

# Senior Scope

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

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## Community Effort Gets the Ball Rolling at Hazelwood

Amid the sprawling field behind the Hazelwood Senior Center, kids, seniors, and everyone in between took turns rolling lawn bowls and swinging croquet mallets.

On July 9, the bowling green at Hazelwood Park had something of a relaunch when children from the nonprofit Youth Opportunities Unlimited took part in an instructional clinic on lawn bowling and croquet from national professionals and local aficionados.

The newly formed community organization Friends of Hazelwood Park, in collaboration with the New Bedford Parks, Recreation and Beaches Department, plans to restore the greens to tournament quality.

"If we can bring it back to its former glory, that's a resource for the city," said Chance Perks, chairman of the Friends of Hazelwood Park.

Mary Rapoza, the Director of the Parks, Recreation and Beaches Department, has childhood memories of lawn bowlers gathering at Hazelwood Park. The greens would be packed every weekend, she said. But interest in the sport fizzled over the decades, and the bowling greens were largely abandoned by players save for one group, Youth Opportunities Unlimited (formally known as Trips for Kids), which has utilized the space for the past



People from every age group gathered at Hazelwood Park on July 9 for a lawn bowling and croquet clinic. Community organizers and New Bedford's Parks, Recreation and Beaches Department are looking to restore the greens in a bid to revitalize the sport locally and draw professional players from outside the area.

15 years.

"When Trips for Kids began, we were looking for destinations on the South End where kids could have a new experience and we could get them there and back by bike," said JoAnn Tschaen, who founded the kids' organization. "Hazelwood Park is a beautiful destination for our youth development program because there is a lot to do here."

The group was able to secure lawn bowling equipment through donations from local families, and the children showed an interest in

forming teams.

"We decided to approach the city and see if we could restore the greens," said Tschaen. "We saw an opportunity because we discovered that lawn bowling is a sport played all throughout the country."

Rapoza said that last year the Friends and the Parks and Rec Department secured a Community Preservation Act grant for the restoration project as well as an anonymous donation of \$50,000.

*Continued on page 8*

## Rochester COA Director to Retire in August

The patrons who frequent the Ye Olde Breakfast Shoppe, the volunteer-operated restaurant housed at the Rochester Council on Aging, love that on most mornings Sharon Lally, the director of the senior center, will work her way around the room, catching up with the visitors at each table.

"No matter what, I've always seen a smile on her face. I love that about her," said Doreen Grover.

Lally will be retiring at the end of August, following 13 years as the director of the Rochester Council on Aging. She will be replaced by Cheryl Randall, the former director of the The Association for the Relief of Aged Women of New Bedford. Lally has served as

a director of five councils on aging throughout Massachusetts over the past 25 years.

While known locally for her



Sharon Lally (fourth from right) with a group of breakfast patrons at the Rochester COA on July 19. Lally will retire at the end of the month after more than 13 years in Rochester.

work with senior citizens, Lally started her career working with high school seniors. Right out of college, she worked as a home economics teacher in northern Massachusetts.

She soon found out, however, that the life of a high school teacher was not for her.

For years, Lally worked in nursing homes as an activity director and eventually taught certification classes on the subject throughout the state. After working toward a master's degree in gerontology, she landed her first council on aging job in Andover.

"I was green as green could be," said Lally. "They were looking for programs, and I believe I was hired because that was my strength."

Throughout her career, Lally has also served as a director for councils on aging in Fall River, Duxbury and Needham. When she arrived at Rochester, she said the

*Continued on page 2*

COA director retires continued...

building was relatively empty and finding new participants became her top priority.

About two years later, she collaborated with the Rochester Lions Club to launch a breakfast program that became a major success. This November the program will be in its 11th year.

“We had another restaurant in town, but it was very small and you couldn’t sit and talk,” said Cecelia Hall, a frequent council on aging volunteer. She said the Ye Olde Breakfast Shoppe became the new game in town.

“And the price is right,” her husband, Rick Hall, added.

“It’s a family affair. You keep coming, and you meet the same people and you discuss things,” said Henry Stopka, a breakfast patron of many years. “You can come here and express yourself.”

Lally said the breakfast program was like a building block for the center. The restaurant is for people of every age and is not limited to Rochester residents, and Lally makes an effort to meet the patrons and spark their interest in everything else the center offers.

“We’re going to miss her here,” said Betty DeVincent, who was sitting at a table packed with her friends. “She’s a fixture here, and

she’s done a wonderful job.”

While Lally said the breakfast program is likely the most successful program she started during her time in Rochester, she’s also proud of completing the lengthy national accreditation process for the center.

The Rochester Council on Aging is one of nine accredited senior centers in Massachusetts. Lally has accredited the Needham Council on Aging twice and Rochester three times. The process helps formalize nearly every aspect of a senior center and helps pave the way for future improvements. Dozens of volunteers have been involved in the extensive project.

“Sharon has a vibrant community of volunteers,” said Ann Soares, a Rochester Council on Aging staffer. “She creates opportunities for volunteerism, and she’s always doing outreach.”

Lally is happy that, these days, the center is considered a focal point in town.

“The people that I have around me are wonderful,” said Lally. “I’ve been so fortunate to have dedicated staff and volunteers who step up to the plate and make this place what it is. You can’t do it alone.”

“It’s been wonderful. I’m going to miss a lot of people, but I do intend to return as a volunteer or a participant,” she said.

## Letter from the Editor

Dear Reader,

Hope you’re staying cool this summer.

I’m excited to announce that, starting with this issue, *Senior Scope* has a new community partner. Cam Bergeron, whom you may already know through the exercise classes he teaches at some of our local councils on aging, has offered to contribute health and fitness tips and information.

Cam is an exercise physiologist and a Certified Strength and Conditioning Specialist who has taught throughout the state. For the article that appears on page 5, we started with something foundational: posture. By being more aware of the way you move, you can hopefully prevent falls.

A couple of his students were even kind enough to demonstrate some moves that can help build back strength, which could in turn help with your posture.

Be sure to check out the article, and, if you’re interested in learning more, visit one of his classes. He offers a class at the Hazelwood Council on Aging on Wednesdays at 9 a.m. and at the Dartmouth Council on Aging on Wednesdays and Fridays from noon to 1 p.m.

I would be remiss if I didn’t use this space to wish Sharon Lally, the director at the Rochester Council on Aging, a happy retirement.

I visited the Ye Olde Breakfast Shoppe this past month to talk with the patrons about Sharon’s departure, and almost everyone I spoke with mentioned how much it meant to them that, nearly every single morning, Sharon begins her day by walking around the room, greeting the people gathered at each table.

It’s been a pleasure working with you, Sharon, and I know everyone at the council on aging is going to miss you, too.

Summer will be over before we know it, so be sure to check out the rest of the issue for things to do around the South Coast. There’s lawn bowling in New Bedford, a new art show in Marion, and the Walk to End Alzheimer’s in Fall River is weeks away. You can also follow Coastline on Facebook for regular updates at facebook.com/CoastlineNB.


And thank you for picking up a copy of *Senior Scope*.

Best,

, Editor

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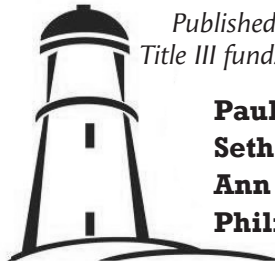
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Donations for August 2019

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.

