

Senior Scope

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

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Boxers Take Aim at Parkinson's Disease

A former pro boxer is helping those living with Parkinson's disease knock out their symptoms in a new fitness class.

On April 16 at the Dartmouth Council on Aging, about two dozen people stood in a circle and learned basic punches, jabs and uppercuts from Jason Pires, a former pro boxer and Olympic alternate during the 1996 Summer Olympics, and Crystal Lawson, a mixed martial arts fighter and Muay Thai pro.

The non-contact boxing class was intended for those with Parkinson's disease as well as their caregivers.

75-year-old Roland Poyante was formally diagnosed with Parkinson's about a year ago, but has experienced symptoms for the past few years. Poyante said he was surprised when his doctor recommended boxing. His wife made a connection with Pires, and now Poyante has been training at Pires' gym, KO Gym on Conduit Street in New Bedford, once a week for the past five months.

"It's the best thing I've ever done," said Poyante. "I can feel the difference in my shoulders, in my arms and in my legs. I'm not physically exhausted as I used to be. All I wanted to do was sleep. Now when I want to sleep, it's because I'm too tired."

Parkinson's is a progressive



Roland Poyante (right) throws an uppercut toward Jason Pires (left). Pires, a former pro boxer, is teaching a boxing class intended for people with Parkinson's disease and their caregivers. Research has shown exercise that requires deliberate movements can help those with Parkinson's develop strength and agility.

neurodegenerative disorder that affects movement. It occurs when the nerve cells that control movement in the brain begin to die off. According to the National Institutes of Health, researchers believe that Parkinson's stems from a combination of genetic and environmental factors. Age is the primary risk factor, and the disease affects more men than women.

People who have Parkinson's can experience tremors, rigidity, and it can lead to difficulties with walking, talking and balance. As

the disease progresses, people may experience memory problems, difficulty sleeping and depression.

While drugs and surgery may stave off or temper some symptoms, there is no outright cure.

An increasing body of evidence has shown that exercise is vital for those with Parkinson's disease. Exercise classes that require deliberate, focused movement – such as boxing, tango, or tai chi – appear to be especially helpful.

Continued on page 7

Rochester COA Receives National Accreditation

Following an extensive self-evaluation process, the Rochester Council on Aging has been awarded national accreditation from the National Council on Aging's (NCOA) National Institute of Senior Centers. This is the third time the Rochester senior center has received the rare distinction.

According to the NCOA, of the estimated 11,000 senior centers nationwide, only about 250 sites have gone through the accreditation process at least once. Nationally, there are 120 senior centers currently accredited. In Massachusetts, there are only nine.

"When senior centers contemplate national accreditation, I will share the example of Rochester Council on Aging, and how the leadership of one full-time staff person and a committed group of volunteers maintain their nation-



Rochester COA Director Sharon Lally holds up a copy of the massive accreditation binder on April 5.

center.

The designation is no small feat. Perhaps there was no clearer sign of the amount of work that went into the process than the massive binders of information Lally had to compile.

The binders, which were about seven inches thick, are effectively a manual to the senior center. The National Institute of Senior Centers requires each center applying for accreditation to assemble these guides. The books contain "everything you would ever want to know" about the center, Lally said, including the center's budget, copies of old newsletters and plans for future improvements.

"The first time was more work because there was nothing here. There wasn't a written policy.

Continued on page 2

al accreditation status," Maureen O'Leary, Program Manager for NCOA's National Institute of Senior Centers, wrote in a letter to the

Accreditation continued...

Nothing," said Lally.

The idea is that, by reviewing and generating all of these policies and plans, the center will have an easier time working toward future goals. It took the work of 70 volunteers spread across nine committees to make it all happen.

To maintain its accreditation status, the center will have to go through this process every five years.

"By the size of those books, you can tell just how much work it was," said Paul Ciaburri, Vice Chairman of Rochester's Board of Selectmen. "It's a great thing for the town of Rochester. We're lucky to have this building and all the volunteers in it."

Lally said that, while it may sound like being a nationally recognized senior center may make it

easier to secure grant funding, that's not necessarily true – nor is it the reason why she worked toward the designation three times.

"My goal is to make this [center] a community focal point because the town doesn't have many gathering spots. We're really the largest place outside of the schools," she said.

As for areas where the center could improve, Lally said the popularity of the senior center is outpacing the center's capacity. She would like to see more space available for programs, and, perhaps someday, an adult social day care program.

Should those changes come to the senior center, Lally will be seeing them as a volunteer.

This past March, Lally formally announced that she would retire at the end of August 2019. She has been the director since 2006.

MassDOT Transit Grants

The MassDOT Transit Unit will be hosting a grant training session at Coastline on May 17 from 1 to 3 p.m.

The Community Transit Grant Program is the consolidated competitive grant program for Federal Transit Administration Section 5310 Enhanced Mobility of Seniors and Individuals with

Disabilities funds and State Mobility Assistance Program funds.

The session will cover program eligibility and requirements, the online application process, and tips for completing a successful application.

Please RSVP to Tatyana Sisk at Tatyana.Sisk@dot.state.ma.us by Friday, May 10.

Letter from the Editor

Dear Reader,

During the month of May, the Administration for Community Living (ACL), which is part of the United States Department of Health and Human Services, celebrates Older Americans Month.

This year the ACL is celebrating by encouraging older adults to speak up about the ways they contribute to their communities.

"By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives," the ACL wrote in a release.

The 2019 theme, "Connect, Create, Contribute," encourages older adults and their communities to: *connect* with friends, family, and services that support participation; *create* by engaging in activities that promote learning, health, and personal enrichment; and *contribute* time, talent, and life experience to benefit others.

This May, look for the hashtags #OAM19 and #ConnectCreateContribute on social media platforms, and follow the Administration for Community Living on Facebook by searching @aclgov.

Here at *Senior Scope*, we're



marking the occasion with a big announcement. Moving forward, *Senior Scope* will be published 12 times a year. (Previously, the paper did not publish in the months of June and January.) Now you will be able to read stories from the community all year round.

Interested in receiving a print copy at your door? You can subscribe to the print edition for \$12 a year. Make checks out to "Coastline," and mail them to 1646 Purchase Street, New Bedford, MA 02740.

Thanks for your continued support. For the first time, we'll see you in the month of June!

Best,

 , Editor

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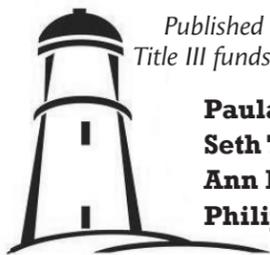


SHINE Counselors in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 South Main St., Acushnet	508-998-0280	Patricia Midurski Heather Sylvia
Coastline 1646 Purchase St. New Bedford	508-999-6400	Paula Sipple
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Jane Jacobsen
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni
Greater NBComm. Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes Pat Foster
Marion Council on Aging 2 Spring Street, Marion	508-748-3570	Connie Heacox
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St. (for New Bedford residents only)	508-991-6250 508-991-6252	Herbert Johnson Jessica Vieira Lisa Davis Natasha Franco
Immigrants' Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira Philomene Tavares
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Currently recruiting

Senior Scope

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Checks can be made out to "Coastline" (not "Senior Scope") and mailed to 1646 Purchase St., New Bedford, MA 02740.

Donations for May 2019

Our donors help *Senior Scope* carry out its mission, and we cannot thank you enough for your support. Voluntary 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.

In Memory

In honor of Our Lady do Murate

\$10
—Anonymous

Donations this month: \$10
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Visit Senior Scope online
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To: Coastline, 1646 Purchase St., New Bedford, MA 02740

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

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Money

BayCoast Donates \$10k to Money Management Program



Coastline CEO Paula Shiner (left) receives a check from BayCoast Bank from Julie Ramos Gagliardi, Vice President – Corporate Giving and Community Relations at BayCoast (right). The \$10,000 will benefit Coastline’s Money Management Program, a volunteer-driven program that helps older adults manage their finances.

