

# Senior Scope

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

Vol. 1, Issue 8

Published by Coastline Elderly Services, Inc.

July 2019

## Inside



Acushnet Art Show, page 12

- Donations ..... 2
- Letter from the Editor ..... 2
- Mattapoisett COA ..... 2
- Social Security Scams ..... 3
- Update ..... 4
- Qigong ..... 5
- Resource Fair ..... 5
- Preparedness ..... 6
- NB Resilient ..... 7
- How to Ride the Bus ..... 8
- Trivia ..... 8
- Protein ..... 9
- Farmers Markets ..... 9
- At the Senior Centers .... 10
- Senior Centers Cont ..... 11
- Dementia Directory ..... 11
- Travel ..... 11
- Acushnet Art Show ..... 12
- Sharing the Harvest ..... 12

- Los Articulos en Español ..... Página 6
- Os Artigos em Português ..... Página 6



## South Coast Celebrates 50 Years of Stonewall

June is Pride Month, and one veteran of the famed Stonewall Riots visited the South Coast to give a firsthand account of American history.

The 50th Anniversary of Stonewall Celebration, which was held on May 31 at the New Bedford Harbor Hotel, featured guest speaker David Bermudez, who was present at the Stonewall Inn, a gay bar in New York City, during the early hours of June 28, 1969.

When police spontaneously raided the bar that night, patrons fought back, kickstarting several days of protests. The rebellion is considered the beginning of the gay liberation movement of the '60s, '70s and '80s, and the start of what would go on to become the fight for LGBTQ rights in modern America.

The South Coast LGBTQ Network, a local nonprofit that maintains a comprehensive support network for LGBTQ individuals and families across the age spectrum, hosted the event. Traci Welch, host of the local talk show *The LGBTQ Voice*, moderated the discussion with Bermudez and his husband, Robert Isadore.

The event filled the room; some audience members even sat on the floor, eager to hear Bermudez's memories from that night. Isadore set the scene, noting the inherent dangers of being a LGBTQ person



David Bermudez (right), a veteran of the Stonewall Riots, presented at the New Bedford Harbor Hotel on May 31. Bermudez and his husband, Bob Isadore (left) spoke with the host of *The LGBTQ Voice*, Traci Welch (center). The event was one of many hosted by the South Coast LGBTQ Network during Pride Month.

half a century ago.

"It was illegal to even serve gay people alcoholic beverages," said Isadore. "If you were caught or arrested, the next day your name would be in the newspaper."

Homophobia was rampant following World War II as part of the Second Red Scare or McCarthyism. It was believed that gays and lesbians were communist sympathizers and posed a security risk because they were susceptible to blackmail. As a result, thousands were fired from their jobs within the United States

government. In the '50s, the American Psychiatric Association listed homosexuality as a mental disorder in the *Diagnostic and Statistical Manual of Mental Disorders*, where it remained until 1974.

It was in this environment where the Stonewall Riots began.

Bermudez said the Stonewall Inn, which is located in Greenwich Village in Manhattan, was owned by the mafia in those days. This worked in favor of the patrons.

*Continued on page 12*

## Mattapoisett Open House Explores Building's History

While Henry Huttleston Rogers is perhaps best known locally for the opulent buildings he gifted to the Town of Fairhaven more than a century ago, he also made one generous contribution to the Town of Mattapoisett.

On June 13, the Mattapoisett Council on Aging held an open house, which incorporated a history lesson on the building, its benefactor and the architect who designed it. Jacqueline Coucci, the Executive Director of the Mattapoisett COA, said the idea for the event came about when Rachel McGourthy, a member of the center's board, had been admiring a dedication plaque installed in the lobby and was curious to learn more about the building's history.

The Mattapoisett Council on Aging is situated in the south end of the Center School, located on Bar-



The Board members and Director of the Mattapoisett Council on Aging during the open house held on June 13.

stow Street in Mattapoisett. Built in 1898, the school was the sole gift to the Town of Mattapoisett from Rogers.

"A lot of our participants used to go to school here," said Coucci.

"All our rooms are former classrooms. We have use of four former classrooms, one of which houses our office. The other three are used for programs and activities."

Historian and former teacher Bob Foster provided a lengthy lecture on Rogers, who came to prominence during The Gilded Age, the period of American history following the Civil War. It was an era marked by industrialization and economic growth.

"People always want to know how Rogers made his money and how much money he had. Both of those answers are a little complex," said Foster.

In 1856 at age 16, Rogers was part of the first graduating class in the first high school in Fairhaven. He spent several years working odd

*Continued on page 2*

*Mattapoissett COA continued...*

jobs before taking his life's savings – \$600 – and moving to western Pennsylvania, where the oil industry was gaining momentum.

He and a childhood friend took out a bank loan and built an oil refinery. In their first year, they made a \$30,000 profit. The business continued until 1867, when Rogers took on a new partner, investor Charles Pratt, and the two built what became the second-largest refinery on the East Coast. The largest refinery belonged to John D. Rockefeller's Standard Oil Company.