Donations, year to date: \$265

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# Money

## Communities Fighting Fraud

By Delia De Mello  
*Social Security*

Older people are at a greater risk of fraud and other forms of financial exploitation. The U.S. Postal Service has seen an increase in mail fraud and is promoting community strength and fraud awareness as a way to prevent abuse. Social Security agrees. You can help your loved ones fight fraud.

You may receive an advertisement in the mail that could be from a private company or even a scammer. United States law prohibits people or non-government businesses from using words or emblems that mislead others. Advertisements can lead people to believe they are affiliated with or are endorsed by Social Security.

Scammers commonly target people who are looking for Social Security information. If you receive misleading information about Social Security, send the complete advertisement, including the envelope it came in, to:

**Office of the Inspector  
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Social Security Administration  
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Baltimore, MD 21235**



Delia De Mello,  
Social Security

We have also received reports where someone pretending to be a Social Security employee has contacted members of the public.

The intent of this type of call may be to steal your identity and/or money from your bank accounts. They may state that your Social Security number will be suspended, or they may demand immediate payment. The caller generally asks you for personal information such as your Social Security number, date of birth, your mother's maiden name, or your bank or financial account information.

You should not provide any of this information to these individuals.

It's possible that a Social Security employee may contact you to follow-up on a previous application for Social Security benefits or to follow-up on other business you initiated with Social Security.

Remember, Social Security employees will never threaten you or demand any kind of payment in exchange for services.

It's important that you report any and all fraud. This can only strengthen our communities and your family. You can report Social Security fraud at [oig.ssa.gov/report](http://oig.ssa.gov/report).



## Volunteers needed

Coastline's volunteers help children learn, support older adults, and strengthen our community.

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# Update

## NBHS Class of '59 to hold 60th Reunion

The class of '59 New Bedford High School will hold its 60th class reunion on Sept. 8 at the Wamsutta Club, located at 427 County St. in New Bedford, from noon to 5 p.m.

Cost is \$45 per person. Classmates interested in attending, contact Beverly Souza at 508-994-6367 or Barbara Pereira at 508-992-5051. Checks payable to "Class of 59 NBHS" can be mailed to Beverly Souza, 388 Dartmouth St., New Bedford, MA 02740.

## Free Concerts

The New Bedford Symphony Orchestra has announced a summer-long celebration of music in the cities of New Bedford and Fall River. All concerts are free. More than 20 concerts are scheduled. For more info (and for a list of Fall River concerts), visit [nbsymphony.org](http://nbsymphony.org) or email [info@nbsymphony.org](mailto:info@nbsymphony.org).

Below is a selection of New Bedford concerts scheduled this summer:

- Aug. 8, 5 to 6 p.m., AHA! Night, Custom House Square, 21 Barkers Lane, New Bedford
- Aug. 8, 6 to 7 p.m., AHA! Night, Rotch Jones Duff House, 396 County St, New Bedford
- Aug. 11, 1 to 2 p.m., Rotch Jones Duff House (free admission noon to 3 p.m.), 396 County St, New Bedford
- Aug. 16, 10:30 to 11:30 a.m., Clasky Common Park, 1359 Purchase St, New Bedford
- Sept. 12, 6 to 7 p.m., AHA! Night, Whaling Museum's Captain Paul Cuffee Park
- Sept. 20, 5:30 to 6:30 p.m., Buttonwood Park Zoo (in park near Zoo entrance)

## Grandparents Raising Grandchildren

Grandparents Raising Grandchildren provides support with monthly support groups, information, special programs and referral services. Support groups are held every third Tuesday of the month from 6 to 8 p.m. at New Bedford City Hall, 133 William St., Room 314. Contact Brenda Grace for more info: 508-996-0168 or [bgrace\\_1@yahoo.com](mailto:bgrace_1@yahoo.com). This program is partly funded by Coastline/EOEA.

## Thrift Shop Seeks Volunteers

The thrift shop at the First Unitarian Church of New Bedford is seeking volunteers. The church is located at 71 8th St. in New Bedford.

The shop is open on Mondays 9 a.m. to 12:30 p.m.; Wednesdays 9 a.m. to 1 p.m.; Thursdays 1 to 4 p.m.; and Saturdays 10 a.m. to 2 p.m.

Proceeds from the shop benefit the community. Every month, the shop has a new sale. Items for sale include furniture, clothes, books and more. Call 508-542-5348 to learn more about volunteering opportunities at the shop.

## Crafters Wanted

St. Julie Billiard Parish is seeking crafters for its upcoming fair, Septemberfest, which will be held on Sept. 22 from 9 a.m. to 4 p.m. The Rain date is Sept. 29. The parish is offering 12 x 12 spaces for \$35. Call 508-496-3559. St. Julie Billiard is located at 494 Slocum Road in Dartmouth.

## 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.

## 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) at 8:30 a.m. The program runs until Aug. 22. For info, call 508-287-2482 visit their Facebook page at: [facebook.com/fitnessincushmanpark](https://www.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.

## Visit Huttleston Marketplace

Huttleston Marketplace is an outdoor bazaar featuring vendors selling handmade arts and crafts, antiques and vintage collectibles, fresh produce, and locally prepared foods.

Held Saturdays through Sept. 14 from 10 a.m. to 4 p.m. at the Fairhaven Visitors Center Lawn/Fairhaven High School Lawn, 141 Main St. in Fairhaven.

## Historic Walking Tour

Take a guided tour of the "Lighting the Way Walking Trail." Learn about local history as you walk through downtown New Bedford.

The "Women Changing History" tour will be held on Aug. 15, Aug. 29, Sept. 12 and Sept. 26. The tours are from 10:30 a.m. to 11:30 a.m. Tours leave from the Whaling Museum and are free for everyone.

Learn about the history of New Bedford through the lives of South Coast women who fought to make the world a better place. Presented by the Whaling Museum's project Lighting the Way: Historic Women of the South Coast and the New Bedford Whaling National Historical Park program, Lighting the World.

## 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

## To Prevent Falls and Build Strength, Start with Better Posture

While we may recall our parents urging us to “stand up straight,” that advice becomes even more important for older adults. By aligning your body properly – whether you’re standing, walking or sitting – you’re building strength, lessening your chance of injury and falls.

“As we age, gravity starts working against us. We start rounding our backs more, and, once we start rounding over, our center of gravity changes,” said Cameron Bergeron, an exercise physiologist.

Having a rounded back will cause your chest to lean forward. So, instead of having a vertical center of gravity, the weight of your forward-leaning upper extremities will be pushing you along. This will begin to affect every step you take, and walking with a perpetual forward tilt can lead to chronic pain.

Poor posture has also been linked to neck, knee, hip, and back pain as well as a decrease in flexibility, mobility, and your ability to breathe.

“Just like your car, if something’s wrong with your tire’s alignment, it’s going to affect something else. If your rims are warped, it could affect a ball joint,” said Bergeron. “The same thing is true with your body: if you’re always hunched over, everything changes.”

Compounding the problem is that much of our modern lives compel us to lean awkwardly. Craning your neck to read, sitting in a car or in front of a TV for long periods of time, or the nature of our livelihoods can affect our posture.

So what does good posture look like exactly?

To achieve proper posture while standing, start by giving yourself a quick body scan. Your toes should be straight. There should be a slight bend in your knees. Squeeze your belly button into your spine. Your shoulders should be rolled back with your chest out. Your shoulders should be aligned right over your hips. Your chin should be level with the floor.

