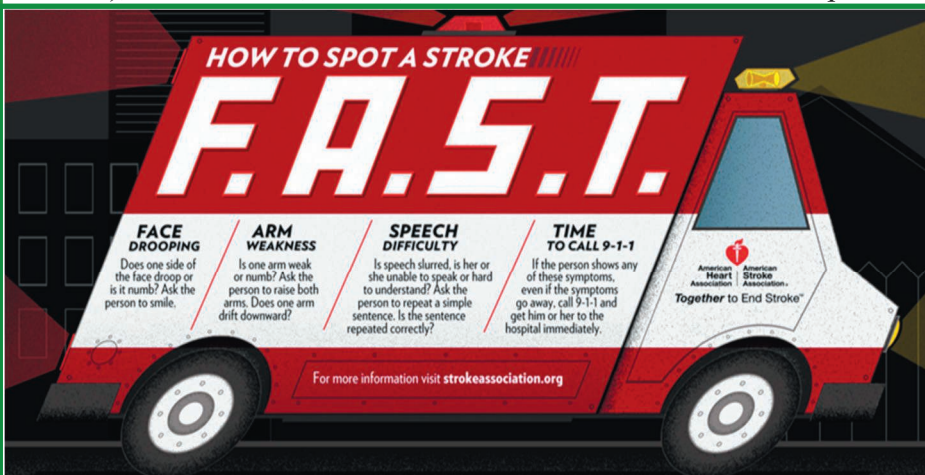


### **WESTPORT FREE PUBLIC LIBRARY**

#### **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.**

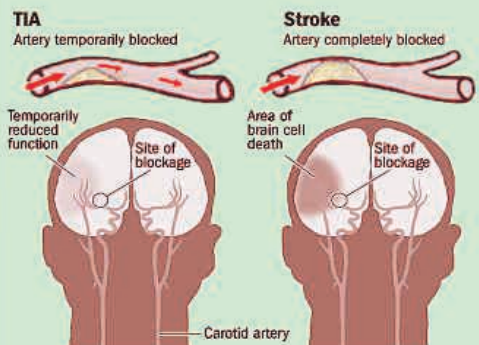


**F.A.S.T.** is an easy way to remember the sudden signs of a stroke and what you need to do when it

This is important because the sooner a stroke victim gets to the hospital, the sooner they can begin treatment.

### **Stroke and mini-stroke**

Transient ischemic attacks – TIAs, or mini-strokes – result when a cerebral artery is temporarily blocked, decreasing blood flow to the brain. Many strokes result from a complete blockage of a cerebral artery, leading to death of brain cells and permanent loss of certain functions.



# SENIOR HAPPENINGS CALENDAR

# MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 Games/Billiards 11:30 Lunch 1:00 Knitting	<b>2</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 TSH Book Club 12:45 Yoga	<b>3</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	<b>4</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Chef on a Shoestring 11:30 Lunch 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
<b>7</b> 8:30 Social Day 8:30 Aerobics 9:00 <b>Rep. Paul Schmid</b> 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga	<b>8</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 Games/Billiards 10:00 <b>Blood Pressure</b> 11:30 Lunch 1:00 Knitting	<b>9</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:45 Yoga 2:00 Poetry Writing	<b>10</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	<b>11</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
<b>14</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 <b>FWCOA Meeting</b> 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 12:30 <b>SHINE/Appt. only</b> 2:15 Yoga	<b>15</b> 8:00 <b>WCOA Meeting</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 Games/Billiards 11:30 Lunch 1:00 Knitting	<b>16</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 <b>Legal Asst./Appt. only</b> 10:00 Men's Exercise 11:30 <b>Soup &amp; Sandwich</b> 12:00 TSH Book Club 12:45 Yoga	<b>17</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	<b>18</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
<b>21</b> 8:30 Social Day 8:30 Aerobics 9:00 <b>Sen. Michael Rodrigues</b> 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga	<b>22</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 Games/Billiards 11:30 Lunch 1:00 Knitting	<b>23</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 12:00 TSH Book Club 12:45 Yoga 2:00 Poetry	<b>24</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	<b>25</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
<b>28</b> <b>CLOSED</b> 	<b>29</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 Games/Billiards 11:30 Lunch 1:00 Knitting	<b>30</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 12:45 Yoga	<b>31</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	