BayCoast Bank has donated \$10,000 to Coastline’s Money Management Program.

The Money Management Program was developed more than two decades ago to assist low-income elders who have difficulty writing checks, balancing their checkbooks and managing their money. The program matches trained volunteers with older adults who need assistance tracking their expenses.

Nicholas Christ, President and CEO of BayCoast Bank, said, “The Money Management Program is one we are particularly privileged to contribute to. Coastline can take pride in this outstanding program.”

Coastline has provided the Money Management Program to 23 communities, with a focus on those 60 years of age and older who are low-income. Coastline has assisted hundreds of elders who might be at risk of losing their independence due to an inability to pay basic bills on time, or who might be facing eviction, homelessness or financial exploitation.

“The support from BayCoast Bank is very important for our program because it ensures that our elders will remain in their own homes and free from financial exploitation by others,” said Natacha Salemme, manager of the Money Management Program.

Advocates Urge State, Feds to Fund Nursing Homes

Brandon Woods of Dartmouth recently hosted a legislative breakfast that focused on the growing crisis facing skilled long-term nursing facilities throughout the state.

Last year an estimated 20 nursing homes closed in the state due to financial hardship and the inability to fill vacant direct-care positions.

Part of the problem is that Medicaid reimbursement rates don’t fully cover the cost of daily care, namely because they are based on 2007 costs. On a federal level, Medicare funding has also declined.

In the past, short-term and private payers have offset the shortfall in Medicaid payments. But an increasing number of skilled nursing home residents rely on MassHealth, the state’s Medicaid system. The state’s nursing home industry estimates that a typical nursing home facility loses about \$38 a day on each MassHealth patient.

“I don’t know how much longer providers can do the job without cutting staff,” said Frank Romano, President of Essex Group Management Corp., which operates Brandon Woods. “Many providers have a mortgage payment. They have taxes. And payroll represents seventy-five cents of every dollar they get from the state.”

Because of underfunding, nursing homes struggle to attract direct-care staff because other employers can offer less strenuous work with higher wages.

And it’s the residents of the nursing home facilities who could be most affected by this exodus of health care workers.

A study published late last year in the journal *Gerontologist* drew a line between the unemployment rate and the overall quality of nursing home care. A booming economy translates into poorer outcomes for residents.

Representative Antonio Cabral, the keynote speaker of the event, discussed the myriad of challenges facing legislatures when it comes to balancing the state budget. He also reinforced the importance of filling out the 2020 Census, which will begin on April 1, 2020, to ensure that the City of New Bedford can secure appropriate funding.

“It’s important that every community does a correct count,” said Cabral. “We know that there are more people living in New Bedford than was counted last time. This time we have to get that count correct because it means more dollars for the city.”

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Update

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Read Senior Scope on the web by visiting: <https://coastlinenb.org/news/seniorscope/>

You can also subscribe to the digital version of the paper in three easy steps: 1.) Visit the *Senior Scope* website and scroll to the

bottom of the page. 2.) You will see a "Subscribe" section, which asks for your name and email address. 3.) Fill out this information and click on the "Subscribe" button, and you will be added to our email list.

Cherry Blossom Festival

This free event will be happening on May 5 from 11 a.m. to 4 p.m. at the Whitfield-Manjiro Museum, located at 11 Cherry St. in Fairhaven.

The will be a limited amount of bento boxes available. \$20 for adults, \$10 for children. To reserve tickets, contact Gerry at 508-858-5303.

Grandparents Raising Grandchildren Workshop

The Commission on the Status of Grandparents Raising Grandchildren is hosting a workshop on May 28 from 5:30-8 p.m. This workshop will cover the impact of trauma on children.

The workshop will be held at The Family Resource Development

Center, 128 Union Street in New Bedford. The guest speaker will be Jennifer Salem-Russo of St. Anne's Hospital.

Light refreshments will be provided. Registration is required. To register contact the Commission: Colleen.pritoni@state.ma.us

Volunteer at the NB Folk Festival

Organizers of the 24th Annual New Bedford Folk Festival are seeking volunteers. The festival will take place on July 6 and 7. Various positions are available.

To learn more about the festival and available volunteer opportunities – or to sign up as a volunteer – visit www.newbedfordfolkfestival.com.

Free Fitness at Cushman Park

Fitness in the Park is returning this summer and will feature 10 weeks of free yoga and exercise classes in Cushman Park, located at Green Street in Fairhaven. The classes are taking place Tuesdays and Thursdays at 8:30 a.m. from June 18 to Aug. 22.

Tuesdays: Yoga in the Park is a yoga series for all levels, designed to introduce newcomers to the basics of stretching and mindful-

ness and challenge yoga enthusiasts with a focus on compassion for the body. Thursdays: Summer Bootcamp, begins June 20 with certified personal trainer (A.F.P.A.), Wayne Goulart.

For more information about Fitness in Cushman Park, call 508-287-2482 or email sgrace@encorent.com or visit their Facebook page at: [facebook.com/fitnessincushmanpark](https://www.facebook.com/fitnessincushmanpark)

Hetty's Thrift Shoppe

Hetty's Thrift Shoppe is open with new Spring and Summer items! Hetty's is located in the Child & Family Services' building on 1061 Pleasant Street in New Bedford. Store hours are Tuesday through Thursday from 9 a.m. to 2 p.m.

All proceeds from Hetty's go directly to support Child & Family Services' Caring Network Program. The thrift shop also accepts donations during business hours. For more info, visit: www.child-family-services.org/hetty's-thrift-shoppe/

Library Volunteers Needed

Carney Academy's library, which recently opened, is looking for volunteers. The library will be open from 9 a.m. to 2 p.m. on Mondays and Wednesdays.

The library is looking for volunteers who can work in two-hour shifts. There will be at least two

people working per shift. Volunteers will assist students in finding books, check-out books for students, return and reshelve books, monitor the library to ensure it remains clean and organized, and be a resource to answer any questions about the space. For info, 1-770-337-7465.

Suicide Bereavement 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. Meets on the first Tuesday of the month (until June 4) from 5 to 6:30 p.m.

Need Transportation?

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, Dartmouth on Mondays from 9:30-

11:30 a.m. on May 6, 13, 20; June 3, 10, 17.

Other times/locations: Kings Village, 276 Cottage St. in New Bedford on May 6 and 13 from 12:30-2:30 p.m.

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

South Coast Pride

South Coast Pride will take place on June 1 at Buttonwood Park in New Bedford. Visit the South Coast LGBTQ Network website for more information or for volunteer opportunities during Pride. Visit: www.sclgbtqnetwork.org.

The Network will also be celebrating the 50th anniversary of Stonewall on May 31 from 6-9 p.m. at the Harbor Hotel. Tickets are \$25 each and are available online or by calling the Network at 774-775-2656.

Lobster Roll Dinner at St. Julie's

Lobster roll dinner includes chowder, coleslaw, chips, drink, coffee and strawberry shortcake. Tickets are \$25. Will be held on May 17 at 6 p.m.

St. Julie Billiard Church Hall is located at 494 Slocum Road in Dartmouth.

Tickets must be purchased in advance. Call 508-991-1590.

Hands Across the River Coalition

Local environmental advocacy group Hands Across the River Coalition, Inc. meets monthly with the next meeting taking place Wednesday, May 29 from 6 to

7:45 p.m. at the Millicent Library in Fairhaven. Open to the public. Hands Across the River Coalition, Inc. advocates for the safe cleanup of New Bedford Harbor.