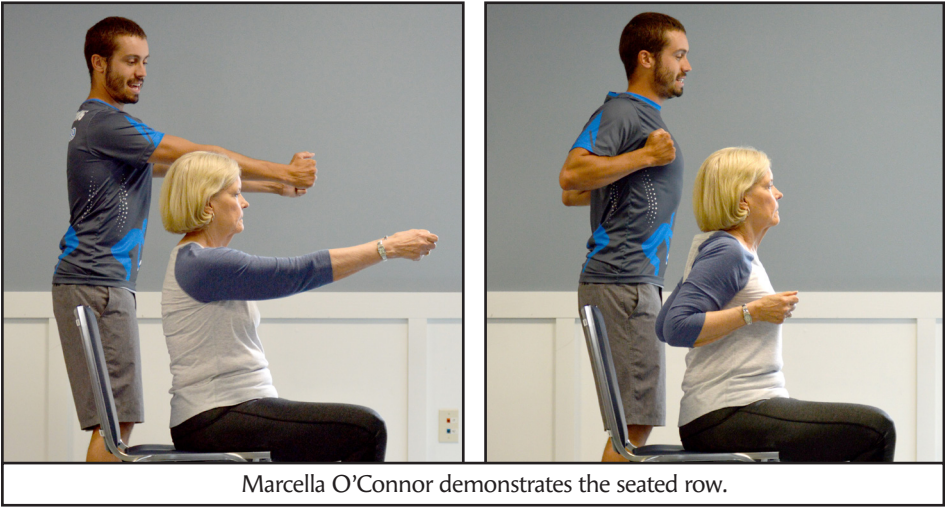
That’s a lot to remember. But, if you’re walking down the street and catch a glimpse of your reflection in a store window, take notice of your posture. If you’re hunched over, think “chest up, shoulders back, abs tight” for a quick correction.

To improve your posture while seated, sit up straight and place both feet flat on the floor. Your knees should be in alignment with your hips, your head facing forward so your chin is parallel with the ground.

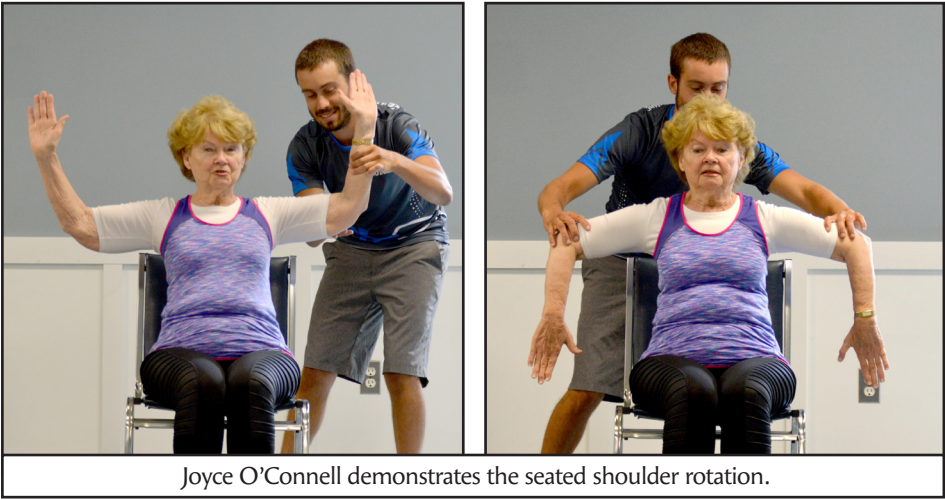
What you may find is that maintaining proper posture for extended periods of time may cause soreness in your back. Bergeron said that’s because we often don’t use our back muscles frequently enough. When we don’t use these muscles, our brain forgets how to activate them efficiently.

This is why regular exercise – especially exercises that strengthen the back and core – can help correct poor posture and can prevent injury. But, just like training to run your first 5k, improving your posture will take time.

“The old saying is true: if you don’t move it, you lose it,” he said. “The more you sit there and hunch over, the more you’re going to lose



Marcella O'Connor demonstrates the seated row.



Joyce O'Connell demonstrates the seated shoulder rotation.

activation in your muscles.”

Here are some exercises to help build back strength, which are demonstrated in the photos above.

**Seated Rows (Reps: 20)**

1. Sit in a chair, chest out, arms extended out straight at shoulder height with palms facing each other
2. Bend elbows and move hands to armpits
3. Squeeze shoulder blades together
4. Extend arms back out

**Seated Shoulder Rotations (Reps: 20)**

1. Sit in a chair, chest out, elbows bent at 90 degrees like a field goal
2. Keeping upper arms parallel to the ground, elbows at 90 degrees, rotate forward at the shoulders so hands move down
3. Rotate as far as you can and then return to start position
4. If pain occurs, bring elbows by side of body and rotate outward, keeping 90 degrees in elbows

## Walk to End Alzheimer’s Fundraiser Returns on Sept. 21

The annual Walk to End Alzheimer’s, a signature fundraising event by the Alzheimer’s Association, will be returning to the area on Sept. 21 at the Bristol Community College campus in Fall River. The event is a nationwide effort to raise awareness of Alzheimer’s and related dementias and raise funds for research, support groups and educational programs.

The Fall River walk is co-chaired by Barbara Meehan and Christine Gallagher, who both have firsthand experience as caregivers. Meehan’s wife, Faye, died from Alzheimer’s after living with the disease for eight years. Christine’s husband, John, was diagnosed with Alzheimer’s about seven years ago.

Their experiences activated both to advocacy work. Meehan operates a phone support group for LGBTQ couples. The Gallaghers frequent memory cafés and, much like Meehan, speak openly and honestly about their experiences with Alzheimer’s.

“I don’t want any family to have to go through living with it and the loss attached to it,” said Meehan. “It’s an ongoing loss. Nancy Reagan called it ‘the long goodbye’ and that’s a perfect description of it.”



Mia Quinlan, Maddox Merrey, Barbara Meehan, Sophia Merrey at a prior walk.

“But at the same time, John and I have always tried to represent that there’s life after an Alzheimer’s diagnosis,” Christine added.

“There has to be life. There’s so much that needs to be done,” she said. “There are about 130,000 people in Massachusetts who have it. They all need support. They need to know that there are resources, that there are people living with it, that you should talk about it and get into support groups.”

Both mentioned the memory cafés popping up throughout the region as a great resource for those living with memory loss and their caregivers. Memory cafés launched in Europe nearly two decades ago before slowly gaining traction in the U.S. The loosely structure

gatherings provide a supportive setting for participants. A typical day at a memory café could include activities, guest speakers or music.

“I found out about the memory café in Acushnet, and it saved my sanity,” said Meehan. “You’re sitting with people who get it, who understand what you’re dealing with. I wished there had been such a thing when Faye was alive.”

Christine said the Walk to End Alzheimer’s is another way for people to meet and find support. The event begins with a ceremony, where people hold color-coded spinner flowers.

Purple flowers are for those who have lost a loved one to Alzheimer’s; yellow flowers are for caregivers; blue flowers are for

those living with memory loss; and orange flowers are for advocates. One person will carry a white flower, representing the first survivor.

Christine said, while the event is organized around a walk, that’s far from the point. The event is largely for the camaraderie, she said.

