

# Senior Scope

Serving the towns of **Acushnet ■ Dartmouth ■ Fairhaven ■ Gosnold ■ Marion ■ Mattapoisett ■ New Bedford ■ Rochester**

Vol. 1, Issue 1 Published by Coastline Elderly Services, Inc. November 2018

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## Legal Service Center Reopens in New Bedford

After nearly six years of lying dormant, the New Bedford branch of South Coastal Counties Legal Services, Inc., located at 21 South Sixth St., has reopened to the community.

South Coastal Counties Legal Services, Inc. is a nonprofit law firm serving Plymouth, Bristol, Barnstable, Nantucket and Dukes counties. In addition to the newly reopened location on South Sixth Street, the group has offices in Brockton, Hyannis and Fall River. The New Bedford location closed down nearly six years ago due to budgetary constraints and because the building and parking lot required extensive renovations.

While the branch opened earlier this summer, the location officially reopened following a ribbon-cutting ceremony on Sept. 26.

“We’re lucky to have supportive partners and funders who helped make it a reality for us to reopen because now we’re here in the community, and it’s great that people have this resource,” said Erica Scott, director of development for South Coastal Counties Legal Services.

The firm provides free legal services to low-income clients and elderly individuals who are economically or socially disadvantaged.



Local and state representatives celebrate the reopening of South Coastal Counties Legal Services’ New Bedford branch, located at 21 South Sixth St. The center closed in 2012 due to budget cuts but officially reopened this summer. A ribbon-cutting ceremony formally marked the location’s return on Sept. 26.

Scott said about 30 percent of their clientele are seniors, many of whom are experiencing issues related to housing.

Coastline Elderly Services, Inc. partially funds operations at South Coastal Counties Legal Services.

While the firm’s on-staff attorneys are unable to take every client’s case, they can still provide guidance.

“Even if we can’t represent you, we can give you advice,” said Scott.

“We try to give information about what steps people can take.”

A crowd of attorneys as well as state and local representatives gathered at the building’s parking lot for a celebration of the reopening. Susan Mandra-Thompson, attorney and board member at South Coastal Counties Legal Services thanked the firm’s many supporters.

“This nonprofit does a world

*Continued on page 2*

## Abuse Can Happen at Any Age

On Oct. 23, The Women’s Center hosted a candlelight vigil for victims and survivors of domestic abuse, where participants marched from the steps of New Bedford’s City Hall to the nearby Unitarian Church on Union Street. The event drew a diverse crowd, ranging widely in age, which reflected a point that organizers made during the gathering: abuse can happen to anyone.

Earlier that day at the Dartmouth Council on Aging, representatives from the Center joined the Bristol County District Attorney’s Office for an informational event highlighting the specific ways that domestic violence can enter and alter the lives of older adults — and the ways that bystanders can wrongly assume that abuse does not occur among the elderly.

“The media tends to portray domestic violence and sexual assault as a young person’s problem,” said John Silva, an outreach specialist at the Women’s Center. “Historically, older people have not been considered potential or actual targets of sexual assault, and the result is under-identifying victims and underserved victims.”

There is no age limit to becoming a victim of domestic violence or sexual assault, he said. People of all ages, genders, backgrounds and sexual orientations can be abused. Domestic violence, whereby an abuser demonstrates a pattern of coercive behavior to a victim to maintain a power imbalance, can be perpetrated against someone who’s healthy, ailing or disabled.

Under Massachusetts law, the definition of elder abuse includes

physical, sexual and emotional abuse as well as neglect by a caregiver, self-neglect and financial exploitation.

Jacquie Gomes, Legal Advocacy Program Manager for the Women’s Center, said domestic violence among elders tends to have the same dynamics as it would within the 18 to 59 population. Most of the perpetrators are an intimate partner, which is defined as any close interpersonal relationship, not just a romantic connection. Similar to younger populations, instances of elder abuse tend to involve drugs or alcohol at the time of the event, and many abusers have a past criminal record.

However, there are also ways in which elder abuse is unique.

*Continued on page 12*

*Legal Services continued...*

of good for those less fortunate, including housing issues, domestic violence issues, immigration issues and elder affairs. Opening this building will help those in this community," said Mandra-Thompson. "This has been a long time coming. The board has worked hard along with the staff to get this building in order and put it back in commission."

State Rep. Tony Cabral, who was also present to offer his congratulations, said he often receives legal questions from the community's elderly population, and referring them to organizations like South Coastal can help them navigate the system.

"New Bedford has a tremendous amount of need," said Cabral. "About 23 percent of our population is living under the poverty level. Those are the folks we need to fight for."

Andrew Bardetti, a fellow with the Borchard Center on Law and Aging who's working on an elder abuse prevention project with the firm, said, in addition to the ability for seniors to walk into the new location, the group also does outreach at local Councils on Aging, where senior centers will host sign-up days for clients to speak with repre-

sentatives from the organization.

If you feel you are in a potentially abusive situation, you can reach out to South Coastal Counties Legal Services directly.

"If a citizen has a pending legal question and is unsure what their rights are, the intake process is the best way to get in touch," said Bardetti. Our great intake staff will focus on what the precise issue is, and they'll connect them with someone who's able to serve their particular need."

Scott said seniors should not hesitate to reach out with inquiries.

"A lot of the time when people contact us, it's late and it becomes an emergency situation. I would always advise people: the sooner the better," said Scott. "If they're in a situation, and you're not even sure that it's a legal situation, just give us a call. We can refer out to community partners like Coastline. So if we can't address your issue, we can probably tell you who to speak with. We have a whole network of community partners."

You can reach South Coastal Counties Legal Services' intake line at 800-244-9023, Monday through Thursday between 9 a.m. and 1:30 p.m.

## Letter from the Editor

Dear Reader,

Welcome to the freshly updated *Senior Scope*. For decades, this publication has been produced through a partnership between the City of New Bedford and Coastline Elderly Services, Inc. as a means of directly communicating with our local elders. This past October, Coastline assumed full ownership of the project. What does this mean for the paper?

More original reporting, for one. I'm excited to publish more of your stories and experiences, whether it's a new program available at your local Council on Aging or more photos of friendly faces out in the community. Featuring more of our readership in every issue is my top priority.

This paper will continue to publish stories about health, nutrition and wellness as its our mission to empower our readership to age independently. This paper was founded with the vision of incredible editors — Rona Zable and Jeanine Wilson — and I hope to carry on their work.

Moving forward, you may spot some updates to the formula, too.

First up, our new logo. We will no longer be rotating the color of our banner from month to month —namely because our front page will now be in color. This welcome development will make every issue stand out on its own.

We hope to bring back the popular "Remember When" feature, which showed off a slice of local history. Submit your photos (with a caption detailing the history behind the image) to sthomas@coastlinenb.org or send us a letter to Senior Scope, 1646 Purchase St., New Bedford, MA 02740.

There may be several more adjustments ahead, so please be patient as we head through this transition. If you, our dear readers, would like to send along some suggestions to make this paper even better, I would love to hear your ideas.

For the foreseeable future, the paper will continue to publish 10 issues a year, which excludes the months of January and June.

As always, thank you for your continued support of *Senior Scope*.

Best,  
, Editor

1-800-AGE-INFO  
www.800ageinfo.com  
1.800.243.4636

Mass Options  
844-422-6277  
844-422-MASS  
massoptions.org



### SHINE Counselors in the Greater New Bedford Area

Fairhaven Council on Aging 229 Huttleston Ave	508-979-4029	Dianne Perkins Joan Foster Lucille Dauteuil Carolyn Dantoni
New Bedford Council on Aging 181 Hillman Street (for New Bedford residents only)	508-991-6250 508-991-6252	Luisana Paez-Espinal Pat Foster
New Bedford Immigrants Asst. 58 Crapo Street	508-996-8113	Lucy Oliveira Philomene Tavares
Greater NBComm. Health Center 874 Purchase Street	508-992-6553 x147	Derek Mendes Pat Foster
Marion Council on Aging 2 Spring Street, Marion	508-748-3570	Asha Wallace
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Gordon Helme
Dartmouth Council on Aging	508-999-4717	Peggy Vollmer
Coastline Elderly Services, Inc.	508-999-6400	Paula Sipple

## Senior Scope

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or e-mail: sthomas@coastlinenb.org

Senior Scope at Coastline  
1646 Purchase Street,  
New Bedford, MA 02740

## Donations for November 2018

Our donors help *Senior Scope* carry out its missions, and we cannot thank you enough for your support. Donations can be mailed to Coastline, 1646 Purchase St., New Bedford, MA 02740. Checks can be paid to the order of: Coastline. We cannot process checks made out to Senior Scope. You can also call Coastline's Accounting Clerk, Michelle Watson, to donate directly with a credit card. She can be reached at 508-742-9114.

### In Memory of

In memory of Kevin W. Rocha (RIP)

\$50.00  
—Linda L. Anderson

In memory of Kenneth A. and Alice M. Hargreaves  
and David Hargreaves

\$15.00  
—Bill Hargreaves

### For Prayers Answered

St. Jude, St. Joseph and Virgin Mary

\$10.00  
—H.F.