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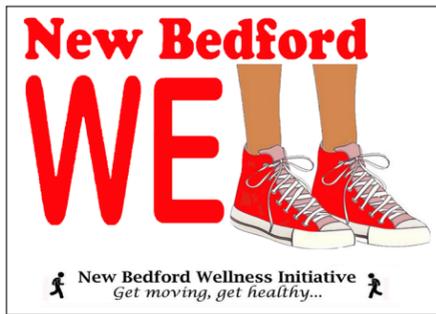
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Your Health

Make Connections in Your Community Every Sunday



By Deb Fraine, MS, OTR/L, CHT
 Director of the New Bedford
 Wellness Initiative's Yoga Program

Have you experienced Sunday morning at the New Bedford Wellness Initiative, located at the Boys and Girls Club of Greater New Bedford? There is so much to love about this free program!

Whether you are interested in learning more about healthy eating, participating in a barre class, having a massage, practicing meditation or attending a yoga class, there is something for everyone.

The most precious part of this program is undoubtedly the people. The participants who range in age from 18 to 81+ all sharing a common bond. They care about their community and wellness.

Every Sunday at 10:30 a.m., there is a yoga class. Every week 40 to 75 community members attend yoga with certified yoga instructors. Many of them are also physical and occupational therapists from the

community.

Some students who enter class have never practiced yoga before but they find it a “safe” place to try or even observe yoga for the first time. Other participants attend week after week never missing a Sunday yoga class.

What brings students back every week? Maybe it is the shared smiles, supportive instructors, or the way their bodies and minds feel after yoga and other classes they may attend.

You may not find the stereotypical, super flexible yogi in these classes, but you will find young adults to seniors who enjoy the “union” of like minded people who have come to realize that there is no judgment here.

You don't have to be flexible or even try every posture that the teacher suggests. You just have to be present and open to the possibility that yoga may feel really good or even become a lifelong practice.

Yoga (meaning “union”) is not just a physical practice for the “physically fit.” It is an opportunity to come to the mat to experience a connection between the mind, body and spirit.

Yoga is an opportunity to breathe efficiently in order to reduce stress and anxiety and to facilitate improved balance, energy, memory and endurance. It's



Yogis of all ages gather at the New Bedford Boys & Girls Club. (Courtesy: Deb Fraine)

a practice in kindness as we are reminded how the world should be outside of the class. Yoga gives us the opportunity to strengthen our core, improve body awareness and balance – reducing the chance of falling and sustaining injuries. Research suggests that yoga can even improve memory and delay cognitive decline.

Due to the popularity of yoga at the New Bedford Wellness Initiative, we will also be offering a free outdoor community yoga class for all levels at the Haskell Public Gardens, located at 787 Shawmut Ave. in New Bedford.

These free classes start on June 5 and run through August 28. They occur every Wednesday evening

from 5:30 to 6:30 p.m., weather permitting.

This location will be an opportunity to practice yoga and to appreciate the beauty of nature in the heart of New Bedford, a legacy of renowned horticulturalist Allen C. Haskell.

Join us at the New Bedford Boys and Girls Club and/or in the Haskell Public Garden. You will be happy that you did!

To learn more about the New Bedford Wellness Initiative, or to see a complete list of classes offered at The Boys and Girls Club of Greater New Bedford, follow the Wellness Initiative on Facebook or visit their website at: www.nbewell.com.

Reducing Cancer Health Disparities

National Institutes of Health

Differences in disease rates across the country are striking. People living in rural areas develop lung cancers more often than those in urban areas. African-American men are twice as likely as white men to die of prostate cancer. Hispanic women have the highest cervical cancer rates. Asian Americans have higher rates of liver cancer than others.

These are examples of health disparities: differences in access to health care, quality of health care or health outcomes experienced by different populations.

Many factors can lead to health disparities. These include socioeconomic factors, stress, physical and cultural environment, biological factors, diet, and behavior. NIH is funding research looking at ways to reduce health disparities. One area of focus is expanding access to cancer prevention and treatment.

More than 13 percent of people living in the U.S. were born in another country. Many new immigrants face cultural barriers to health care, including language barriers. These can lead to health disparities.

For example, people in certain countries outside the U.S. are at higher risk of getting the hepatitis B virus. Hepatitis B is a blood-borne virus that can cause liver cancer. Early detection and close monitoring of the virus can help prevent it from damaging the liver and reduce

the risk of liver cancer.

Dr. Grace Ma, a health disparities researcher at Temple University, leads a team working to overcome disparities in hepatitis screening and treatment among recent Asian immigrants.

Language is one important barrier to regular monitoring for some Asian Americans. Ma's team found that using a patient navigator could help recent immigrants get to their monitoring appointments. Patient navigators are people who speak the patient's language and guide them through the health care system.

“It was very effective, but costly,” Ma says.

Many doctors' offices or hospitals don't have the resources to hire a full-time navigator to help reduce disparities, she explains. Her team now has an NIH-funded project to create a “virtual navigator” using videos and text messages.

Clinical trials test how well new medical approaches work in people. But many clinical trials lack participation from diverse populations. People of different races, genders, ages, or from different regions, such as rural areas, can be underrepresented. For example, African-American adults are less likely than white adults to participate in clinical trials.

“If we have studies that don't include diverse populations, then we can't really speak to the benefit that those therapies would have in

the populations that aren't represented,” explains Dr. Chanita Hughes-Halbert from the Medical University of South Carolina.

Broad access to cancer clinical trials is important for many reasons, she says. “We want to make sure everyone can access new therapies for cancer treatment and participate as they're being developed and tested for possible benefits.”

Hughes-Halbert helps run an NIH-funded program that lets people with cancer participate in clinical trials without having to travel to a large cancer center.

“This ensures that, if someone is going to their local cancer doctor, they're able to have access to the same types of clinical trials and cancer care that are available at our cancer center,” Hughes-Halbert says.

This can help reduce disparities caused by the inability to travel for treatment.

Hughes-Halbert's team also studied using patient navigators to help people enroll in clinical trials. They found that 85 percent of people with cancer were willing to work with a navigator. The team is now designing a study to see if navigation can also help with preventive care, such as helping people quit smoking.

Navigators and community health workers could help improve many aspects of cancer care where disparities exist, Hughes-Halbert says.

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Your Health

Properly Discard Unused Prescription Medications

You can prevent your prescription medications from getting into the hands of others by properly disposing of them. There are many reasons to properly discard your medications when they are no longer needed. Many who misuse prescription drugs find them from friends and family. Prescriptions can be accidentally ingested by chil-

dren and pets. A drug that was specifically prescribed to you may be harmful to someone else.

You can properly dispose of unused medications at various locations throughout the region. Many police stations, Walgreens, and CVS Pharmacies have disposal kiosks. CVS maintains a website that lists local drop-off locations

at www.cvs.com/content/safer-communities-locate.

To dispose of prescription drugs safely in your home, the FDA recommends that you take the following steps. In a sealed plastic bag, mix the tablets or capsules with an unpleasant substance, such as kitty litter, dirt or coffee grounds. Do not crush the pills. Put the sealed

bag with the mixture in your household trash. Use a marker to conceal identifying information written on empty prescription bottles.

Contact the Massachusetts Medical Society for more information on medication disposal at 781-893-4610. For information on substance abuse and prevention, call 800-327-5050.

Apropriadamente Descarte Las Recetas Médicas Sin Uso

Se puede prevenir que sus recetas médicas lleguen a las manos de otras personas cuando ellas son devidamente descartadas.

Hay muchas razones para descartar sus medicamentos correctamente cuando ellas ya no son necesarias. Muchas personas que abusan de los medicamentos recetados se los reciben de los amigos y familiares. Las recetas pueden ser accidentalmente

ingeridas por crios y animales de estimación.

