

Senior Scope

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

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Have a great summer!



Intergenerational Film Project 'My Annie Hall' to Screen in New Bedford this Summer

Later this summer, the South Coast will be treated to a unique film directed by millennials and starring senior citizens.

The short film, "My Annie Hall," a remake of Woody Allen's Oscar-winning romantic comedy, will be screened at the New Bedford Whaling Museum this July. The project is heading to the South Coast through a partnership between the Rotary Club of Dartmouth and the Dartmouth Friends of the Elderly.

The original 1977 film chronicled the love life of middle-aged Alvy Singer, played by Allen, and centered on his relationship with the titular Annie Hall, played by Diane Keaton. The updated version stars Harry Miller and Shula Chernick who, at the time of filming, were age 94 and 73, respectively. The directors, Matt Starr and Ellie Sachs, were both in their twenties.

The film was initially inspired from Starr's grandmother, who was experiencing dementia. Though her memory was failing, she was able to recall lines from the film "Casablanca."

This inspired Starr to launch an Interpretive Theater class with Sachs at a senior center housed at the Lennox Hill Neighborhood House in New York City. The class laid the foundation for the movie.

Initially "My Annie Hall" was



Directors Matt Starr (left) and Ellie Sachs (right) pose with "My Annie Hall" star Harry Miller (center). The film is a condensed reinterpretation of the 1977 Oscar-winning film and will be screened at the New Bedford Whaling Museum on July 21. Tickets are \$20. Call 508-990-5651. Photo by: Jeremy Cohen

going to be a low-key affair, shot on iPhones. After a successful crowd-sourcing campaign, the directors were able to rent better equipment. The production included a crew of 20 volunteers who spent three months filming.

The condensed interpretation of Allen's film features highlights from the original – the lobster scene, the therapy session – all while giving two older adults an opportunity to shine on the silver screen.

While the film has only been shown at select venues, the project

gained momentum in the press, with features in The New York Times and a segment on CBS This Morning. After seeing the clip on CBS, Cynthia Marland, past president of the Dartmouth Rotary Club, knew she wanted to bring the film to the region. The directors will also be attending the showing in July.

"These young people are just starting out," said Marland. "We're going to hear firsthand from the filmmakers what they went through

Continued on page 12

Statewide 'ArtWeek' Visits the Marion COA

The Marion Council on Aging has been gearing up for a busy summer season of the arts.

On May 4, youngsters and older adults joined together at the Benjamin Cushing Community Center as part of ArtWeek, a statewide effort to bring interactive art events to the public that ran from April 26 to May 5. The Marion Art Center, a cultural organization dedicated to promoting the visual and performing arts, hosted about a dozen events across 10 days throughout Marion.

"The real mission is to bring art into the community," said Holly McDonough of the Marion Art Center. "It's supposed to be inexpensive and interactive."

The Marion Council on Aging, which hosts art shows and gallery receptions year-round, seemed a natural fit to host its own ArtWeek

event.

That morning about a dozen participants lined a long table to assemble Mod Podge trays with the guidance of art therapist Barbara Greenspan. Participants glued colorful tissue paper to small wooden trays – all while laughing and smiling with other artists at the table.

"Nobody has their phone out. Nobody's on a tablet. They're having a conversation with people they don't know. They're connecting," said Greenspan, who has worked as an art therapist for more than 30 years. "Right now, they're present. In that way, it can be therapeutic."

Greenspan, the founder of Cape Cod Arts and Art Therapy, has also served as one of the vendors at the center's Waterfront Memory Café and teaches a pottery class at the Mattapoisett Council on Aging.

"I enjoy what I do, and I enjoy connecting with people through art," she said. "I think we need to create spaces where people share an experience. I think art is one of those spaces."

Dannie Engwert, an artist and author, spent the morning adhering vibrant scraps of paper to one of the trays. She, too, will be giving patrons of the Marion Council on Aging an opportunity to get creative this summer. On July 16, Engwert will be teaching a class on mandalas.

Mandalas are abstract, circular designs with repeating patterns and a unifying center. They often appear symmetrical, and, in Hindu and Buddhist culture, are intended to represent the universe.

Engwert wrote a book titled

Continued on page 2



Art therapist Barbara Greenspan leads a class during ArtWeek at the Marion Council on Aging on May 4. Learn more at capecodartsandarttherapy.com.

ArtWeek continued...

“Good Grief,” which tackles the subject of grief and healing and features various mandalas constructed from everyday objects, such as silverware, toiletries and vegetables. After experiencing multiple deaths in her family, Engwert said focusing on art helped her work through the grief she experienced.

Her class will task participants with constructing mandalas from random objects tucked inside a paper bag.

Her assistant will photograph the designs, and the artists will switch bags and construct new patterns. Each participant will leave the class with three images of original mandalas assembled together into a miniature art book.

Engwert pointed to the words of author Brené Brown to describe the power of connecting with others through the arts: “It’s the sharing of art that whispers, ‘You’re not alone.’”

Resources

The Benjamin Cushing Center, located at 465 Mill St. in Marion, regularly hosts art shows:

- June 1–July 1: “Senior Show.” Reception: June 6, 5–7 p.m.
- July 3–Aug. 12: “Mixed Medium.” Reception: July 11, 5–7 p.m.
- More shows listed on Page 11. Dannie Engwert’s class will take place on July 16 from 9 to 11 a.m. Call the center for more info at 508-748-3570.

Letter from the Editor

Dear Reader,

Welcome to the first June issue of *Senior Scope*! For years the paper skipped over the months of June and January. Now we’re publishing year-round.

Summer is almost here, and there’s plenty of things to do around the South Coast: our front page stories focus on the arts, Page 4 has plenty of volunteer opportunities and upcoming events, and on page 9 there’s a list of local farmers markets that will be opening for business this month.

On Page 7, our guest contributor Dr. Michael Rocha discusses the perks of walking and the “Walk with a Doc” series. If you aren’t familiar with the program, walkers gather every Saturday morning in front of the Buttonwood Park Zoo and walk with local doctors. Not only is frequent walking good for your heart, you can meet new people from around town.

Coastline will also be co-hosting two big events in June.

First up is the Bristol County Celebration of Seniors, a free health fair held at White’s of Westport on June 14 from 9 a.m. to noon. This event will have vendors, presenta-

tions and a free breakfast (just make sure to RSVP at 508-961-1973 or Eric.M.Poulin@state.ma.us).

You can visit the Buttonwood Senior Center on June 18 from 10 to 11:30 a.m. and learn how to ride the bus. A bus will be parked outside the senior center, and you’re invited to explore the inside and ask questions. Check out page 8 for more details.

This month you can help support Coastline’s programs and services by dining at Not Your Average Joe’s in Dartmouth. Every Wednesday during the month of June, Not Your Average Joe’s will donate 15 percent of purchases.

To take part, dine in or order takeout on June 5, 12, 19 or 26 and tell your server that you would like to support Coastline.

You can also print out a certificate to take with you. You can find a copy by visiting: coastlinenb.org/news/

I hope you enjoy flipping through the paper, and I’m hoping there’s something in this issue that piques your interest.