Thank you St. Jude for prayers answered

\$5.00  
—Anonymous

**Donations this month: \$80**  
**Year to date: \$1,021**

**To: Senior Scope, 1646 Purchase St., New Bedford, MA 02740**

Yes, I want to help support *Senior Scope*. My voluntary donation in the amount of \$ \_\_\_\_\_ is enclosed. (Checks paid to: Coastline)

You may list my name and my town/city in a future issue (my street address will NOT be listed.)

Do not list my name; I am contributing anonymously.

**Please list my donation as follows:**

In Memory of: \_\_\_\_\_

Get Well Wishes for: \_\_\_\_\_

In Honor of: (birthday/other celebration) \_\_\_\_\_

My name is \_\_\_\_\_

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# Money

## Cardiologist writes a “Prescription for Bankruptcy”

Across nearly five decades in the medical field, Dr. Edward Hoffer has seen an array of technological improvements that have created better outcomes for patients. However, in that time he has also seen health care costs balloon, doing little to better public health.

In his new book, “Prescription for Bankruptcy,” Hoffer, a Massachusetts-based cardiologist, posits that Americans are spending too much on health care relative to other developed nations and are lagging behind those same nations in health care quality.

“The way we deliver care has gone into the Dark Ages,” he said during a presentation at the Marion Council on Aging on Oct. 15. “Medicine has gone from being a field where the main goal is to take care of people to being one where a large motivating factor is making lots of money for lots of people. I think, somehow, we have to change that.”

American life expectancy rates, perhaps the most basic indicator of Americans’ return on investment, hovers around 78.7 years, lagging behind about 30 other developed nations where average citizens can expect to live into their eighties.

A study from the Organisation for Economic Co-operation and Development (OECD) released earlier this year showed that the American infant mortality rate has failed to keep pace with 19 other comparable countries, which was attributed to both rampant childhood poverty and a lackluster health system.

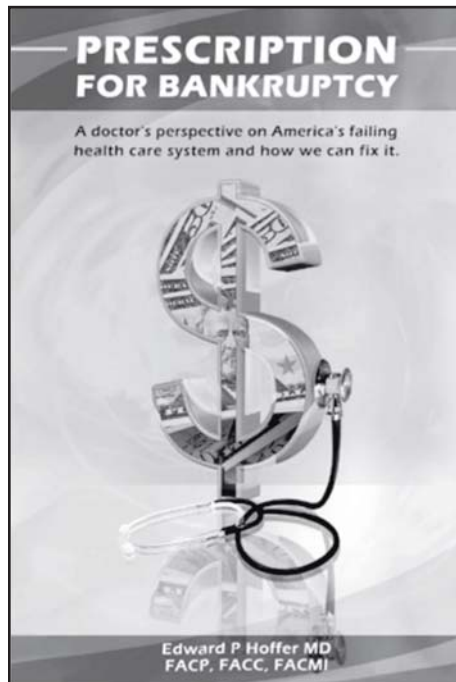
Yet Americans also spend more money on health care per capita than any other country. Hoffer said the United States spends about 18 percent of our GDP (gross domestic product) on health care. Other developed nations spend about 10 percent.

In his book, Hoffer points to a myriad of reasons that he says have caused health care costs to increase, including exorbitant medication prices and what he describes as “administrative bloat” inside hospital systems.

“Hospitals keep getting bigger and bigger, and, unlike other industries, there is no economy of scale in health care,” he said. “It’s estimated that simply the process of moving money between the people who pay bills and the people who get it costs about \$50 billion a year.”

Furthermore, attempts to reign in the system have done little to address the root cause of the problem.

“Obamacare, with all the political capital that was spent on it, was really tinkering with the edges of our current dysfunction system. There are some very useful things it did, like getting rid of insurers that



Dr. Edward Hoffer’s new book, “Prescription for Bankruptcy” is available now from Omni Publishing Company. The book examines the deleterious effects of unchecked health care costs and ways to fix the problem.

could drop or not cover pre-existing illnesses. But it kept the existing system,” Hoffer said.

Then, barring a sudden political sea change, what steps can the average citizen take to better navigate the current health care system? In Hoffer’s opinion, it comes down to being a smarter consumer.

“Drug prices are not uniform,” he said. “If you’re prescribed an expensive product, make sure you check two or three pharmacies before you fill your prescription. If you have a generic drug, ask the pharmacist what it would cost if you don’t use your insurance and simply pay cash. You may find it’s less than your co-pay.”

He suggests steering clear of attempts to self-diagnose through Google searches. He noted that returns on a Google searches are often based on who paid the most to have their website appear at the top of the search engine’s list, not by the quality of the information therein. If you do feel compelled to search for medical information online, check out a reputable source such as the National Institutes of Health website, [www.nih.gov](http://www.nih.gov).

He recommends having an advanced directive in place before you get sick. You should have your wishes in writing and be willing to talk about your plans openly with your family.

Better communication can also help.

“Go to a doctor’s visit prepared to get what you need to get out of it, and it may not be what’s on the doctor’s agenda,” Hoffer recommended. “And if you have a new diagnosis, don’t hesitate to ask for a second opinion. Second opinions often can change the plan.”

Hoffer’s book, “Prescription for Bankruptcy,” is available now from Omni Publishing Company. You can purchase a copy at [omni-pub.com](http://omni-pub.com).

## Social Security Announces 2.8 Percent Benefit Increase

By Delia De Mello  
*Social Security*

Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent in 2019, the Social Security Administration announced today.

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2018. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor’s Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$132,900 from \$128,400.

Social Security and SSI benefi-

ciaries are normally notified by mail in early December about their new benefit amount.

This year, for the first time, most people who receive Social Security payments will be able to view their COLA notice online through their my Social Security account. People may create or access their my Social Security account online at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Information about Medicare changes for 2019, when announced, will be available at [www.medicare.gov](http://www.medicare.gov).

For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2019 are announced. Final 2019 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security’s Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

To get more Social Security news, follow the Press Office on Twitter @SSAPress.



## Getting You Back to Better

The road to recovery due to a serious medical condition can be a lengthy process that is seldom easy. But there is help along the way. **Vibra Hospital of Southeastern Massachusetts** is there to provide the specialized care you need right when you need it.

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# Update

## Dementia & Your Community

Learn helpful strategies for working successfully with customers who have memory impairment on Nov. 29 from 10-11:30 a.m. at the Greater New Bedford Community Health Center at 874 Purchase

St., New Bedford.

This training is open to municipal employees and members of the New Bedford business community. Pre-registration required. Call 800-272-3900.

## Monthly Suicide Bereavement Support Group

The Greater New Bedford Suicide Prevention Coalition and Child and Family Services are hosting a free support group, held at Child and Family Services, 1061 Pleasant St., New Bedford. The

group will meet on the first Tuesday of the month from October 2018 to June 4, 2019 at 5-6:30 p.m.

This support is for anyone who has experienced the loss of a family member or friend due to suicide.

## Fort Taber Dance Series

Dance to live music from 1 to 4 p.m. at Fort Taber on select Sunday afternoons. Admission to this series is FREE. Events sponsored by: the City of New Bedford, Mayor Jon Mitchell and John R. Lopes, Music

Director.

### Series Schedule:

- Nov. 18: Billy Couto
- Dec. 2: Meadow-Larks
- Dec. 9: Pat Cordeiro Group

## Spirit of Christmas Fair

Our Lady of Perpetual Help Church, located at 235 N. Front St., New Bedford, will be hosting a Spirit of Christmas Fair from 11 a.m. to 6 p.m., on Nov. 17. Deli-

cious Polish and American food, booths, and Santa will visit from 11 a.m. to 2 p.m. Free admission. For more info, call 508-992-9378 or visit [www.olphchurchnb.org](http://www.olphchurchnb.org).

## Create Your Own Wreath

Berries, Bows & Cheer: Create Your Own Wreath Party with Jean Ashworth on Nov. 29 at 6:30 p.m.

St. Julie's Hall, 494 Slocum Road, Dartmouth. Includes fresh

wreath, bow and supplies; wine, cheese and punch. Door Prizes. Tickets: \$35.

Call Janet 508-971-7402. Hosted by St. Julie's Ladies Guild.

## DHAS Sunday Lecture

On Nov. 18, from 2:30-4 p.m., the Sunday Afternoon Lecture Series of the Dartmouth Historical & Arts Society will present "The History of the Russell Garrison

Site," by Public Archaeology Laboratory's Holly Herbster at the Dartmouth Historical & Arts Society's HQ, located at 1205 Russells Mills Road, Dartmouth.

## Children's Holiday Parade

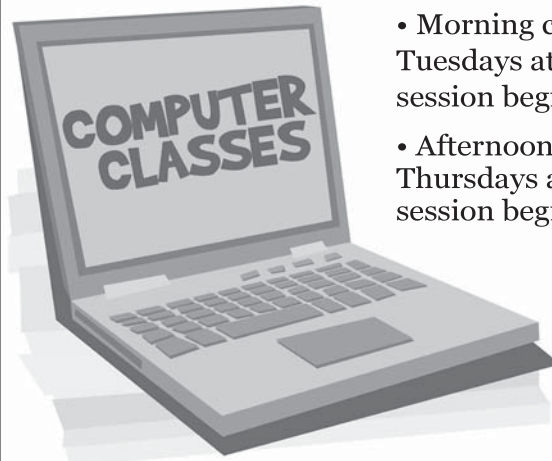
Fall River's long-running Children's Holiday Parade will be taking place on Dec. 1 at 1 p.m. The three-hour event will include 35' balloons, floats, bands, animals,

antique cars and more.