Una droga que fué específicamente recetada para usted puede ser dañoso para otra persona. Se puede descartar correctamente los medicamentos sin uso en vários locales en la region. Muchas estaciones de policia, y farmacias Walgreen y CVS tienen kioscos para la disposición. La CVS mantiene un sitio en la red de internet que lista

locales adonde se puede descartar los medicamentos en el www.cvs.com/content/safer-communities-locate.

Para descartar las drogas recetadas con seguridad en casa, la FDA recomienda que usted tome los siguientes pasos. En un bolso de plástico sellado, mezcla las pastillas o capsulas con una sustancia desagradable tales como maca del gatito, tierra, o borra de café.

No se machaque las pastillas. Pone el bolso sellado con la mezcla en la basura. Use un marcador para esconder la información identificante escrita en las botellas vacias de la receta.

Contacte la Massachusetts Medical Society para más información sobre el abuso de sustancias y prevención, llame al 800-327-5050.

Apropriadamente Descarte Receitas Médicas Sem Uso

Pode-se prevenir que as suas receitas médicas chegam ás mãos de outras pessoas quando elas são devidamente descartadas.

Há muitas razões para descartar os seus medicamentos correctamente quando elas já não são necessárias. Muitas pessoas que abusan dos medicamentos recetados recebem dos amigos e familiares. As receitas podem ser accidentalmente ingeridas por crianças e animais

de estimação. Uma droga que foi específicamente recetada para si pode ser danificador para outra pessoa. Pode-se descartar os medicamentos sem uso em vários locais na região.

Muitas estações da policia, e farmácias Walgreen e CVS têm quiosques para tal disposição. A CVS mantém um site na rede internet que lista locais onde se pode descartar os medicamentos

no www.cvs.com/content/safer-communities-locate.

Para descartar as drogas recetadas com segurança em casa, a FDA recomenda que você tome os seguintes passos num saco de plastic selado, mistura as comprimidos ou capsulas com uma sustancia desagradável tais como maca do gatinho, terra ou borra de café. Não esmague os comprimidos. Põe o saco selado com a mistura no

lixo.

Use um marcador para esconder a informação identificante escrita nos frascos da receita vazia. Contacte a Massachusetts Medical Society para mais informação sobre a disposição dos medicamentos no 781-893-4610.

Para informação sobre o abuso de substâncias e prevenção, telefone o 800-327-5050.

Annual Health Expo

Thursday, June 20th 2019

from 11am-3pm

Hosted by



Vibra Hospital of Southeastern Massachusetts

invites you to participate in their Annual Health Expo

scheduled for Thursday, June 20th 2019 from 11:00

am - 3:00 pm. The event will be held outdoors on hospital grounds (tables will be set up under tents). In previous years, we featured over 100 vendors from across southcoast's areas of service.

This event is FREE for Vendors (no registration fee) and open to the public.

Vendor registration is required by emailing: Alice Rebelo, Director of Community Awareness at arebelo@vhmass.com



Your Health

Boxing continued...

“Boxing helps them move, focus, and concentrate, and it helps with balance,” said Pires. “It’s motivational and builds up confidence.”

“They need to work out,” he continued. “Don’t let the disease get you down and depressed. You need to get active right away.”

A similar program called Rock Steady, which was founded in 2005, is a non-contact boxing program designed specifically for people with Parkinson’s disease. A study published in 2011 by the American Physical Therapy Association tracked a small group of Rock Steady participants to determine whether or not it mitigates symptoms.

Though the group size was small, the study found “promising outcomes” and concluded that “the patients in this case series showed short-term and long-term improvements in balance, gait, activities of daily living, and quality of life after attending the boxing training program.”

While the class Pires and Lawson are teaching is not formally a Rock Steady class, it is based on the course’s methods. Boxing is a full-body workout, and class participants can expect to throw punches, twist and bend their torsos, and even shout.

Late in the hour-long class, students lined up to land a flurry of punches at Pires’ mitts. With each hit they land, the students shout: “One, two, three, four!”

The shouting isn’t just to get them amped up; it forces them to use their voice, which can be affected by the disease.

“You want to help them build their voice,” said Pires. “With Par-



Jason Pires (center) blocks punches from a participant during his new class at the Dartmouth Council on Aging. The class helps build strength and agility.



MMA fighter and Muai Thai pro Crystal Lawson (left) helps participants throw proper punches during a new boxing class for people with Parkinson’s disease.

kinson’s, people can become depressed. They can go into their shells. With boxing you keep building up their confidence.”

When Poyante trains at Pires’ gym, he does a variety of vigorous exercises, both in and out of the boxing ring. As physically exhausting as his routine can be, he said the mental component of his training has helped tremendously.

“You gotta keep your mind working at all times. In order to box, you have to concentrate,” said Poyante. “Sometimes it’s hard. I have

trouble talking and trouble with my memory. All of this stuff is motivating me to keep active.”

To learn more about the program, contact the Dartmouth Council on Aging at 508-999-4717. Jason Pires trains older adults with and without Parkinson’s at his gym. To learn more about what he offers, visit his website at www.jpboxingclub.com or call 774-930-8366 or KO Gym at 508-264-4098.

For more information on Rock Steady, visit www.rocksteadyboxing.org.

New Sec. of Elder Affairs Announced

The Executive Office of Elder Affairs has announced that Elizabeth Chen, PhD, MBA, MPH, has been named Secretary of the Massachusetts Executive Office of Elder Affairs (EOEA). Her new role will begin on June 3.

Chen’s appointment follows Alice Bonner, who served as Secretary of EOEA from June 2015 to January 2019. Robin Lipson had been appointed as Acting Secretary of EOEA back in January.

Dr. Chen is currently working as an assistant commissioner in the Department of Public Health.

Prior to her work at the DPH, Dr. Chen served as the President and Trustee of the New England College of Optometry and New England Eye Institute.

“We welcome the expertise and knowledge that Dr. Chen will bring to Elder Affairs as the new Secretary and look forward to the hard work she will do to build on the progress achieved under former Secretary Alice Bonner that made Massachusetts an age-friendly state,” said Governor Charlie Baker in a press release.

The Executive Office of Elder Affairs supports older adults and individuals with disabilities so that they can age in their communities. Elder Affairs has partnerships with 26 regional, non-profit, elder services agencies throughout the state, including Coastline.



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- Wednesday, July 24, 2019
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ACUSHNET COUNCIL ON AGING

FREE HEALTHY AGING FAIR

Friday, May 10
10 am to 2 pm

Fairhaven Recreation Center

Free lunch, refreshments and raffles throughout the day! The Southcoast Mobile Van will be on-site for FREE blood pressure and blood sugar checks, cholesterol screenings and pneumonia vaccines.

Sponsored by:

Bristol County DA, Royal of Fairhaven, Atria Senior Living, TUFTS Health Plan

Better Living

New Bedford City Council Supports Age-Friendly Initiative

On March 28, the New Bedford City Council voted to go on record with its support of the “age-friendly” initiative. The vote came following a recommendation by the Committee on Veterans Affairs, Elderly, Youth, Health, Housing & Disability Issues.

Council members extended their thanks to Coastline and the New Bedford Council on Aging for their “involvement in making this initiative possible” as well as their “time and attention” to the matter.

The age-friendly initiative is a project of AARP and the World Health Organization that launched in 2006 and has since expanded to 20 nations. The effort aims to prepare cities and towns 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. As part of achieving the age-friendly designation from the AARP, the City of New Bedford was required to draft an action plan – a document outlining steps the city can take to become a more livable place for everyone. The process began back in 2015 as a joint venture between the City and Coastline. The Tufts Health Foundation awarded Coastline a grant to carry out the action plan.

As of March 2019, there are 48 communities across Massachusetts enrolled in the AARP network of age-friendly communities. More than 70 cities and towns are in the process of attaining the designation, including Dartmouth, Fairhaven and Mattapoisett. The Towns of Acushnet and Marion recently received the designation.