Best,

 , Editor

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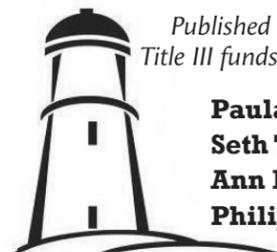


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Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Jane Jacobsen
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni
Greater NBComm. Health Center 874 Purchase Street, 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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Donations for June 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

General donation

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In memory of parents, Armand & Margaret Andrade and grandson, David

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Money

The Money and Politics of Prescription Drugs

By Jon Greenberg
PolitiFact

If there's one area of health care where Republicans and Democrats might strike a deal, it's prescription drugs. Why do prescription drugs draw so much attention? Because millions of Americans rely on them, and 8 out of 10 say the cost is "unreasonable." America spends about \$460 billion a year on these drugs, roughly as much as the combined revenues of the top three car makers.

That spending flows mainly in two ways: retail drugs sold at pharmacies, and drugs provided by doctors and other clinicians at hospitals, outpatient clinics and long-term care centers. Tracking the money challenges the savviest of analysts. Between the drugmakers and the patients lie an array of middlemen, who end up masking the true prices through discounts to one another and rebates to patients.

Here are a few benchmarks to help you navigate the realm of prescription drugs.

Out-Of-Pocket Costs: With all the focus on affordability, it's worth noting that about a third of all retail prescriptions come at no cost to the patient. Another half have an out-

of-pocket cost of under \$10. But just because the pressure has eased on average doesn't mean the financial burden isn't intense for the relative few. A small number of people and prescriptions accounted for a huge share of the estimated total out-of-pocket costs of \$57.8 billion in 2017.

U.S. Drug Prices Are Higher: A Canadian-American research team looked at spending on primary care drugs in America and 10 other nations. It found U.S. spending was about twice as high as the average elsewhere. Broadly, the U.S. spends more on drugs because prices for many drugs are higher, and patients, usually on the advice of a doctor, take newer, high-cost drugs.

Lobbying: Ever since the passage of the Medicare Part D prescription drug benefit, pharmaceutical companies have invested heavily in lobbying. There was a spike in 2009 as Congress debated the Affordable Care Act, but after a short dip, spending rose again and now stands at \$281 million, about where it was nearly a decade ago.

No industry group spends more on lobbying — by a long shot. The insurance industry came in a distant second at \$158 million on lobbying last year.

Spruce Up Your Financial Plan with Social Security

By Delia De Mello
Social Security

Now that tax season is over, it's probably a good time to evaluate some financial "best practices" for the rest of the year.

A good spring-cleaning can clear out the clutter to let you see a clear path for your future. Social Security is always here to help. Even if you just started working, now is the time to start preparing for retirement. Achieving the dream of a secure, comfortable retirement is much easier with a strong financial plan.

Tip 1: Start Early

Our online retirement planning resources are helpful to people at any stage of their career. Our many calculators, the Benefit Eligibility Screening Tool, and disability resources are all available at www.socialsecurity.gov/planners.

From here, you can read and download publications and also email and share with colleagues, friends and family. Remember, the earlier you start, the better chance you have at saving what you need.

Tip 2: Be Informed

We're often asked, "What's the

best age to start receiving retirement benefits?" The answer is that there's no single "best age" for everyone, and, ultimately, it's your choice.

The most important thing is to make an informed decision, based on your individual and family circumstances. To help you make that decision, see our retirement publications at www.socialsecurity.gov/pubs/?topic=Retirement.

Tip 3: Estimate the Benefits You Might Get

Knowing the amount of money you could get is pivotal in planning your finances. With the "Retirement Estimator," you can plug in some basic information to get an instant, personalized estimate of your future benefits.

Try out different scenarios, such as higher or lower future earnings amounts and various retirement dates to see the various potential effects on your future benefit amounts. Visit www.socialsecurity.gov/benefits/retirement/estimator.html.

Social Security can help you spring into action and take control of your future with the proper planning tools. Share these online resources with friends and family so they, too, will have the tools.



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Update

Coffee in the Dell

The Friends of Buttonwood Park presents "Coffee in the Dell" on June 9 from 10 a.m. to noon. This event is free to the public. Come by, relax, enjoy a free cup of coffee, and donuts, and meet some new friends.

This event will take place in the Dell at Buttonwood Park (across the road from the warming house, west of the greenhouse). Rain date is June 23. Please RSVP your attendance to friends@buttonwoodpark.org. There will be guided tours of the arboretum at 10:15 and 11 a.m.

For more info about Coffee in the Dell, contact Sharon Pinho at: friends@buttonwoodpark.org



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Coastline Starts New Fall Prevention Program

Starting on June 1, Coastline will be starting a new fall prevention initiative.

Falls and fall-related injuries are a major threat to the independence of older adults. You are at risk for falls if you have osteoporosis, chronic health conditions, impaired vision or hearing, or experience muscle weakness. Certain medications and a lack of physical activity can also raise your risk for falls.

Coastline can help you assess your risk for falls to prevent them from happening. Call Coastline at 508-999-6400.

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.

Protect Yourself From Scams

Presenter Emily Burke, United States Postal Inspector, will discuss the various scams targeting seniors and what you need to know to protect yourself. This event is scheduled on June 20 from 9 a.m. to 11:30 a.m. at the Buttonwood Senior Center, located at 1 Oneida Street in New Bedford. Free breakfast will be served. Seating is limited. RSVP to Jennifer Dias-Rezendes at: 774-627-1327 or j.dias-rezendes@bristolelder.org

Buzzards Bay Swim

Buzzards Bay Coalition is looking for volunteers to help with the 26th Annual Buzzards Bay Swim on June 22. Looking for start and finish line volunteers. If you are interested in volunteering, email Colin Zeigler at zeigler@savebuzzardsbay.org, call 508-999-6363 x 200.

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 (yoga for all levels) and Thursdays (bootcamp, beginning June 20) at 8:30 a.m. from June 18 to Aug. 22. For info, call 508-287-2482 visit their Facebook page at: facebook.com/fitnessincushmanpark

Senior Scope is Online

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.

NB Resilient Community Day

New Bedford is creating NB Resilient, a climate action and resilience plan. To celebrate the plan, they're hosting an event for community members of all ages. Come by for activities, music, food trucks and information on New Bedford's sustainability efforts.

When: June 15, 11 a.m. to 2 p.m.

Where: Magnett Park (370 Middle St.)

What: Food trucks, music, games, sustainability crafts, zoo animals, basketball with the Police Department and more.

Register for free now: <https://nb-resilient-community-day.eventbrite.com>

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: newbedfordfolkfestival.com

Farm Volunteers Needed in Dartmouth

Sharing the Harvest Community Farm is a volunteer-driven community farm established in 2006 as a grassroots effort to fight hunger for our neighbors in need. The farm's mission is to alleviate hunger throughout the South Coast, to promote volunteerism, and to raise hunger awareness in our communities.

Sharing the Harvest has regular farm field volunteer hours from March to November on Tuesdays, Wednesdays, Thursdays and Fridays from 9 a.m. to 12 p.m. and 2 p.m. to 5 p.m. There are also weekend hours on Saturdays from 9 a.m. to 12 p.m.

The farm is behind the Dartmouth YMCA, located at 276 Gulf Road in Dartmouth. Call 508-993-3361 for more information.

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Your Health

Feeling Stuck? Try ‘Changing the Channel’

By Deborah Greenslit
Guest Contributor

When John, age 78, was referred to me for counseling, he had expressed to his doctor that he no longer found purpose in his life and struggled just to get out of bed every day.

He lived alone, was retired and was dealing with progressive emphysema. He had been used to working 60-plus hours a week but was now in a forced retirement with limited physical capabilities due to his declining health. This was a huge change for John, and he was clearly having difficulty adjusting.

