

Senior Scope

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

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Nation's First Portuguese Memory Café Opens

As more and more memory cafés open across the state, a recently launched support group in New Bedford stands out as one of the first directed at the Portuguese-speaking community.

On Nov. 16, Project Independence hosted an open house for a new memory café tailored to Portuguese and bilingual speakers. Café patrons gathered for activities with a large group of visitors and volunteers. The project came about through a joint effort between Coastline Elderly Services, the New Bedford Council on Aging and Project Independence.

According to the Memory Café Directory, a website that aggregates cafés currently advertising throughout the nation, this is the first memory café devoted to the Portuguese-speaking community in the entire nation.

Patricia Midurski, project coordinator at Coastline, described memory cafés as a place where those who are experiencing memory loss and their caregivers can feel at ease in a supportive environment.

"It's about having fun. It's like a party. There shouldn't be any stress," Midurski said. "Participants shouldn't be worried about whether or not they're saying the right thing, or if they're wearing the right outfit



Natasha Franco (center) leads guests through activities during the Portuguese Memory Café's open house, which was held on Nov. 16. The new memory café, housed at Project Independence in New Bedford, aims to be a supportive space for Portuguese and bilingual speakers who are experiencing memory loss.

or if they're having a bad day. This is about being with people who are walking the same walk that you are."

The concept of a memory café initially developed in Europe nearly 20 years ago before slowly taking hold in America over the past decade. The gatherings provide a support group for those affected by memory loss without a rigid structure. A typical day at a memory café could include activities, guest

speakers or music.

The group will meet on Friday afternoons at Project Independence's west wing, which was renovated in 2002. The space includes three activity rooms connected by a cozy central sitting area. Karen Maciulewicz, executive director of Project Independence, said the café is a perfect match for the adult day health care center.

Continued on page 5

Veterans Honored at Dartmouth COA

During the Dartmouth Council on Aging's annual Veterans Day Breakfast, vets were given the opportunity to gather for a meal, share stories and honor those who have served.

The event, held on Nov. 9, was sponsored by Rep. Christopher Markey and the Dartmouth Friends of the Elderly.

Many of the guest speakers reminded the audience that Operation Enduring Freedom, America's "war on terrorism" that began following the September 11 attacks, continues to this day.

"We currently have our military representing us all over the globe," said Rep. Bill Keating. "I think, in part, because it's a voluntary enlistment, we don't think enough about their sacrifice. We owe them our concern, our attention and our

support every day."

Veterans Day was initially established as Armistice Day in 1919, which celebrated the conclusion of World War I on Nov. 11, 1918. The holiday was renamed "Veterans Day" in 1954 to honor the service of all military veterans.

"...we don't think enough about their sacrifice. We owe them our concern, our attention and our support every day."

—Rep. Bill Keating

This year the holiday coincided with the 100-year anniversary of the end of World War I, in which 4.7 million Americans served — and more than 116,000 were

killed. The last living U.S. veteran who fought in World War I, Frank Buckles, died in 2011 at age 110.

"Those of us who have not served may never truly understand the sacrifices you have made," said Dartmouth Council on Aging Director Amy DiPietro. "Veterans Day is a day to say thank you to all of you. Although a simple 'thank you' doesn't seem like enough. We recognize you, we recognize your sacrifice and we recognize your bravery."

Christopher Azevedo, who was recently named the 2018 South-eastern Massachusetts Veteran of the Year, gave a first-person perspective on the horrors of war. Azevedo deployed to Desert Storm from 1988-91, was in the Active

Continued on page 2

Veterans Day continued...

Navy Reserve until 1993 and was honorably discharged in 1994. He then joined the Army National Guard following the September 11 attacks from 2003-2006 as a small unit operator. He was honorably discharged in 2008.

During his second tour of the Middle East, his vehicle hit a roadside bomb that left him with a damaged spine and a brain injury. He also suffered from post-traumatic stress disorder (PTSD) thereafter. He sought treatment for his injuries from the Department of Veterans Affairs, and he was prescribed increasingly powerful painkillers, including Percocet, Vicodin and Oxycotin.

"At that point in time, I was a full-fledged addict as I worked as a firefighter in the City of New Bedford," Acevedo said.

He said his addiction destroyed his relationships, and he began "circling the pit." He contemplated suicide as he pushed away his family and those who loved him.

A recent report from the Department of Veterans Affairs found that veterans are twice as likely as citizens to die by suicide. Veterans make up more than 14 percent of all suicides, although they account for

only 8 percent of the total population. Experts cite a lack of access to mental care and a sense of disconnection from society as possible causes for the high rates of suicide.

"PTSD affects every aspect of your daily living," said Acevedo. "With that, I just ask people who know veterans to be more sensitive to their needs and be more aware of what's going on. Look for the different cues of their suffering and try to get them help."

Philip Beard, Director of Coastline Elderly Services' Nutrition Program and himself a veteran, said Coastline convenes quarterly meetings with providers to collaborate and improve services and to "increase awareness of current services available to veterans that are often overlooked."

"This is a great way to learn about veterans' department services and for veterans' agencies to learn about community services," said Beard. "Many different care options are available, but they're not often utilized by eligible veterans. Please reach out to assert your right to this care."

To learn more about veterans' services in the community call Coastline at 508-999-6400 or call the Veterans Transition House in New Bedford at 508-992-5313.

Letter from the Editor

Dear Reader,

Before working for Coastline Elderly Services, I had the great pleasure of working at the Dartmouth YMCA's Sharing the Harvest Community Farm as a volunteer coordinator.

In that role, I was tasked with bringing folks onto the farm who were willing to plant, harvest, wash and weigh fresh produce — all on a volunteer basis. All the produce is donated to food pantries and senior centers throughout the region.

One of the most challenging days on the farm was coordinating about 300 UMass Dartmouth students who, in two hours, picked two acres' worth of butternut squash.

Most of that squash was distributed to the community through a partnership with the United Way of Greater New Bedford. However, we were asked to save about 1,200 pounds of squash for some event in November. Honestly, I didn't know much about the event. At the time I was mostly concerned with mice entering the greenhouse — where the squash was piled high — to feast.

Weeks went by and the grow-

ing season ended. The squash was eventually shipped off to where it needed to go.

However, that wouldn't be the last time I would see all those gourds. Recently, when out reporting a story on a local church group that prepared Thanksgiving meals for a variety of folks throughout the region, including Coastline's Meals on Wheels consumers, I discovered where all that squash went.

The Giving Thanks Ministry distributed about 3,300 meals for the holiday, which incorporated the vegetables from my old job. After spending months weighing and shipping heavy bins of squash on the farm, I got to see seniors enjoying them on Thanksgiving morning.

Since moving to this state three years ago, I've been impressed by the sheer number of organizations in the area that work together to make this place better. If you can, I highly recommend volunteering for one of them — whether it's Coastline, Sharing the Harvest or your local church. You will never feel more connected to your community.

Best,

 , Editor

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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 |

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Senior Scope at Coastline
1646 Purchase Street,
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Donations for December 2018

Our donors help *Senior Scope* carry out its mission, 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 Walton, to donate directly with a credit card. She can be reached at 508-742-9114.

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| In loving memory of Davis Balestracci. Wife, Mary | \$25.00 —Mary Balestracci |
| In memory of Felix & Hannah Bruce | \$20.00 —The Bruce Family |
| In honor of St. Jude; in memory of Hurricane Florence | \$10.00 —Anonymous |

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Donations this month: \$65
Year to date: \$1,086

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)

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- Do not list my name; I am contributing anonymously.