This free event happens at South Main St. in Fall River. For more information, call 508-679-0922.

## FREE Computer Classes

Six-week course. 90 minutes each. All levels of experience welcome.



- Morning classes are held Tuesdays at 10 a.m. The morning session begins **November 27th**.
- Afternoon classes are held Thursdays at 1 p.m. The afternoon session begins **November 29th**.

These **FREE** computer classes are held at the New Bedford Council on Aging, 181 Hillman Street, Bldg #9.

To sign up, call Brad at 508-991-6250.

## Self Improvement Classes

Self Improvement Classes are presented by Buzzards Bay Speech Therapy. The classes are intended for adults who are experiencing challenges in memory, self expression, speech clarity, independent living or social connectedness.

The classes are held at North Dartmouth Super Stop and Shop, 2nd floor, 25 Faunce Corner Road, N. Dartmouth. Classes are scheduled Mondays from 9:30-11:30 a.m.

The 2018 schedule is: Nov. 5,

19, 26. 2019 Schedule: Jan. 7, 14, 28; Feb. 4, 11, 25; March 4, 11, 18; April 1, 8, 15; May 6, 13, 20; June 3, 10, 17. Additional classes will be held at Brooklawn Park Senior Center, located at 1997 Acushnet Ave in New Bedford, from 12-2 p.m. on Nov. 5, 19 and 26.

Funding for this program is provided by Coastline. Questions? Call 508-326-0353 or email [lycslp@gmail.com](mailto:lycslp@gmail.com). Facebook: @buzzardsbayspeech

## 39th Bittersweet Bazaar

Grace Episcopal Church celebrates its 39th Bittersweet Bazaar on Nov. 10, 10 a.m. to 4 p.m. Features: Silent Auction, Chinese Auction, Christmas and Craft Items, Jewelry, Children's Activi-

ties, Raffle, Vendor Marketplace, Church tours. A luncheon is available for purchase from 11 a.m. to 2 p.m. For more information, call (508) 993-0547 or visit [www.gracechurchnb.org](http://www.gracechurchnb.org)

## Hands Across the River Coalition

Local environmental advocacy group Hands Across the River Coalition, Inc. meets monthly with the next meeting taking place Wednesday, Nov. 28 from 6-7:45 p.m. at the Millicent Library, Fairhaven, MA.

Open to the public. Hands Across the River Coalition, Inc. advocates for the safe cleanup of New Bedford Harbor and other contaminated sites in the Greater New Bedford area.

## Christmas Bazaar 2018

Our Lady of the Assumption Church will host its Christmas bazaar, BAZAAR de LUZE, on Dec. 1 from 10 a.m.-6 p.m. and Dec. 2 from 10 a.m.-1 p.m.

The bazaar will be held at 47 South 6th St., New Bedford. The event will include gift card and money raffles, gift baskets, food, music, and much more.

# Classifieds

**Bilingual Older Adult Support Services Coordinator:** Coastline is currently accepting applications for a Bilingual, Spanish or Portuguese speaking Full-Time Geriatric Support Services Coordinator in the Senior Care Options Program. Spanish/English or Portuguese/English speaking college graduates are encouraged to apply.

The successful candidate will report to the Senior Care Options Supervisor. We are looking for a qualified candidate who is knowledgeable with the philosophies of social work. Candidate must have a Bachelor's Degree in Social Services and two years professional experience with elders over 60, with at least one year in a setting where elders received health care services.

### Qualifications:

- Must possess the ability to identify and critically analyze the consumer's needs while providing optimal record management compliance.

- Ability to communicate effectively within a fast-paced environment.

- Fluency in Spanish or Portuguese is required.

- Knowledge of elderly human services and community resources.

- Dependable transportation and a valid Massachusetts Driver's License required.

Suitable candidates are encouraged to apply. Please send your cover letter and resume to: Susan Garriga, H.R. Assistant at [sgarriga@coastlinenb.org](mailto:sgarriga@coastlinenb.org).

**PCA Program Nurse:** Coastline is currently accepting applications for a Full-Time PCA Program Nurse in the Senior Care Options Program. The successful candidate will report to the Director of PCA & Community Programs.

A PCA Program Nurse will evaluate the consumer's eligibility for programs with primary focus on the MassHealth PCA Program. The PCA Program Nurse will also assess the consumer's ability to manage their PCA Program independently.

Candidate must have a valid Massachusetts RN license in good standing.

### Qualifications:

- Must possess high-standards of professionalism with an empathic disposition.

- Conduct job responsibilities in the accordance of PCA program regulations, policies and procedures.

- Knowledge of elderly human services, community resources and homecare programs.

- Dependable transportation & a valid Massachusetts driver's license required.

- Valid MA RN license in good standing; experience preferred but will train.

- Bi-lingual in Portuguese/and or Spanish preferred but not required.

Suitable Candidates are encouraged to apply. Please send your cover letter and resume to: Susan Garriga, H.R. Assistant at [sgarriga@coastlinenb.org](mailto:sgarriga@coastlinenb.org)

# Your Health

## Medicare Open Enrollment in Effect Until Dec. 7

*What's the Medicare Open Enrollment Period?*

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. Oct. 15 to Dec. 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year.

*How do people know if they need to change plans?*

People should always review the materials their plans send them, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If their plans are changing, they should make sure their

plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year, they don't need to do anything.

*Where can people find Medicare plan information or compare plans?*

1-800-MEDICARE or Medicare.gov.

*What if I don't know where to begin?*

Call your local SHINE counselor. The SHINE (Serving the Health Insurance Needs of Everyone) program provides free counseling for Massachusetts residents who need guidance with Medicare. The SHINE directory is published on page 2 of *Senior Scope*.

## Managing Pain: Moving Beyond Opioids

*By National Institutes of Health*

Most people experience some kind of pain during their lives. Pain serves an important purpose: it warns the body when it's in danger. Think of when your hand touches a hot stove. But ongoing pain causes distress and affects quality of life.

A class of drugs called opioids is often used to treat pain. One reason, explains NIH pain expert Dr. Michael Oshinsky, is that opioids work well for many people. Opioids can stop the body from processing pain on many levels, from the skin to the brain. But opioids also produce feelings of happiness and well-being. And they're reinforcing: the more people take them, the more they crave them.

This can lead to addiction, or continuing to take opioids despite negative consequences. Scientists have not yet been able to develop opioids that reduce pain without producing these addicting effects, Oshinsky explains.

The longer someone takes opioids, the more they need to take to get the same effect. Taking higher doses of opioids increases the risk of overdose. The U.S. is now in the grip of an opioid crisis. Every day, more than 100 Americans die from an opioid overdose. This number includes deaths from prescription opioids.

Opioids are often prescribed for acute pain. Acute pain is short-term pain, the kind experienced after an accident or an operation. But other drugs may be just as effective for acute pain, even after surgery, explains Dr. Dena Fischer, a dental health expert at NIH. Some of these drugs, like acetaminophen or ibuprofen, don't require a prescription.

People may think that prescription drugs work better for acute pain. But that's often not the case,

Fischer says. Using something other than an opioid first can be especially important to manage acute pain.

Health care providers who decide their patient needs an opioid are now being encouraged to give only a few pills at a time. People who receive shorter prescriptions are less likely to misuse their pills. This also cuts down the chance that the pills could be taken by others.

Managing chronic pain is more complicated than treating acute pain. More than 25 million people in the U.S. alone live with chronic pain, which is pain that lasts more than three months.

Other types of chronic pain are driven by brain changes, explains Dr. David Williams, an NIH-funded pain researcher at the University of Michigan. When these changes happen, the brain continues to perceive pain even though the injury has healed.

For people with this type of chronic pain, sometimes called central pain, opioids and some other kinds of pain medications can actually make the pain worse.

Research has shown that talk therapies, such as cognitive behavioral therapy, can help many people with chronic central pain. These types of therapies “emphasize behaving in different ways or thinking in different ways that alter the perception of pain,” Williams explains. “Pain is a combination of a sensory and an emotional experience.”

Non-opioid drugs can help some people with chronic pain too, Oshinsky says. People with certain types of pain have also been shown to benefit from exercise, acupuncture, massage therapy or yoga. The alternatives to opioids we have now don't work for everyone's pain.

More options for pain management could help doctors better personalize pain treatment.

## Cognitive Decline After Hospitalization

Sometimes a senior experiences a noticeable cognitive decline after hospitalization. Although there is no conclusive evidence that a hospitalization can lead to dementia, the medical community calls the condition “hospital delirium,” a condition that the American Geriatrics Society estimates affects about one-third of patients over 70, particularly those who are in intensive care or who undergo surgery.