Loss was also not unfamiliar to John. His mother was killed in a car accident when he was only four years old. His wife of many years had left him, and he had strained relationships with his children.

Without minimizing John’s challenges – as we age, it’s inevitable that we all have our own stories about loss and change. Years and years of experience eventually teach us that change is going to happen whether we like it or not, invited or uninvited. It’s incessant.

But how do we cope with life’s challenges? After all, suffering and pain are a part of life, and, no doubt, John had experienced his share.

We often hear that it’s not about what we are being dealt with, but in how we handle it. There is definitely some truth to this. In psychology, it’s called the “Locus of Control.” We either see everything happening to us or see what we have control over. The latter is the healthiest

because we have little control over things outside of ourselves, but we have a lot of power in our responses to them.

John wasn’t focused on what he had control over but on what he *felt* was happening to him. He felt trapped by his circumstances. Feeling stuck or trapped is what leads to depression, and John was clearly depressed.

John couldn’t see that it was his “thinking” and his beliefs that were creating barriers. He was stuck living in the past or catastrophizing about the future. That only deterred from him coping with what was right in front of him.

The two most destructive beliefs that John lived by, and what also became his life’s mantras, were that, “big boys don’t cry” (told to him right after his mom died) and that you are “only as worthy as how productive you are.”

John took on those beliefs and never allowed himself to feel or develop an identity outside of his work. It was an escape from having to feel his pain.

The turnaround for John was when he learned how to start paying attention to his feelings instead of running from them. There is some truth to the saying that “the only way to work through pain is to walk through it.”

I will never forget the day when John, for the first time, finally started to grieve the loss of his mom. He no longer had to be shackled by his pain. He also apologized to his children for any pain he might have caused them.

The other important shift that took place in John’s life was his learning how to live in the present, moment by moment. He loved to listen to classical music, play the accordion, study and feed his birds. These were all things that had brought him joy and things he could still do, but he had minimized them. Now he was integrating all of these simple pleasures back into his life.

Before John had passed a few years ago, he had found peace, purpose and joy in his life again. Not because he got his job, his health, his mom or his wife back. It was because he changed the channel. He learned how to shift his thinking to unconditional self-love and compassion.

I share this story to emphasize the power of our thinking. We can pick and choose which thoughts are to our benefit and let go of the one’s that get in our way. Thoughts are always workable where our circumstances may not be. We all desire happiness. However, that is elusive when we spend most of our time focused on the past or future.

John learned how to waken his senses to the present and experience joy in the simplicities of life again, and he learned to have more compassion for his challenges. “Love” is often the antidote to suffering and pain. That is a choice that is always with us.

Deborah Greenslit is a semi-retired psychiatric nurse, college professor, author and national presenter who has worked in the field of helping others for more than 40 years.

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UMass Dartmouth Nursing Students Learn About Elder Needs

The University of Massachusetts Dartmouth’s School of Nursing has teamed up with the Dartmouth-based nonprofit Coastal Neighbors Network (CNN) to give young students an opportunity to meet older patients and learn about their needs.

CNN is a “virtual village” of Dartmouth residents age 50 and older who are connected by a network of volunteers and vendors. Its mission is to enable its members to remain at home as they age.

CNN’s partnership with UMass Dartmouth extended across two semesters, beginning in September 2018 and concluding in May 2019. Students were paired with older adults and would perform at-home health assessments.

According to a release from CNN, the practicum was designed to help the students meet the learning objectives of UMass Dartmouth’s Community Health Nursing course, which is required for a degree in nursing.

“Every week, we check vital signs; we listen to their heart and their lungs. We’re checking in with them because a lot of them live alone or have family members who live far away,” said Brianna Chamberlain, one of 16 students who participated in the program



Nursing students at UMass Dartmouth learned about elder needs during a community nursing clinical through a partnership with the Coastal Neighbors Network. The partnership began during the fall 2018 semester and extended through the spring 2019 semester. Above: Fourteen of the 16 students who participated in the spring semester prior to presenting their findings to professors.

during the spring semester.

The hands-on learning opportunity gave students an opportunity to show off what they’ve been learning in school. As an example, Chamberlain said that one of the CNN members she was monitoring had consistently high blood pressure readings. The students suggested that the CNN member bring it up with her primary care physician.

“So we recorded the numbers,

she brought them to her doctor, and now she’s on a new heart medication,” said Chamberlain.

Linda and Tom Bush, who are both members of CNN, said they looked forward to their Thursday-morning visits from the nursing students.

“It was like a health assessment that you would get if you were a new patient at a doctor’s office,” said Tom. “They also took our blood pressure every time, which is

good because I need to keep a close eye on that.”

“We need more of this because we’re seeing it in our own community. People are getting older and need care,” he added.

In addition to learning about community nursing, the college students had the opportunity to get to know older adults on a personal level, challenging their notions of what it means to be a senior.

“Our Neighbor still goes swimming in the ocean,” said Chamberlain. “She plays tennis. She bikes. I think of the stuff that I like to do now, and I’m probably going to want to do that when I’m older.”

“They’re not ‘old’ people. They’re just people,” said college student Alison Shaw. “They have their own lives. Their own families. Their own situations.”

“They learned a lot from us, and we learned a lot from them,” said Linda. “We started talking about IRAs and getting older. Brianna was really interested. We tried to impress with her how important it is to save.”

To learn more about the Coastal Neighbors Network, visit their website at coastalneighborsnetwork.org.

Your Health

NIH: Making Up Sleep May Not Help

National Institutes of Health

Catching up on sleep doesn't reverse damage to the body caused by sleep deprivation, according to a new study. In fact, so-called recovery sleep may make some things worse.

About one of every three adults regularly gets less than seven hours of sleep a night. Over time, lack of

sleep can lead to changes in metabolism. These increase the risk for obesity and diabetes.

Some people try to make up for a lack of sleep by sleeping more on their days off. A research team studied this strategy for two weeks in 36 men and women. After three nights of normal sleep, the participants were split into three groups.

The first group slept up to nine hours a night. The second group was allowed a maximum of five hours of sleep a night. The third group had a maximum of five hours a night for five days, but were then allowed to sleep in for two days. They then had two more days of sleep deprivation.

Those who had only five hours of sleep a night gained about three

pounds on average during the study. They also had a 13 percent decrease in a key measure of metabolism called insulin sensitivity.

Those who had recovery sleep gained about three pounds but had a 27 percent decrease in insulin sensitivity. They were also more likely to wake up during the nights following the period of recovery sleep.

NIH: Recuperar el Sueño Perdido Puede no Ayudar

Recuperar el sueño perdido no reversa el daño al cuerpo causado por la carencia del sueño, conforme un nuevo estudio. En efecto, el llamado sueño de recuperación puede tornar algunas cosas peor.

Cerca de un de cada tres adultos regularmente consigue menos de siete horas de sueño por noche. Través del tiempo, la falta de sueño puede llevar a la modificación en el metabolismo. Estes aumentan el

riesgo de la obesidad y la diabetes.

Algunas personas intentan recuperar la falta del sueño durmiendo más en sus días libres. Un equipo de pesquisa estudió esta estrategia durante dos semanas con 36 hombres y mujeres. Después de tres noches de sueño normal, los participantes fueron divididos en tres grupos.

El primer grupo durmió hasta nueve horas por noche. El segundo grupo fué permitido el máximo de

cinco horas de sueño por noche. El tercer grupo tuvo el máximo de cinco horas por noche durante cinco días, pero fueron permitidos a dormir hasta tarde durante dos días. Después tuvieron más dos días de privación de sueño.