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Money

The \$48,329 Allergy Test

By Barbara Feder Ostrov
Kaiser Health News

Janet Winston had a rash that wouldn't go away. Winston, 56, who works at Humboldt State University, knew the dermatologist in her rural Northern California town was booked months in advance. So, as she often does for specialized treatment, she turned to Stanford Health Care, a nearly six-hour drive south.

Winston said that 119 tiny plastic containers of allergens were taped to her back over three days of testing. Winston ultimately learned that she was allergic to — among other things — the ketoconazole cream prescribed to treat her persistent rash.

Her Stanford-affiliated doctor had warned her that the extensive allergy skin-patch testing she needed might be expensive, Winston said, but she wasn't too worried. After all, Stanford was an in-network provider for her insurer — and her insurance, one of her benefits as an employee of the state of California, always had been reliable. Then the bill came: \$48,329. Winston's health insurer, Anthem Blue Cross, paid Stanford a negotiated rate of \$11,376.47. Stanford billed Winston \$3,103.73 as her 20

percent share of the negotiated rate.

Winston's case highlights how some health providers set exorbitant rates, knowing they'll ultimately be paid a lesser amount. Patients rarely pay these rates — known as "chargemaster" or list prices — and they can generate headlines for the \$100 aspirin. But such list prices, as the starting point for negotiations and discounts, do help determine the amounts insurers pay, and ultimately what patients pay as their share of cost.

After some bargaining with Stanford's billing department, Winston ultimately paid \$1,561.86 out-of-pocket. She made the argument that her doctor had told her the cost per allergen would be about \$100, not nearly the \$400 Stanford ultimately charged her insurer.

Insurers often tell patients to "shop around" for the best price and to make sure they choose in-network providers to avoid surprises. Winston said her doctor warned her the test would be expensive, but she never anticipated that could mean close to \$50,000. So don't be afraid to ask for specific numbers: "Expensive" and "cheap" can have hugely different meanings in the high-priced U.S. health system.

Is Your Income-Related Medicare Premium Incorrect?

By Delia De Mello
Social Security

Medicare is our country's health insurance program for people age 65 or older. Certain people younger than age 65 can qualify for Medicare, too, including those with disabilities and those who have permanent kidney failure.

If you're a Medicare beneficiary who has been informed that you must pay more for your Medicare Part B or Medicare prescription drug coverage premium because of your income, and you disagree with the decision that you need to pay a higher premium amount, you may request an appeal. The fastest and easiest way to file an appeal of your decision is by visiting socialsecurity.gov/disability/appeal.

You can file online and provide documents electronically to support your appeal. You can also file an appeal online even if you live outside of the United States. You may also request an appeal in writing by completing a Request for Reconsideration (Form SSA-561-U2) at www.socialsecurity.gov/forms/ssa-561.html.

If you don't have access to the

internet, you can request a copy of the form by calling 1-800-772-1213 (TTY 1-800-325-0778).

Learn more by reading our publication Medicare Premiums: Rules for Higher-Income Beneficiaries at www.socialsecurity.gov/pubs/EN-05-10536.pdf.

Know someone who hasn't signed up for Medicare yet? They can use our online Medicare application if they: are at least 64 years and 9 months old; want to sign up for Medicare but do not currently have ANY Medicare coverage; do not want to start receiving Social Security benefits at this time; and are not currently receiving Social Security retirement, disability or survivors benefits.

Remind them that they should sign up for Medicare three months before reaching age 65, even if they are not ready to start receiving retirement benefits. They can opt out of beginning to receive retirement benefits now. Then they can apply online for retirement benefits later.

You can learn all you need to know at socialsecurity.gov/benefits/medicare and easily share these resources with family and friends.

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Update

HIP Benefits Extended



**Fresh. Canned. Dried. Frozen.
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The Healthy Incentives Program (HIP) has been extended to February 28, 2019. The program will then reopen in the spring, according to the Massachusetts Department of Transitional Assistance.

Anyone enrolled in SNAP benefits can take advantage of the Healthy Incentives Program, which helps people buy fresh fruits and

vegetables from farmers markets, farm stands, mobile markets and community supported agriculture (CSA) farm share programs. Customers will receive one dollar for each dollar spent on fruits and vegetables, up to a monthly limit.

If you are a SNAP client and want more information on HIP, call Project Bread's FoodSource Hotline at 800-645-8333.

The New Bedford Winter Farmers Market, located at Kilburn Mill at Clark's Cove on 101 West Rodney French Blvd., has vendors that accept HIP. The market opens on Thursdays from 2 to 5:30 p.m.

The Old Rochester Winter Farmers Market has two vendors that accept HIP. The market will run the second and fourth Saturday of the month from 10 a.m. to 1 p.m. at the Old Rochester Regional's Junior High School Gymnasium, 133 Marion Road in Mattapoisett.

Fuel Assistance for Elders

If you are an elder and live in the communities of Marion, Mattapoisett or Rochester, and are having difficulty paying for fuel this season, Coastline Elderly Services may be able to help you with a one-time payment for fuel assistance or outstanding electric utility bill.

This program will benefit elders 60 years of age or older who live on

fixed incomes.

Fuel assistance may be provided for oil, gas, electric, propane or other fuels. Contact your local Council on Aging (Marion, Mattapoisett or Rochester) for details.

Funding is made possible by the generosity of the George E. Curtis Charitable Trust.

Lady of Perpetual Help Food Sale

Our Lady of Perpetual Help Church will be hosting a food sale on Dec. 15 from 10 a.m. to 1 p.m. The church is located at 235 North

Front St., New Bedford.

Frozen Polish stuffed cabbage, pierogi, cabbage soup, kielbasa and blessed Oplatek wafers.

The "Are You O.K.?" Service

"Are You O.K.?" is a free telephone reassurance program provided by the Bristol County Sheriff's Office in cooperation with local police departments.

The service provides a daily phone call and emergency assistance when needed.

Once a day the Sheriff's Office

will place a call to your residence at approximately the same time and ask, "Are you okay?" If the second call goes unanswered, a first responder will be called.

For brochures or to enroll in the program, contact Theresa Fournier at the Bristol County Sheriff's Office at 508-994-8932.

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 **January 8th**.

• Afternoon classes are held Thursdays at 1 p.m. The afternoon session begins **January 10th**.

A new session will also start in February. Morning classes will begin on **February 19th** and afternoon classes will begin **February 21st**.

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**.

Annual Christmas Day Dinner

On Tuesday, Dec. 25, The Jewish Community of Greater New Bedford will host its Annual Christmas Day Dinner for all our area seniors for the 52nd consecutive year. Dinner will be served at

The Holy Name of the Scared Heart of Jesus Church, located at 121 Mt. Pleasant St., New Bedford, at noon.

Reservations may be made by calling the Dartmouth COA at 508-999-4717 by Dec. 20.

Need Transportation? Visit Ride Match

Ride Match is a one-stop searchable directory that combines all public, private and nonprofit transportation options in one convenient online resource. Ideal for seniors, people with disabilities or anyone needing to travel in Massachusetts.

Go to www.massridematch.org to see what transportation services are available in your community.



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 sched-

uled Mondays from 9:30-11:30 a.m.

The 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.

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

AHA! Night is Dec. 13

Join the Family Resource and Development Center on AHA (Art, History, Architecture) Night for photos with Santa, hot cocoa, a craft and more.

Hosted by the United Way

of Greater New Bedford in the lobby of the DeMello International Center (128 Union Street, 1st Floor Mezzanine, New Bedford), from 5-7 p.m. For more information call 508-996-8253 x 205.

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Your Health

Prevention is key to stopping colorectal cancer

Colorectal cancer, one of the most common forms of cancer in the United States, also happens to be one of the most preventable types of cancer. The key to prevention, however, rests largely on your willingness to be screened.