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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.**

**OUR OUTREACH DEPARTMENT IS IN NEED OF GRABBERS or REACHERS, SOCK AIDES, BLADDER PADS-FOR MEN AND WOMEN, MENS AND WOMENS PULL UPS-ALL SIZES AND MEDIUM BED RAILS, SHOWER CHAIRS AND BENCHES, TRANSFER CHAIRS, WHEELCHAIRS 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 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.**

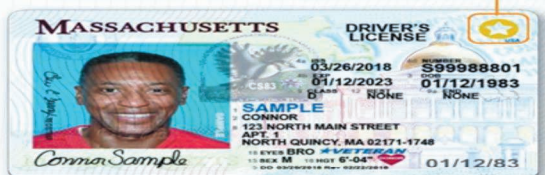


## MASSACHUSETTS REAL IDs – NOW AVAILABLE

(source: mass.gov/rmv)

### REAL ID Massachusetts Driver's License/ ID card

Indicator on card is a star to designate that it is a federally compliant card



- ✗ CANNOT be processed online – must visit an RMV Service Center
- ✓ Proof of U.S. citizenship or lawful presence required to obtain
- ✓ Is a valid driver's license or identification card
- ✓ Is valid for up to 5 years or length of stay in the U.S.
- ✓ CAN be used to board a plane in the U.S. or enter federal buildings after October 2020
- ✓ Is an acceptable form of identification for federal purposes

### Standard Massachusetts Driver's License/ ID card

Indicator on card is 'NOT FOR FEDERAL ID' to designate that it is NOT a federally compliant card



- ✓ CAN potentially be processed online
- ✓ Proof of U.S. citizenship or lawful presence required to obtain
- ✓ Is a valid driver's license or identification card
- ✓ Is valid for up to 5 years or length of stay in the U.S.
- ✗ CANNOT be used to board a plane in the U.S. or enter federal buildings after October 2020
- ✗ Is an unacceptable form of identification for federal purposes

As of March 26, Registry of Motor Vehicles customers have the choice between a REAL ID Driver's License or ID Card or a Standard Massachusetts Driver's License or ID Card. REAL ID is a Federal Security Standard for IDs that was created in 2005 as a result of increased federal security measures after the September 11, 2001 terrorist attacks. REAL ID comes from the REAL ID Act of 2005, which sets security standards for state-issued driver's licenses and ID cards. Passed by Congress in 2005, the REAL ID Act enacted the 9/11 Commission's recommendation that the Federal Government "set standards for the issuance of sources of identification, such as driver's licenses." The Act established minimum security standards for state-issued driver's licenses and identification cards and prohibits Federal agencies from accepting for official purposes, licenses and identification cards from states that do not meet these standards. States have made considerable progress in meeting this key recommendation of the 9/11 Commission and every state has a more secure driver's license today than before the passage of the Act.

The Massachusetts Registry of Motor Vehicles began offering driver's licenses and identification cards that comply with a new federal security standard at the end of March. A gold star in the upper right corner indicates that the new cards comply with the REAL ID program. They became available on March 26, 2018, following a three-day closure of all public RMV services, during which the upgrade was put into place. As of March 26, 2018, to get or renew any driver's license, ID card, or learner's permit, you need documentation showing U.S. citizenship or lawful presence as required by federal and state law.

**Lawful presence**-Lawful presence means that a person is legally living in the United States according to federal immigration laws. All U.S. citizens and lawfully permanent residents have permanent lawful presence in the U.S. For U.S. citizens, a valid, unexpired U.S. passport is sufficient proof of lawful presence. U.S. citizens may also provide a certified copy of their U.S. birth certificate. For permanent residents, a valid permanent resident card (green card) is sufficient proof of lawful presence. Non-U.S. citizens who are studying, working, or living temporarily in the U.S. may have temporary lawful presence that may vary in length. For customers who are not U.S. citizens, you need to provide valid, verifiable immigration documents as well as proof that you have been granted a legal stay in the U.S. for at least 12 months. Your license or ID will expire when your legal stay is over.