To read more on New Bedford’s age-friendly initiative, see the April 2019 edition of *Senior Scope*.



Melissa Correira, a dental hygienist from The Greater New Bedford Community Health Center (right), examines Joan Conti’s (left) jaw during an event at the Caroline Street Apartments in New Bedford on April 4. The event, hosted by the New Bedford Age-Friendly Committee, screened adults for signs of oral cancer. If you see or feel any irregular bumps in your mouth or along your jaw that last longer than two weeks, you should talk to a health care professional immediately.

Trivia

FOR YOUR ENTERTAINMENT

1. Notre-Dame, the famous medieval Catholic cathedral in Paris, caught fire on April 15. What year did construction of the cathedral begin?
A) 1160 B) 1260 C) 1200 D) 1320
2. The Ronnettes, the trio of singers from New York who had nine songs on the Billboard Hot 100, were originally called:
A) The Blossoms B) The Darling Sisters
C) The Daring Sisters D) The Bobbettes
3. Elizabeth Holmes is the former CEO of a company promising it could run comprehensive, non-invasive blood tests. She has since settled with SEC after the agency charged her with fraud. What was the name of her beleaguered medical device company?
A) Adravail B) Theranos C) MediLife D) One Test
4. How many films were nominated for “Best Picture” at the 2019 Oscars?
A) Nine B) Ten C) Eight D) Five
5. The recently released Mueller Report relied heavily on testimony from Don McGahn. What was McGahn’s role in the White House?
A) White House Counsel B) Chief of Staff
C) Acting Attorney General D) Campaign Manager
6. Who is currently not a candidate in the 2020 Democratic Party presidential primaries?
A) Tim Ryan B) John Dulaney
C) Richard Ojeda D) Wayne Messam
7. Which of the following countries is on the eastern coast of Africa?
A) Tanzania B) Togo C) Algeria D) Sierra Leone
8. Scientists have compared twin brothers, Scott and Mark Kelly, after Scott spent 340 days in orbit on the International Space Station and Mark remained on Earth. What changes did NOT occur in Scott’s body while in space?
A) Reduction in cognitive skills B) Thickening of the carotid artery
C) The lengthening of some chromosomes D) Weight gain
9. Memorial Day is observed on the last Monday of May. Prior to 1970, Memorial Day was celebrated consistently on which day?
A) May 23 B) May 24 C) May 28 D) May 30
10. Falafel, a dish that originated in Egypt, is primarily made from:
A) Sesame seeds B) Chickpeas C) Black Beans D) Pine Nuts

[answers listed on page 11]



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Senior Transportation Education Event



Tuesday, June 18, 2019

10:00—11:30AM

Buttonwood Senior Center

1 Oneida St, New Bedford, MA

LEARN HOW TO RIDE THE BUS

- Get on and explore a bus at the event!

SIGN UP FOR A SENIOR CHARLIE CARD

- Bring \$5 and sign up for a Senior Charlie Card to use on the bus (use the \$5 for future trips!)

LEARN ABOUT TRANSPORTATION OPTIONS

- Get information about available transportation services

Free BBQ Lunch
will be served
at 11:30 a.m.

RSVP for lunch
to Wendy at
508-991-6170

Age Friendly New Bedford Event Sponsored by:



Nutrition

Malnutrition Awareness Events Coming This May

To stay healthy and energized, humans need to have a “well-balanced diet” – in other words, eating a variety of foods containing protein, carbohydrates, vitamins and minerals. But many older adults are at a higher risk for becoming malnourished.

There are two types of malnutrition: undernutrition (not consuming enough nutrients) and overnutrition (consuming calories in excess). Effectively, malnourishment means you’re not eating the right kinds of foods – and at an appropriate amount.

This can be especially dangerous for older adults because it can trigger a rapid decline in health, which can minimize strength and brain function, extend stays at the hospital, and potentially lead to more falls.

There are many reasons why someone may become malnourished. Depression, a restricted diet, difficulty swallowing, dental problems, alcoholism, or a diminished sense of smell and taste can impact what one eats. Some simply can’t afford healthy choices at the grocery store. Others may not have transportation to even get to the grocery store.

“A lot of times family members may not know their loved one is malnourished. You can’t tell someone is malnourished just by looking at them,” said Stephanie Boulay, a registered dietitian at Coastline.

During the week of May 13, Boulay and Coastline’s Nutrition Department will be visiting four local senior centers during a malnutrition awareness campaign. At the events, among other activities, dietitians will screen attendees for malnutrition using a brief questionnaire.

Some of the warning signs for malnutrition include unplanned weight loss, loss of appetite, the ability to eat only small amounts of food, fatigue, and edema (swelling).

“The first step if you think you or loved one is malnourished is to go talk to your primary care physician,” said Boulay. “There are different reasons why someone would experience unplanned weight loss, so it’s always a good idea to talk with a primary care physician to do some testing and find out what’s going on.”

When it comes to getting a balanced diet, Boulay recommends taking a look at your protein intake. She said that after age 40, we lose about one percent of our muscle mass every year. Eating protein becomes increasingly important as we age to prevent muscle loss, which can lead to falls.

“One recommendation I like to make to our consumers is to prioritize protein in breakfast and snacks because the majority of us have a breakfast high in carbohydrates,” she said.

She said that about 40 percent

of people over the age of 50 are not getting an adequate amount of protein in their diets.

Not sure where to start? Below is a list Boulay provided of simple, affordable sources of protein:

- 1 cup of cottage cheese
- 1 cup of plain Greek or Icelandic yogurt
- 1 can of tuna or salmon
- 2 whole eggs
- 4 ounces of beef, poultry or seafood (which is about the size of a deck of cards)
- 1 cup of black beans

Resources

Coastline’s Nutrition Department will host malnutrition awareness events this May. The events will include a malnutrition screening, presentation, yogurt parfait bar, and take-away snacks.

- Dartmouth Council on Aging May 13 from 11 a.m.-12 p.m.
- Marion Council on Aging May 14 from 12:30-1:30 p.m.
- Acushnet Council on Aging May 15 from 12-1 p.m.
- Buttonwood Senior Center May 17 from 11 a.m.-12 p.m.

Coastline’s dietitians can perform at-home assessments to screen for malnutrition. Call Coastline for more info at 508-999-6400.

Upcoming Mobile Market

The Greater Boston Food Bank and the Greater New Bedford Community Health Center will be hosting a Mobile Market on May 13, June 10, July 8 and Aug. 12 from 11 a.m. to noon. Fresh produce will be distributed at the mobile market.

The market will be held at the Greater New Bedford Community Health Center, located at 399 Acushnet Ave. in New Bedford. Pre-registration is strongly encouraged. Those who do not pre-register must wait until the end of the market to shop.

To register, call: Joyce Dupont 508-992-6553 ext.142 or Yvonne Hitchens 508-742-3810 ext: 705. Please leave your information: name, date of birth, number of people in household, zip code, and a phone number. Please bring reusable grocery bags, baskets, or a cart to carry your food.

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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.

Acushnet's 60th Annual Art Show: Call for past participants! On June 1 and 2, Acushnet will be celebrating its 60th Annual Art Show. If you have photos, news articles, or you're a past participant – consider reaching out. We are also looking for Acushnet artists to display their work for the upcoming show. For info, contact Ron Gaudette, 508-207-2278 or by email tm2rg27@comcast.net.

Painting Class: May 6, 1 p.m. with Kristen Vincelette. No talent or experience required. Creations will be taken home the same day. \$5/per person due at time of registration.

Indoor Farmers Market: May 11, 10 a.m. to 2 p.m. Children's Story Time, 11 a.m. with staff from the Acushnet Public Library. The Southcoast Mobile Van will also be on hand for health screenings.