“My team is mostly people with Alzheimer’s and their caregivers. Our buddies who have Alzheimer’s have smiles on their faces,” said Christine. “Their caregivers are just so glad to be recognized by masses of people. The caregivers are usually hidden behind the scenes.”

### Resources

The Walk to End Alzheimer’s will take place on Sept. 21 at Bristol Community College, located at 777 Elsbree St. in Fall River. Register online at [alzwalkMANH.org](http://alzwalkMANH.org). You can register as a group or as an individual. You do not have to raise a minimum amount to join the walk. You may register your team online or at 8:30 a.m. the day of the event. The ceremony begins at 9:30 a.m.; the walk begins at 10 a.m.

Senior Scope publishes a “dementia directory” on page 11 of every issue. There you can find information regarding local memory cafés and support groups.

Senior Whole Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-888-794-7268 (TTY 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-794-7268 (TTY 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-888-794-7268 (TTY 711).

Senior Whole Health (HMO SNP) and Senior Whole Health NHC (HMO SNP) are Coordinated Care Plans with a Medicare Advantage contract and a contract with the Commonwealth of Massachusetts/EO-HHS MassHealth program. Enrollment depends on annual contract renewal. This plan is available to anyone 65 or older who has both Medical Assistance from the State and Medicare, or Medicaid only.

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# Your Health

## Growing Old is a Frame of Mind



By Jonathan Felix  
New Bedford Wellness Initiative

As a boy, I was taught to respect my elders. “Is not wisdom found among the aged? Does not long life bring understanding?” my father would preach. I looked to my elders for wisdom and direction.

In my teens, the Godfather of Fitness, Jack LaLanne, inspired me with his physical strength.

In his early 40s, he hammered out 1,033 push-ups in 23 minutes. In his 60s, he swam from Alcatraz to Fisherman’s Wharf. Handcuffed and shackled to a half-ton boat, he towed 2.4 kilometers.

For his 70th birthday, handcuffed and shackled, he towed 70 rowboats – with one passenger in each boat – one mile across Long Beach Harbor.

I wanted to be like Jack. Thich Nhat Hanh embodied another kind of strength I respected. Born in Vietnam in 1926, he spent

his life promoting peace and mindfulness. I came across his poetry in my teens and attended a lecture he gave at U.C. Berkeley when I was a sophomore. He taught us the art of mindful living. He also reminded us of the inevitability of old age and of death. During meditation practice, we were reminded of the brevity of this life and the impermanence of conditions – of health, of youth, of wealth, of relationships.

In November of 2014, when he was 88 years old, he suffered a brain hemorrhage, which left him paralyzed. He was unable to speak. The man who taught me to appreciate life’s simplest gifts (like walking) was confined to a wheelchair.

He was unable to attend to himself, unable to engage in arts he loved, like calligraphy and poetry. But Thich Nhat Hanh encouraged us to learn from loss, to cultivate love, compassion and non-attachment among other qualities that are fundamental to our well-being and, to a degree, independent of conditions. Regardless of circumstances, we could cultivate an inner refuge of stillness and retreat to that calm center.

As we age, many of us will lose much of what we may have taken for granted – our sight, our balance,



Jake LaLanne, the “Godfather of Fitness,” receiving a lifetime achievement award in 2007 at Muscle Beach in Venice Beach, California. [Photo by: Nathan Cremisino, Wiki Commons]

our hearing, our memory, our vigor, our beauty, our loved ones, our independence.

What, if anything, do we learn from these daily insults and humiliations?

Perhaps, we may learn the subtlest of arts: how to love, how to let go, how to forgive, how to accept impermanence and change, how to appreciate the smallest gifts, how to live mindfully in every moment, how to sit through pain, and how to transition without fear, without resentment, and without regrets to the mystery that awaits each of us after life.

“Old age ain’t no place for sissies,” the actress Bette Davis said. Every day, I see ordinary seniors navigating the vicissitudes

of life with uncommon grace, grit, humor and dignity. Many embody true strength. When the vanity of youth is spent and physical strength wanes, they show us how to stand up to life’s challenges with grit and courage, with equanimity and acceptance. They are an example to those of us who are watching.

*Jonathan Felix teaches meditation throughout the South Coast. He is the Mindfulness Coordinator for the New Bedford Wellness Initiative. The New Bedford Wellness Initiative offers free classes in aerobics, nutrition, yoga, tai chi and mindfulness on Sundays from 10 to 10:30 a.m. at the Greater New Bedford Boys and Girls Club, located at 166 Jenney Street.*

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# Better Living



Stephen Morgan (center), a national croquet champion, offers expert advice to children from Youth Opportunities Unlimited at Hazelwood Park. The City and community organizers plan to restore the greens to attract players of all levels.

Lawn bowling continued...

The anonymous donor has promised a 2-to-1 match for any donations until the end of 2019, for a potential total of \$150,000.

“Right now these are crowned greens, which are more challenging,” said Rapoza. “Even when these greens were being actively used in the city, they were unusual. Now, nobody plays on crowned greens. We’re going to have to get rid of the crowns and create a level playing area. We’re going to create tournament quality greens for both lawn bowling and croquet.”

To build momentum for the project, the city is offering instructional clinics on the greens on Mondays and Fridays in July and August.

While future clinics will focus on lawn bowling, during the kick-off event on July 9, kids also learned the basics of croquet from members of the Marion Mallet Club and professional athletes.

“Everyone was excited about getting croquet in the city,” said Ruth Nicolaci, a member of the Marion Mallet Club. “A hundred years ago, New Bedford was a prominent bowlers’ playground. You don’t have to be an athlete to play either sport.”

The Marion Mallet Club invited Stephen Morgan, a national croquet champion, to join them that morning. Morgan was fresh on the heels of his big sweep at the United States Croquet Association’s national championships, which was held in Florida this past March. He won both the singles and doubles competition.

“One of the biggest limiting factors in the sport is access, and this project is going to provide access to people who would otherwise not have it,” said Morgan.

“What makes croquet unique is that it’s sport that everyone in the family can participate in,” he said. “I’ve played games where a seven year old beat his father. Then the grandfather beat the seven year old.”

Maurice Lafond from the New Jersey-based Essex County Lawn Bowling Club was excited to see a new generation of players out on the greens. He said that, while the sport is something that anyone can enjoy,

lawn bowling has had an unfortunate history of being exclusionary.

“In the past, they wouldn’t allow kids. That’s a problem that still exists today. If you play in Arizona, you have to be 55 years old,” said Lafond. “That’s what I love about New Bedford. You get to work with kids.”

“With the Hazelwood Senior Center right here, one of our goals is to encourage the seniors to bowl with the youth,” said Rapoza.

The City of New Bedford, which is a member of the AARP Network of Age-Friendly States and Communities, has spent nearly a year implementing an action plan that aims to make the city a more livable place for people of all ages. Part of that plan includes the development of intergenerational programs as well as encouraging older adults to participate in activities hosted in public spaces.

In addition to drawing a mixed crowd to the park, community organizers hope the updated greens will become a destination for players outside the area. Rapoza said as plans for the project began to take shape, it became clear that players from national organizations have been searching for more locations to host leagues and tournaments.

Jerry DeMello, also a player with the Essex County Lawn Bowling Club, said he and Lafond have played in tournaments throughout the country, but they hardly practice because the nearest green suited for play is four hours away.

“Get out there, and try it!” said DeMello.