Confusion is often the first thing family members notice. They tell themselves that this will get better with time at home. Memory problems that weren't evident before surgery are noted. Sometimes paranoia or even hallucinations are part of the mix. Family members watch and wait.

No explanation covers all cases. However, medical professionals are starting to recognize that the hospi-

tal environment may be partly to blame for elders' decline.

A sterile, confusing environment with general noise can have a similar effect on a fragile elder as this environment can have on a child. Anesthetics, and some antibiotics, are also under scrutiny.

Hospitalizations will continue to be necessary for some elders, but it's helpful to keep that to a minimum. If your elder is in a comfortable nursing home environment and contracts pneumonia or another infection, see if he or she can be treated in their own room.

Think carefully about any surgery. What is the trade-off? Talk frankly with the doctor about anesthetic risk – not just death, but cognitive decline. There is much to learn about elders' poor outcomes from hospitalization. Be an advocate and stick with your elder.

## El Declínio Cognitivo Después de la Hospitalización

A veces, la persona edosa se siente un declínio cognitivo notable después de la hospitalización. Aunque no haya ninguna evidencia conclusiva que una hospitalización puede causar la demencia, la comunidad médica llama la condición “delirio hospitalar,” una condición que la Sociedad Americana de Geriatria calcula que afecta aproximadamente un tercio de los pacientes con más de 70 años, particularmente aquellos que están en el cuidado intensivo o que fueron operados.

La confusión es frecuentemente la primera cosa que los familiares notan. Ellos dicen a ellos mismos que eso mejorará con el tiempo en casa. Los problemas de la memoria que no estaban evidentes antes de la cirugía fueron notados. A veces la paranoia o hasta las alucinaciones hacen parte de la mezcla. Los miembros de la familia observan y

esperan.

Ninguna explicación cobre todos los casos. Sin embargo, los profesionales médicos ya empezaron a reconocer que el ambiente hospitalar puede estar parcialmente culpado del declínio de los edosos.

Las hospitalizaciones continuarán siendo necesarios para algunos edosos, pero es útil mantener eso en el mínimo. Si su edoso estuviera en una casa de salud cómodo y contrae la neumonía o otra infección, ve si el o ella pueda ser tratado en una habitación privada.

Piense cuidadosamente sobre cualquier cirugía. Cual es la opción? Hable francamente con el médico sobre el riesgo de la anestesia-no solamente la muerte, pero el declínio cognitivo. Hay mucho para aprender sobre las malas consecuencias de la hospitalización para los edosos. Sea un abogado y siga con su edoso.

## O Declínio Cognitivo Depois do Hospitalização

Às vezes a pessoa idosa sente um declínio cognitivo notável depois da hospitalização. Embora não haja nenhuma evidência conclusiva que uma hospitalização pode causar a demência, a comunidade médica chama a condição “delirio hospitalar” uma condição que a Sociedade Americana de Geriatria calcula que afecta á volta de um terço dos pacientes com mais de 70 anos, particularmente aqueles que estão no cuidado intensivo ou que foram operados. A confusão é frequentemente a primeira coisa que os familiares notam. Eles dizem a eles mesmos que isso melhorará com tempo em casa. Os problemas da memória que não estavam evidentes antes da cirurgia foram notados. Às vezes a paranoia ou até as alucinações fazem parte da mistura. Os membros da família

observam e esperam.

Nenhuma explicação cobre todos os casos. No entanto, os profissionais médicos já começaram a reconhecer que o ambiente hospitalar pode estar parcialmente culpado do declínio dos idosos.

As hospitalizações continuarão a ser necessárias para alguns idosos, mas é útil manter isso no mínimo. Se o seu idoso estiver num lar cómodo e contrai a pneumonia ou outra infecção, vê se ele ou ela pode ser tratado num quarto particular.

Pense cuidadosamente sobre qualquer cirurgia. Qual é a opção? Fale francamente com o médico sobre o risco da anestesia-não só a morte, mas o declínio cognitivo. Há muito para aprender sobre as más consequências da hospitalização para os idosos. Seja um advogado e segue com o seu idoso.

# Your Health

## How Soon is Soon Enough to Learn You Have Alzheimer's?



Jose and Elaine Belardo's lives were upended last year when he was diagnosed with early-onset Alzheimer's disease. (Alex Smith/KCUR)

By Alex Smith  
KCUR, Kaiser Health News

Jose Belardo of Lansing, Kan., spent most of his career in the U.S. Public Health Service. He worked on the front lines of disasters in such places as Haiti, Colombia, Nicaragua and the Dominican Republic. At home with his three kids and wife, Elaine, he'd always been unfailingly reliable, so when he forgot their wedding anniversary two years in a row, they both started to worry.

"We recognized something wasn't right and pretty much attributed it to being overworked and tired," Elaine said.

But the symptoms grew. Last year, when Jose was 50, he got an evaluation at the Walter Reed National Military Medical Center that included a battery of cognitive tests and an amyloid PET scan of his brain. The scan detects beta-amyloid plaques — sticky clumps of protein fragments that tend to build up particularly in the brains of people with Alzheimer's disease (though some healthy older adults have these plaques, too).

Jose said his diagnosis of early-onset Alzheimer's disease came as an inconvenient shock. Still, he and his wife said they believe it is better to have a diagnosis than not. Jose said he is determined not to let the shock of the diagnosis distract him from living a full life.

"I've got responsibilities, man. I can't go away," Jose said. "I've got kids. I've got graduations coming up. I've got all this stuff coming up. I'm not going to let Alzheimer's take that away from me. That's for sure."

The prospect of having Alzheimer's can be so scary, and the current treatment options so few, that many people dismiss memory problems or other symptoms rather than investigate them, say Alzheimer's specialists; it's estimated that as many as half of all cases aren't diagnosed.

But that may soon change. Researchers are making progress

in measuring beta-amyloid and other Alzheimer's biomarkers in blood that might eventually be able to reliably, inexpensively and non-invasively identify the disease years before cognitive symptoms develop.

For now, PET scans for beta-amyloid still aren't widely available, and most other biomarker tests are still experimental. But Dr. John Morris, an Alzheimer's researcher and professor of neurology at Washington University in St. Louis, predicted these physiological measurements will signal a new chapter in Alzheimer's care.

The ultimate goal, Morris said, is to correctly diagnose and treat people "prior to the stage of dementia, prior to the stage where memory and thinking are affected, in an effort to delay the loss of memory and thinking ability or even prevent it."

In the meantime, he said, one reason to see a doctor at the first development of mild cognitive symptoms is because the symptoms might stem from something else that is quite treatable.

"For example, sometimes a low thyroid hormone level can produce a dementia-like state," he said, "and that can be easily treated with thyroid replacement therapy."

And even if the underlying problem is Alzheimer's, a recent study by the Alzheimer's Association suggests that accurately diagnosing the illness at the earlier stage of mild cognitive impairment — or possibly even before symptoms appear — could save \$64,000 per patient in terms of health costs and long-term care costs over the course of their lifetime.

An earlier diagnosis also allows the patient to be more involved in planning for their own future and the family's. That can help reduce the emotional toll of the disease on everyone.

After Jose Belardo's illness was diagnosed, the family rushed to get his affairs in order. They got in touch with the Alzheimer's Association, which provided support groups and other help.

And before long, as Elaine explained, the shock started to wear off.

"What I would say is, after you get a diagnosis of something that is incurable and progressive and perhaps even aggressive: Pause. And breathe. And think about where the person is right at that moment. Because at that moment, Jose was not dying. And at this moment, Jose is not dying."

Researchers hope that by getting more Alzheimer's patients diagnosed early on, more people with the disease will, like Jose, be able to make the best of the health they have.



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# Better Living

## How to Communicate with Someone Who Has Hearing Loss

By National Institutes of Health

When someone suffers from hearing loss, it is difficult (and frustrating) for them to communicate effectively with others.

While there are a variety of assistive devices available to make sound louder, it is most important that proper communication techniques be practiced in order to maximize hearing and listening performance. Here are some tips you can use when talking with someone who has a hearing problem.

### Get Their Attention

Get the listener's attention before speaking. Give them a topic related to the conversation so they have a better understanding of what to expect.

### Reduce Background Noise

Try to eliminate as much background noise as possible. During conversations, turn off the radio or television. When you are in restaurants and social gatherings, choose seats or conversation areas away from crowded or noisy areas.

### Speak One at a Time

Try to make sure only one person talks at a time. Include people with hearing loss in the conversation, but don't talk over other people.

### Speak Clearly

Face the person and talk clearly. Speak at a reasonable speed. Do not hide your mouth, eat, or chew gum.

### Speak Loudly

Speak a little more loudly than normal, but don't shout. Try to announce your words clearly and be conscious of the volume of your voice.

### Repeat Yourself

It is not uncommon for a person with hearing loss to shake their head as though they understand what you've said. Ask them if they got the information and if necessary, repeat yourself.

### Re-Phrase

Rephrase your statement into shorter, simpler sentences if it appears you are not being understood.

### Have Good Lighting

Stand in good lighting, use facial expressions and look at the person's face while speaking. Even if the individual with hearing loss never studied lip-reading, they can gain a great deal of information looking at the speaker's face and body language.