Los que tuvieron solamente cinco horas de sueño por noche aumentaron aproximadamente una media de tres libras durante el estudio. También tuvieron una disminu-

ción de 13 por ciento en una medida clave del metabolismo llamado la sensibilidad de la insulina.

Los que tuvieron el sueño de recuperación aumentaron aproximadamente tres libras pero tuvieron una disminución de 27 por ciento en la sensibilidad de la insulina. También fueron más probable de despertar durante las noches después del periodo de sueño de recuperación.

NIH: Recuperer o Sono Perdido Pode Não Ayudar

Recuperar o sono perdido não reversa o dano ao corpo causado pela carência do sono, conforme um novo estudo. Em facto, o chamado sono de recuperação pode tornar algumas coisas pior.

Cerca de um de cada três adultos regularmente consegue menos de sete horas de sono por noite. Através do tempo, a falta de sono pode levar a modificações no metabolismo. Estes aumentam o risco

da obesidade e diabetes.

Algunas pessoas tentam recuperar a falta do sono dormindo mais nos seus dias de folga. Uma equipa de pesquisa estudou esta estratégia durante duas semanas com 36 homens e mulheres. Depois de três noites de sono normal, os participantes foram divididos em três grupos.

O primeiro grupo dormiu até nove horas por noite. O segundo

grupo foi permitido o máximo de cinco horas de sono por noite. O terceiro grupo teve o máximo de cinco horas por noite durante cinco dias, mas foram permitidos dormir até tarde durante dois dias. Depois tiveram mais dois dias de privação de sono.

Os que tiveram só cinco horas de sono por noite aumentaram aproximadamente uma média de três libras durante o estudo. Tam-

bém tiveram uma diminuição de 13 por cento numa medida chave do metabolismo chamado sensibilidade da insulina.

Os que tiveram o sono de recuperação aumentaram à volta de três libras mas tiveram uma diminuição de 27 por cento na sensibilidade da insulina. Também foram mais provável de despertar durante as noites depois do periodo do sono de recuperação.

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

Walking is Good for Your Heart, Brain and Mood

By Dr. Michael Rocha, MD, FACC



Dr. Michael Rocha

We just finished up National Walking Month in May, and I hope everyone has been getting out there and stepping it up. There is some great news: we live in a very walkable area with so many great opportunities to get moving!

Walking is not only good for your physical fitness, it is good for your heart, brain and mood. Walking can prevent or help people manage high blood pressure and diabetes. It has been shown to be as effective as some medications for treating depression. There is also some exciting new evidence that it may help prevent or delay dementia. If the effect of walking was out in a pill, it would be the magic pill.

Let's talk about where to walk around town. Every Saturday at 9

a.m., starting in front of the Buttonwood Park Zoo entrance, there is a walking group led by local doctors. Our weekly walk is part of the international "Walk with a Doc" program that started in 2005 with 500 locations worldwide. The walk starts with a quick discussion about a health topic, and then the group is off for a two-mile walk. Everyone walks as far as they can and at their own pace. It feels good to be out for a walk with a group that is committed to improving their health. Dogs are welcome. The walk moves inside to the Dartmouth Mall in the winter and on rainy days.

In May, we completed the fourth annual Southcoast Heart Walk for the American Heart Association of Southern New England. Their slogan is "Life is Why," which is exactly why we walk. The event



supports the life-saving work of the American Heart Association and raises awareness about heart disease, our #1 killer. We remember those that we have lost to heart disease, educate on keeping hearts healthy, and celebrate those that are living with heart disease. It is a great opportunity to bring our community together to live well.

There are many other great places to walk in Greater New Bedford including the Harbor Walk,

Cove Walk, Fort Taber, DNRT trails in Dartmouth, Phoenix Bike Trail, various local beaches, and UMass Dartmouth. Sometimes it is the first step that is the hardest but every step counts for your own health and builds a healthier community. See you out there for a walk!

To learn more about the New Bedford Wellness Initiative, follow the Wellness Initiative on Facebook or visit their website at: www.nbewell.com.

End-of-Life Planning Can Feel Complicated. Here are Some First Steps.

At a recent panel discussion at the Buttonwood Senior Center, five guest speakers explored end-of-life topics from various angles. The event was hosted by the Age-Friendly New Bedford Action Team.

The panelists reinforced that end-of-life planning is important for people of all ages and urged the audience to take strides to begin the conversation. But where do you even begin?

Karen Costello, Director of Quality and Education at Coastline, recommended starting with The Conversation Project, a public engagement initiative that began in 2010. The group has published a free "starter kit" on their website that can help guide your decision making.

"The Conversation Project is about having conversations with your loved ones ahead of time about the things you would want or wouldn't want," said Costello. "They can be difficult conversations to have, but if you have a script of what you want to talk about, that conversation can become easier."

Once your thoughts about end-of-life planning start to take shape, you would next want to ensure that your decisions will be carried through. And that involves filling out some paperwork, much of which can be found online, at a doctor's office or by consulting with a lawyer.

Ashley Algarvio, a case manager at the law firm Surprenant & Beneski, said the three most essential documents for end-of-life planning are a power of attorney document, a health care proxy form, and a HIPAA (Health Insurance Portability and Accountability Act) release form.

"It doesn't matter how old you are or how young you are, everybody should have these three documents," said Algarvio.



The "Good to Go" panelist from left to right: Ashley Algarvio, a case manager with Surprenant & Beneski; Karen Costello, Director of Quality and Education at Coastline; Nicole Reedy, a registered nurse with Community Nurse Home Care; and Shannon McArthur, a funeral director with Waring-Sullivan Funeral Homes. Standing: Daphne Clemente, a retired hospice chaplain.

The power of attorney is a document where you name someone to make legal and financial decisions for you should you become incapacitated. Algarvio said that many people assume their spouse can automatically make those decisions should the need arise, but that's not always the case.

"If you don't have a power of attorney, you might end up in court. You might need to get a conservatorship. Those things cost thousands of dollars," she said.

You can name someone in a health care proxy document to make medical decisions for you if you're unable to. You can get a health care proxy form at the doctor's office or online. You will need witnesses on a health care proxy, and a witness cannot be a person that you've named as your health care proxy.

"It's important for the same reason as a power of attorney. You don't want to end up in court last minute and pay thousands of dollars to make a decision for someone who doesn't have that much time," said Algarvio.

HIPAA laws protect the privacy

of your medical information. A HIPAA release form enables a loved one to gain access to your medical information, as well as the ability to talk to your doctor, talk to your insurance company, and help you with bills. Usually, when you go to the doctor or if you go to the hospital, they will have you sign a

HIPAA release.

"Most health care proxies and powers of attorney have HIPAA language in them, but it's always good to have a separate document because a HIPAA release can be used at any time," said Algarvio. "You don't have to be incapacitated for someone to use the [release] to get access and talk to your doctor."

Once these three documents have been completed, make sure copies are stored in a safe place and in the same location. The people you name in these documents should have access to the documents should the need arise.

"It's imperative to keep these conversations open," said Nicole Reedy, a registered nurse with Community Nurse Home Care. "We see day in and day out that these conversations haven't been had. We acknowledge these conversations are not easy to initiate. But it can be a blessing to have decisions made ahead of time."

For more resources on how to get started, visit The Conversation Project's website at theconversationproject.org.

"It doesn't matter how old you are or how young you are, everybody should have these three documents."