## Resources

There will be FREE instructional clinics held at Hazelwood Park every Monday and Friday until August 23 from 11 a.m. to 2 p.m. You can register on-site or online at NBPRB.com.

If you are interested in knowing more about the Friends of Hazelwood Park, or would like to make a donation, contact Chance Perks via email at fohp1902@gmail.com.

For more info on the project, contact Parks, Recreation & Beaches at 508-961-3015.

# Trivia

FOR YOUR ENTERTAINMENT - Ed Camara

1. In the early 1940s, what team did Joe DiMaggio play for?  
A) Boston Braves      B) New York Giants  
C) New York Yankees      D) Brooklyn Dodgers
2. Orson Welles directed “Citizen Kane” in 1941. Something was shown in that movie that had never been seen before on film.  
A) A snow sled      B) Printing press      C) Joseph Cotten      D) A ceiling
3. Technically, there have been seven James Bonds depicted in film. Who in the following list was not one of them?  
A) Sean Connery      B) Roger Moore  
C) George Lazenby      D) George Clooney
4. Can you find one couple that Jack Benny worked with frequently?  
A) Don Rebell & Joshua Hinks      B) Mary Livingstone & Rochester  
C) Bert Bushwacker & Sally Strothers      D) Fibber Magee & Molly
5. “Baretta” was show about an undercover cop that aired in the 1970s. The star was Robert Blake. What was the name of Baretta’s bird?  
A) Jack      B) Fred      C) Mack      D) Bird
6. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, “Who was that masked man?” Invariably, someone would answer, “I don’t know, but he left this behind.” What did he leave behind?  
A) Silver Bullet      B) Mask      C) White feather      D) Glove
7. Here are the props that have made these Broadway shows famous. You remember them because of the music and production. Andrew Lloyd Weber wrote the music for all of them EXCEPT:  
A) Helicopter landing on stage      B) Chandelier falls from the ceiling  
C) One woman sings solo from balcony      D) Roller coaster on stage
8. After the Twirl, The Pasty Potato and the Wakuku, we ‘danced’ under a stick that was lowered as low as we could go in a dance called the ‘\_\_\_\_\_’.
9. Who played the Joker in the 1960s TV show?  
A) Julius Cesar      B) Chuck Connors  
C) William Shatner      D) Cesar Romero

[answers listed on page 11]

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# Nutrition

## Find local produce in NB all week long

- Between the farmers market and the mobile food van, Coastal Foodshed can help you find fresh, local fruits and vegetables almost all week long. Here's the schedule:
- **Monday:** NB Farmers Market at Brooklawn Park, Acushnet Ave Entrance. 2 to 6 p.m.
  - **Tuesday:** Mobile Food Stand, Old Taylor School Parking Lot, 3 to 5 p.m.
  - **Wednesday:** Mobile Food Stand, Temple Landing House Sites, 3 to 5 p.m.
  - **Thursday:** NB Farmers Market, Custom Square House, 2 to 6 p.m.
  - **Friday:** Mobile Food Stand, Alma del Mar Charter School, 3 to 5 p.m.
  - **Saturday:** NB Farmers Market, Clasky Common Park, 10 a.m. to 2 p.m.

**Check out**  
**Healthy Cooking**  
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 [youtube.com/user/CoastlineCookingShow](https://youtube.com/user/CoastlineCookingShow)

## Improve Your Heart Health by Limiting Salt

A doctor has likely already told you to ditch the salt shaker – and, truly, that’s not a terrible idea. But here’s the rub: even if you stop adding an extra dash of salt to your food, you could already be consuming way too much.

Table salt is technically sodium chloride, which is 60 percent chloride and 40 percent sodium. While the human body needs some sodium in order to function properly, the problem is that the Western diet has become increasingly dependent on sodium for flavor, preservation and presentation.

Foods that emphasize convenience, such as packaged food, prepared food, fast food and food from restaurants, often contain vast quantities of sodium – likely much more than we would add while cooking at home.

“Because our food has either naturally occurring sodium or added sodium, adding table salt can make matters worse,” said Katlynn Ferreira, a dietitian with Coastline.

One teaspoon of table salt contains about 2,300 milligrams of sodium. The American Heart Association recommends that consumers try to limit their daily intake to no more than 2,300 milligrams – though the Heart Association believes a more ideal goal should be no more than 1,500

milligrams of sodium per day for most adults.

According to the U.S. Food and Drug Administration, Americans consume about 3,400 milligrams of sodium a day.

While salt may add flavor to food, a diet high in sodium can lead to hypertension (another name for high blood pressure), which leads to heart disease.

Sodium and potassium work together in the body. Typically, our kidneys will remove excess sodium through urine. According to the American Heart Association, “the more potassium you eat, the more sodium you lose through urine.”

“Just lowering sodium or just raising potassium won’t be nearly as effective for fighting hypertension or heart disease as doing both together,” said Ferreira.

In other words, to maintain a balance in your body, reduce your salt intake, and make sure you’re getting enough potassium.

Fortunately, potassium is found in a variety of foods. Bananas are perhaps most known for their high levels of potassium, but you can also find it in avocados, yogurt, orange juice, tomatoes, tuna and potatoes, to name a few.

An average adult should strive for 3,500 to 4,700 milligrams of potassium a day. If you have kidney

or liver disease, you should consult your doctor about your potassium intake.

How do you ensure that you’re limiting your salt and getting enough potassium?

Be mindful of the nutrition facts label on foods at the store. You may be surprised just how much sodium goes into packaged foods. Some foods that you may not think of as being particularly salty, such as bottled salad dressings, cheese or condiments, can contain high amounts of sodium. At the grocery store, look for foods labeled “no salt added,” “low salt” or “low sodium.”

If possible, try cooking at home with fresh ingredients.

“When we make things at home, we can control what’s going into our food,” said Ferreira. “We wouldn’t add as much salt as they do in the store.”

If you’re having a hard time letting go of your salt shaker, try flavoring foods with herbs, spices, lemon and salt-free seasoning blends. If you’re going out to eat, ask for dressing or sauces on the side so you can control how much you’re eating.

*For more nutrition tips, visit the Dartmouth Council on Aging’s free Pound by Pound group, held Mondays at 10 a.m., where Ferreira is a regular guest speaker.*

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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.

**Library Summer Concert Series:** Aug. 5 at 6 p.m. String Theory at the Acushnet Public Library, 232 Middle Road. Bring your lawn chairs and blankets. For more info, call 508-998-0270.

**New! Chair Volleyball:** Tuesday mornings, Aug. 6 and 13 at 10 a.m. at the Acushnet Council On Aging. Free.

**Foxwoods Casino Trip:** Aug. 21, Depart Acushnet COA, 9 a.m., Depart Foxwoods 3:30 p.m., \$20/per person, includes \$10 free slot play. \$10 food voucher/free buffet.

**Painting Class:** Aug. 21 at 1 p.m. with the Kristen Vincelette. No talent or experience required. Creations will be taken home the same day. \$5/per person due at time of registration. Sign-ups begin Aug. 5.

**American Women Artists:** Aug. 21 at 1 p.m. join Jill Sanford from Art for Your Mind as she presents American Women Artists, which highlights a selection of women from the 18th, 19th and 20th Centuries who have created stirring and powerful artwork, helping to shape our American identity. We'll take a close look at pastels, paintings, sculptures, quilts and more. This program is free and open to the community, please call 508-998-0280 to reserve your seat.