### Be Understanding

If you feel frustrated trying to speak to someone with a hearing loss, think for a minute how it must be for them. Try to make it easier by changing words or re-phrasing statements.

As much as you want the person with hearing loss to hear what you have to say, they want to be able to listen, understand and participate. Coping with hearing loss requires cooperative efforts. If you think someone you love has a hearing problem, suggest they see a doctor for a hearing test.

# Trivia

FOR YOUR ENTERTAINMENT — JRA

1. What is the most named street in the United States?  
a) Central St.    b) Park St.    c) Main St.    d) Second St.
2. She risked her life to bring supplies and support to soldiers during the Civil War. She founded the American Red Cross in 1881 and led it for 23 years.  
a) Clara Barton    b) Susan B. Anthony  
c) Jane Adams    d) Frances Perkins
3. 1621 is acknowledged as the first Thanksgiving shared as an autumn harvest feast by the Plymouth colonists and Wampanoag Indians. What of the following was not included in their feast?  
a) Ham    b) Venison    c) Turkey    d) Lobster
4. "My Way" was Frank Sinatra's best-selling single song. What was his second best?  
a) "Say Something Stupid"    b) "Strangers in the Night"  
c) "New York, New York"    d) "I Get a Kick Out of You"
5. What is the average pints of blood found in a human?  
a) 10    b) 12    c) 7    d) 6
6. In what song will you find the lyrics: "Things never are as bad as they may seem."  
a) "Smile"    b) "Dream"    c) "Over the Rainbow"    d) "Blue Moon"
7. Where is the Baseball Hall of Fame located?  
a) Cincinnati, OH    b) Springfield, MA  
c) Cooperstown, NY    d) St. Louis, MO
8. Who was the tobacco planter that Pocahontas ('Indian Princess') married in 1614, at Jamestown VA?  
a) John Winthrop    b) John Smith  
c) John Rolfe    d) Nathaniel Bacon
9. What player scored the most points in Boston Celtics franchise history?  
a) Bob Cousy    b) Larry Bird    c) John Havlicek    d) Paul Pierce
10. It has been rated as the safest state to live in the United States.  
a) Vermont    b) Utah    c) Minnesota    d) New Mexico

[answers listed on page 11]

## VOLUNTEERS NEEDED

### Caregiver Respite and Support Services:

Volunteers are needed to visit people living with dementia. Visits may take place in the home of the person living with dementia or at a social outing.

Contact: Patricia Geggatt Midurski,  
RN, CDP

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Email: [pmidurski@coastlinenb.org](mailto:pmidurski@coastlinenb.org)



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# Nutrition

## Moderation and Mindfulness for a Healthful Holiday

From the desk of Katlynn Ferreira, MS, RD, LDN at Coastline Elderly Services, Inc.

The holiday season is abundant with celebrations, gatherings, and rich assemblies of food. Spreads of snacks, entrées, and sweets might entice us to eat more than the belly can handle, but a little moderation and mindfulness allow us to enjoy holiday festivities without feeling restricted.

Consider your overall intake the day of an event, follow your everyday eating pattern and do not skip meals.

Arriving on an empty stomach can increase the likelihood to over-indulge.

At the gathering, choose a small plate to work with if possible.

Enjoy sources of fiber such as fruit and vegetables, nuts, beans or whole grains. Fiber is beneficial for managing appetite and keeps things moving.

Aim for larger portions of the healthier options available like salad and vegetables, but do not fill up on them.

Allow room for foods you look forward to this time of year, just

grab smaller helpings of them. Try the 80:20 approach — setting 80 percent of your plate with nourishing food and 20 percent with “fun” food.

Savor each bite; take a moment to recognize appearance, flavor, and texture. As you make these mental notes, you will naturally slow your intake, giving your body time to identify when it is satisfied before reaching that full-to-the-brim feeling.

Delay how quickly you go for another bite — or how quickly you go for seconds. You might recognize your body sending cues that it is full, and the extra time prepares your body for adequate digestion and absorption.

Incorporate physical activity with a light walk or a little dancing after everyone has eaten.

And remember, these celebrations occur once a year; one meal will not derail all the healthful habits you practice year-round. Appreciate the time and food with family, friends, and neighbors. Reasonable portions and proportion in addition to simple mindful practices will enhance your holiday experience without expanding your waistline.

## Is broccoli a good source of protein?

By Christina Kauffman  
Tidelands Health

You’ve probably heard you should eat your broccoli, but you might be surprised to learn just what you’re getting from this power-packed vegetable.

While broccoli has long been celebrated for antioxidants, fiber, and vitamins and minerals, it’s also a good source of protein.

“Broccoli is a great all-around vegetable,” says Stephanie May, a registered dietitian with Tidelands Health. “We encourage people to incorporate it into their regular diet.”

Protein is a crucial building block of our bodies, May says. It’s involved in just about every function the body performs.

“But there’s a common misconception that only meat and animal products are good sources of protein,” May says. “Actually, when you look at it on a per-calorie basis, broccoli is just one of many vegetables that offer significant amounts of protein.”

One cup of chopped raw broccoli contains about 30 calories and 2.5 grams of protein, according to the U.S. Department of Agriculture, and it’s not even the most protein-rich vegetable per cup.

Here’s how broccoli stacks up to one cup of some other raw vegetables (and one taproot), according to the USDA:

- Kale: 8 calories, 0.7 grams of protein
- Carrots: 52 calories, 1.2 grams of protein
- Brussels sprouts: 38 calories, 3 grams of protein
- Spinach: 7 calories, 9.9 grams of protein
- Asparagus: 27 calories, 3 grams protein

Broccoli and other protein-rich vegetables are healthy choices for everyone, particularly those who are watching cholesterol or trying to lose weight, May says. Broccoli

contains fiber, which helps remove cholesterol from the body and helps keep you feeling satiated, or full.

Additionally, vegetables deliver protein without the cholesterol and fat in meat products, she says.

But there’s a catch.

“Broccoli is a good source of protein per calorie, but you’d need to eat huge amounts of it to meet your daily protein requirement,” May says.

According to the USDA, the recommended daily intake of protein is 50 grams per day for a 2,000-calorie diet.

That’s about 20 cups of broccoli.

You’ll also have to turn to other protein sources to make sure you’re eating “complete” proteins, those that contain enough of the eight essential amino acids, May says. Broccoli, like most other vegetables, doesn’t contain enough of each of those acids, so it’s referred to as an “incomplete” protein.

Examples of complete proteins include meat, poultry, fish and dairy products.

A 3-ounce serving of 80-percent lean ground beef (cooked) contains 230 calories and 23 grams of protein, according to the USDA. The same serving size of Atlantic salmon contains 121 calories and 17 grams of protein.

A 3-ounce serving of cheddar cheese is less friendly to the waistline, with 344 calories and 19 grams of protein.

For a vegetarian to consistently get all 8 essential amino acids, it is important to include a variety of plant-based proteins, such as soybeans, tofu, tempeh, beans nuts and nut butters, and brown rice.

“There are many great sources of protein you can incorporate into your diet,” May says. “I encourage everyone to look to plant-based protein sources in addition to the traditional meat, egg, and dairy sources to achieve a well-balanced diet.”

## Recipe Roundup

### Turkey Noodle Soup

#### Ingredients:

- 1 turkey carcass (from a roasted turkey, with extra meat removed)
- 1 onion
- 1 bay leaf (dry or fresh)
- 2 carrots (peeled and diced)
- 2 celery ribs (diced)
- 8 ounces wide egg noodles
- 1 1/2 cups cooked turkey meat (diced)
- 2 tablespoons chopped parsley

#### Directions:

Place the turkey carcass (or portion thereof) in a stockpot along

with a quartered onion and a bay leaf. Cover with cold water, bring to a boil, then lower heat and simmer for 3 hours. Remove the carcass and set it aside.

Meanwhile strain the liquid, rinse out the pot and then return the liquid to the pot. Bring it to a boil, then add the carrots and celery. Simmer until the carrots are soft.

Add the noodles, and cook until al dente. Add the turkey meat, and simmer until it is heated through. Season with salt and ground pepper.

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### New Bedford Adult Social Day

New Bedford’s Adult Social Day Program is housed at the former senior center at Brooklawn Park. The program provides seniors with a social and therapeutic environment where people enjoy getting to know one another.

Adult Social Day is different than a regular senior center. Seniors at Social Day are admitted to the program by recommendation of their physician. It is for folks who find themselves at home, oftentimes alone, in need of socialization and quality programming.

It is also for people who are home with a caregiver, oftentimes a family member who needs to do things outside the home, but in need of the service of this therapeutic environment to ensure the well-being of their loved one.

The program is a “person-centered” program that utilizes a therapeutic model. What this means is that each person who is admitted to the program has a specific care plan that is designed especially for them. It is based on their present needs in order to tailor programming that will improve their overall quality of life.

For more information, contact the Directors of Admissions at 508-991-6250.



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# At the Senior Centers

## Acushnet Senior Center

For more information on the following activities, call the Acushnet Council on Aging at 508-998-0280.