"Rockefeller didn't like competition, and he had a habit of driving competitors out of business," said Foster. "Rogers and Pratt decided to negotiate with him. Rogers probably made the wisest financial decision he made during his whole life: instead of a cash buyout, which a lot of guys took from Rockefeller, he insisted on stock in the Standard Oil Company and a seat on the board of directors for himself and Pratt."

Foster said that, by the time Rogers passed away in 1909, he was on the board of directors of 19 of the 20 companies that made up the Standard Oil Trust, and he was the vice president of six of those companies.

As the money came pouring

in, Rogers turned to philanthropy, gifting the town of Fairhaven with numerous buildings, including a library, a town hall and a new high school. While originally from Fairhaven, Rogers had gone to school in Mattapoissett for a few years.

"As a boy, a youth, and a man, I have known Mattapoissett in detail for about fifty years," Rogers said in January 1899 during a dedication ceremony of the Center School. "The beginning of my education, the alphabet, was learned in Fairhaven. But before I was six years old, my parents came to Mattapoissett, and I attended my first school at Eagle Hall."

Foster said Roger's motivation in gifting the South Coast with lavish buildings is largely unclear.

"Did he plan on building all those buildings? We're not really sure," said Foster. "But he was an extremely generous man. He loved the town, and he also had a lot of money. When he died, to the best that they could figure, he had \$150 million in 1909 money."

Visit the historic building yourself. The Mattapoissett Council on Aging is located at 17 Barstow St. in Mattapoissett. You can also view a video tour of the clock tower produced by ORCTV at [vimeo.com/340751152](http://vimeo.com/340751152).

## Letter from the Editor

Dear Reader,

This month I had the opportunity to attend an open house at the Mattapoissett Council on Aging featuring the history of the building. The director of the center, Jackie Coucci, said something that I wanted to make sure was included somewhere in the paper, even if it didn't necessarily fit in the article about the center's origin.

"People are welcome at all councils on aging," she said to me during the reception. "If people find things that they would like to do here, that's great. If they'd like to try a program at another location, that's great. We're all working as a team and as a community."

I think that's something that many people may not know about the councils on aging. You are welcome at any senior center throughout the state – even if you are not a resident of the town or city in which the center is based.

I've had the opportunity to visit many of the local councils on aging and meet the staff and patrons that comprise each community. I would encourage you to do the same.

Each senior center is different, and each location offers an ever-changing list of activities and

events – many of which are free or low-cost.

Every month in *Senior Scope*, we publish a list of upcoming activities planned for each of the centers in the paper's coverage area. If you've only ever skimmed the section for events at your local center, I would encourage you to check out the listings in another location.

You can always call a center to get more information. Phone numbers and web addresses are published on page 10 and 11, and some of the centers maintain Facebook pages to keep you up to date.

Coastline also manages a Facebook page that provides updates on major events happening around the community. Be sure to "Like" the page so you can receive the latest news. You can locate Coastline's Facebook page by entering the following into the search bar of your web browser: [facebook.com/CoastlineNB](https://facebook.com/CoastlineNB).

And, as always, thanks for picking up a copy of *Senior Scope*. Have a great summer!

Best,

*Seth Thomas*, Editor

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## SHINE Counselors

in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 South Main St., Acushnet	508-998-0280	Patricia Midurski Heather Sylvia
Coastline 1646 Purchase St. New Bedford	508-999-6400	Paula Sipple
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Jane Jacobsen
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni
Greater NBComm. Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes Pat Foster
Marion Council on Aging 2 Spring Street, Marion	508-748-3570	Connie Heacox
Mattapoissett Council on Aging 17 Barstow Street, Mattapoissett	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

Published by Coastline Elderly Services, Inc. with Title III funds from the Executive Office of Elder Affairs



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

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## Subscribe to Senior Scope

You can have a full year's subscription (12 issues) of the print edition of *Senior Scope* delivered to your door for only \$12.

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



### Visit Senior Scope online

Check out the latest issue or past issues.

[coastlinenb.org/news/seniorscope/](http://coastlinenb.org/news/seniorscope/)

## Donations for July 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.

For Prayers Answered

Thank you, St. Jude.

\$15  
—Anonymous

Donations this month: \$15  
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# Money

## Beware of People Pretending to be from Social Security

By Delia De Mello  
Social Security

Social Security is committed to protecting your personal information. We urge you to always be cautious and to avoid providing sensitive information such as your Social Security number (SSN) or bank account information to unknown people over the phone or internet.

If you receive a call and aren't expecting one, you must be extra careful.

You can always get the caller's information, hang up, and – if you do need more clarification – contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

There's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID.

In some cases, the caller states that Social Security does not have all of your personal information,

such as your SSN, on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information.



Delia De Mello,  
Social Security

This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your SSN is at risk of being deactivated or deleted. The caller then asks you to call a phone number to resolve the issue. People should be aware that the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a very few special situations, such as when you have business pending with us, will a Social Security employee request that the person confirm personal information over the phone.