**Mah Jongg Tournament:** Aug. 27, Acushnet Senior Community Center, potluck luncheon and prizes. For more information or to register please contact Gina Zwacki, 508-264-1568, no later than Aug. 15.

**Free Hearing Screenings:** Call the COA for a free consultation with Dr. Rena Jacobsen. She has volunteered her time to offer free hearing screenings, hearing aid checks and cleaning, and counseling.

**Diamonds and Pearls; the Ultimate Tribute Show:** Aug. 28, Lake Pearl Wrentham. Your choice of chicken or scrod. Please call the Acushnet COA for more information, 508-998-0280.

**Free Lunch Anyone?** The ACT (Aging Community Tools) 4 Seniors Group is comprised of local, dedicated healthcare professionals. Our Mission is to provide education, guidance and resources to our aging community. We are thrilled to be serving lunch at The Acushnet Senior Community Center on Sept. 10 at 11:30 a.m. Lunch is FREE and the members of the ACT Group will be available if you have any questions or need any guidance. Sign-ups begin Aug. 5.

**Encore Casino – Boston:** Sept. 12. Depart Acushnet at 8:30 a.m. and arrive back around 6 p.m. There is no package or free play for this trip. \$22 per person.

**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.

## 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.

**Bingo:** Mondays and Thursdays from 1 to 3 p.m.

**Beginner's Spanish:** Thursdays from 9:30 to 10:30 a.m.

**Beginner's Painting:** Fridays from 10:45 a.m. to 12:35 p.m.

**The Bridge Center for Hope and Healing:** Wednesdays from 1 to 2:30 p.m.

**Line Dancing:** Wednesdays 1 to 2:30 p.m. and Special Needs Line Dancing on Tuesdays from 10 to 11 a.m.

**Yoga:** Chair Yoga from 8:30 to 9:30 a.m. Cost is \$3; Gentle Yoga at the Temple on Tuesdays from 10 to 11 a.m.

**Zumba Gold:** Tuesdays from 8:45 to 9:45 a.m. and Wednesdays from 9 to 10 a.m. Chair Zumba is held on Fridays from 10 to 11 a.m.

**Strength and Conditioning:** Mondays from 10:15 to 11:15 a.m. and Fridays from 2 to 3 p.m.

## Dartmouth Senior Center

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

**Diabetes Shoe Clinic:** Aug. 8 at 11 a.m. Walk-ins welcome.

**August Matinee:** Aug. 8 at 1:30 p.m. "Bohemian Rhapsody." Sign up required. Free popcorn.

**NEW! Café 628:** Aug. 9 from 9 to 10:30 a.m. New monthly breakfast café at the center. This month's menu: crêpe bar, fruit and yogurt, coffee and bubble tea. Free this month. Call for reservations at 508-542 5645.

**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. Call for more info.

**Essential Oil Workshop:** Aug. 22 at 11:15 a.m. "The Essentials of Essential Oils." Please pre-register.

**Farmers Market trip:** Aug. 23 at 1 p.m. Please call center for more information.

**Cannabis Forum:** Sept. 11 from 10:30 to 11:30 a.m. Cannabis for pain and inflammation. Cost is \$5. Preregistration required.

**Hypnosis Workshop Series:** Attend one workshop or all three. \$8 per session in advance. First workshop: Weight loss on Sept. 10. Second workshop: Stress Management on Sept. 17. Third workshop: Self-hypnosis on Sept. 24.

**Project Lifesaver Presentation:** Sept. 20 at 2 p.m. Bristol County Sheriff's Office and Dartmouth Police Department will host a program overview of a local search-and-rescue program designed for people with Alzheimer's, autism or other related conditions. Pre-registration required.

**NEW! Portrait Drawing Classes:** Wednesdays from 10:30 to 11:30



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

a.m. with Jane Bregoli. Some drawing experience preferable. \$48 for four sessions.

**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.

**Volunteer Opportunities:** Coffee Club: Volunteer will serve coffee and Danish on select mornings from 9 to 11 a.m.; Band host/hostess: Assist with setting up refreshment table for the Country Three Band on the first and third Wednesday of the month from 1 to 2 p.m.; Thrift shop help: Volunteer will assist with waiting on patrons and organizing shop.

**Throw a Punch at Parkinson's:** A boxing class for those with Parkinson's on Tuesdays from 1 to 2 p.m. Please call Center for more info.

**The Country Three Band is back!** First and third Wednesday from 1:30 to 3:30 p.m. \$4. Walk-ins welcome.

**Free Blood Pressure Clinic:** Second and last Friday of the month from 9 to 10 a.m. Walk-ins welcome.

**Converse with the Nurse:** The last Friday of the month at 10 a.m. Bring your questions or concerns. 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](http://fairhaven-ma.gov/council-aging)

**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.

**Technology for Seniors:** There will be no classes in the month of August. See you in September!

**Bocce is Back:** The bocce courts behind the center are cleaned and ready for use. 7:30 a.m. to 3:30 p.m.

**Health Eating over 50:** Aug. 15 from 9 to 10 a.m. Learn ways to maintain a well-balanced diet with Barbara Canuel of Community Nurse Home Care.

**Buried in Treasure:** Do you or someone you love have too much stuff and are unsure what to do? These workshops can provide support to those who struggle with acquiring and offers coping strategies. Informational meeting: Aug. 20 from 5 to 6:30 p.m. at the Buttonwood Senior Center, 1 Oneida St., New Bedford. Workshops on Saturdays from 10 a.m. to noon at the Millicent Library Community Room, starting Sept. 7.

**National Senior Citizen Day:** Aug. 21 at 1 p.m. Join us for an ice cream social to celebrate the joys of being a senior citizen. Call the center to RSVP.

**South Coastal Counties Legal Services:** Aug. 23 from 9:30 to 11:30 a.m. A representative will be there to answer your legal questions. By appointment only; call the center. For seniors 60 and over.

**August Entertainment:** Aug. 1-Ray J; Aug. 7-Paid in Full; Aug. 8-Ray J; Aug. 14-Karaoke with Rick; Aug. 15-Ray J; Aug. 21-Two for the Road; Aug. 22-Joe Mac; Aug. 28-Joe Mac; Aug. 29-Ray J.

**August Trips:** Aug. 7-Twin River Casino; Aug. 14-Patriot Place; Aug. 21-Providence Place Mall; Aug. 28-Plymouth Shopping.

**Senior Supper Club and LGBT Supper Club:** Senior Supper Club meets the first Tuesday of the month from 4 to 6 p.m., and the LGBT Supper Club meets the fourth Wednesday of the month from 5 to 7 p.m.

**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.

**Precision Sculpting:** Every Monday from Sept. 9 to Oct. 14 from 9 to 10 a.m. \$36 for the six-week program. Precision Sculpting is a one-hour, blended fitness class integrating elements of yoga, pilates and free-weight training with Sue Ashley. It's recommended to bring 3-to-5 pound hand weights, a yoga mat, a towel and a water bottle.