**Brass Ring Memories:** On Nov. 15 at 5:30 p.m. join author Kelly McCarthy, CDP, NHA, BC-DEd as she shares encouraging stories using practical methodologies to help caregivers reach for their goals in dementia care. Copies of her book will be available or bring your own and have it signed. Free, open to the public.

**Options Counseling Program Info Session:** Join us for an info session to help identify what services and supports are available to you or your loved one to remain independent at home on Nov. 30, at 10 a.m. For more info, please contact either Coastline at 508-999-6400 or Southeast Center for Independent Living at 508-679-9210.

**50+ Job Seeker Group:** If you are unemployed and actively looking, underemployed, seeking for a new career direction, re-entering the job market after a long employment gap, recently retired and looking for your "Encore Career," this networking group program is perfect for you! The next Acushnet meeting will be held on Nov. 20 at 1 p.m. (come early for registration and networking). Susan Drevitch Kelly, Program Director at susan@sdkelly.com or 781-378-0520.

**SCHEDULE CHANGE – Nov. 30:** Due to a special event, there will be no exercise classes at the Acushnet Council on Aging on Nov. 30. We apologize for any inconvenience.

**Free Manicures:** Sophomore students from Old Colony will once again be available for free manicures. Bring your own polish or use theirs. Appointments strongly encouraged but not required. Dec. 6, 9:30 a.m.–11 a.m. 508-998-0280 to reserve your time slot.

**My Life, My Health:** Are you living with a chronic condition like heart disease, COPD, diabetes, high blood pressure, asthma, arthritis, kidney disease or depression? My Life, My Health is a six-week evidenced-based program that has helped thousands of people take control of their health. This program will run Thursdays at 1 p.m. beginning Dec. 6 at the Acushnet Council on Aging. The program is free and made possible by Title III funding through Coastline Elderly Services and the Mass. Executive Office of Elder Affairs.

**Newport Playhouse and Cabaret Restaurant Trip:** Dec. 2. Enjoy the play A Doublewide, Texas Christmas, buffet and school bus transportation. Call the COA for more information, 508-998-0280.

**Twin River Casino Trip:** Dec. 10. Depart Acushnet COA: 9 a.m. Return to Acushnet around 4 p.m.

**Able Bodies I:** Fall Prevention exercise class with instructor Pati C. Perfect class for those who are new or looking for some simple tips and tricks to avoid falls. Fridays, 1:00 p.m. at the Acushnet Senior Community Center. \$2/donation, Title III funded.

**Able Bodies II:** For those that have completed the Friday classes and are looking for more advanced exercises and strengthening moves to help prevent falls. Fridays at 2:15 p.m. \$2/donation, Title III funded.

**New Horizons Chorus:** Calling all music lovers! The New Horizons Senior Chorus has moving to the Acushnet COA and is looking for new members to join. Rehearsals are held on Thursdays, from 1-3 p.m. For more information, please contact Mary at 508-993-9305.

**Memory Café:** Meets every Monday, 1 p.m. at the Acushnet Public Library, 232 Middle Road.

**Chair Yoga:** Every Monday, 8:45 a.m. and Tuesdays at 9 a.m. with instructor Joey Machado. \$3/per class.

**French Cultural Group:** Every Tuesday, 9 a.m. Free.

**BINGO:** Every Wednesday, 12:30 p.m.

**Strength and Conditioning:** Every Wednesday, 2:30 p.m. with instructor Larry Bigos. \$4/per class.

**Fusion Dance:** Every Thursday, 9:30 a.m. with instructor Ellie Higgins.

**Cribbage:** Every Friday, 12 p.m. Drop-in, not a league.

## Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 p.m. For information on activities, such as cards and dominoes, call 508-991-6211.

## Buttonwood Senior Center

Buttonwood Senior Center is closed for construction. The center will be getting a makeover thanks to a grant from Community Development. The classes that were formally held at Buttonwood will be held temporarily at Hazelwood Senior Center, Acushnet Senior Center and the Hillman Street Support Center.

## Dartmouth Senior Center

For more information on the following activities, call the Dartmouth Council on Aging at 508-999-4717. A complete list of Dartmouth COA can be found at: [www.towndartmouth.ma.us](http://www.towndartmouth.ma.us)

**Annual Veterans Breakfast:** Nov. 9 at 8:30 a.m. Sponsored by Representative Chris Markey and the Dartmouth Friends of the Elderly. Please call the center for a reservation.

**Keep Moving Walking Club:** Walks are held Wednesdays 9-11 a.m. and Fridays 1:30-2:30 p.m. beginning Nov. 14. Routes will vary and incentives will be provided. No sign-up required.

**Gut & The Microbiome presentation:** Followed by discussion with Katlyn Ferreira, MS, RD, LDN. Nov. 5 at 10 a.m. Walk-ins welcome.

**Coping with Holiday Grief:** with Jennifer Marszalek, LICSW. Learn healthy ways to manage grief. Nov. 9 at 11 a.m. to noon. For more info or to register, please call the center.

**Essential Oil Workshop:** Nov. 15 at 11:30 a.m. Pre-reg. required.

**Tuesday Matinee:** "Crazy Rich Asians." Nov. 13 at 1:30 p.m. Sign-up

required. Free popcorn.

**Healthy Harvest cooking demonstration:** Nov. 19 at 10 a.m.

**Thanksgiving Dinner:** Nov. 20 at noon. Entertainment: singer John Ahl. \$5 in advance.

**Until Help Arrives training:** Presented by the Bristol County's Sheriff's Office. Nov. 27 at 10 a.m. Goal is to educate and empower the public in emergency situations. Please call Center to register.

**Brockton Fuller Craft Museum Trip:** Nov. 28. Van leaves the Center at 9:30 a.m. Admission is \$7. Please bring bag lunch. Sign-up required.

**Better Business Bureau Presentation:** Learn who the Better Business Bureau is how you can utilize their programs to protect yourself from being a victim. Nov. 28 at 1 p.m. Pre-registration required.

**Shopping at the Wrentham Outlets:** Nov. 29, van leaves the Center at 9 a.m. Sign-up required.

**Beginning Drawing II with Jane Bregoli:** For people who want to draw but don't have experience. Learn how to use line and shadow in sequential guided lessons. 6 weeks on Tuesdays from 1-3 p.m. \$70. Sign-up required. New students are welcome.

**Computer Clinic:** 12-2 p.m. last Monday of month. One-on-one help on your personal laptop simple issues (not repairs. \$10 for 30-minute session by appt.

**Poetry Circle:** First Wednesday of the month at 2 p.m.

**Book Club:** Second Monday at 1 p.m.

**Strength & Flex:** Exercise class, 9:15-10:15 a.m. Mon. and Wed.

**Veteran's Corner** meets the first Wednesday of the month at 9 a.m. for conversation and continental breakfast. Free.

**Relax with Ava:** Great Dane therapy dog. Tuesdays 10-10:30 a.m. (excludes last Tuesday). Walk-ins welcome

**"County Three Band"** is back the first and third Wednesday 12:30-2:30 p.m. \$4.

**Drums Alive Fitness class:** Routine will strengthen balance, auditory processing, coordination while using music and rhythmical applications (drumming). Sign up required. Thursdays at 1 p.m. \$5.

**"Walk It Off" class with Marcia:** Indoor walking class designed to get participants to walk at a 15/minute mile pace and to learn techniques to walk even faster by simply following the beat of the music. Four simple moves let all fitness levels follow along easily and boost- sections let seasoned participants kick it up a notch! Mondays at 2:30 p.m. \$4.

**Blood Pressure Clinic:** Second and last Friday at 9 a.m. Walk-ins welcome.

**Justice Bridge (UMass Law):** Bridge offers a range of legal advice. Fees are flexible based on client's income. Last Wednesday of the month at 2 p.m. Please call Center to make an appt.

**Pizza & Team TRIVIA with Sue & Roger:** 1st and last Tuesday of the month 4-5:30 p.m. Cost is \$1. Walk-ins welcome.

**Computer Clinic** by appt. One-on-one help on the computer for simple issues on personal laptops only \$10 for 30 min session (instructor does not do repairs) Mondays 12-2 p.m.

**Body Awareness for Fall Prevention:** Exercise class Wed & Fri 12-1 p.m. \$1. Walk-ins welcome.

**Senior ID Cards** are available on Mondays 10 a.m.-1 p.m.

**Coffee Hour** every day from 8:30-11 a.m. (donation)

**Meal Site** every day Lunch served at 11:30 a.m. (donation)

**Billiards** available every day from 9:30 a.m.

**Free Weight Loss Support Group** Mondays at 10 a.m.

**Hand Quilting Class** meets on Mondays 9 a.m.-11 a.m.

**Osteo Exercise** Mon., Wed., Fri. 10:15 a.m.

**Play Bridge** Mondays from 12 p.m. to 2:30 p.m.

**Book Club** 2<sup>nd</sup> Monday of every month. Take turns hosting or choosing a book.

**Gentle Yoga** Mon. at 9 a.m., Thurs. at 10 a.m.

**Tai Chi** meets on Tuesdays 9 a.m.

**Art Class** meets Tuesday from 9 a.m. to noon (all mediums)

**Computer Class** meets on Tues. from 10:15 a.m.-12:15 p.m. and Wed. from 11:30 a.m. -1:30 p.m. Learn the basics for a strong foundation.