—Ashley Algarvio, Case Manager
Surprenant & Beneski



Power of Attorney

Grants the authority to act for another person in legal or financial matters.



Health Care Proxy

Appoints someone to make health care decisions should you become incapacitated.



HIPAA Release

Grants access to your medical record information to a third party.

Better Living



New Bedford Mayor Jon Mitchell (right) cuts a ribbon in front of Buttonwood Senior Center on April 25, officially reopening the senior center after a lengthy period of renovations. That the city reinvested in the senior center is symbolic of "our commitment to being an age-friendly city," Mitchell said.

Mayor Mitchell: 'We are Committed to Being Age-Friendly'

There were pink flowers sprouting from the trees dotting Buttonwood Park on April 25 when New Bedford Mayor Jon Mitchell officially reopened the Buttonwood Senior Center.

The center closed for renovations in June 2018 and reopened on Feb. 4. Renovations were largely made possible with a Community Block Development Grant from the City of New Bedford's Department of Planning, Housing and Community Development.

The rehabilitation project included updates to the roof, the trim, the kitchen and bathrooms. The windows, doors and lighting are all new. For the first time the center has Wi-Fi access.

"The Buttonwood Warming House has been a senior center for many years, and it's served the city well," said Mitchell to a crowd gathered outside the senior center.

That the city reinvested in the senior center is symbolic of "our commitment to being an age-friendly city," he added.

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.

The process of making New Bedford an officially recognized age-friendly community 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, which was drafted as part of the process.

"We are committed to being an age-friendly city in every respect," said Mitchell. "We want to be a place where people of every age can enjoy what New Bedford has to offer."

The mayor thanked the New Bedford Council on Aging and Coastline for the continued work of making New Bedford a more livable community.

He also extended his thanks to the Town of Acushnet, which absorbed some of the displaced Buttonwood patrons at the Acushnet Council on Aging.

"If you've never been to the Buttonwood Senior Center, you're missing out. If you haven't been in a while, it's amazing," said New Bedford Council on Aging Director Debra Lee during the ribbon-cutting ceremony. "The windows are beautiful. The lighting is beautiful. People are enjoying the space. It's our mission at the New Bedford Council on Aging to be looking for ways to improve the lives of our elderly population."

"We're trying to convey to folks that this is a great place to live, and we're committed to making it so," said Mitchell before snipping the red ribbon with gold-colored shears. "It takes a lot of effort from a lot of people coming together. It's not just words; it's actual action."

Learn How to Ride the Bus on June 18

Visit the Buttonwood Senior Center, located at 1 Oneida St. in New Bedford, on June 18 from 10 to 11:30 a.m. and learn how to ride the bus.

At this event, you can explore a city bus. For \$5, you will be able to sign up for a Senior Charlie Card. There will also be information available on transportation services.

A free barbecue lunch will be served at 11:30 a.m. for those age 60 and above. RSVP to Wendy at 508-991-6170 if you are interested in the barbecue.

This event is sponsored by



Coastline, the City of New Bedford, the Southeastern Regional Planning & Economic Development District (SRPEDD), and the Southeastern Regional Transit Authority (SRTA), and the Age-Friendly New Bedford Action Team.

Trivia

FOR YOUR ENTERTAINMENT - Ed Camara

- On Broadway, where would you find Dolly Levi strolling along?
 - In the Garden of Good and Evil
 - Harmonia Gardens
 - At the State Fair
 - At the Grand Hotel
 - In the South Pacific
- Who in the list below "left us" this year?
 - Peter Tork (The Monkees)
 - Carol Channing (character actress)
 - Kaye Ballard (entertainer)
 - Andre Previn (composer)
 - All
- Which car was NOT named after a real person?
 - Nash
 - Ford
 - Imperial
 - Oldsmobile
- On January 6, 1941, this man was sworn in as Mayor of New Bedford by Charles Deasy, City Clerk. Hint: John Nunes was also sworn in as City Solicitor.
 - Matthew Glynn
 - Charles S. Ashley
 - Arthur Harriman
 - Leo E.J. Carney
- In the 1940s, at the Hi-Way Casino on Route 6 heading to Fall River, you could see this performer with her World Famous "Dance of Doves" twice nightly. Hint: Music by Al Mead and his 8 Swing Boys.
 - Dianna Doors
 - Fifi D'Orsay
 - Rosita Royce
 - Stella Starr
- Which of the following was NOT an area amusement park?
 - Rocky Point
 - Paragon
 - Lincoln
 - Nantasket
 - Westport
- We have just started 'Hurricane Season' - please be prepared. In New Bedford, we have had many hurricanes over the years. The one that you always hear about was the storm of 1938. What was its name?
 - Diane
 - No name
 - Carol
 - Bob
- In the 1950s, if you wanted a yummy slice of French Meat Pie with gravy and mashed potatoes or baked beans, you would probably head to the north end to what spot?
 - LeBeau's Tavern
 - Adam's Restaurant
 - Bouchard's Tavern
 - Costa's Restaurant
- Radio stations are sometimes measured by the amount of power (watts) they use to send out their signal. Which of these New Bedford area stations has the most power?
 - WBSM
 - WFHN
 - WJFD
- Which New Bedford theater did NOT have a balcony?
 - Olympia
 - Orpheum
 - Zeiterion
 - Center

[answers listed on page 11]



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POWERS OF ATTORNEY • WILLS • HEALTH CARE PROXIES
HIPAA AUTHORIZATIONS • BLOODLINE PLANNING

Nutrition

Farmers Market Round-Up

Many of the farmers markets around the South Coast will be kicking off the summer season this June. Check below for all the details.

Acushnet Farmers Market

The Acushnet Farmers Market will open on June 1. This market is held Saturdays from 10 a.m. to 2 p.m., rain or shine, at 186 Leonard St. in Acushnet. Features vendors, music on the porch, cooking demos, and cooked-to-order breakfast or lunch at the food truck.

Dartmouth Farmers Market

Open Fridays from 1 to 6 p.m. from June 7 through Oct. 25. The Dartmouth Farmers Market is held on the lawn next to the parking lot at St. Mary's Catholic Church, 783 Dartmouth St., Dartmouth.

Features locally grown produce and live music. The focus of this year's market will be educating the public on the importance of eating healthy locally grown fruits and vegetables.

Fairhaven Farmers Market

Open on Sundays from 11 a.m. to 3 p.m. at 151 Alden Road in Fairhaven. The market opens on June 23.

New Bedford Farmers Market

The New Bedford Farmers Market is open from June to October at three locations. Credit, debit, SNAP and HIP benefits accepted.

- **Saturdays:** 10 a.m. to 2 p.m. at Clasky Common Park, 1118 Pleasant St., New Bedford, MA 02740.
- **Mondays:** 2 to 6 p.m. at Brooklawn Park, 1997 Acushnet Ave., New Bedford, MA 02745.
- **Thursdays:** 2 to 6 p.m. at Custom House Square, 21 Barkers Lane, New Bedford, MA 02740.

The New Bedford Farmers Market will also be hosting food demos on June 13 at Custom House Square from 4 to 7 p.m. during the AHA! Pride Block Party.

For more information, visit coastalfoodshed.org.

Old Rochester Farmers Market

Tuesdays from 3 to 6 p.m. from June 11 to Sept. 10. Located at the Older Rochester Regional Junior High School, 133 Marion Road, Mattapoisett.

Live entertainment each week. Story time from 3:30 to 4:30 p.m. Exotic pets from 4:30 to 5:30 p.m.