Social Security employees will

## NEW Social Security Scam

You might get a call from someone claiming to be from Social Security

The scammer will try to get your personal information

Caller ID may even display Social Security's Customer Service Line: 1-800-772-1213

## Hang up!

and report to 1-800-269-0271

never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up.

If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at [oig.ssa.gov/](http://oig.ssa.gov/) report.

You can also view our new

“SSA Phone Scam Alert” video at: <http://bit.ly/2VKJ8SG>

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. Scammers try to stay a step ahead of us, but with an informed public and your help, we can stop these criminals before they cause serious financial damage.

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# Update

## Family Lawn Bowling at Hazelwood Park

The City of New Bedford will be hosting free lawn bowling at Hazelwood Park on Mondays and Fridays from 11 a.m. to 2 p.m. Hazelwood Park is located at 553 Brock Ave. in New Bedford. Lawn bowling will be available from July 1 to Aug. 23. You can register on-site or online at: [www.NBPRB.com](http://www.NBPRB.com). For more information, call 508-961-3015.

Unfamiliar with lawn bowling? The City has linked to a YouTube clip called "Lawn Bowling 101" that covers basics and rules. View it at: [https://youtu.be/II\\_FRVw15Wk](https://youtu.be/II_FRVw15Wk).

## Senior Parks Pass

The Massachusetts Senior Citizen Parks Pass allows for free parking at Horseneck Beach. The pass is available to Massachusetts residents, age 62 and older, and allows for free parking. Passes are \$10, valid all days the beach is open and are available at the main building at Horseneck Beach from Memorial Day to Columbus Day.

A driver's license is required. A MassParks Senior Citizen Pass can also be obtained by writing to: DCR MassParks, 251 Causeway Street, Boston, MA 02114, Attn: Senior Citizen Pass Coordinator. Include a copy of a driver's license or proof of residency. Also include a check for \$10 made out to the Commonwealth of Massachusetts.

Parking fees are waived for vehicles bearing the following types of license plates from any state: Handicapped License Plate, placard or disabled veterans' license plate. This waiver does not apply to camping fees.

## 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, 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](https://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.

## 'My Annie Hall' Screens on July 21

Join the Dartmouth Friends of the Elderly and the Dartmouth Rotary Club as they present "My Annie Hall," a 30-minute remake of the Oscar-winning film, "Annie Hall." The film was created



by millennials and stars seniors. The film will screen at the New Bedford Whaling Museum on July 21 at 2 p.m.

For tickets, call Maria Connor at 508-990-5651.

Tickets are \$20.

## 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](http://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

## Try Qigong for Health and Well-Being



By Stephen and Marcia Rath  
New Bedford Wellness Initiative

The Raths regularly host Qigong classes at the New Bedford Boys and Girls Club as part of the Sunday Adult Wellness Program, a selection of free classes hosted by the New Bedford Wellness Initiative. Qigong combines deliberate movement, breathing and meditation. Follow the Initiative on Facebook for regular updates and class times at [facebook.com/NewBedfordWell](https://facebook.com/NewBedfordWell).

Qigong (pronounced chee-kung) is a healing art that developed over several millennia through observation, study and proven results. “Qi” is defined as the vital essence or life force that animates all living things, and “Gong” signifies exercise or work; therefore, “Qigong” means vital energy work.

As early as the Shang Dynasty (1600 to 1045 BCE), traditional Chinese medical practitioners diagramed twelve channels in the body, known as meridians, through which vital energy flows to organs and every living cell. Where stagnation or blockages exist in these

channels – due to injury, trauma, or lack of activity – disease follows.

A simple analogy illustrates this: if your garden is watered by a sprinkler system that runs according to a daily schedule, but there is a clog or broken sprinkler in one of the zones along the pipeline, then the plants in that zone will wither and decline.

Moreover, if the plant beds are linked together, then a disruption in the flow of water to one zone will negatively affect others down the line.



A group practicing Qigong. [By: Marcia Rath]

In a similar fashion, your organs – the plant beds in this analogy – are linked through channels known as meridians; a disruption of flow in kidney energy, will likewise affect the flow of energy to your heart. Both organs may then decline.

When kidney energy is weak, important areas of the body will eventually show signs of declining health. As we age, it might become harder to keep our hands and feet warm. This indicates poor circulation throughout the body, not just in the extremities. Therefore, cold

hands and feet may not just be localized symptoms but a sign of underlying health issues that will worsen over time in other parts of the body.

Traditional Chinese Medicine sees these as indicators of possible illnesses, such as, kidney and/or heart disease, stroke, or memory problems. While exercises like running can demonstrably increase circulation and bring more oxygen to the body, they might also strain the body and lead to unintended blockages, particularly as we grow older.

As an alternative, Qigong provides a set of gentle and easy exercises that show benefits like lowered blood pressure, greater lung capacity, improved balance and clearer thinking.

These exercises commonly employ breath, movement, proper alignment and meditation to improve the flow of Qi energy. Advanced practitioners of Qigong can even develop such sensitivity to the energetic sensations in their bodies; they can literally learn how to “go with the flow” for increased health and vitality.