**Zumba** meets Tues 11 a.m. and Thurs 11:30 a.m.

**Strong and Steady Exercise Class** Mondays from 12:30 p.m. to 1:30 p.m.

**Cribbage** meets Tuesday at 9:30 a.m.

**Knitters and Handcrafters** meet Wednesdays from 1 p.m. -3 p.m.

**Needle Workers** meet on Thursdays 9-11 a.m.

**Music and Mandalas** on Tuesdays 1 p.m.

**Chair Massage** first and third Wednesday of the month 9 a.m. -10:30 a.m.

**Cards/Pitch** Thursday 10 a.m.-noon

**Dartmouth Bliss Corner Seniors** meet Thursday 1 p.m.-4 p.m.

**MahJongg** meets Friday 11:30 p.m.-3 p.m.

**Basic Sewing Classes** every Thursday at 11 a.m. We provide a sewing machine or you may bring your own.

**Line Dancing** every Friday from 12:30-3 p.m.

**Foot care with Podiatrist** by appt. first Thursday and last Tuesday

**Caregiver Support Group** first Friday at 1 p.m.

**Widows Support Group** first and third Friday 8:15 a.m. and 10:30 a.m.

**Parkinson's Support Group** second Thursday of the month at 1 p.m.

**Alzheimers' Support Group** Every other Tuesday at 3 p.m. Please call the Center for more information.

**Diabetes Support Group** last Wednesday of the month 8:30 a.m.

## Fairhaven Senior Center

For more information on the following activities, call the Fairhaven Council on Aging at 508-979-4029.

**ZUMBA GOLD,** Wed & Fri. 11:30-12:30 p.m. Dance program for balance, strength, flexibility and heart. \$6.

**Senior Supper Club and LGBT Supper Club:** Senior Supper Club meets the first Tuesday of the month, and the LGBT Supper Club meets the last Wednesday of the month.

Continued on Page 11

*At the Senior Centers continued...*

**Food Program:** If you are a Fairhaven resident 60 or older you may qualify to receive FREE groceries from the Greater Boston Food Program Commodity Supplemental Food Program. Call The Fairhaven Senior Center to find out if you qualify.

**Need a Notary?** A notary is available at the Fairhaven COA Monday through Friday from 7:30 a.m. to 3:30 p.m. If you are home bound and live in Fairhaven, the notary will be happy to go to your home. Call the COA

**Health Awareness,** a healthy weight program, meets on Thursday mornings at 9. Confidential weight-in is followed by a meeting featuring tips on losing weight and keeping it off.

**Friends of the Fairhaven Elderly** meets the second Tuesday of each month at 6 p.m.

**Chair Yoga** class now meets on Monday mornings from 10:15 to 11:15 a.m. and on Thursdays from 10:15 to 11:15 a.m.

**Osteo Exercise** class meets Monday, Wednesday and Friday mornings from 8:30 to 10:00.

A **Wellness Clinic** is held on Tuesday mornings from Barbara / Nutrition is available 1st Tues. of the month. Call for an appointment. Lisa/Nurse is available 2nd 3rd and 4th Thurs. from 9 a.m. to 10 a.m. Drop in and have your blood pressure taken.

**Play Mah Jongg** Tuesdays 10 a.m. to 2:00 p.m. For more information, call the Fairhaven COA at 508-979-4029.

**Pitch** on Wednesday and Thursday from 12:30 p.m. to 3 p.m.

**Trips to the Mall** call for details at 508-979-4029 for dates and times.

### Hazelwood Senior Center

For more information on the following activities, call the Hazelwood Senior Center at 508-991-6208. The hours of operation at Hazelwood are 9 a.m. - 3:30 p.m. from Monday through Friday. Coastline serves lunches from 11:30 a.m. to noon, Monday-Friday.

**Mondays:** Special needs Exercise with Larry 9-10 a.m.; Zumba Gold with Pati, 10:15-11:15 a.m.; Bingo prep time starts at noon, the Games begin 1 to 3 p.m.

**Tuesdays:** Zumba Gold 8:45-9:45 a.m.; Sandpiper Crafts 11:00 a.m.-12:15 p.m. Every 1st Tuesday of the month; Rainbow Social every second Tuesday of the month; Visual Group Meeting 10 a.m.-noon, Every third Tuesday of the month; Dancercise with Victor. Cost \$3. 1-2 p.m.; Garden Club: 2-3 p.m.

**Wednesdays:** Beginner's Spanish 8:45-9:45 a.m.; Chair Yoga 10-11 a.m.; Every 1st Wednesday of the month GNBCHC BP Clinic 12-12:45 p.m.; Card Player 11 a.m.-12 p.m.; Bingo prep at noon, the games begin at 1-3 p.m.; Birthday Cake celebration every 4th Wednesday of the month.

**Thursdays:** Knitting & Crocheting 9:30 to 11:30 a.m.; Zumba Toning 12-1 p.m.

**Fridays:** Yoga: 9:30-10:30 a.m.; Cards & Dominoes: 11 a.m.-noon; Bingo: 1-3 p.m.

### Marion Senior Center

Hours: Monday-Friday, 9 a.m.-3 p.m. Keep up to date with everything happening at the Marion COA by liking us on Facebook: [www.facebook.com/marioncoa](http://www.facebook.com/marioncoa).

**Veterans Day:** Nov. 11 at 9 a.m. We invite all Veterans, Active Duty Service Members and their guest for breakfast. Pancakes, sausage, home fries, coffee and juice will be served. Please RSVP by noon on Nov. 8. Call 508-748-3570.

**Lunch at The Canalside Restaurant:** Nov. 13 at 11 a.m. Enjoy lunch at the Culinary Arts Department of Upper Cape Cod Regional Technical School, where students gain practical experience while serving up gastronomic delights. Your meal will include chowder, choice of chicken cordon bleu or scrod, and dessert. Cost of the meal is \$10.50 + tax & gratuity. Sign-ups begin Oct. 30.

**Sippican Lands Trust Walk:** The Marion COA is excited to partner with The Sippican Lands Trust (SLT) for a walk around Osprey Marsh. Nov. 13 at 10 a.m. Osprey Marsh, Point Road. Please meet at the property's parking area a few minutes before the walk starts. Bring water and dress appropriately. Only the worst weather will cancel. Call the COA office at 508-748-3570 to register and get directions.

**Holidays at Highfield Hall:** Nov. 27 at 1 p.m. Experience a Winter Wonderland at Highfield Hall & Gardens, a dynamic & unique museum. For this event, designers showcase their talents in the elegant rooms of Highfield Hall. While there, visit the extensive gift gallery and enjoy some time in the tea shoppe to purchase some home-made goodies. Cost of admission is \$10. Sign ups begin Nov. 13.

**Trip to Cape Cod Mall, Trader Joe's & Christmas Tree Shops:** Dec. 4 at 9:30 a.m. Our first stop will be the Cape Cod Mall, where you will have time to shop and grab some lunch before heading to Christmas Tree Shops and Trader Joe's. Sign up begins Nov. 20.

**Mahjong:** Fridays 10:30 a.m. - 12:30 p.m.

**Duplicate Bridge:** Resumes on Sept. 13, 1 p.m.-3:30 p.m. Call MJ at 508-748-6688 to register to play.

**Chair Yoga:** Mondays at 10:15 a.m. Free; this class has been funded by a grant from the Massachusetts Executive of Elder Affairs.

**Group Fitness:** Wednesdays and Fridays at 10:30 a.m. with Janet Memoli. \$35/10-week session. YMCA members free.

**Tai Chi:** Thursdays at 9 a.m. with Kyle Marston -\$10/class

**Zumba:** Thursdays at 10:15 a.m. with Pati \$25/6-weeks or \$5/class

**Strength & Conditioning:** Fridays at 12:30 p.m. Free; this class has been funded by a grant from the Massachusetts Executive of Elder Affairs.

**Waterfront Memory Café:** Every Wednesday. Lunch served at 11:30 a.m. Activity 12:30-2 p.m. Weekly programming for individuals with Alzheimer's or other memory loss; with their care partner, family or friends, in a safe, supportive and engaging environment.

**50+ Jobseekers Networking Group:** Open to anyone over the age of 50 who is under employed, seeking a new career direction or retired but looking for an "encore career." 1st and 3rd Tuesday.

### Mattapoisett Senior Center

For more information on any activities, trips and services, please call the Mattapoisett Council on Aging at 508-758-4110 or go to <http://www.mattapoisett.net/council-aging>.