Coastline Receives Innovation Award for New Nutrition Program

The National Association of Area Agencies on Aging (stylized as the "n4a") has announced that Coastline is one of the recipients of a 2019 n4a Aging Achievement Award.

The n4a has selected Coastline's Medical Nutrition Therapy Pilot Program, which became fully operational in July 2018, in the Nutrition category.

Coastline will be honored during the n4a's Aging Innovations & Achievement Awards luncheon held on July 28 in New Orleans. The award ceremony is part of the n4a's 44th Annual Conference and Tradeshow. The MNT Program will also be highlighted in a best practices publication.

Medical Nutrition Therapy is an evidence-based program that helps consumers manage certain chronic conditions through the use of an individually tailored plan created by a dietitian. MNT is just one facet of the range of services offered by Coastline's Nutrition Program.

Any individual age 60 or over within Coastline's coverage area can access the agency's nutrition counseling services, in which a dietitian meets with you to discuss your concerns.

"The first visit is an assessment," said Coastline dietitian Katlynn Ferreira. "We meet consumers and ask about their background, what

they normally eat in a day, their medical history, their physical activity, and any dietary restrictions they're following. Then we dive right into their primary concerns."

The dietitian can help consumers set goals, plan meals, measure results and schedule follow-up assessments.

"It's very individualized counseling," said Ferreira. "We always establish some kind of recommendation, and it's based off of what the consumer is already doing. We make small, attainable goals because we know that things don't change overnight."

She said goals often incorporate the consumer's loved ones and caregivers because those individuals play an important role in food shopping and meal preparation. The nutrition counseling sessions are also an opportunity to make other referrals – to other services at Coastline or to other services offered by the Nutrition Program, such as the Meals on Wheels program.

"There's so much to nutrition counseling. We don't just go to the consumer's home and make a meal plan," she said. "They could have a different issue that's contributing to their eating patterns."

To learn more about the range of services Coastline's Nutrition Program offers, call 508-999-6400 or visit coastlinenb.org.

Check out
Healthy Cooking
with Coastline
on YouTube



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

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5
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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.

Senior Bullying Announcement: Anyone in the community can help individuals who feel bullied by talking about the situation, by building a welcoming environment at senior community centers and other public venues, and by simply “being kind and respectful.” In the next few months, this is a topic the Acushnet COA staff and volunteers will be exploring. Keep an eye on the newsletter, the COA’s social media and in the newspaper for more information about upcoming anti-bullying events and workshops.

Community Connections Workshop: June 7, 10 a.m. Learn to connect in sincere and kind ways with your neighbors and peers at this free, interactive workshop. Scott Francis will lead us through exercises that foster personal growth and social connections. Please call 508-998-0280 for more information.

Painting Class (acrylics): June 17, 1 p.m. at the Acushnet Senior Community Center with the extremely talented Kristen Vincelette. No talent or experience required. Creations will be taken home the same day. \$5/per person due at time of registration.

Alzheimer’s – Know the 10 Signs: June 21, 10 a.m. Free, please call to register, 508-998-0280. This workshop is presented by the Alzheimer’s Association.

Protect Yourself From Medicare Fraud: June 24 at 1:15 p.m. at the Acushnet Memory Café at the Acushnet Public Library, 232 Middle Rd. This free information workshop will provide you with the tools to become a more informed and engaged health care consumer including information about the new Medicare cards.

Women’s Drum Circle: Facilitated by Ellie Higgins. June 27. \$4/per person.

Funny Money at Newport Playhouse: July 21. Depart Acushnet: 10:45 a.m. Price includes buffet, play, cabaret and round-trip school bus transportation. Please call 508-998-0280 for more information.

Diamonds and Pearls: The Ultimate Tribute Show (Lake Pearl – Wrentham, MA). Aug. 28. Enjoy the biggest hits from Neil Diamond, Carole King, Johnny Cash and more! Choose from baked scrod or stuffed chicken. Please call 508-998-0280 for more information.

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.

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: This group meets at 2:15 p.m. every Friday at the Acushnet Senior Community Center with instructor Pati Cautillo. 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

Memoir Writing Workshop: June 3 from 11 a.m. to 1 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. Walk-ins welcome.

Diabetic Shoe Clinic: June 13 at 11 a.m. Hosted by ENOS.

June Movie: June 13 at 1:30 p.m. “A Dog’s Way Home.”

Online Safety Presentation: June 17 at 1 p.m. Robin Putnam of the Office of Consumer Affairs will cover online safety and how to protect yourself from scams and identity theft.

Discovery Center for Civic Engagement: June 18 from 6:30 to 8 p.m. Join the Council on Aging for a seminar on its latest project, the Discovery Center. The Discovery Center is a volunteer-driven initiative that can help you find volunteer work in your community.

Basic Drawing: June 18, 25 and July 1, 8 from 1 to 3 p.m. with artist Jane Bregoli. \$48 for four classes.

Family Art Explorations: Four consecutive Tuesdays starting June 18 from 3:30 to 4:30 p.m. with artist Jane Bregoli. Learn about making art with your child or grandchildren. Cost is \$6 per person/child.

Summer Shindig: June 21 from noon to 2 p.m. Barbecue chicken and summer salads. Entertainment by Billy Couto. \$6. Sign-up starts June 1.

Wellness Concerns for Older Adults: June 24 from 9:30 to 11 a.m. A mini health fair by the Bristol-Plymouth Practical Nurse Program. Walk-ins welcome.

Essential Oil Workshop: June 24 at 11:15 a.m. Presentation covers items to use during the summer. Free, with make-and-takes for a fee.



REMEMBER WHEN? Send us your old photos and a brief description, and we’ll include them in the paper. Email sthomas@coastlinenb.org or mail photos to *Senior Scope* at Coastline, 1646 Purchase St., New Bedford, MA 02740.

Cannabis for Seniors presentation: June 25 at 1 p.m. Presented by holistic practitioner Kathy Furze-Spencer. Please call to pre-register.

Dartmouth Community Blood Drive: June 28 from 1 to 6 p.m. at the Council on Aging. Sponsored by the U.S. Army Reserves.

Summer Dinner Dance at the Center: July 16 from 5 to 7 p.m. Dinner and entertainment provided by The Cottages at Dartmouth Village. Sign up at the council on aging beginning June 15.

Annual Memorial Service: July 18 at 6 p.m. Beacon Hospice and the Dartmouth Council on Aging invite you to the Annual Memorial Service. After the memorial service, they will release butterflies. RSVP to Barbara Cobb at 508-324-1900.

“My Annie Hall”: July 21 at 2 p.m. A unique short film screened at the New Bedford Whaling Museum. \$20 tickets. Call 508-990-5651.

The Visionary Van Gogh: July 24 at 1 p.m. This presentation explores the work and technique of Van Gogh. Pre-registration begins June 15.

Paw Sox Silver Senior Day: Aug. 15. Van leaves at 8:30 a.m. and returns around 3 p.m. \$15 tickets. Seating is limited. Sign up now.

Yesterday’s Children: Aug. 18 at Rachel’s Lakeside. This event is a celebration of the lives and accomplishments of Dartmouth residents age 85 and above.

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.

Fall Trip: The Dartmouth Friends of the Elderly will be hosting a trip this fall through the cities of Central and Eastern Europe. Call Maria Connor at 508-999-4717 or 508-636-6453 to sign up.

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

NEW! Memory Café: 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. Participants must be accompanied by a caregiver or responsible party. For info, call 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.