The exercises of Qigong can be practiced individually, with a loved one, friend or caregiver; furthermore, they can be performed at home, in the park, at a community center or basically anywhere. When people feel the result of Qi flowing in their bodies, they naturally want to do more – in other words, relief brings belief.

## Are you a caregiver who feels lost?



Our Family Caregiver Specialists can link you to referrals, support groups, training, and services.

Family Caregiver Specialists are allies who will be there for you.

Call Coastline at

**508-999-6400**



## State Officials Warn Citizens of Rampant Elder Abuse

At a recent resource fair, state officials urged the audience to exercise caution when picking up the phone.

The Bristol County Celebration of Seniors, now in its fifth year, is a resource fair co-hosted by the Bristol County District Attorney’s Office and Coastline. The event drew a crowd of more than 600 at White’s of Westport, where participants listened to guest speakers and met with more than 90 vendors.

“I believe all citizens of Bristol County, especially our seniors, need to feel safe and secure in their communities,” said Bristol County District Attorney Thomas Quinn III. “Nationally, five million seniors are victims of elder abuse. Through prosecution and prevention, we hope to reduce this. This conference is about knowing what resources are available, so we can avoid having people become victims of abuse.”

Quinn formed an elder abuse prevention and investigation unit back in 2016, which consists of prosecutors and detectives who specialize in cases of elder abuse. Quinn believes the unit has “put a big dent in holding people accountable.”

He also urged the audience to be more aware of scams to better protect yourself.

“I’ll give you a tip: don’t answer



Bristol County District Attorney Thomas Quinn III addresses a crowd gathered at White’s of Westport during the Bristol County Celebration of Seniors, a resource fair co-hosted by the District Attorney’s Office and Coastline.

the phone unless you know who’s calling. That would avoid a lot of trouble,” said Quinn.

Kathy Devine, Director of Prescription Advantage Operations and Outreach, said the Massachusetts Executive Office of Elder Affairs receives thousands of calls each year alleging elder abuse. Devine said Elder Affairs received 4,000 such calls from Bristol County alone during fiscal year 2018.

She reminded the audience that elder abuse is not just physical abuse, but includes financial abuse and neglect.

“Elder abuse is a huge prob-

lem, and it’s something that we take seriously at the Executive Office of Elder Affairs,” said Devine. “We administer the Elder Protective Services program, which helps look into these cases. We have a 24/7 hotline that’s available at 1-800-922-2275.”

Mike Festa, President of AARP Massachusetts, noted that prevention is key to protecting yourself.

“If you’re already talking to the district attorney or the police, you’ve lost. They try as hard as they can to get the money back, but it’s gone,” said Festa.

AARP maintains a free resource

called the Fraud Watch Network, which provides up-to-date information about what scams are happening throughout the state and country. Festa said that by educating yourself, you’re less likely to fall for scams – and less likely to lose money.

He also echoed Quinn’s suggestion: if you don’t know the caller, just hang up the phone.

“Scammers want you to stay on the phone,” said Festa. “They will sell your phone number, and other scammers will go after you.”

### Resources

#### Elder Abuse

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

#### AARP’s Fraud Watch Network

- Visit [aarp.org/money/scams-fraud/](https://aarp.org/money/scams-fraud/) to sign up for the AARP’s Fraud Watch Network and receive alerts and information about the latest scams going around the country.
- The AARP maintains a fraud helpline. Call 877-908-3360 if you think you or a loved one has been scammed.

## Your Health

### These phone numbers and apps can help during an emergency

The Atlantic hurricane season starts in June and lasts until the end of November. There are several smartphone apps, websites and numbers that can help you prepare.

The Massachusetts Emergency Management Agency encourages you to download a smartphone application called Massachusetts Alerts. The free app for Android

and iPhone devices provides emergency notifications and public safety information. Alerts are based on your location, your proximity to an emergency event or the preferences you select.

CodeRED is another alert system that can provide you with information about local emergencies and other safety concerns, such

as planned road closures and water main repairs. Alerts can be delivered via a phone call, text message, email or through social media. Contact your local police or fire department to see if the CodeRED system is available in your town.

The state also maintains a 24/7 hotline you can call to receive updates and information. Call

2-1-1 during a disaster to receive non-emergency information, such as shelter locations and disaster assistance programs. If you have an emergency or you need the assistance of a first responder (police, fire, EMS) call 9-1-1.

Visit [mass.gov/mema](http://mass.gov/mema) for more tips on how you can prepare for hurricane season.

### Estos Números de Teléfono y Apps Pueden Ayudar Durante Una Emergencia

La época del huracán Atlántico empieza en junio y dura hasta el fin de noviembre. Hay varios apps del celular, sites y números que pueden ayudarle preparar.

La Massachusetts Emergency Management Agency alienta para cargar su celular con una aplicación llamada Massachusetts Alerts.

El app gratuito para los aparatos de Android y iPhone fornece

notificaciones de emergencia y información sobre la seguridad pública. Las alertas son basadas en su localización, su proximidad a un evento de emergencia o las preferencias que usted escoje.