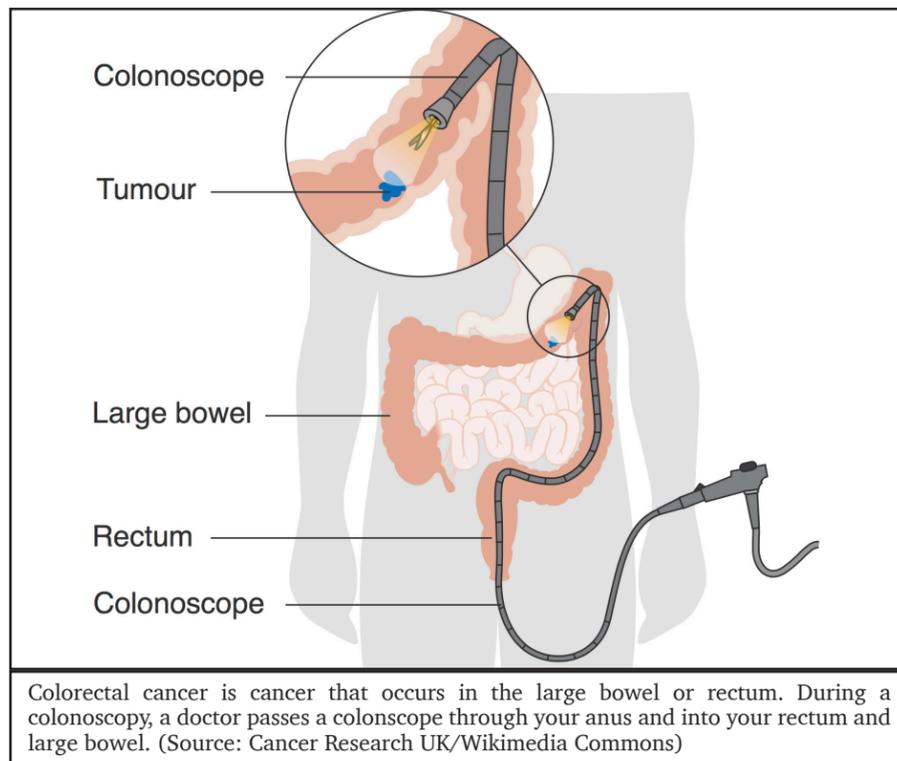
Victor Pricolo, MD, South-coast Health's Chief of General and Colorectal Surgery, gave an overview on colorectal cancer on Nov. 6 during a bilingual presentation at the Immigrants' Assistance Center in New Bedford. He urged the audience to have regular medical exams.

Colorectal cancer — cancer of the colon or rectum, which is located at the digestive tract's lower end — is the third most common type of cancer in the United States. For women, it's after breast and lung cancer; for men, it follows lung and prostate cancer. Approximately 130,000 new cases of the disease are diagnosed each year. This type of cancer typically begins as clumps of noncancerous cells called polyps that form along the digestive tract.

There are several causes of colorectal cancer. A slim minority of cases — roughly six percent — are hereditary, meaning you acquired the genes from your family. This is an important distinction because some people may not get screened for colorectal cancer, assuming they are immune because the disease doesn't run in their family.

Around 25 percent of cases are linked to what you eat. Foods heavy in charred animal fat, such as grilled meats, as well as processed meats, like sausage and bacon, have been linked to colorectal cancer.

Back in October 2015, the World Health Organization classified processed meats as carcinogenic to humans. Processed meat refers



to meat that has been “transformed through salting, curing, fermentation, smoking, or other processes to enhance flavor or improve preservation,” according to WHO. This includes bacon, ham, luncheon meat, pâtés and canned meat.

However, Pricolo said the overwhelming majority of colorectal cancer cases are caused by “bad luck.” When cells divide, which is a normal bodily function, sometimes the DNA is damaged and cells develop into cancerous cells.

“We cannot pick our parents, so we cannot change our genetics. We can change our diet, but there are only so many things we can control,” he said.

Compounding the problem is that most people will not experience symptoms during the early stages of colorectal cancer. This means that frequent screening is especially important.

Pricolo said most cancers develop from normal, healthy cells to cancerous cells, making cancer challenging to stop in its tracks. Polyps, however, can take years to develop into colorectal cancer, meaning the growths can be removed before they become cancerous.

Colonoscopies are the most common exam for colorectal cancer. Prior to the procedure, patients will be asked to perform an at-home bowel prep, which typically involves ingesting laxatives to clear the intestines, making it easier for medical professionals to spot irregularities along the digestive tract and remove polyps.

Patients will receive medication prior to the procedure and should not feel pain. A doctor passes a colonoscope through the anus and into the rectum and colon, sending a video image to a monitor, which enables the doctor to examine the

large intestine. The procedure will take about 30 to 60 minutes.

Pricolo said there are alternatives to the often derided high-volume laxative used to prepare for a colonoscopy. There are smaller volume doses, for instance. There is medication you can take prior to the cleanse to minimize nausea.

There are non-invasive alternatives to colonoscopies as well. One test checks for blood in the stool. Another, called Cologuard, looks for abnormal cells in your stool. X-rays and CAT scans of the colon can also detect polyps.

However, none of these alternative screening methods prevent cancer because these exams will not remove polyps. If polyps are detected during these non-invasive tests, a colonoscopy will be needed afterward.

If you have a family history of colorectal cancer, you should be screened at age 35 or 40. If you do not have a family history, you should have your first colonoscopy at age 45. If that sounds like a young age to have a baseline colonoscopy, that's because patient data has revealed that instances of colorectal cancer are occurring at younger ages.

Pricolo said if your first colonoscopy is normal, you could probably go 10 years between your next exam, provided you have no symptoms. If you see blood in your stool or have changes in your bowel function, you should see your doctor.

“If you have a colonoscopy and everything is normal, you should be very happy. If you have a colonoscopy and have a polyp removed, you should be even happier because you have just prevented cancer,” said Pricolo.

Memory Café continued...

“We have participants here who speak Portuguese and who have issues with their memory,” said Maciulewicz. “It's also a nice way for us to open up our adult day health program to members of the community, so that, before they need our services, they will become familiar with what we do here.”

Natasha Franco, who works at the City of New Bedford's Department of Community Services and who will be facilitating the group, said she hopes the guests will begin to feel more comfortable in their own skin.

“I'm hoping that the Portuguese people are able to sit down, reminisce and not feel judged because of their memory loss,” said Franco. “We want them to feel comfortable no matter what they want to do — whether it's telling a story, reading a book or talking about life back in Portugal.”

During the open house, Standard-Times photographer Peter Pereira, who was there covering the



event, gave an impromptu presentation in Portuguese on “A Nossa Vida: The Portuguese Experience in America,” a book published by the Standard-Times. He spoke about the photographs he contributed to the book, and, as he spoke about the various locations in Portugal he visited during the book's production, guests of the memory café perked up.

“We know that, for most individuals with dementia, long-term memories are intact,” said Midurski. “Most of the time, we can tap into positive memories. We know

that reminiscing will bring great joy.”

The new café is also looking for volunteers who, Midurski said, will act as a “party host or hostess.” Volunteers can expect to socialize with the group and make sure guests are staying engaged.

Silvia Araujo, a bilingual speaker and first-year student enrolled in Bristol Community College's Occupational Therapy Assistant program, said she happened to be visiting Project Independence on a school assignment and volunteered during the open house.

“I had such a good time,” said Araujo, noting that she often doesn't get to hear the perspective of Portuguese elders. “They were willing to speak to me about everything. It was absolutely amazing.”