*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.  
**Res. Cedar Dell Games & Trivia:** Aug. 6 from 10 to 11 a.m.  
**Movie Time:** Every Tuesday starting on Aug. 6. From 12:30 to 2 p.m.  
**Blood Pressure Clinic:** Aug. 7 from 11 a.m. to noon  
**Brandon Woods Presentation:** Aug. 14 from 11 to 11:30 a.m.  
**Visual Support Group:** Aug. 20 from 9 to 11 a.m.  
**Consumer Advocate:** Aug. 21 from 11 to 11:30 a.m.  
**PT Rehab Presentation:** Aug. 23 from 10:45 to 11:15 a.m.  
**Activity Day with Senior Whole Health:** Aug. 27  
**Cake Celebration:** Aug. 28  
**“Oh Happy Day”** Event: Aug. 30 from noon to 2 p.m. Tickets \$7. Call Hazelwood for more information.  
**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:** “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.  
**Brass Rings Memoirs:** Aug. 5 at 12:30 p.m. Dementia expert Kelly McCarthy will discuss how her “Brass Rings Memoirs” method is an effective and important tool for communicating and caring for those with memory loss. RSVP by calling the center.  
**Sippican Lands Trust Hikes:** Aug. 6: Brainard Marsh. Sept. 3: Peirson Woods. Oct. 1: White Eagle. Call the center for information.  
**An Evening on Sippican Harbor:** Aug. 7 from 4 to 7 p.m. on the lawn at 2 Lewis St. A community-wide celebration of the COA’s past accomplishments. Parking at the Silvershell Town Field off Lewis Street. Shuttle bus available. No parking at 2 Lewis St., but handicap drop-off is available. Tickets available at the COA.  
**Abigail Adams performed by Sheryl Faye:** Aug. 12 at 12:30 p.m. Features the life of former First Lady Abigail Adams. Catered lunch at 11:30 a.m. Must RSVP for the lunch.  
**Annual BBQ Dinner:** The Marion Social Club invites Marion seniors and one guest to join them on Aug. 18 for a BBQ dinner. Tickets are 50 cents and are available at the COA. Doors open at noon. Meal at 1 p.m.  
**Art for Your Mind:** Aug. 19 at 12:30 p.m. A lecture by Jill Sanford highlighting how America’s unique regions have influenced artists.  
**Healthy Eating Over 50:** Aug. 26 at 12:30 p.m. Learn ways to maintain a well-balanced diet over age 50. To register, call 508-992-6278.  
**Food Program:** If you are a Marion resident 60 or older you may qualify to receive FREE groceries from the Greater Boston Food Program Commodity Supplemental Food Program. Call the Marion Senior Center to find out if you qualify.  
**Meditation with Susan Pisapia:** Tuesdays from 10:30 to 11:30 a.m. beginning on Sept. 3. Meditation is a way of quieting the mind and has been attributed to many health benefits.  
**Veteran’s Ice Cream Social:** Sept. 7 at 1 p.m. We invite all area veterans/active duty servicemen and a guest. RSVP at 508-748-3570.  
**End of Summer BBQ:** Sept. 9 at 11:30 a.m. Join Coastline to celebrate the end of summer with a New England BBQ. RSVP by Sept. 3.

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.  
**Mattapoisett Town Band:** Wednesdays throughout the month of August. Transportation provided. Please call the COA to sign up.  
**Hiring Home Improvement Contractors:** Aug. 13 at noon. This presentation by the Office of Consumer Affairs will teach you about home improvement contractors, including what to do about complaints and arbitration. All ages welcome. Please RSVP.  
**CPR & AED Training:** Aug. 19 from 6 to 9 p.m. All ages are welcome. Classes are \$35. The instructor will be Beth Oleson.  
**Movie & Pizza:** Aug. 27 at noon. The film will be “BlacKkKlansmen.” Pizza is \$1 per slice. RSVP required.  
**Annual Fall Luncheon:** Sept. 12 at noon. Hosted by the Friends of Mattapoisett COA. Free, but please bring a donation of canned goods or school supplies. Registration required; call the COA.  
**Fundraiser:** Sept. 14 from 8 a.m. to noon. In front of the Mattapoisett Public Library, 7 Barstow St.  
**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 Mattapoisett residents.  
**Foot Care:** By Lisa Nuno, certified licensed podologist. Last Monday each month by appointment. \$22. Call the center to sign up.  
**Volunteers Needed:** Volunteer drivers and callers needed for medical rides. Flexible schedule. Make a difference. Call 508-758-9681.

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.  
**Retirement Party:** There will be a retirement party for Rochester COA Director Sharon Lally on Aug. 29 from 2 to 5 p.m. All are welcome!  
**Friday Movies:** Free. Held at 1:30 p.m. Aug. 2: “Indivisible”; Aug. 9 “Holmes & Watson”; Aug. 16: “The Rider”; Aug. 23 “Breathe”; Aug. 30: “On Chesil Beach.”  
**The Pampered Chef:** Aug. 5 at 11:30 a.m. Cooking demo. Lunch at noon. Suggested \$5 donation. Call to pre-register.  
**Annual Senior Picnic:** Aug. 12 from 11:30 a.m. to 1:30 p.m. Entertainment by Voices in Time. The Highway Dept. will be grilling at this event. Pre-registration is required. Call 508-763-8723.  
**Hanna’s Special Luncheon:** Aug. 19 at noon. Must sign up in advance. \$5 donation suggested.  
**Senior Book Club:** Aug. 20 at 10:15 a.m. The book for August is “The Rosie Project” by Graeme Simsion.  
**Veterans Social:** Aug. 22 from 6 to 8 p.m. All veterans of any age are welcome to attend. Join us, socialize and enjoy refreshments.  
**Mike & Ann’s Special Luncheon:** Aug. 26 at noon. Must sign up in advance. \$5 donation suggested.  
**Ye Olde Breakfast Shoppe:** Anyone of any age from any town is welcome to drop by for breakfast from 7 to 9 a.m., Monday through Friday. The menu is affordable and varied. Kitchen will be closed July 9 and 10.  
**Bingo:** Monday nights from 6 to 9 p.m. and Wednesdays from 12:30 to 3 p.m. There is a half-time refreshment break. The game follows the MA Senior Citizen Recreational Bingo laws: 50 cents per card; 25 cents per game. No card limit. Call 508-763-8723 for info.

Dementia Directory  
www.alzconnected.org

Memory Cafés

*Memory Cafés are supportive gatherings for individuals with Alzheimer’s or other memory loss, as well as their care partner, family or friends.*  
**Acushnet:** Acushnet Public Library, 232 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. At the Marion COA, 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 or bamscats@gmail.com.  
**The Cottages at Dartmouth Village:** Fourth Monday of the month at 4 p.m. Contact Anne Murphy at 508-999-0404.  
**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.  
**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:** Sept. 21 at Bristol Community College, 777 Elsbree St. in Fall River. Register now by visiting alzwalkMANH.org.

Travel

<b>New Bedford Senior Travel Club</b> 553 Brock Avenue New Bedford, MA 02744 508-991-6171	RestaurantWebster, MA
<b>August</b> • <b>Aug. 7:</b> Essex Steam Train and Scotch Plains Tavern, Old Mistick Village • <b>Aug. 14:</b> Dimilo’s floating Restaurant and guided Tour of Portland, ME • <b>Aug. 19:</b> Encor Casino, Boston • <b>Aug. 21:</b> Indian Princess Lake Cruise, and lunch @ the Samuel Slater	<b>September</b> • <b>Sept. 4:</b> George’s of Galilee Lobster Dinner/Mohegan Sun Casino \$15 food coupon & \$15 free Wheel Play • <b>Sept. 17:</b> Lunch & Show - Atlantic City Boys @ Danversport Restaurant, Danvers, MA • <b>Sept. 25:</b> Lake Winnepesaukee Scenic Cruise • <b>Sept. 22–26:</b> Washington, DC This Trip Includes 4 Nights accommodations, 4 Full Breakfasts, 4 Dinners, 1 w/Toby Dinner Theater

August 2019 Trivia Quiz Answers									
1. C	2. D	3. D	4. B	5. B	6. A	7. A	8. Limbo	9. D	

**Correction:** The July 2019 edition stated that the Massachusetts Senior Citizen Parks Pass is free. The pass costs \$10.