Malnutrition Awareness Week: May 15, 12 p.m. This program, sponsored by Coastline Services, will feature nutrition education, malnutrition screenings, a takeaway snack and a free on-site yogurt parfait bar with all the fixings. Free but you must RSVP no later than May 10. 508-998-0280 for more information or to reserve your seat.

Homefit Workshop: May 17, 10 a.m. The AARP HomeFit Workshop provides information on how to decide what type of home modifications are needed to stay in your home as you age. Free, please RSVP.

Plant Sale: The annual New Bedford Garden Club plant sale will be held on May 18 from 9 a.m. to noon. This is a rain or shine event. Perennials, herbs, annuals, shrubs and vegetables will all be available.

Women's Drum Circle: Drumming for wellness with Ellie Higgins meets the last Thursday (May 30) of every month at 1 p.m. at the Acushnet Senior Community Center. \$4/per person. Drums will be provided but if you have one please feel free to bring it.

Strong Women, Strong Bones: Mondays (free) and Wednesdays (\$3) at 10 a.m. with instructor Karen Corcoran. Appropriate for those interested in improving their health and vitality.

Understanding Medicare: June 3, 1 p.m. This presentation is to help people better understand the basics of Medicare. Free, call to RSVP.

Community Connections Interactive Workshop: June 7, 10 a.m. This is an interactive workshop based on self-determination, authenticity, and fun that can foster personal growth and social connection through doing a variety of group exercises. This program is free and open to the community. RSVP at 508-998-0280.

Yoga with Eileen: Mondays, 8:30 a.m. \$4/per person.

Peer Check-In Group: New Bedford Area Recovery Connection Center will offer a Peer Check-In Group at the center on the last Tuesday of every month from 11 a.m. to 12 p.m. Come stop in for a cup of coffee, conversation and make new peer-to-peer connections. For more information, contact Krista Cormier, Community Liaison, 508-675-3137.

ABLE Bodies Fall Prevention Exercise Class: Pati Cautillo, Instructor, this group meets at 2:15 p.m. every Friday at the Acushnet Senior Community Center. Title III funded through Coastline. \$2 suggested voluntary donation.

Trips: Martha's Vineyard Day Trip, June 25. Foster's Downeast Clam-bake, July 19. 508-998-0280 for details.

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

The Buttonwood Senior Center has reopened to the public. The center is open Monday through Friday from 8:30 a.m. to 3 p.m. Call 508-991-6170 for more information.

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

A Celebration of Elders returns: "Yesterday's Children, Wisdom of our Elders" returns for its second year. This program, presented by the Dartmouth Wanderers and sponsored by the Dartmouth Friends of the Elderly and the Dartmouth Historical & Arts Society, celebrates extraordinary individuals who are age 85 and above. If you would like to nominate an elder, please submit an application as soon as possible. Applications are available at the senior center, town hall and the Southworth Library.

Cinco de Mayo Taco Bar: May 3 at 12:30 p.m. \$3 in advance.

iPhone Training: iPhone tutoring with the experts: teenagers! The Dartmouth High School Honor Society will be hosting an iPhone tutorial sessions on May 6 at 2:30 p.m. Walk-ins welcome.

Mother's Day Brunch: May 9 from 10:30 a.m. to noon. Join us for a Special Mother's Day Brunch hosted by the Cedars, prepared for the Council on Aging. Pre-registration required. Transportation to Cedars will be provided by the Center.

Throw a Punch at Parkinson's: Tuesdays from 1-2 p.m. This class is derived from the Rock Steady Exercise Program. It empowers people with Parkinson's to work on balance, strength, agility and cognitive function. Cost is \$70 for all four sessions. Taught by Jason Pires, a 1996 alternate Olympic boxer.

Tuesday Matinee: May 14 at 1:30 p.m. Sign-up required. Free popcorn. "Green Book."

Maureen's iPhone & iPad Class: Next six-session class begins on May 15 from 2-3 p.m. \$30. Call to sign up or visit the front desk.

Paw Sox Game: May 16. Van leaves center at 8:30 a.m. and returns at



REMEMBER WHEN? Do you know the make and model of this classic car? Send us your old photos and a brief description, and we'll include them in the paper. Email stthomas@coastlinenb.org or mail photos to *Senior Scope* at Coastline, 1646 Purchase St., New Bedford, MA 02740.

3 p.m. With pre-game Bingo and \$7 of free ballpark credit. \$15.

Soup, Sandwich & Performance: May 23 at noon. John Root performs "Music of the Gas Light Era." \$5 in advance.

Author Presentation: May 29 at 9 a.m. Author Laurie O'Neil presents her book "Graceful Woman Warrior."

Keep Moving Walking Club: Wednesdays at 9-11 a.m. and Fridays 1:30 to 2:30 p.m. All levels are welcome. No sign-up required.

Body Awareness for Fall Prevention: Wednesdays and Fridays from noon to 1 p.m. with exercise physiologist Cam Bergeron. \$2 per class. Drop-ins welcome.

Poetry Circle: First Wednesday of the month at 1 p.m.

Team Trivia: First and third Monday from 3:30 to 5 p.m.

Memoirs Writing Workshop: June 3 from 1 to 3 p.m. Free. Pre-registration required. Made possible by the Dartmouth Cultural Council.

The Country Three Band Returns: First and third Wednesdays of the month starting June 5 from 1:30 to 3:30 p.m. \$4.

Family Art Explorations: Four consecutive Tuesdays starting June 18 from 3:30 to 4:30 p.m. Learn about making art with your child or grandchildren. Cost is \$4 per person/child.

Cannabis for Seniors presentation: June 25 at 1 p.m. Please call to pre-register.

Friends of the Elderly Thrift Shop: Monday through Friday, 9 a.m. to noon. Find treasures and support the center.

Pound by Pound: Mondays 10 to 11 a.m. Pound by Pound is a FREE support group for dieters trying to lose weight. We offer incentives, presentations by health professionals and weekly private weigh-ins.

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

Fairhaven Senior Center

For more information on the following activities, call the Fairhaven Council on Aging at 508-979-4029. Web: fairhaven-ma.gov/council-aging

Memory Café Coming to Fairhaven: The Fairhaven Council on Aging will be hosting its own memory café every Tuesday from 1 to 2:30 p.m. A memory café is a welcoming social gathering for people with dementia and their caregivers. Free. Call the center and ask for Anne Silvia for more information at 508-979-4029.

Senior Center Garden: Plans are developing to create another vegetable garden. The Fairhaven Lions will assist to prepare the seedlings, and the center is looking for volunteers who can check on the garden, weed, water and pick the plants. Call the center or leave your name at the counter.

Talent Show: The Fairhaven Rotary Club will be sponsoring the 4th annual senior talent showcase on May 5 from 1-4 p.m. at the Fairhaven Rotary Club. If you are a senior with special talent, contact Melissa Kurcharski at 508-330-4837 or Melissa@fsuinc.

Computer Technology for Seniors: Computer classes will continue in May. Space is limited. Sign-up at the front desk. Classes are held from 9-10 a.m. The first class will run on May 6, 8 and 10. The second will run on 20, 22, and 24.

American Sign Language: May 8 to June 26 from 6 to 7 p.m. Free. The Fairhaven Commission on Disability will be sponsoring the 8-week course. Call the center to sign up.

Senior Supper Club and LGBT Supper Club: Senior Supper Club meets the first Tuesday of the month, and the LGBT Supper Club meets the fourth 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.

ZUMBA GOLD: Wednesdays and Fridays from 11:30 a.m. to 12:30 p.m. Dance program for balance, strength, flexibility and heart. \$6.