Midurski hopes the latest memory café to open in the area will be another avenue of support for those experiencing memory loss and for their caregivers.

“It is a horrific journey to find yourself on. There's so much grief and sadness. My hope is that hosting these memory cafés will bring some joy and normalcy into their lives,” she said.

The Portuguese Memory Café meets every Friday from 12:30 to 2 p.m. at Project Independence, located at 250 Elm St. in New Bedford. Please RSVP if you plan on attending.

For more information in Portuguese, contact Natasha Franco at 508-979-1693 or natasha.franco@newbedford-ma.gov. For more info in English, contact Patricia Midurski at 508-742-9116 or pmidurski@coastlinenb.org.

Your Health

Daily Aspirin May Not Benefit Healthy Older Adults

National Institutes of Health

A new study found that, for healthy older adults, taking a low-dose aspirin each day didn't extend life or prevent a first heart attack or stroke.

Heart diseases and stroke are the leading causes of death and

disability in older adults in the U.S. These are often caused by blood clots that form in the blood vessels to the heart or the brain.

For people who've had a heart attack or stroke, aspirin can help prevent a second one. Aspirin helps thin the blood to avoid further blood clots. A low dose of daily aspirin

has also been shown to reduce the risk of a first heart attack or stroke for people who are at high risk for these conditions. To see if aspirin could benefit healthy older adults, too, researchers randomly assigned more than 19,000 healthy older adults to take aspirin or an inactive pill, or placebo. Most participants

were 70 and older.

Both groups had similar rates of health problems and deaths. Aspirin didn't reduce the risk of heart attack, stroke, physical disability or dementia.

Talk to your health care provider about your health risks and whether daily aspirin use is right for you.

La Aspirina Diariamente Puede No Beneficiar Los Adultos Edosos Saludables

Un nuevo estudio verificó que, para los saludables adultos edosos, el uso de la aspirina de baja dosificación todos los días no alargó la vida o evitó un primero ataque cardiaco o trombosis.

Las enfermedades cardiacas y la trombosis son las causas primarias de la muerte y incapacidad de los adultos edosos en los Estados Unidos. Estos son causados por los co-

agulos del sangre que se forman en los vasos sanguineos del corazon o del cerebro.

Para las personas que tuvieron un ataque cardiaco o trombosis, la aspirina puede ayudar a prevenir un segundo episodio. La aspirina ayuda a diluir el sangre para evitar los coagulos del sangre. Una dose baja de aspirina diariamente tambien ya fue verificada por reducir

el riesgo de un primero ataque cardiaco o trombosis para las personas que están en alto riesgo para estas condiciones.

Para ver si la aspirina podria beneficiar los adultos edosos saludables, los pesquisadores tambien casualmente designaron más de 19,000 adultos edosos saludables para tomaren la aspirina o una pastilla inactiva o un placebo. La may-

oria de los participantes tenian 70 años de edad o más.

Ambos los grupos tenian proporciones similares de problemas de la salud y muertes. La aspirina no redució el riesgo del ataque cardiaco, trombosis, incapacidad física o demencia. Hable con su proveedor de cuidados de la salud sobre sus riesgos de la salud y si el uso diario de la aspirina es bueno para usted.

A Aspirina Diariamente Pode Não Beneficiar Os Idosos Adultos Saudáveis

Um novo estudo verificou que, para os saudáveis adultos idosos, o uso da aspirina de baixa dosagem todos os dias não prolongou a vida o evitou um primeiro ataque cardiaco ou a trombose.

As doenças cardiacas e a trombose são as causas primárias da morte e incapacidade dos adultos idosos nos Estados Unidos. Estes são causados pelos coágulos do

sangue que formam nos vasos sanguinos do coração ou do cérebro.

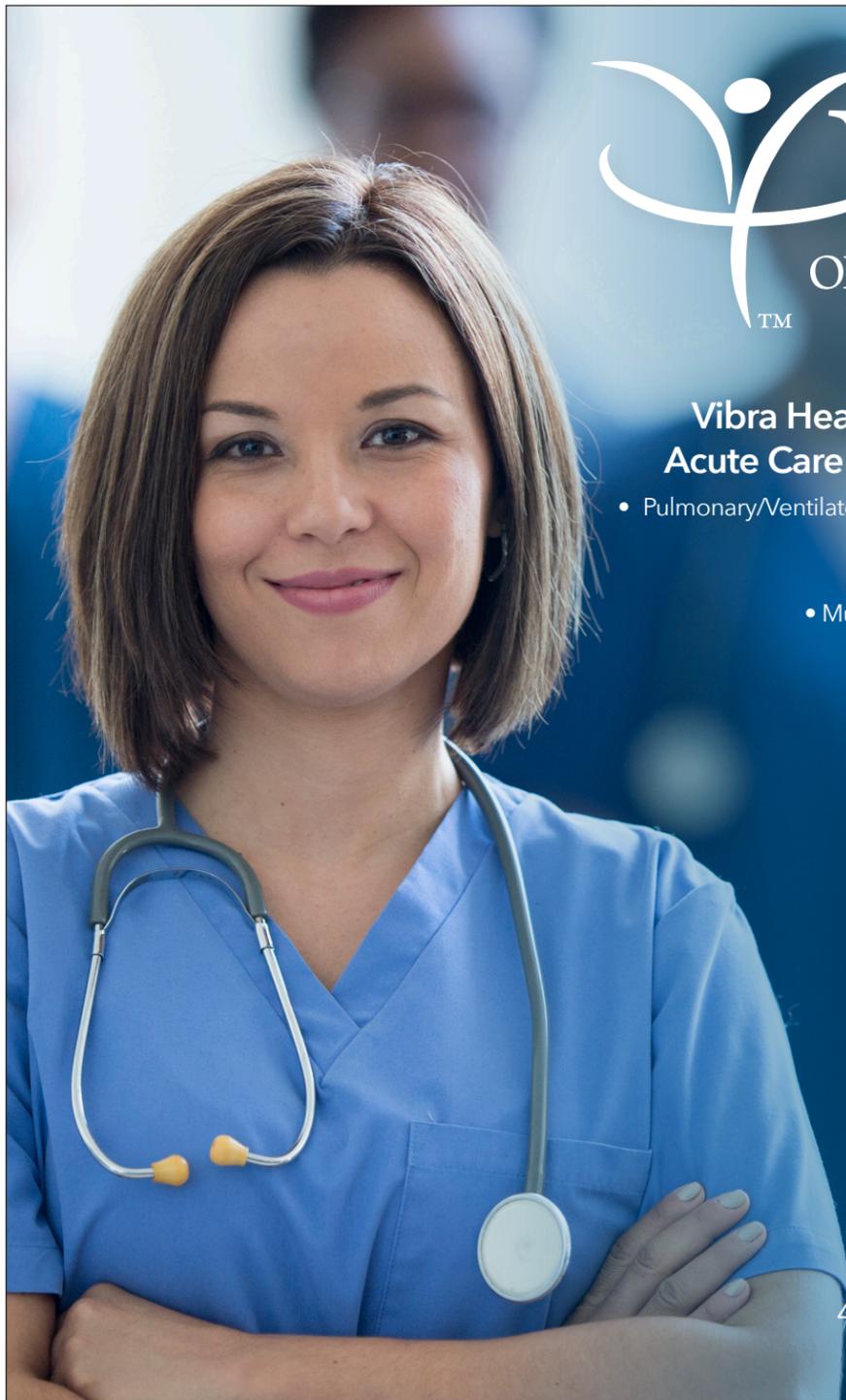
Para as pessoas que tiveram um ataque cardiaco ou trombose, a aspirina pode ajudar a prevenir um segundo episódio. A aspirina ajuda a diluir o sangue para evitar os coágulos do sangue. Uma dose baixa de aspirina diariamente também já foi verificada por reduzir o risco de um primeiro ataque cardiaco ou trom-

bose para as pessoas que estão em alto risco para estas condições.