El CodeRED (Codigo Rojo) es otro sistema de alerta que puede fornecerle con información sobre las emergencias locales y otras preocupaciones con la seguridad tales como los planos de encerramientos

de calles y reparaciones de las canalizaciones de agua.

Las alertas pueden ser transmitidas via una llamada telefónica, mensajes de texto, correo electrónico o travez de la media social. Contacte la policia local o departamento de bomberos para ver si existe un sistema de CodeRED en su pueblo.

El estado tambien mantiene una linea de emergencia 24/7 que

usted puede telefonar para actualizaciones y información.

Llame el 2-1-1 durante un desastre para recibir información que no es de emergencia así como el local de los abrigos y programas de aistencia para el desastre.

Visite el [mass.gov/mema](http://mass.gov/mema) para más sugerstiones de como usted puede prepararse para la época de los huracanes.

### Estes Numeros de Telefone e Apps Podem Ajudar Durante Uma Emergência

A época do furacão Atlântico começa em Junho e dura até o fim de Novembro. Há varios apps do celular, sites e numeros que podem ajudar-lhe preparar.

A Massachusetts Emergency Management Agency encoraja-lhe para carregar o seu celular com uma aplicação chamada Massachusetts Alerts. O app gratuito para os aparelhos de Android e iPhone fornece notificações de emergência e infor-

macão sobre a segurança pública. As alertas são baseadas na sua localização, a sua proximidade a um evento de emergência ou as preferencias que você escolher.

CodeRED (Codigo Vermelho) é outro sistema de alerta que pode fornecer-lhe com informação sobre as emergências locais e outras preocupações com a segurança tais como planos de encerrar ruas e reparação de canalizações de água.

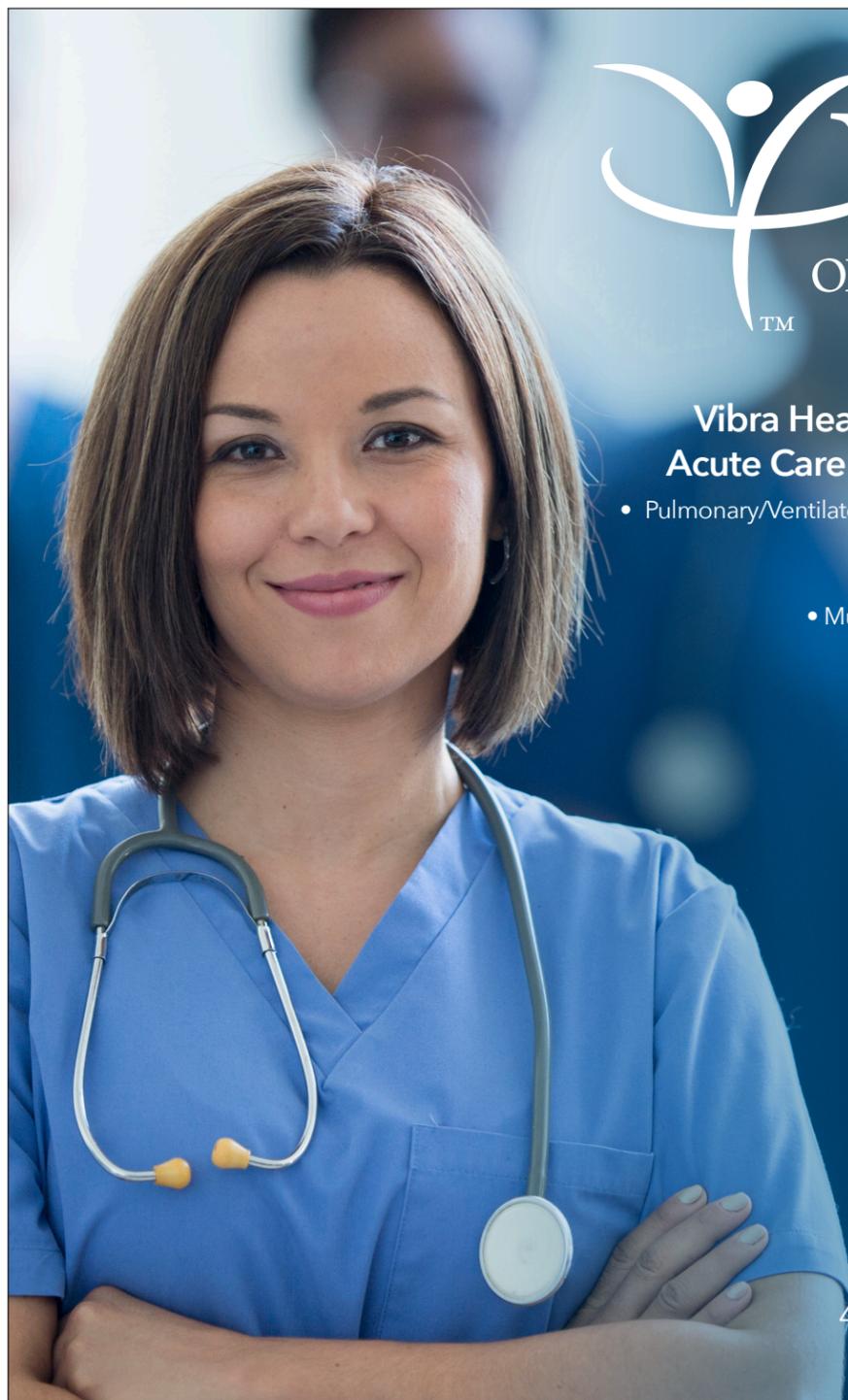
As alertas podem ser transmitidas via uma chamada telefonica, mensagem de texto, correio eletrônico ou através da média social. Contacte a policia local ou departamento dos bombeiros para ver se existe um sistema de CodeRED na sua cidade.