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

Osteo Exercise class meets Monday, Wednesday and Friday mornings from 8:30 to 10 a.m. Simple, safe, bone-boosting exercise. \$1.

Wellness Clinic: Second, third and fourth Thursday of April. 9-10 a.m.

Senior Sewing Circle: May 6 from 1 to 3 p.m. and May 2, 23 and 30 from 5:45 to 8 p.m.

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. to 3:30 p.m. from Monday through Friday. Coastline serves lunches from 11:30 a.m. to noon, Monday through Friday.

- May 1:** GNBCHC every first Wednesday of the month
- May 6:** Chair Massage with Judy every first and fourth of the month
- May 7:** Residence of Cedar Dell Game and Trivia every first Tuesday of the month
- May 8:** United Health Care Activity
- May 14:** Royal Taber Crafts
- May 21:** Visual Support Group meeting; Sandpiper craft day
- May 24:** Coastline presentation
- May 28:** Senior Whole Health Activity Day
- May 31:** SWH presentation

Marion Senior Center

Hours: Monday through Friday, 9 a.m. to 3 p.m. Keep up to date with everything happening at the Marion COA by liking us on Facebook: www.facebook.com/marioncoa. Call the center at 508-748-3570.

Upcoming Art Shows: "Senior Show," June 1 through July 1. Opening reception June 6 from 5-7 p.m. "Mixed Medium," July 3 through Aug. 12. Opening reception July 11 from 5-7 p.m. "Children's Show," Aug. 14 through Sept. 2. Opening reception Aug. 15 from 5-7 p.m.

Seniors & Children - Create and Connect: May 4 at 10 a.m. Create a colorful decorative tray with a special child in your life in an art workshop designed for seniors and children. Sign up with the Marion Art Center 508-748-1266. Will be held at the Community Center.

Grillin' & Chillin' BBQ: May 4 from noon to 2 p.m. Chef Rich Conti will prepare a BBQ menu. Registration required. Tickets are \$25.

Feeding Our Brains: May 6 at 12:30 p.m. Exercises to help fight off dementia. Presented by John Rogers.

Collage Workshop: May 7 at 9 a.m. Pre-registration is required.

Job Seekers Networking Group: May 7 from 1 to 3 p.m.

Classic Movie Series: May 10 at 7 p.m. The Sippican Historical Society and Marion Council on Aging present the monthly Classic Film Series at the Music Hall. The film will be "American Graffiti."

The Mediterranean Diet: May 13 at 12:30 p.m. Community Nurse Home Care's Barbara Canuel, RD, presents the Mediterranean Diet.

Veteran's BBQ: May 18 at noon. All veterans, active duty, and their guest for a BBQ. RSVP by noon on May 16. Call 508-748-3570.

Chocolate & Coffee: May 20 at 12:30 p.m. This presentation explores the benefits and risks of consuming chocolate and coffee. CATERED lunch will be served at 11:30 a.m. Reservations required. Call the center.

Elder Law Program: May 21 at 12:30 p.m. Attorney Patricia Bloom-McDonald will speak about "Important Questions as We Age."

Memorial Day Bash: May 23 at 11:30 a.m. Celebrate Memorial Day while the Marion Fire Department serves up a BBQ. Register by May 20.

Trip: Foster's Downeast Clambake. July 31. Departs at 8:30 a.m. Returns at 6:30 p.m. After the bake, there will be time on your own for shopping and browsing in Kennebunkport. \$90 per person (includes driver gratuity) due by June 20. For info: call Linda Jackvony at 508-748-3570.

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 mattapoisett.net/council-aging.

Save the Dates: Council on Aging open house with Tribute to Henry Huttleston Rogers on June 13 from 6 to 8 p.m. Also coming in June: The Singing Trooper, Dan Clarke. Tickets will be on sale starting May 13 at \$10 per person.

Fundraiser: May 18 from 9 a.m. to 2 p.m. at 17 Barstow Street in Mattapoisett (which is on the corner of Barstow and Church Streets). Donation items needed: good condition, no furniture. Drop-off only, May 17 from noon to 6 p.m. Supports the Friends of the Mattapoisett COA.

Painting Party: No experience needed. May 8 from 1 to 3 p.m. and May 23 from 6 to 8 p.m. Instructor Susan Bumpus. Cost is \$15 per class. Registration required.

Free Manicures: May 9 from 10 to 11:30 a.m. Provided by students from Old Colony. Call the COA to register.

Art For Your Mind: May 21 at 12:30 p.m. Art For Your Mind is an engaging, educational observation experience designed to broaden the minds of its participants. Free. Registration required.

Movie & Pizza: May 28 at noon. "Bohemian Rhapsody." Pizza is \$1/slice.

Walk-In Clinic: The Public Health Clinic is held at Center School (via the COA entrance), every Tuesday and Thursday from 10 a.m. to noon, or Monday to Friday by appointment. Free to all Mattapoisett residents.

Foot Care: By Lisa Nuno, certified licensed podologist. Last Monday each month by appointment. \$22. Call the center to sign up.

Trip to Trader Joe's & Patriot Place: Second Wednesday of the month. Bus leaves at 9:15 a.m. \$5 round trip. Mattapoisett residents have first priority. Call for details.

Rochester Senior Center

For the complete newsletter, please visit us at 67 Dexter Lane in Rochester or visit our website at rochestermaseniorcenter.com. Follow us on Facebook at: facebook.com/rochestercoa. For info, call: 508-763-8723.

Friday Movies: Free movies every Friday at 1:30 p.m. Movies are posted on the center's Facebook page. Call for details.

Breakfast: Served Monday-Friday from 7-9 a.m. Reasonably priced menu and free on your birthday.

Lunch: Special luncheons most Mondays for a \$5 donation. Congregate lunches served Tuesday, Wednesday and Thursday at 11:30 a.m. for a \$5 donation. Hanna Milhench and team will prepare a delicious luncheon

on May 13 at noon. Mike and Ann Cambra will prepare a delicious luncheon on May 20 at noon. \$5 donation suggested.

Senior Book Club: May 14, 10:15 a.m.

The Annual Town Meeting will be held at Rochester Memorial School on May 20 at 7 p.m. If anyone would like a ride into the meeting, please call us at 508-763-8723.

Mediterranean Diet: Community Nurse Home Care will be giving a presentation on the Mediterranean Diet on May 21 at 10 a.m.

Annual Ham & Bean Supper: May 25, 5-7 p.m. All are welcome! Tickets cost \$10 for adults, \$5 for children and will be sold at the door.

Buy-A-Brick Fundraiser: The Friends of the Rochester Senior Center have an ongoing fundraiser to help raise money to put the new addition onto the Senior Center for the Senior Supportive Day Care Program. Engraved memorial bricks will be added to the walk-way and entrance of the addition. Small bricks are \$50 and large bricks are \$100. Applications for bricks are at the Senior Center. Thanks for your support!

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.

Waterfront Memory Café: Every Wednesday. 11:30 a.m.-2 p.m. Weekly programming for individuals with Alzheimer's or other memory loss, with their care partner, family or friends. At the Marion Council on Aging, 465 Mill Street, Marion. Info: 508-748-3570

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.

Events

The Science of Hope: Learn about the latest in dementia research. June 11 from 4:30-5:30 p.m. Westport Council on Aging.

Meet-Up at Rotch-Jones-Duff House: June 13, 1 to 2:30 p.m., 396 County Street, New Bedford. Registration required. Call 617-393-2100. This program is intended for those with early-stage Alzheimer's disease or a related dementia and their care partner(s). Come tour the Rotch-Jones-Duff House.

Know the 10 Signs: June 21, 10 to 10:45 a.m. at the Acushnet Council on Aging. This Program is FREE of charge but pre-registration is required. Call 800-272-3900 for more information or to register.