Para ver se a aspirina poderia beneficiar os adultos idosos saudáveis, os pesquisadores também casualmente designaram mais de 19,000 adultos idosos saudáveis para tomarem a aspirina ou comprimido inativo, ou um placebo. A maioria dos participantes tinham 70 anos de idade ou mais.

Ambos os grupos tinham proporcões similares de problemas de saúde e mortes. A aspirina não reduziu o risco do ataque cardiaco, trombose, incapacidade física ou demencia.

Fale com o seu provedor de cuidados da saúde sobre os seus riscos da saúde e se o uso diário da aspirina é bom para si.





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Your Health

Medicare Card Alert

SHINE counselors have been talking to residents during Medicare Open Enrollment, and some people are reporting that they have not received their new Medicare cards. Since all beneficiaries in Massachusetts should have received their cards by now, the Executive Office of Elder Affairs wanted to alert you.

There are reasons why you may not have your card:

- You changed your address at one point but did not inform Social Security, so Social Security sent it to the former address. Even if you changed the address with the post office, the post office does not forward official government mail.

- The new card was sent in a plain white envelope from the Department of Health and Human Services as not to alert potential thieves. However, since it doesn't look like a Medicare mailing, it may have been thrown out by mistake.

What can be done?

- Residents should look around their home for any unopened mail.

- If you can't find the card, call Medicare at 1-800-633-4227; TTY 1-877-486-2048.

- You can use your current Medicare card through 2019 if necessary.

Check Your Medical Records For Errors

By Judith Graham
Kaiser Health News

When Liz Tidyman's elderly parents moved across the country to be closer to their children and grandchildren years ago, they carried their medical records with them in a couple of brown cardboard folders tied with string.

Two days after their arrival, Tidyman's father fell, which hadn't happened before, and went to a hospital for an evaluation.

In the waiting room, Tidyman opened the folder. "Very soon I saw that there were pages and pages of notes that referred to a different person with the same name — a person whose medical conditions were much more complicated and numerous than my father's," she said. "That was a wake-up call."

Older adults have cause to be careful about what's in their medical records. Although definitive data aren't available, the Office of the National Coordinator for Health Information Technology estimates that nearly 1 in 10 people who access records online end up requesting that they be corrected for a variety of reasons.

In the worst-case scenario, an incorrect diagnosis, scan or lab

result may have been inserted into a record, raising the possibility of inappropriate medical evaluation or treatment. Omissions from medical records — allergies that aren't noted, lab results that aren't recorded, medications that aren't listed — can be equally devastating.

In less dire scenarios, a patient's name, address, phone number or personal contacts may be incorrect, making it difficult to reach someone in the event of an emergency or causing a bill to be sent to the wrong location.

The law that guarantees your right to review your medical record, the Health Insurance Portability and Accountability Act of 1996, offers some recourse: If you think you've discovered an error in your medical record, you have the right to ask for a correction. Start by asking your doctor or hospital if they have a form (either a paper or electronic version) you should use to submit a suggested change.

A simple error such as a wrong phone number can be corrected by drawing a thin line through the material and writing a suggested change in the margins or making an electronic note. A more complicated error such as incorrect descriptions of your symptoms or a diagnosis

that you're contesting may require a brief statement from you explaining what material in the record is wrong, why and how it should be altered.

Physicians and hospitals are required to respond in writing within 60 days, with the possibility of a 30-day extension. But medical providers are not obligated to accept your request. If you receive a rejection, you have the right to add another statement contesting this decision to your medical record. You can also file a complaint with the government office that oversees HIPAA or a state agency that licenses physicians.

Devin O'Brien, senior counsel with The Doctors Company, the largest physician-owned medical malpractice firm in the U.S., notes that rejections can be warranted when facts or medical judgments are in question. An example might be a patient who wants a doctor's notes about potentially excessive opioid use eliminated from the record. Another example might be a patient who wants a diagnosis eliminated from a medical record, because it might compromise her ability to get insurance coverage. That wouldn't be an acceptable reason for making a change, experts said.



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Better Living

Updates on the Age-Friendly Initiative

The City of New Bedford made headlines this past summer after the AARP declared the city an age-friendly city, and now other communities in the region are looking at how they, too, can receive the designation.

In January 2018, Massachusetts became the second state in the nation to enroll in the AARP Network of Age-Friendly Communities, a designation that aims to prepare the nation for rapid population aging and urbanization.

According to the AARP, an age-friendly community is one that is safe, secure, has affordable housing and transportation options and offers support services. The idea is that, once these features are in place, those resources will enable older adults to age independently in their own communities.

New Bedford's journey to become an Age-Friendly Community began in 2015, when the city applied to and was accepted to join the network. Debra Lee, Director of the New Bedford Council on Aging, and Paula Shiner, CEO of Coastline Elderly Services, co-chaired the planning effort. A consultant from AARP helped draft an action plan, a list of more than 80 steps the city can take to become more age-friendly. Currently, more than 25 people



AARP Massachusetts State Director Mike Festa (right) commemorates the beginning of New Bedford's age-friendly initiative with Mayor Jon Mitchell (left) in 2015.

representing more than a dozen agencies throughout the region are supporting the effort, implementing the steps outlined in the AARP-approved action plan.

The continued effort to make New Bedford an age-friendly city is divided into eight broad categories: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services.

In the months ahead, *Senior Scope* will be tracking the improvements made in New Bedford and beyond as the age-friendly initiative takes off in the Commonwealth.

Preparing for a Disaster

Administration of Community Living

Disasters, man-made or natural, can happen at anytime, anywhere and vary in magnitude. Older adults and people with disabilities have unique and special needs during a crisis.

Approximately half of those over age 65 have two or more chronic health problems. These conditions increase a person's vulnerability during periods of time without food, water, shelter and adequate rest. People with disabilities have some of the same needs as older adults, but they may also have a wider variety of functional limitations, sometimes requiring more supports, many of which could likely be in short supply during a crisis event. It is critical that individuals, service providers and communities actively engage in emergency planning.

At a minimum, each individual should create a kit of emergency necessities. This should include medication, food, water, batteries or chargers, and any supplies that pets may need. Individuals should also talk to friends, family and neighbors to create a support network that can help with communication, transportation and essential care during periods of time when other community-based services and supports are not available.

The only way to ensure the well-being of older adults and people with disabilities during a crisis is through a "whole-community" approach to preparedness.

For information and resources about how to support the needs of older adults and people of all ages with disabilities during an emergency, visit acl.gov/program/emergency-preparedness.

Trivia

FOR YOUR ENTERTAINMENT — JRA

- How many major league baseball parks have roofs that can be opened and closed for games?
a) four b) seven c) five d) six
- From what country did Melania Trump, First Lady of the United States, immigrate from?
a) Moldova b) Slovenia c) Hungary d) Croatia
- Which was not one of Santa's seven reindeer?
a) Donner b) Prancer c) Dixie d) Vixen
- Cajun music has been influenced by several cultures. It was established in Louisiana by whom?
a) Brazilian Indians b) Spanish Grenadians
c) Nova Scotia French d) Jamaicans
- What was our local UMass Dartmouth campus student body size through 2017?
a) 4,551 b) 5,890 c) 6,763 d) 3,500
- How many ounces in a cup?
a) 16 b) 8 c) 6 d) 4
- How many women are justices of the Supreme Court?
a) 3 b) 2 c) 0 d) 1
- Where is the capital of Florida?
a) Orlando b) Tampa c) Tallahassee d) Miami
- Which state in the U.S. has the largest land area?
a) New York b) Alaska c) Texas d) California
- What is the best selling candy bar of all time?
a) Milky Way b) Nestle c) Musketeer d) Babe Ruth

[answers listed on page 11]



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Nutrition



Sharon Corley (right), decked out in a turkey hat, ladled out gravy to Martyr Conceicao. The Ministry and hundreds of volunteers prepared food on Thanksgiving morning in New Bedford Voc-Tech's cafeteria.