O estado também mantem uma linha de emergência 24/7 que você pode telefonar para atualizações e informação. Telefone o 2-1-1 du-

rante um desastre para receber informação que não for de emergência, assim como local dos abrigos e programas de assistência para o desastre.

Sé você tiver uma emergência ou precisar a ajuda do primeiro socorro (policia, bombeiro, EMS (assistencia médica) telefone o 9-1-1.

Visite o [mass.gov/mema](http://mass.gov/mema) para mais sugestões de como você pode prepara para a estação dos furacões.





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# Your Health

## NB Resilient Takes a Person-Centered Approach to Climate Change

A new initiative in the City of New Bedford is taking a proactive approach to climate change with a plan that approaches the problem from numerous angles.

NB Resilient is a climate action planned aimed at preparing the public for the impacts of intense storms, extreme heat and flooding. Rather than focusing exclusively on infrastructure, the plan takes a broad approach, encouraging people in the community to organize and prepare before disaster strikes.

“We want to make sure that everyone in our community is prepared,” said Kim Lundgren, CEO of Kim Lundgren Associates, a consulting firm working on the project. “I think everyone remembers Hurricane Sandy from a few years back. That was a near-miss for the Boston area. There were people in New York and New Jersey that went without power for two weeks.”

The plan, which has been in development since last year and was made possible through grant funding through the state, features six broad areas of focus: climate and energy, the economy, infrastructure, natural resources, public health, and transportation.

The NB Resilient plan took a person-centered approach, intentionally seeking input from members of the community to see what their needs are. On June 15, the team working on NB Resilient held a “Community Day” event at Magnett Park in which the public could learn about the plan, express their concerns and receive public safety information from numerous city departments who ran booths during the festivities.

“It’s about making sure that our community members are informed, are actively engaged and understand what it means to be prepared,” Lundgren said.

Michele Paul, Director of Resilience and Environmental Stewardship for the City of New Bedford, said the project began by examining how climate change has already impacted the city, how future projections might harm the

city and what actions need to be taken to withstand those challenges.

“Every community is different. We’re not going to prepare for climate change the same way as Boston or Worcester. We don’t want to copy somebody else’s plan,” said Paul.

Earlier this year, NASA scientists declared 2018 the fourth warmest year since record keeping began. Researchers have tracked the planet’s average surface temperature for nearly 140 years, and the data indicates that the past five years have been the hottest on record.

security threat as coastal bases could be submerged underwater in the decades ahead.

“What I can tell you as a scientist who’s been working on this for twenty years: the only thing the science has been wrong about is how fast it’s happening,” said Lundgren. “These changes are happening. We’re already seeing them.”

While climate change affects everyone, older adults are especially hard hit. Stressors, such as limited mobility, poverty and declining health, are exacerbated during an emergency. Leaving home to seek

disaster relief and comradery. By integrating the hub into an existing community center, people would likely feel more comfortable spending the night there should the need arise.

Lundgren said there are few examples of resilience hubs throughout the country, and, because the concept is so new, it could help secure funding. Part of NB Resilient is to develop business plans that could help such centers remain operational after they’re established.

The NB Resilient action plan will be heading off to the state for review at the end of June. Citizens will be able to view the plan online at nbresilient.com.

In the meantime, Paul said one step New Bedford citizens can take right now to better prepare for an emergency is to sign up for NB Alert.

NB Alert, which uses the CodeRED Alert system being widely adopted by municipalities throughout the state, can help citizens stay on top of everything from evacuation notices to parking bans. The system can send notifications to residents through phone calls, text messages, emails or via social media.

Emergency notifications will be displayed on caller ID as “Emergency Comm” or 1-866-419-5000, and general notifications will appear as “General Comm” or 1-855-969-4636.

If you miss the message, you can call the number back to hear the message. The system will also leave a message on your answering machine or voicemail should you miss the call.

For questions about NB Alert or CodeRED, contact New Bedford Emergency Management at 508-961-3060.

You can sign up for NB Alert by visiting: <https://public.coderedweb.com/CNE/en-US/BF8FCA03EBFC> CodeRED also maintains a mobile app, which you can download by visiting [onsolve.com/crmobile](https://onsolve.com/crmobile) on your smartphone.