Travel

New Bedford Senior Travel Club

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

• **June 29:** Providence Performing Arts Center, features band visit/Providence Place Mall

July

- **July 17:** Michael Minor at the Flying Monkey in Plymouth, NH
- **July 22:** Twin River Casino
- **July 24:** Foster's Old Fashion Lobster Bake, When Pig's Fly Bakery, Kittery Outlets
- **July 31:** Salem in Summer. 90 min. cruise aboard the Hannah Glover, plus free time to explore Salem.

May

- **May 18:** Shear Madness (Charles Street Playhouse), Boston, MA
- **May 21:** Best of Times (Edwards Twins) Lake Pearl Ballroom, Wrentham, MA
- **May 29:** Mohegan Sun Casino / Capt'n Jack's Uncasville CT / Wakefield, RI

June

- **June 5:** Dan'l Webster Inn/ Heritage Museum & Gardens, Sandwich, MA
- **June 10:** Foxwoods Casino w/ Casino Package, Ledyard, CT
- **June 20:** Boston Duck Tour & Boston Winery Tour, Boston, MA

August

- **Aug. 7:** Essex Steam Train and Scotch Plains Tavern, Old Mistick Village
- **Aug. 14:** Dimilo's floating Restaurant and guided Tour of Portland, ME

May 2019 Trivia Quiz Answers

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

Community

Coastline Thanks its Volunteers

On April 10, during an event celebrating the work of Coastline's volunteers, guest speaker MaryAnn Purtill urged volunteers to remain focused on what motivates them. If the data released during this event is any indication, the South Coast's volunteer workers are, indeed, highly motivated.

Last year, 135 people spent more than 54,000 hours volunteering with Coastline's four volunteer-driven programs: the Foster Grandparent Program, the Money Management Program, the Nursing Home Ombudsman Program, and the Caregiver Program. Their combined efforts saved the agency an estimated \$1.5 million.

"Without all of you, there are many things that Coastline would not be able to do," said Coastline CEO Paula Shiner during the event.

"Together, you all bring your life experiences, your skills, your compassion, humor, knowledge to each program," said George Smith,

Chair of Coastline's Advisory Council.

Guest speaker MaryAnn Purtill, the pastor of the First Church Marion, was inspired by a YouTube clip of comedian Michael Jr. in which he discusses finding purpose. Purtill urged the audience to "find their why."

Michael Jr. suggests that it's not enough to know what we do or how we do it. Instead we need to dig deeper and ask ourselves why we're motivated to do something in the first place. Purtill echoed the sentiment.

"If you remind yourself why you're volunteering, it will help you replenish and renew yourself for the continued work that you're doing," she said. "When you're working from that place, you're working from a place that has unlimited resources."

To learn more about Coastline's four volunteer programs, call 508-999-6400.



District Attorney Thomas M. Quinn III (right) speaks from a podium in front of the Dartmouth Council on Aging on April 12. The plaque reads: "Bristol County Attorney General Thomas M. Quinn III, Donated in recognition of National Crime Victims' Rights Awareness Week, April 7-13 2019."

Bristol County District Attorney Honors Crime Victims

District Attorney Thomas M. Quinn III dedicated benches to the Dartmouth Council on Aging and the Westport Police Station in honor of National Crime Victims' Rights Week, which was held during the week of April 7.

At the Dartmouth Council on Aging, where he was joined by Dartmouth Police Chief Brian P. Levesque and a crowd of about 50 people, Quinn said the week was a time to raise awareness of victims' rights and services as well as celebrate the progress that has been made to help those victims.

"During the past four years, my office has been dedicated to fighting to protect our elderly citizens and to assist victims of elder abuse and elder financial fraud," said Quinn.

"I have made it a priority of my administration to focus on this issue. Our seniors must be protected. They've done much for this country, and I'll continue to fight to protect them and hold people accountable who abuse them," he said.

Elder abuse can include physical, emotional, or sexual abuse, as well as exploitation, neglect, and abandonment. Those experiencing social isolation or memory loss are especially susceptible to elder abuse. Quinn said that each day there are 54 reports of suspected elder abuse across the state.

A comprehensive study published in *The Lancet* in 2017 analyzed data from 52 previously published studies across 28 countries, and researchers concluded that nearly 16 percent of adults over the age of 60 experience some form of abuse.

The World Health Organization notes that this statistic is likely low, because only "1 in 24 cases of elder abuse is reported, in part because older people are often afraid to report cases of abuse to family, friends, or to the authorities."

Quinn urged the public to reach out, listen and support victims of crime as they "press forward on a

path to recovery."

The event came days after Miguel Brasil, a 40-year-old New Bedford man, made headlines for allegedly knocking down – and injuring – a 76-year-old woman in a Citizens' Bank parking lot and stealing her purse.

The following day, on April 9, Brasil allegedly pushed a 72-year-old woman outside a Rite Aide and stole her purse. He was arrested following a car chase that ended when Miguel crashed into a police cruiser. Both incidents took place on Dartmouth Street.

In addition to the bench dedications in Dartmouth and Westport, the DA's Office also printed bookmarks for the occasion, which lists resources for crime victims. A partial list of those resources is published below.

"Every year millions of Americans are affected by crime. Many will need ongoing care or resources," he said. "Call my office's victim witness unit if you have any questions about how someone you know can get the help they need."



On April 2, Kristine Arsenault (center), Assistant Chief of Staff to the Mayor of New Bedford, visited NorthStar Learning Center to recognize the Foster Grandparent Program and its volunteers. The city's proclamation came during National Service Recognition Day, an event where local leaders across the country honor AmeriCorps members and Senior Corps volunteers.

Mayor Mitchell Recognizes Foster Grandparent Volunteers

Coastline's Foster Grandparent Program and its volunteers received recognition from the Mayor of New Bedford for its commitment to the students of southern Massachusetts.

The city's proclamation came during National Service Recognition Day, an event where local leaders across the country honor AmeriCorps members and Senior Corps volunteers. The day of recognition, which happens on the first Tuesday of April, is led by the Corporation for National and Community Service.

The Foster Grandparent Program is for adults age 55 and above who meet income and criminal history eligibility requirements. The volunteer "grandparents" work with students in classrooms across the South Coast.

Kristine Arsenault, Assistant Chief of Staff, visited NorthStar Learning Center in New Bedford that morning on behalf of New Bedford Mayor Jon Mitchell. She awarded the proclamation to two of the 55 foster grandparents who currently participate in the program.

"Building meaningful connections with students is a key part of education and has a significant positive impact on kids," said Arsenault. "We're grateful that the Foster Grandparent Program has volunteers in elementary schools and early education centers across New Bedford, providing a great opportunity for volunteers to make those connections with so many students."

That particular NorthStar branch provides full-day, year-round early education for children who have not yet reached kindergarten-age and prepares them for school readiness and future success. NorthStar was also an early adopter of the Foster Grandparent Program, hosting volunteers since 1983.

To learn more about Coastline's Foster Grandparent Program, call Coastline at 508-742-9198 or 508-742-9124. For additional information on Senior Corps programs, visit NationalService.gov.

To learn more about NorthStar Learning Center, visit: <https://northstarlc.org/home/>

Resources

Elder Abuse

- Bristol Elder Services: 508-675-2101
- Coastline: 508-999-6400
- Disabled Persons Protection Commission: 800-426-9009
- State Elder Abuse 24-Hour Hotline: 800-922-2275

Domestic & Sexual Violence

- The Women's Center, New Bedford, 24-hour hotline: 508-996-6636

Other Resources

- Child Abuse: 508-674-6111
- South Coastal Counties Legal Services (New Bedford branch): 508-979-7150 or 800-287-3777
- The Network Gay and Lesbian Domestic Violence Hotline: 617-742-4911
- Identity Theft Hotline: 877-438-4338