Nearly 70 seniors gathered on Thanksgiving Day at the Fairhaven Council on Aging to eat the food prepared by the Giving Thanks Ministry. Pictured (left to right): R. Robert, Norma Meehan, Ralph Beardsworth and Lily Pacheco.

Giving Thanks Ministry Prepares 3,300 Meals for Community

The night before Thanksgiving, while most of the halls and classrooms were unlit and vacant at Greater New Bedford Regional Vocation Technical High School, the kitchen was buzzing with activity as volunteers worked through the night, preparing more than 3,000 meals for elders and others.

The Giving Thanks Ministry, a group of churchgoers representing various congregations throughout the state, joined forces on Nov. 21 to prepare Thanksgiving meals for those who wouldn't be celebrating the holiday otherwise. The project began over two decades ago in the basement of New Bedford's First Baptist Church.

"The first year we made a hundred meals and served them to the homeless," said Glen Parker, who helped manage the event. "The Ministry took off from there. It's an unbelievable thing."

This year the group assembled and delivered approximately 3,300 meals to people throughout the region. Most everyone will be receiving two meals — one for

Thanksgiving and the other for the December holidays. The meal includes turkey, gravy, squash, mixed vegetables, rolls, cranberry sauce, stuffing and apple crisp.

Philip Beard, the Director of Coastline Elderly Services' Nutrition Department, said the project assists about 950 individuals who Coastline identified as needing a meal for the holiday. That number includes about 800 who received a home-delivered meal and about 150 who joined together for a meal at Boa Vista Apartments, Tripp Towers and the Fairhaven Council on Aging on Thanksgiving day.

"It's not an easy undertaking. But it's exciting when you see it happen," said Beard. "It's what we do. We feed people 365 days a year."

In addition to delivering meals to elders, the Ministry will also be delivering meals to several homeless shelters, UMass Dartmouth and the Veterans Transition House.

Parker said the Ministry receives numerous monetary and food donations for the event, and

the group is able to produce thousands of meals on a nominal budget thanks to hundreds of volunteers.

Becky Dutra, who tracks data for the group to ensure they will have enough donations to produce all the trays of food, said it takes a big effort from a lot of people to make the event happen.

"All of these things are provided by generous donations from the community," said Dutra. "For instance, the Dartmouth YMCA's Sharing the Harvest Community Farm gives us all the squash. They donated around 1,200 pounds this year."

About a decade ago, New Bedford Voc-Tech donated the school's cafeteria space and equipment for the event, and now the Ministry is able to produce more than what was possible in a church basement.

"We cook in bulk here, package it in the compartmentalized trays they use for Meals on Wheels, vacuum seal it and deliver it on Thanksgiving morning. It will be hot and fresh," said Dutra. "We

make it homestyle — with love and care."

On Thanksgiving morning, Anne Silvia, the director of the Council on Aging, was serving those home-style meals to seniors after trays of food arrived from New Bedford Voc-Tech. About 68 people had gathered together at the senior center to give thanks.

Parker, who has been prepping Thanksgiving for the community since the project launched, said it's now part of his family's holiday tradition.

"My kids are in their early twenties. We've never had Thanksgiving at home," said Parker. "This is all they know, and this is all they ever want to do."

Check out
Healthy Cooking
with Coastline
on YouTube

 [youtube.com/user/CoastlineCookingShow](https://www.youtube.com/user/CoastlineCookingShow)

Probiotics may help with digestive health

Over the past few years, you may have seen the word "probiotics" showing up more frequently in news articles and on food labels. But what are probiotics exactly and what do they do inside our bodies?

On Nov. 5, Katlynn Ferreira, a registered dietitian at Coastline Elderly Services, held a presentation at the Dartmouth Council on Aging that provided an overview on probiotics and their relationship with the human microbiome, or the variety of microorganisms that inhabit our bodies.

"Our microbiomes are made up of good and bad bacteria," said Ferreira. "What we eat, what we're exposed to in our environment, exercise and antibiotic use all determine the makeup of our microbiome."

The human microbiome contains 100 trillion bacteria — 10 times the number of cells in our

body — most of which live in our gut, particularly the colon and the large intestine. The "gut" is a term used to reference the digestive tract.

"The microbiome is involved in our immunity. It also prevents the bad bacteria from overgrowing," she said. "It breaks down our food, creates energy and produces essential vitamins."

Probiotics are a component of the microbiome. Probiotics are beneficial, active microorganisms living inside our guts, but they can also be ingested from fermented foods such as yogurt, kombucha, kefir, kimchi, miso and sauerkraut and from supplements.

If you see a food product with a "live active cultures" label, that's how you know the food is guaranteed to have probiotics.

The science of probiotics is still up and coming. The National Institutes of Health reminds consum-

ers that the U.S. Food and Drug Administration (FDA) has not currently "approved any probiotics for preventing or treating any health problem," and those who are considering adding probiotic supplements to their diet should consult a health care provider first, especially for those with underlying health issues.

There are many probiotic supplements on the market so check in with your pharmacist with questions.

Ferreira said probiotic supplements may be most beneficial for those taking antibiotics. That's because antibiotics wipe out all bacteria from our guts — both good and bad — and probiotic supplements or probiotic-rich foods can help replace the good bacteria.

Additionally, certain foods contain types of fiber that are known as "prebiotics." Prebiotics provide

nourishment for the good bacteria in our microbiomes.

Sources of prebiotics include asparagus, onions, leeks, garlic, potatoes, yams, bananas and whole-grain wheat.

"We can't break down prebiotics. The bacteria break it down for us," Ferreira said.

Essentially, if you're eating probiotic-rich foods, like a yogurt, every day or taking a probiotic supplement, and you eat foods that contain prebiotics, you'll ensure that you have good bacteria in your microbiome — and those bacteria will have the nutrients they need to survive.

With a balance of probiotics and prebiotics, you could boost your immunity and digestive health.

"We need to have a balance of probiotics and prebiotics so they can continue to function, and so we can benefit from them," she said.

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 Dec. 13 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. Free, open to the public.

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 Dec. 11 at 1 p.m. For info, contact Susan Drevitch Kelly, Program Director, at susan@sdkelly.com or 781-378-0520.

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.

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. *SCHEDULE CHANGE:* The Acushnet Memory Café will be canceled on the following dates: Dec. 24 and Dec. 31.

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 December 2018 press Dartmouth COA

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

Tuesday Matinee: "Crazy Rich Asians" Dec. 11 at 1:30 p.m. Sign-up required. Free popcorn.

Snow Flake Craft with Jane: Dec. 12. Cost is \$ 3. Refreshments provided.

Sandwich Glass Museum Trip & Lunch at Beth's Bakery: Dec. 12. Van leaves the Center at 9:30 a.m. Cost is \$5.

Diabetic Foot Clinic with Enos Medical Supply: Dec. 13 at 11 a.m. Walk-ins welcome.

Essential Oil Workshop "Gifts to make and Give": Dec. 13 at 11:30 a.m. Pre-registration required.