Computer Technology for Seniors: Computer classes will continue in June. Space is limited. Sign-up at the front desk. Classes are held from 9 to 10 a.m. The first class will run on June 3, 5, and 7. The second will run on 10, 12, and 14.

June Entertainment: June 5–Dave & Deb; June 6–Ray J; June 12–Dave & Deb; June 13–Ray J; June 19–Karaoke with Rick; June 20–Ray J; June 26–Dave & Deb; June 27–Jordan Paiva.

June Trips: June 5–Tiverton Casino; June 12–Garden City, Cranston, RI; June 19–South Shore Plaza; June 26–Thames St. Newport, RI.

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.

Boston Hospital Shuttle: With the Southeastern Regional Transit Authority (SRTA). \$25. New Bedford on Tuesdays; Fall River on Thursdays. For more info, call 508-979-4029.

Grief Support Groups: Widows and Widowers Grief Support Group, first Tuesday of the month from 5 to 6:30 p.m. General Loss Grief Support Group, third Tuesday of the month from 5 to 6:30 p.m.

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.

Continued on Page 11

At the Senior Centers continued...

Hazelwood Senior Center

For more information, call the Hazelwood Senior Center at 508-991-6208. Hours: 9 a.m. to 3:30 p.m. from Monday through Friday.
Summertime Jam Event with Candida Rose: June 4, \$15
Blood Pressure Clinic: Every first Wed. of the month, 11 a.m. to noon.
Cake Celebration: Every last Friday of the month, 12 to 12:30 p.m.
Visual Support Group Meeting: Every third Tuesday, 9 to 11 a.m.
Activity Day with Senior Whole Health: Every last Tuesday of the month, 11:30 a.m. to 12:30 p.m.
Cricut: Every second and last Tuesday of the month, 9 to 11 a.m.
Mondays: Beginner's Spanish 9 to 10 a.m.; Adult Coloring 9 to 10 a.m.; Zumba Gold 10:15 to 11:15 a.m.; Chair Massage Therapy 12:45 to 2 p.m. (cost \$3/15 mins.); Chair massage on first and third of the month.
Tuesdays: Adult coloring/Puzzles 9 to 10 a.m.; Cricut Crafters 9:30 to 11 a.m.; Line Dancing with Lynn 1 to 2:30 p.m.
Wednesdays: Chair Yoga 10 to 11 a.m.; Card Players 11 a.m. to noon; GNBCHC Blood Pressure Clinic at 11 a.m.; Coastline Lunches at 11:30 a.m.; Bingo 1 to 3 p.m.
Thursdays: Knitting & Crocheting 9:30 to 11:30 a.m.; Zumba Toning 12-1 p.m.; Garden Club 1 to 2:30 p.m.
Fridays: Chair Yoga 9:30 to 10:30 a.m.; Cards & Dominoes 11 a.m. to noon; Coastline Lunches at 11:30 a.m.; Bingo 1 to 3 p.m.

Marion Senior Center

Hours: Monday through Friday, 9 a.m. to 3 p.m. Like 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 to 7 p.m. "Mixed Medium," July 3 through Aug. 12. Opening reception July 11 from 5 to 7 p.m. "Children's Show," Aug. 14 through Sept. 2. Opening reception Aug. 15 from 5 to 7 p.m. "Canal Side Artists," Sept. 4 through Oct. 30. Opening reception Sept. 5 from 5 to 7 p.m. "Art for All Ages," Nov. 1 through Dec. 2. Opening reception Nov. 7 from 5 to 7 p.m. "Anything Goes: Whimsy, Abstract, Fun & Fantastic," Dec. 4 through Jan. 2. Opening reception Dec. 5 from 5 to 7 p.m.
Sippican Lands Trust Hikes: June 4: Hagemann Woods. July 2: Osprey Marsh. Aug. 6: Brainard Marsh. Sept. 3: Peirson Woods. Oct. 1: White Eagle.
Butterflies of Cape Cod: June 3 at 12:30 p.m. A presentation with Joe Dwelly, featuring pictures, habits, relationships and plants associated with local butterflies.
Amazing Animal Ambassadors: June 10 at 12:30 p.m. This live animal show will amaze with a variety of animals, such as parrots, exotic mammals, large reptiles and insects from around the globe. Call the center to reserve lunch at 11:30 a.m.
Fall Prevention at Any Age: June 17 at 12:30 p.m. This interactive presentation focus on preventing falls and how to preserve your independence. The Marion Fire Dept. will be to explain what services they offer.
Hearing Loss and Treatment Options: June 24 at 12:30 p.m. Join Dr. Kristy Lamoureux for a presentation on hearing loss and treatment options.
Day Trips: Dexter Grist Mill, June 18 at 10 a.m. Tour the Hoxie House. Afterward, dine at the British Beer Company.
Newport Flower Show, June 21 at 10 a.m. Judged floral designs, free lectures and demonstrations. Tickets are \$25 and available at the entrance.
Cape Cod Lavendar Farm, June 27 at 10 a.m. Walk around the lavender plants then have lunch at The Brax Landing Restaurant in Harwich Port. Cost of the trip is any purchases you may make and your lunch.
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.
Save the Date: Join the Friends of the Marion Council on Aging for an evening on Sippican Harbor. Aug. 7 from 4 to 7 p.m.

Mattapoissett Senior Center

For more information on any activities, trips and services, please call the Mattapoissett Council on Aging at 508-758-4110 or go to mattapoissett.net/council-aging.
Hearing Loss Presentation: June 11 at noon. RSVP to 508-758-4110. There will also be hearing screenings on June 17 from 9 to 11 a.m. Appointment required.
Open House: June 13, 6 to 9 p.m. The public is invited to a Council on Aging open house hosted by the Mattapoissett Council on Aging Board of Directors. The open house includes a history of the building's benefactor, Henry Huttleston Rogers.
Gallery Tour: June 27. Van leaves Matt. Park & Ride at 8:30 a.m. "Moby Dick: Inspired Visions" gallery tour by artist Peter Michael Martin at the Cape Cod Museum of Art. Followed by a three-course meal at Encore Bistro. Total cost: \$43. All payments due by June 20.
Movie & Pizza: June 25 at noon. \$1 a slice. RSVP required. The film this month will be "On the Basis of Sex," a Ruth Bader Ginsburg story.
Free Computer Tutor: Friday mornings at the COA. By appointment; up to six-week sessions. Call to register.
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 Mattapoissett 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. Mattapoissett 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.

BBQ Season: Will return on select Mondays at noon, starting June 10. Sign up ahead of time. \$5 donation suggested.
Conversational French: Suspended until the end of summer. This popular activity will resume in the fall.
Veterans Social: June 6 from 6 to 8 p.m. All veterans of any age are welcome to attend this informal gathering. Free.
Friday Movies: Free. June 7 "Mary Queen of Scots"; June 14 "Searching"; June 21 "Ben is Back"; June 28 "Little Italy."
Veterans' Social: June 6 from 6 to 8 p.m. All veterans are welcome to attend this informal gathering. Refreshments are provided. This is a free event.
Plymouth Food Truck Festival: June 8 at Cordage Park Waterfront in Plymouth. The bus will leave Rochester at 11 a.m. and return at 5 p.m. Admission is free. There will be many artisans and a variety of food. Please sign up in advance.
Friends Board Meeting: June 12 at 10 a.m. All members are welcome. New members of any age are always welcome.
What's in Season?: June 18 at 10 a.m. Community Nurse Home Care will present on what produce is available this season and meal planning.
Legal Options Presentation: June 19 at 4 p.m. South Coastal Counties Legal Services will present and offer answers on various legal topics.
Quarterly Birthday Party: June 24 at noon. For those who celebrated a birthday in April, May and June. RSVP 508-763-8723.