**What Is REAL ID- Why do I need REAL ID-** Starting October 1, 2020, every state and territory resident will need to present a REAL ID compliant license/ID, or another acceptable form of identification, for accessing Federal facilities, entering nuclear power plants, and boarding commercial aircraft. This is what we call "card-based" enforcement. The card, itself, must be REAL ID compliant unless the resident is using an alternative acceptable document such as a passport. If you have a valid passport, you could use that and never need a REAL ID. As of January 22, 2018, travelers who do not have a license from a compliant state or a state that has been granted an extension, the traveler will be asked to provide alternate acceptable identification. If the traveler cannot provide an acceptable form of identification, they will not be permitted through the security checkpoint. Massachusetts has an extension for REAL ID enforcement, allowing Federal agencies to accept driver's licenses and identification cards from Massachusetts at Federal facilities, nuclear power plants and federally regulated commercial aircraft until October 10, 2018.

**Should I get a REAL ID right now?-** You don't need a REAL ID until October of 2020 so you can just wait and apply for it, when your license/ID is due for renewal. You will not need a REAL ID until October of 2020. If you have an active passport and don't mind carrying it, as of now, you will never need a REAL ID. After October of 2020, citizens will need either a passport or REAL ID Massachusetts Driver's License to fly in the United States, or to enter restricted areas of federal buildings. The Standard Massachusetts License or ID card will not be valid as a federal ID, after October 2020.

**Real IDs do not apply to the following:**

Entering Federal facilities that do not require a person to present identification

Voting or registering to vote

Applying for or receiving Federal benefits

Being licensed by a state to drive

Accessing Health or life preserving services (including hospitals and health clinics), law enforcement, or constitutionally protected activities (including a defendant's access to court proceedings)

Participating in law enforcement proceedings or investigation

On March 26, 2018, individuals applying for Registry credentials are encouraged to start their applications online at [mass.gov/rmv](http://mass.gov/rmv) and answer a few questions to determine, if they should choose a REAL ID driver's license or ID or a Standard Driver's license or ID, and exactly what identification documents are necessary for each. Customers who visit the RMV's website will be able to print online applications or have an application that can be displayed on a mobile phone. The website tells customers exactly what to bring to complete the transaction and also directs AAA members to the closest AAA offices for renewals. The online application includes a bar code that will be scanned to retrieve the customer's information in the system to save time in line. Renewal customers requesting a standard card may be able to perform their renewal successfully online, without visiting the RMV for the transaction in person.

**Older Drivers**

Many older drivers are able to self determine if they should drive based on their mental and physical ability. There is no age at which driving privileges are revoked, however persons 75 or older have to renew their drivers license in person at an RMV Service Center to take an eye test. You can also present a vision screening certificate rather than take an eye test. You may have medical limitations that affect your driving, which you must self-report to the RMV when renewing your drivers license. You can discuss with your physician in getting adaptive equipment to assist in driving. You can also apply for a disability plate or placard through the RMV. AAA and AARP offer older driver safety programs. Professional driving schools provide driving instruction to all ages. There's lots to celebrate when May arrives. Along with the flow-



ers, there is Mother's Day, Cinco de Mayo, Memorial Day, the Kentucky Derby and the national observance month honoring older Americans, "May is Older Americans Month."

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. When Senior Citizens Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month." In 1980, President Jimmy Carter renamed the month Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. With over 44 million people today over 65, there is much to celebrate and honor. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

The 2018 theme is "Engage at Every Age," which emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean.

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Patricia Bloom-McDonald  
Attorney at law

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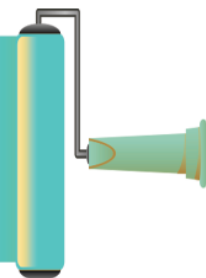
➤ Reach the Senior Market

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