Dartmouth High School Harmonic Group performs: Dec. 14 at 9 a.m. Walk-ins welcome.

Holiday Dinner: Dec. 14 at noon. Entertainment singer Billy Coutu \$5 in advance.

Antioxidants presentation: Followed by discussion with Coastline Elderly Service's Registered Dietitian Katlyn Ferreira. Dec. 17 at 10 a.m. Walk-ins welcome

Organic Lotion Bars to give workshop Make and Take: Dec. 17 at 1 p.m. Pre-registration required. Cost is \$1.

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

Drums Alive Fitness class: Routine will strengthen balance, auditory processing, coordination while using music and rhythmic 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.

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.

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 2nd 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 to 1:30 p.m.

Cribbage meets Tuesday at 9:30 a.m.

Knitters and Handcrafters meet Wednesdays from 1 to 3 p.m.

Needle Workers meet on Thursdays 9 to 11 a.m.

Music and Mandalas on Tuesdays 1 p.m.

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

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, 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.

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.

Continued on Page 11

At the Senior Centers continued...

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.

Essential Oils for Healthy Living: Dec. 10 at 12:30 p.m. This workshop will help you learn about essential oils and how they can enhance your life. There will be a demonstration on how to use oils. Each participant will go home with information and recipes. This workshop is being facilitated by Pam Smith Paquette, ERYT.

Estate Planning: Dec. 17 at 12:30 p.m. Come join us for an educational presentation about Estate Planning Basics, presented by Tabor Alumnae, Atty. Jilian Morton. She will be answering questions such as: What is the difference between a Will and a Trust? What is a Power of Attorney and do I really need one? Jilian will be offering monthly complimentary consultations starting in January.

Amateur Radio Seminar: Dec. 18 at 10 a.m. Ham radio - this amateur radio format has been in existence for 106 years. Fred Bacon, retired U.S. Navy Electronics Technician Chief Petty Officer will provide a brief history of this medium and will help you send any sort of greeting to family and friends wherever they may be located within the United States.

Reiki Introduction and Demonstration: Jan. 8 at 1 p.m. Reiki is an ancient, gentle, hands-on healing art that helps you feel better. You can use Reiki to facilitate deep relaxation, relieve pain and promote healing. Marge Procopio of Tri Town Massage & Bodywork will be offering this introduction and then offering a 15-minute demonstration to interested participants. Registration for the demo is necessary and will be offered on Jan. 8, 15, 22 and 29. Call 508-748-3570.

Dental Cleanings: Jan. 15. The Dental Hygienist Program provides consumers with a public health dental hygienist that travels to the Marion COA with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment, call Holly Petruzzo, RDH, 774-766-7238.

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.

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!

Dec. 6: Spaghetti & Meatball Dinner/Fundraiser will be held by the Friends of the Rochester Senior Center from 4-7 p.m. All are welcome. Tickets are on sale now and are \$5 per person. Tickets will also be available at the door on the day of the event. There will be a Christmas Carol sing-a-long, Chinese auction, 50/50 Raffle and dinner.

Dec. 8: WIN-ter WON-derland Event at Plainridge Park Casino. Casino, food and craft vendors. Depart at 9:30 a.m. and return at 5 p.m.

Dec. 9: Annual Mansfield Arts & Crafts Show. Holiday Inn, Mansfield. Lunch items will be available for purchase on site. Depart at 9 a.m. and return at 4 p.m.

Dec. 10: Hanna's Special Luncheon at noon. Sign-up in advance by calling the Senior Center. A donation of \$5 would be appreciated.

Dec. 14: Annual Holiday Luncheon and Party at noon. This is a complimentary meal but reservations are required. Sign-up in advance by calling 508-763-8723.

Dec. 18: LaSalette Shrine, Restaurant & Gift Shop. Attleboro. Depart at 8:30 a.m. and return at 5 p.m.

Dec. 20: Shopping and lunch at Providence Place Mall. Depart at 8:30 a.m. and return at 5 p.m.

Dec. 31: New Year's Eve Party from 12-2 p.m. Join us for a Chinese Food Meal to ring in the New Year. Call 508-763-8723 to sign up. A \$5 donation is requested.

Closures: Dec. 24, closing at noon. Dec. 25, closed all day. Dec. 31, closing at 3 p.m. January 1, 2019, closed all day.

Dementia Directory

www.alzconnected.org

Memory Cafés

Acushnet: Acushnet Public Library, 2332 Middle Rd. Mondays from 1-3 p.m. Info: 508-998-0280.

New Bedford: Portuguese-Speaking Memory Café, Fridays at Project Independence, 250 Elm St., New Bedford. 12:30-2 p.m. Info: 508-991-6250.

Alzheimer's Support Groups

Mondays:

LGBTQ Phone Support Group. First Monday of the month. For partners/spouses of people living with dementia. Contact Barb Meehan at 508-291-0660.

Tuesdays:

Dartmouth Council on Aging with Carolyn Greany, 508-304-4587. Every other Tuesday, 3-4:30 p.m. Meetings are for caregivers and the individual diagnosed. RSVP.

Brookdale Senior Living with Lacie Chase, 508-409-4676. Third Tuesday of the month, 6-7 p.m.

Wednesdays:

Fairhaven Council on Aging with Fairhaven Community Nurse & Hospice Care 508-992-6278. First Wednesday of the month, 1-2 p.m. RSVP.

Royal of Fairhaven Nursing Center with Maureen Bradley, 508-997-3193. Fourth Wednesday of the month, 6-7 p.m.

New Bedford, Wilks Library, 1911 Acushnet Ave. with Alan Johnson, 508-775-5656. Fourth Wednesday of the month, 2-3:30 p.m. RSVP.

Thursdays:

Marion Council on Aging, Caregiver Support Group. Call Karen Gregory at 508 748-3570 to pre-register. Every other Thursday, 1-2 p.m.

Fridays:

Dartmouth Council on Aging, First Friday of the month at 1-2:30 p.m. Open to all caregivers. Contact Carolyn Lazaris at 774 510-5204 or Stephanie Gibson at 774 510-5209.

Travel

New Bedford Senior Travel Club

553 Brock Avenue
New Bedford, MA 02744
508-991-6171

March

• **March 12:** Foxwoods Casino w/ Casino Package.

• **March 13:** 2019 Boston Flower Show. Small-space gardens, home-steading hobbies, edibles-as-ornamentals and outdoor relaxation.

• **March 21:** "Phantom of the Opera" at the Providence Performing Arts Theater.

• **March 27:** Parker's Maple Barn. Maple sugar breakfast luncheon and sugar tour.

Upcoming tours:

December

• **Dec. 10:** Foxwoods Casino w/ Casino Package.

January

• **Jan. 8:** Foxwoods Casino w/ Casino Package.

February

• **Feb. 13:** Foxwoods Casino.

December 2018 Trivia Quiz Answers

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

Community

Community Network Helps Secure Adaptive Car Equipment

Marie Houde remembers life before she could drive. To get to the grocery store or to schedule a doctor's appointment meant coordinating with others, and her ability to arrive at all depended solely on other people.

When she applied for her driver's license in 2004, the instructor had her drive on a school bus seat so she could see over the steering wheel, and after the test, the instructor gave her the seat. It was one component of her adaptive vehicle, which enabled her to drive despite her disability.