Dementia Directory
www.alzconnected.org

Memory Cafés

Acushnet: Acushnet Public Library, 2332 Middle Rd. Mondays from 1 to 3 p.m. Info: 508-998-0280.
Fairhaven COA Memory Café: Every Tuesday, 1 to 2:30 p.m. 229 Huttleston Ave., Fairhaven. Info: 508-979-4029.
Waterfront Memory Café: Every Wednesday. 11:30 a.m. to 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.
New Bedford: Portuguese-Speaking Memory Café, Fridays at Project Independence, 250 Elm St., New Bedford. 12:30 to 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 to 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 to 7 p.m.
Wednesdays:
Fairhaven Council on Aging: with Fairhaven Community Nurse & Hospice Care, 508-992-6278. First Wednesday of the month, 1 to 2 p.m. RSVP.
Royal of Fairhaven Nursing Center: with Maureen Bradley, 508-997-3193. Fourth Wednesday of the month, 6 to 7 p.m.
New Bedford, Wilks Library: 1911 Acushnet Ave. with Alan Johnson, 508-775-5656. Fourth Wednesday of the month, 2 to 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 to 2 p.m.
Fridays:
Dartmouth Council on Aging: First Friday of the month at 1 to 2:30 p.m. Open to all caregivers. Contact Carolyn Lazaris at 774 510-5204 or Stephanie Gibson at 774 510-5209.

Events

Walk to End Alzheimer's: The Walk to End Alzheimer's will return to the South Coast on Sept. 21 at Bristol Community College, 777 Elsbree St. in Fall River. You can register now by visiting alzwalkMANH.org.

Travel

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

- **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.

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

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
- **Aug. 19:** Encor Casino, Boston
- **Aug. 21:** Indian Princess Lake Cruise, and lunch @ the Samuel Slater Restaurant Webster, MA

July

- **July 17:** Michael Minor at the Flying Monkey in Plymouth, NH
- **July 22:** Twin River Casino

September

- **Sept. 4:** George's of Galilee Lobster Dinner/Mohegan Sun Casino \$15 food coupon & \$15 free Wheel Play

June 2019 Trivia Quiz Answers

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

Community



Lillian Fernandes performed piano during the fourth annual Senior Talent Showcase on May 5 in the Fairhaven Town Hall's auditorium. She was one of eight people to perform during the event. The event was hosted by the Fairhaven Rotary Club, and the entire show will air on Fairhaven Cable Access Television.

Seniors Show Off Their Talents at Fairhaven's Senior Talent Showcase

A group of seniors sang songs, played piano and told jokes during the fourth annual Senior Talent Showcase, held at the Fairhaven Town Hall on May 5. The event was hosted by the Rotary Club of Fairhaven.

Melissa Kucharski, the treasurer of Fairhaven's Rotary Club and past president, said she started the show four years ago when she was missing her grandparents.

"For the first year, we partnered with the Fairhaven Council on Aging. [Director] Anne Silvia helped us a ton," said Kucharski. "It was huge. We were over-capacity at the council on aging, so we moved it to the town hall."

Her favorite part of the show: when she sees everyone in the audience happy to be there, singing and clapping along.

During the opening half of the show, the audience did just that, joining in when Ralph Beardsworth

performed Hank Williams' "Hey Good Lookin'."

"It's great. It brings the community together," said Kucharski.

For the first two years of the event, contestants would walk away with trophies, but awards were removed from the show in subsequent years to emphasize fun.

Performers do walk away with a memento, however. Each participant will receive a framed photo of their performance during the show as well as a thank-you letter from the Rotary Club.

Any proceeds from the event will go to the Rotary's scholarship program, which benefits high school seniors living in Fairhaven. This year they had 27 applicants.

You can watch the senior talent show in its entirety on Fairhaven Cable Access Television's Facebook page or YouTube channel by visiting: <https://youtu.be/s3e6ub-He-OA>

Annie Hall continued...

in building this project."

The Rotary and the Friends of the Elderly are hoping the screening will be an intergenerational event and an opportunity for young people to find inspiration from fellow artists.

"I was always very much in favor of intergenerational events," said Maria Connor, President of the Dartmouth Friends of the Elderly. "I think we've made a lot of strides in communicating, but there are still a few lines we should cross to make it possible."

Marland noted how, when Starr and Sachs started the project, they visited about 10 different senior centers to pitch their theater class

before finding Lennox Hill. She noted that, had they pitched this idea in the South Coast, the two would likely have had plenty of seniors willing to take on the project.

"Our culture has put aside the importance of the conversation, the importance of storytelling," said Marland. "And that's what this is. It's the interpretation of a story through young filmmakers using the resources of the community – meaning the seniors – and sharing the significance of the project."

"My Annie Hall" will be screening on July 21 at 2 p.m. at the New Bedford Whaling Museum, located at 18 Johnny Cake Hill in New Bedford. You can buy tickets, which are \$20 per person, by calling Maria Connor at 508-990-5651.



Coastline and the Acushnet Council on Aging co-hosted a health fair on May 10 at the Fairhaven Recreation Center. In case you missed it, Coastline and the Bristol County District Attorney's office will be hosting the Bristol County Celebration of Seniors on June 14 at White's of Westport from 9 a.m. to noon.

Veterans' Advocate Honored for Her Continued Support

Maria Connor, a long-time vocal advocate of veterans, has been recognized for recognizing others.

Connor was honored by New Bedford-based Vietnam Veterans of America (VVA) Chapter #499 on March 30. She received a plaque and citations from the New Bedford City Council and Mayor Jon Mitchell during the chapter's annual Recognition Day, which was held at Fort Taber.

"Veterans are always close to my heart. Growing up, there was always someone in uniform in my house," said Connor, noting that her younger brother, husband, nephews and members of her husband's family have all served in some capacity.

Connor, who is the President of the Dartmouth Friends of the Elderly, has had a long record of supporting and publically recognizing veterans.

Her advocacy was partly



Dartmouth Friends of the Elderly President Maria Connor stands at the Veterans Memorial Grove located outside of the Dartmouth Council on Aging with a plaque awarded to her from VVA Chapter #499, which she received on March 30.

inspired by the aftermath of the Vietnam War, whose veterans were met with public hostility and institutional indifference. She said her brother, who served in Vietnam as a Green Beret, was "never the same" after he came home.

"You saw a change in him," she

said. "He was withdrawn. And that has an effect on the family, too."

She said her brother moved to Maine and lived a mostly secluded life before dying in his 60s from lung cancer, which was linked to Agent Orange.

"Veterans have a tendency to

not open up. They keep a lot of stuff inside," she said. "They need to talk to someone. People should be ready and available to sit down with a veteran to talk."

Year after year at the Veterans Day breakfast, an event Connor helps organize at the Dartmouth Council on Aging, guest speakers have urged veterans to talk about their experiences. A recent report from the Department of Veterans Affairs found that veterans are twice as likely as citizens to die by suicide. Experts cite a lack of access to mental care and a sense of disconnection from society as possible causes.

"They deserve a lot more than what they're getting," said Connor. "They give so much. Their families give a lot. And yet when they come back, they have to fight for the services that they need."

"My aim is to continue to fight for everything that they deserve," she said.