[Graphic courtesy NB Resilient]



Earth has endured periods of higher and lower average temperatures than the current average. But the sudden spike in temperatures over a relatively short period of geologic time is new. This abrupt warming has occurred alongside humans flooding the atmosphere with greenhouse gases, such as carbon dioxide.

Climate change results in more than just intense heat waves, however. Scientists have linked the stronger and more frequent hurricanes and wildfires of recent years to climate change. The U.S. Navy has warned for years that sea level rise could pose a national

medication or food can become impossible if the streets are flooded or packed with snow.

“We want people to be able to know when something’s going to happen and to be able to be ready for that,” said Paul. “One of the ideas we had heard about from other areas is something called a ‘resilience hub.’”

A resilience hub is something of a reimagined emergency shelter. Rather than being a place where people visit only in the event of an emergency, the resilience hub would be more akin to a community center – a familiar place where people could gather for information,

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# Better Living



Looking for more info about the bus? You can call the administration office at 508-999-5211 or visit [srtabus.com/new-bedford](http://srtabus.com/new-bedford) for maps and info. For regular updates, search for @SRTABUS on Facebook. Visit the bus terminal (134 Elm St. in New Bedford) for a Senior CharlieCard. Be sure to bring an ID with proof of age.

## Here's How to Ride the Bus

Boarding a bus can be intimidating for those who have never taken public transportation before. The Southeastern Regional Planning and Economic Development District (SRPEDD), the Southeastern Regional Transit Authority (SRTA), the City of New Bedford and Coastline recently co-hosted an event at the Buttonwood Senior Center where people were given the opportunity to board a bus and ask questions. The event was part of New Bedford's Age-Friendly Initiative.

Senior Scope spoke with Angela Constantino, the Senior Transportation Planner and Mobility Manager with SRPEDD, to help readers get to their destination. Constantino recommends getting a Senior CharlieCard before taking the bus. You can load money onto the card ahead of time, making your trip faster and easier.

CharlieCards are available at the New Bedford and Fall River Bus Terminals, located at 134 Elm Street in New Bedford and 118 4th Street in Fall River, and at the SRTA Administration Office located at 700 Pleasant St. in New Bedford. Be sure to bring an ID with proof of age.

**Senior Scope:** What's the first step for someone who has never taken the bus before?

**Angela Constantino:** First of all, it's locating a bus stop and knowing where to stand. In the SRTA region, we're lucky because there are bus stop signs. You can get information about what route goes to what stop by checking out the system map and route schedules. (Visit [srtabus.com/new-bedford](http://srtabus.com/new-bedford) for maps and info.)

**SS:** Can I board the bus with cash, or do I need a Senior CharlieCard?

**AC:** You either need a CharlieCard or exact change (75 cents for those age 60+). If you're going to pay with cash, you need an ID to show the driver that you're a senior. You get a five-cent discount when you use a CharlieCard. With a senior discount and a CharlieCard, your fare will be 70 cents.

**SS:** How do you use the card?

**AC:** When you first see the fare box inside the bus, there's a credit card-sized orange target on the lower right-hand corner of the fare box. You hold your Charlie Card over the orange target for a second, and it will take money off the card.

**SS:** What's next?

**AC:** Once you're on the bus, find

a seat. People who are new should keep an eye on their surroundings. There are yellow cords that run along both sides of the bus. When you want to get off, pull the cord.

**SS:** When you pull the cord, will the bus come to a stop, or do you have to wait for the next bus stop to get off the bus?

**AC:** You have to wait for the next bus stop.

**SS:** What should I do if I get on the bus and I feel totally lost?

**AC:** You can ask the bus driver questions. But you can also go on the smartphone app Google Maps, which offers transit directions. You can enter your starting location and ending location, and choose 'transit' as your mode of travel. It will give you directions and tell you what route to get on.

**SS:** So that means the first time you get on the bus, you could bring up Google Maps on your phone and follow right along?

**AC:** Yes, you could. And it will tell you how much your trip will cost. It will tell you when to get on and off the bus. If your destination requires a transfer, it will tell you which route will take you to the terminal and what route to get on after that.

**SS:** What other resources are available?

**AC:** You can always call the administration office at 508-999-5211. The bus terminal has a ticket window where you can get CharlieCards, and they can also help with directions. The SRTA Facebook page is a great place for service alerts, like detours and new routes. (On Facebook, search for @SRTABUS.)

**SS:** Is there any other helpful information people should know?

**AC:** There are two more things people should know: there is a Boston Hospital shuttle. It runs one day a week from Fall River and one day a week from New Bedford. More information is available on the SRTA website and seniors can book a trip through the New Bedford COA. Those with a disability that are registered with SRTA to use demand response can book a trip through SRTA. There's also a resource called Massachusetts RideMatch, which is an online transportation directory. You enter in any address to any address, and it will give you public and private options for transportation. (Visit [massridematch.org](http://massridematch.org).)