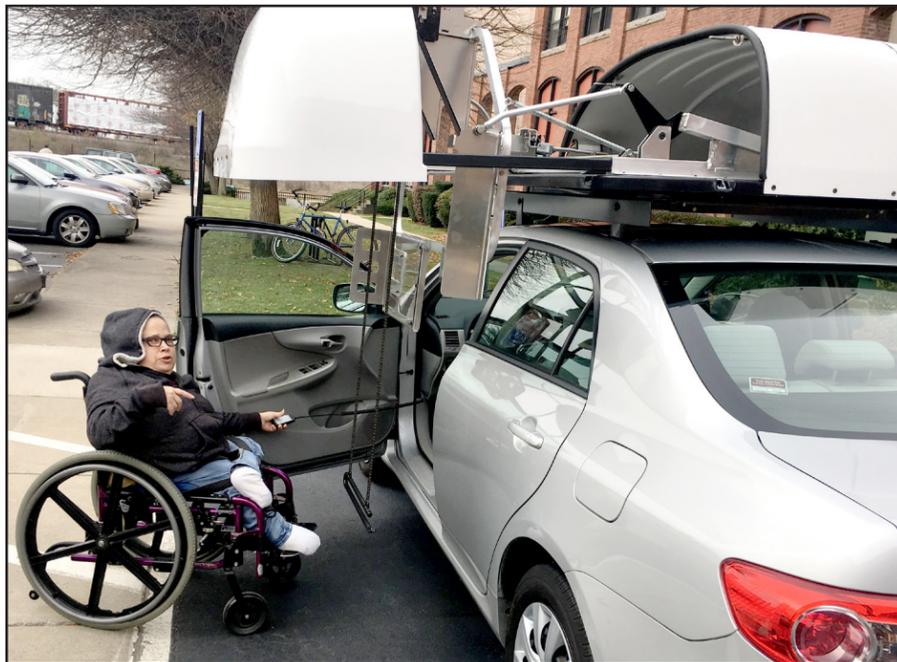
However, after 14 years on the road, her ticket to freedom was taken away. An aide borrowed her vehicle for an errand over this past summer and got into an accident that totaled the car and left the adaptive modifications inoperable.

"The car that I had was in perfectly good condition," said Houde. "I kept up with oil changes, everything. It ran perfectly fine. The equipment was perfectly fine, too. In one fell swoop, it was gone."

In the months since, she reverted back to the days of needing to ask others for transportation. Making matters worse, her insurance company only covered the cost of the car, not the adaptive equipment.

"Once I got my license and my car, it was great because I could get into my car and go whenever I wanted to," she said. "When the accident happened, it went right back to depending on people for rides. I hated it."

One of Houde's neighbors at Taber Mill, where she's lived for eight years, caught wind of the situ-



Marie Houde got by with a little help from her friends. After her car was totaled this past summer — including the adaptive equipment that went with it, she received mediation from New Bedford's Local Consumer Program to help secure the funds for replacement equipment. She'll soon be back on the road. Houde (pictured) demonstrates the modifications to her car in front of her home at Taber Mill on Nov. 15.

ation and wanted to step in. The friend, who is on the New Bedford Council on Aging Advisory Board and did not wish to be named, asked around to see if an outside mediator could get involved, so he contacted New Bedford's Council on Aging.

New Bedford Council on Aging Director Debra Lee and Pamela Amaral-Lema, an administrative specialist at the New Bedford Council on Aging, agreed that this issue could be handled by the Local Consumer Program (LCP).

"When consumers have had an issue with a particular company, LCP goes in and advocates for the client," said Lee.

The New Bedford Local Consumer Program, which oper-

ates out of the City's Department of Community Services, provides information and mediation to consumers. The program is funded through and partners with the Commonwealth of Massachusetts Office of the Attorney General to act as an intermediary between consumers and the business to try to reach a solution. The program is free and open to residents living in more than 20 towns and cities in the greater New Bedford region.

The program can help with anything from used car complaints to scams that target seniors. They also operate a program that offers face-to-face mediation.

"I received a message about Ms. Houde and the fact that she had a

situation with her insurance agency. She was unaware that, when she cashed the check for a car, it didn't include the equipment that she needs to get around," said Cheryl Duclos, a mediator with the Department of Community Services.

Duclos sent the information over to the attorney general's office, and, before long, Houde received another check that covered the cost of the equipment. Her car is now outfitted with a storage container on top that lifts and stores her wheelchair and a new set of hand controls. She's one final piece away from getting back on the road. She's currently researching a new customized cushion for her car (the school bus seat, which survived the accident, wouldn't work in the new vehicle).

Despite that one small setback, Houde is delighted with the network of people who stepped up to help with her situation.

"It's amazing that people come up with stuff like this so that people like me can drive a car," said Houde as she manipulated the storage container using a handheld controller. "Back in the day, they didn't have this equipment, so people who are disabled couldn't drive. Now we have all this independence."

To learn more about the New Bedford Local Consumer Program, contact 508-979-1693 or email consumer@newbedford-ma.gov to request a complaint form. The program cannot mediate if a consumer has already initiated legal proceedings or if the complaint is against a government agency, charity or private individual.

Rochester Senior Center's Breakfast Program Turns 10

On a Thursday morning at the Rochester Council on Aging, the parking lot has nearly reached capacity as customers wait inside for a hot meal and a cup of coffee.

The senior center's volunteer-operated breakfast program, the Ye Olde Breakfast Shoppe, celebrated its tenth anniversary during the week of Nov. 5, featuring selections from the program's original menu — and original prices.

Dennis Pucello, a former HR director who has volunteered at the breakfast program for the past decade, was working his way through orders in the kitchen with Connie Pierce, who has been volunteering since she retired a few years ago. The two were busy double-checking order slips, mixing eggs, grilling bacon, toasting English muffins and dishing out home fries.

"It's the best meal in town for the price you pay," said Pucello. "The people appreciate it. I like to think people come in because we treat them well."

The program began after two other go-to breakfast spots in town

— a bakery and a pizza shop that sold coffee and muffins in the morning — closed down. Rochester COA Director Sharon Lally thought the senior center could fill the void, and, through a partnership between the Friends of the Rochester Senior Center and the Rochester Lions Club, breakfast was served.

Proceeds from the inexpensive menu options go to both the Rochester senior center and the Lions Club.

Lorraine Thompson, who is a member of the Lions Club, said the program has grown over the years.

"When we started, it was bacon and sausage. Now we have bacon, sausage, ham, linguica, Spam and hash. We added breakfast sandwiches. We started with a cheese omelet; now you can get most anything in an omelet," Thompson said.

Their clientele has also expanded. Thompson said, when the program began, the center could anticipate an average of 15 customers. Now, depending on the day, they can draw a crowd well over 40.

"Without a doubt, it's the most

successful endeavor we've ever undertaken at the Rochester COA," said Lally.

She said the program has had great support from customers and volunteers and has been a way to keep the senior center a community focal point. At times, though, the program has struggled to maintain volunteers.

When asked if volunteers need prior kitchen experience to work at the Breakfast Shoppe, Pucello and Pierce chuckled.

"Volunteers need to have an interest. This is short-order cooking. It's not a culinary institute; it's easy," said Pucello. "If people could come in one day a week and help out, either in the dining room or in the kitchen, that would be great."

Volunteers, much like the customers, have also ranged in age over the years. Thompson said a teenager volunteered at the center over the summer, for instance.

The Ye Olde Breakfast Shoppe is open Monday through Friday from 7 to 9 a.m. at the Rochester COA, which is located at 67



Connie Pierce and Dennis Pucello prepare meals at the Rochester COA during its week-long celebration of the Ye Olde Breakfast Shoppe's tenth anniversary.

Dexter Lane in Rochester. To learn more about the program or volunteer opportunities, call the Rochester COA at 508-763-8723 or email Lorraine Thompson at lthompson@townofrochester.com.