**Regular activities are as follows:**

**Tai Chi class:** Mondays at 8:45 a.m. at Ned's Point, or at COA in inclement weather (free)

**Qi Gong (core & meditative):** Mondays (free) and Fridays (\$6.50) at 10 a.m.

**Knitting:** casual group meets at 10:00 a.m.

**Strength & Balance:** Mondays and Wednesdays at 12:00 noon (free)

**Scrabble:** Mondays at 1 p.m.

**Movie & Pizza:** Last Tuesday of each month at 12:00 noon. Reg. day prior.

**Sport Yoga:** Tuesdays and Fridays at 8:45 a.m. (\$3)

**Chair Yoga:** Fridays at 11:15 a.m. (\$3)

**Walking Group:** Tuesdays at 9 a.m. (meet inside the COA) Approx. 3 miles

**Water Color Painting:** Tuesdays at 1 p.m. (bring your supplies)

**Cardio-Fit (aerobic moves to music):** Wednesdays at 9:30 a.m. (free)

**Mindful Meditation:** Wednesdays at 10:45 a.m.

**Men's Discussion Group:** 2nd Wednesday of each month at 10 a.m. at Public Library

**Bingo:** Wednesdays at 1 p.m.

**Mah Jongg:** Wednesdays at 1:15 p.m.

**Country Line Dance:** Thursdays at 1 p.m. (free)

**Line Dancing with Nancy:** Fridays at 1 p.m. (free)

### Rochester Senior Center

For the complete newsletter please visit us at 67 Dexter Lane in Rochester or visit us on our website at <http://rochestermaseniocenter.com/>. Also please don't forget to follow us on Facebook at: <https://www.facebook.com/rochestercoa/> for weekly updates!

**Thanksgiving Dinner:** The Rochester Firemen's Assoc. in conjunction with the Rochester Council on Aging, will host the annual Thanksgiving dinner for Rochester seniors only, on Nov. 16 at noon. You must come in to get your ticket and sign up as there are only 100 tickets available. The full meal is prepared and served by the culinary Arts students from Old Colony Vocational. If you have a tickets and can't attend please return it so someone else can enjoy!

**Breakfast Program:** Our COA Breakfast Program turns 10 years old on Nov. 3! During the week of Nov. 5-9, the Breakfast Program has planned a special surprise for its loyal patrons. You will just have to come to see what that special surprise will be!

**Senior Thanksgiving Dinner:** ORRJHS will be offering their annual Senior Thanksgiving Dinner on Nov. 18 at 11:30 a.m. at the school. The COA has free tickets if you are interested in attending. Rides to the school are available. Please call us at 508-763-8723.

**Closures:** The month of November this year will be very unusual in that the Senior Center will need to be closed much more often than usual. The senior center will be closed on:

- Nov. 5th and Nov. 6 due to voting and election.
- Nov. 11 through Nov. 15 due to the bathroom renovations.
- Nov. 21 at 2 p.m., early closing
- Nov. 22 and Nov. 23 due to Thanksgiving

**Day Trips:** There are many day trips in November, so please don't forget to come in and sign up! A \$5 donation is asked to secure a spot on the van.

**Nov. 3** there is a day trip to the Boston Christmas Festival. 350 Exhibitors, Farmers Marketplace, Gingerbread House Displays, etc. The van will leave the council on aging at 8:00am and will return around 5:30 p.m. Cost is \$12/w 15, or cost is \$15.76.

**Nov. 9** there is a day trip to Shopping at the Cape Cod Mall, Hyannis & Christmas Tree Shop. The bus will leave the council on aging around 8:30 a.m. and will return around 5 p.m.

**Nov. 26** there is an Avon day trip -Enchanted Village in Jordan's Furniture, IKEA & lunch 7 Christmas Tree Shop. The bus will leave the council on aging at 8 a.m. and will return around 5 p.m.

**Nov. 30** there is a day trip to Foxwoods Casino, CT. Lunch is at the casino. The bus will leave the council on aging at 8:30 a.m. and will return around 5 p.m.

## Travel

**New Bedford Senior Travel Club**  
553 Brock Avenue  
New Bedford, MA 02744  
508-991-6171

• **Nov. 14:** A Tribute to Neil Diamond at Twin River Casino. \$15 Slot Play & Lunch Buffet. \$60.

### Upcoming tours:

#### December

#### November

• **Nov. 2:** The Christmas Festival, Boston's Seaport World Trade Center. \$39.

• **Dec. 7:** The Boston Pops Christmas Matinee Performance. \$90.

• **Dec. 10:** Foxwoods Casino w/ Casino Package. \$24.

### November 2018 Trivia Quiz Answers

1. D | 2. A | 3. C | 4. B | 5. A | 6. B | 7. C | 8. C | 9. C | 10. C

# Community



The Women's Center hosted a candlelight vigil on Oct. 23 for victims and survivors of domestic violence, where participants marched from New Bedford's City Hall to the Unitarian Church on the corner of 8th and Union Street. The event drew a crowd of people of all ages. The Women's Center's 24-hour hotline is 508-999-6636.

## Elder Abuse continued...

"Many older victims may have survived multiple victimizations over the course of their lives," said Gomes. "Minimization and denial are seen across the board with domestic violence, but it can be magnified all that much more when you have an elderly victim."

And that becomes a major obstacle in the court system. Assistant District Attorney Zachary Mercer of District Attorney Thomas Quinn III's office said most victims do not want their abusers to go to jail. Elderly victims, he said, are afraid to be left alone and could be dependent on their abuser in some way.

He stressed that coming forward with a case does not necessarily mean that an abuser will end up in jail for long stretches of time. The

main goal, he said, is to ensure that the abuser doesn't reoffend. Punishment may take the form of probation, classes or interventions.

If you suspect someone is in an abusive situation, understand how difficult and complex the situation may be for the victim. Don't make assumptions, don't confront their abuser and don't tell the victim what to do.

Your best course of action may be referring them to one of the many local organizations that can help, including The Women's Center (508-999-6636), the 24-hour Massachusetts Elder Abuse Hotline (800-922-2275), South Coastal Counties Legal Services' intake line (800-244-9023), or Coastline Elderly Services' intake line (508-999-6400). If you are a victim and feel you are in immediate danger, call 9-1-1.

## Dementia-Friendly South Coast

November is Alzheimer's Awareness Month, and the New Bedford Age Friendly Action Team is sponsoring a series of events to educate business and health care professionals and to support people with dementia and those who help care for them.

Throughout the month of November, Coastline, the Community Health Center, Community Nurses, and the Alzheimer's Association have joined forces to bring dementia training opportuni-

ties to nurses, case managers, first responders, business owners and municipal employees.

If you are living with dementia or taking care of someone with dementia, the challenges can seem overwhelming, but there are many different levels of assistance available. The programs listed below are open to everyone, no matter what town you live in. For additional resources, please call your Council on Aging or Coastline Elderly Services.

### Memory Cafés

**Every Wed:** The Community Center, 465 Mill St., Marion. 11:30 a.m. lunch. 12:30-2 p.m. activities. Info: 508-748-3570

**Every Mon:** Acushnet Public Library, 2332 Middle Rd, Acushnet. 1-3 p.m. Info: 508-998-0280

**Portuguese-speaking, Every Fri:** Project Independence, 250 Elm St., New Bedford. 12:30-2 p.m. Info: 508-991-6250

### Caregiver Support Groups

**Online:** [www.alzconnected.org](http://www.alzconnected.org)

**1st Wed:** Fairhaven COA, 229 Huttleston Ave. 1-2 p.m. Info: 508-717-0736

**3rd Wed:** Brookdale at Dartmouth Village, 274 Slocum Rd, Dartmouth. 5:30-7 p.m. Info: 508-999-0404.

**4th Wed:** TBD, New Bedford. 2-3:30 p.m. Registration info: 508-775-5656

**3rd Thurs:** Residence at Cedar Dell, 628 Old Westport Rd, Dartmouth. 5-6 p.m.

### Alzheimer's Support Groups

**Alternating Tues:** Dartmouth COA, 628 Dartmouth St., 2-3:30 p.m. RSVP: 508-999-4717

**Alternating Thurs:** Marion COA, 465 Mill St., 1-2:30 p.m. 508-717-0736

### All Caregiver Support Groups

**1st Friday:** Dartmouth COA, 1-2:30 p.m. Info: 508-999-6400

**Every Friday:** Acushnet COA, 59 1/2 S. Main St., 10-11:30 a.m. RSVP: 508-998-0280

### Early Stage Dementia Support Group

**Tuesdays:** Dartmouth TBD. 3-4:30 p.m. Registration info: 508-304-4587

**Indoor**  
**NEW BEDFORD FARMERS MARKET**  
November-May  
Thursdays  
2:00-5:30  
Kilburn Mill at  
Clark's Cove  
101 West Rodney French Blvd

The New Bedford Farmers Market will be moving indoors for the winter. Starting in November, the market will be happening at Kilburn Mill at Clarks Cove, located at 127 West Rodney French Blvd. in New Bedford. The Indoor New Bedford Farmers Market happens every Thursday from 2-5:30 p.m., and will run until May 30th. You can get to this location by taking SRTA Route #1 - Fort Rodman. Call 508-817-4166 for more info.



Kathleen Braz, Brenda Morris and Victoria DaSilva were dressed to impress at the Acushnet Council on Aging's annual Halloween party on Oct. 31.

## Let the Hearing Doctor Come to You!

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(508) 887-6283

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

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For More Information Call: (508) 997-2880

114 Riverside Avenue New Bedford, MA 02746  
[www.whalerscove-assistedliving.com](http://www.whalerscove-assistedliving.com)