# Community

## Friends Team Up for Latest Art Show at the Marion COA

The week before her 92nd birthday, Mary Ross and five of her artist friends exhibited their mixed media work at a new show at the Marion Council on Aging, which is on display until Aug. 12.

Ross has been instrumental in the consistent rotation of art shows at the center, initially establishing the center as a gallery space last year as part of ArtWeek, an annual festival that brings affordable art events into communities throughout the state.

“I love being a part of this. I’m an artist, and I always have been,” said Ross during the opening reception, held on July 11. “I love being with other artists. I want to see what they’re doing.”

Deborah Kuhlman-Hussey had several pieces on display that were stitched together from her vast collection of fabric. She said over the years she’s completed plenty of practical projects – like quilts – which she would quickly assemble on her kitchen table in between serving dinner for her kids.

“Now, since I’ve retired and moved to this area, I actually have a room completely dedicated to sewing. I can spend hours up there and lose track of time,” said Kuhlman-Hussey.



South Coast artists (L to R): Deborah Kuhlman-Hussey, Alice Shire, Mary Ross, Diana Parsons and Darla Parsons. Anthi Frangiades (not pictured) also had work on display at the Mixed Media show at the Marion Council on Aging.

The work she produces now is representational or interpretive. One quilt on display was modeled after the sunrise as viewed over the Weweantic River, a sight she frequently sees during the early morning walks with her diabetic dog. Another depicted numerous wind turbines dotting the fields of Iowa.

“I have no formal art training. I went to Catholic school as a young girl, and we didn’t even have art classes,” she said. “Like most quilters, I started at a very early age. Moms teach you how to use the

sewing machine, and you start out making clothes. In my 20s, I took my first adult ed class on quilting. I gave up on sewing clothes – I don’t even sew buttons anymore.”

Darla Parsons, a professional photographer from Dallas, Texas, who summers in the area, said it was her first time displaying her creative work. Parson’s professional portfolio primarily focuses on family portraits, maternity pictures and newborn photography.

But her real passion, she said, is the natural world. Hours before the opening of her first show, she said

she went on a three-and-a-half hour hike. “Just me and my camera.”

“You can find nature trails in Dallas, but it’s just not the same,” said Parsons. “We don’t have the beaches. Texas sunsets are beautiful, but I don’t know if they can compare to sunsets over the Weweantic. It’s absolutely gorgeous. I love the sunsets here.”

Alice Shire, who worked as an art teacher for 39 years in Duxbury, said that anyone can create art. She had numerous watercolor paintings displayed at the show.

“Drawing is a skill. You can teach anybody a skill. You could put me on a free-throw line, and, with practice, I can hit the basket each and every time,” she said. “But do you want me on your basketball team? No. There’s a difference between a skill and learning the whole thing.”

“Take a beginner’s drawing class. You’ll be so surprised,” she added.

For a complete list of art shows at the Marion Council on Aging, see page 11. The next show at the Marion Council on Aging, featuring the work of local children, will be on display from Aug. 14 through Sept. 2. The opening reception takes place on Aug. 15 from 5 to 7 p.m.

## New Community TV Show Builds a Bridge Between Generations

Following weeks of work, a team of four amateur film makers have completed their first project: “Bridging the Future: Positive Change Around Us,” a show featuring the Town – and citizens – of Dartmouth.

Dartmouth Community Television (DCTV) approached the Dartmouth Council on Aging about producing the show earlier this year. DCTV, like many of the public-access television stations in the area, offers classes for the public in which participants learn how to produce their own video projects.

The multi-week course covers in-studio equipment, portable cameras that can be taken into the field, and the editing software that compiles all the video footage, music, and graphics together into a film.

Nancy Miller, the activities director at the Dartmouth Council on Aging, scouted the talent for the project and found four people from different backgrounds willing to produce a show. Warren Hathaway, Nancy Jordan, Gary Moraes and Bradford Thelin worked closely with Daniel Medeiros, a production coordinator at DCTV, who taught and supervised the team.

“We had to be trained. Dan took us under his wing and we learned all the different concepts,” said Jordan. “We proceeded to pick a topic, which was volunteerism in town.”

The group would meet in the conference room at DCTV, and Medeiros would sit in and review footage and offer advice.



Members of the Boys and Girls Scouts team up to remove litter during Dartmouth's Green Up Day, which was held during the last two weekends of April. The group was one of many featured on the new DCTV show, “Bridging the Future.”

“It was a lot of pre-production,” said Medeiros. “When they met, they needed to figure out how they wanted to do it – things like scripting the show, editing it together, making it into a package.”

After weeks of filming, Thelin took on the onerous task of editing all the footage. On July 16, the Dartmouth Council on Aging hosted a screening of the show’s debut.

The 35-minute episode featured more than a dozen interviews and demonstrated the filmmakers’ commitment to the craft. “Bridging the Future” was filmed in the early spring, and New England’s unpredictable weather was on full display. The crew braved the whipping winds of Padanaram Harbor, trekked through the woods during a town-wide clean-up effort, and, in one shot, showed the film crew hosing off their muddy boots on the edge of a field.

While the primary focus of the first episode was volunteerism, an overarching theme is intergenerationality, which is how the developers landed on the name “Bridging the Future.”

Episode one featured adults volunteering with Dartmouth High School’s sailing team, members of the Boy Scouts and Girl Scouts picking up roadside trash with their adult mentors, and people of all ages tending to the fields at the YMCA’s Sharing the Harvest Community Farm.

“We had the best time at the YMCA. It was unbelievably fun,” said Jordan.

As children planted strawberries and potatoes in the swampy fields, Jordan stood poised with her umbrella in an attempt to keep the DCTV video equipment dry.

Moraes had a less romanticized view of filming farmers during a

rainstorm.

“We got muddy and soaking wet!” he said at the show’s premiere. “That was a windy day. We could hardly hear people.”

“Then we got soaked!” he reiterated.

Despite the unpredictable conditions in which the crew filmed their subjects, the group said they had a blast producing the project and recommend that others try their hand at the craft.

“What was great is that they found a team of people from different backgrounds, and everyone picked up a job that had to be done. We had fun doing it,” said Moraes. “It was the first time any of us have done it. Eventually it will be more streamlined.”

The crew is already hard at work on their follow-up episode, which will explore Dartmouth’s libraries. In the meantime, you will be able to view the first episode on DCTV’s channel 95 and on their YouTube channel.

### Resources

If you are interested in learning how to produce your own videos, you can reach out to your local public access station and inquire about their classes. The stations offer these classes for free or at low-cost to residents of their respective towns.

- Dartmouth Community Television: 508-984-1359
- Fairhaven TV: 774- 328-8828
- New Bedford Cable Network: 508-979-1775
- Old Rochester Community Television, which covers the tri-town area: 508-758-2300