# Trivia

## FOR YOUR ENTERTAINMENT - Ed Camara

- During the annual "Awards Season," the awards below are given to talent in various forms of art. Which one is wrong and doesn't belong?
  - The Oscars: movies
  - The Golden Globes: movies, TV, or stage
  - The Grannies: music
  - The Emmys: television shows
- Who was Allen C. Haskell?
  - Well-known NB pediatrician
  - Long-time City Councilor
  - Award-winning horticulturist
  - NASCAR driver from Westport
- What state has the longest coastline?
  - Massachusetts
  - Florida
  - Michigan
  - Alaska
- The Appalachian Trail starts in Maine and ends in what Southern state?
  - North Carolina
  - Oregon
  - Botswana
  - Georgia
- What is the smallest National Park (it measures 0.02 acres) in the system of parks?
  - Yosemite National Park
  - John Pennekamp National Park
  - Isle Royal National Park
  - Thaddeus Kosciuszko National Memorial
- Who said, "I'm going to make them an offer they can't refuse"?
  - Vito Corleone
  - Al Capone
  - Clyde Barrow
  - Joe Stickney
- The study of insects is known as:
  - Hematology
  - Herpetology
  - Entomology
  - Scientology
- The largest mammal in the world is:
  - King cobra
  - Hippopotamus
  - Blue whale
  - Great white shark
- Louisville, the largest city in the state of Kentucky, has a French-inspired name. Is it pronounced like "Loo-a-vul" or "Loo-iss-ville"?
  - "Loo-a-vul"
  - "Loo-iss-ville"
- Starting in 1972, a cute little boy named "Mikey" starred in a TV commercial for which breakfast cereal?
  - Frosted Flakes
  - Trix
  - Sugar Granola
  - Life

[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 with Coastline on YouTube**



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

## Protein is for more than building muscle

While protein is often associated with building muscle, it does more than that. Protein is essential for repairing your body and strengthening your immune system, which is why it's an essential part of every diet.

"Protein builds *us* – not just our muscles," said Coastline dietitian Katlynn Ferreira. "It's a component of our hair, our skin, most of our organs and most of our body."

Aging – especially for those who lead a sedentary lifestyle – is often associated with the gradual loss of muscle mass, strength and endurance.

Protein, in addition to building muscle, helps with muscle contraction, or the ability to move your muscles. The stronger and more mobile you are, the less likely you are to fall or lose your independence.

According to the National Institutes of Health, older adults typically eat less protein than younger people, despite the fact that "nutrition in combination with exercise is considered optimal for maintaining muscle function."

Proteins are composed of natural compounds called amino acids.

"As we get older, we don't process amino acids as efficiently as when we're young," said Ferreira. "That's why we need a little bit

more so that our body has more to work with. There's a slight higher need for protein as we get older."

"As we age, we're more likely to get ill. We might be recovering from an injury. So we need to be able to repair," she said.

For women over the age of 51, five ounces of protein a day is recommended. For men over 51, five-and-a-half ounces is recommended.

Five ounces of protein may seem like a lot, especially if you're experiencing changes in your appetite or if your food preferences are changing. But Ferreira said that, if you're being thoughtful about meal planning, you can fit protein into your diet throughout the day.

What does one ounce of protein look like?

One ounce of cooked meat, an egg, ¼ cup of cooked peas or beans, a tablespoon of peanut butter, a handful of nuts or seeds all count as one ounce of protein. Half a small chicken breast would count as three ounces of protein.

Protein is found in meat, seafood, plants and dairy. By adding a variety of protein sources into your diet, you will expose your body to other nutrients like vitamins, minerals and fiber.

"If you had an egg with breakfast, an ounce of cooked meat with

lunch whether it's in a sandwich or chopped up in a salad, and then you had half of a small chicken breast for dinner – you're at five ounces of protein," said Ferreira.

Some other protein tips:

- Think small when it comes to meat portions. If you're having beef, go for the leaner cuts.
- When choosing protein sources, be wary of sodium content. Foods like deli meats and canned meats, while high in protein, also contain high levels of sodium. Looked for reduced-sodium canned meats and beans.
- Eggs can be an inexpensive protein source.
- Plant protein sources are often lower in saturated fat than meat and are higher in fiber.

"Even if you don't have a great appetite, make sure you get room for some protein," said Ferreira. "It's such an important part of our mobility, strength, stability and immunity."

To learn more nutrition tips, visit the Dartmouth Council on Aging's Pound-by-Pound group, where Ferreira is a frequent guest speaker. The free support group meets Mondays at 10 a.m. Call Nancy Miller at the center for details at 508-999-4717 x 3305.

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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. H2224\_2019\_70986\_M Approved 11/2/18 \*Limitations may apply

# 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 that 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.

**Cribbage League:** Calling all cribbage players! This 10-week league is accepting new players and subs. The group meets Monday at 1 p.m. Call for more info: 508-998-0280.

**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.

**R.U.O.K? Presentation:** July 5 at 10 a.m. The R.U.O.K. Program is a free telephone calling service provided by the Bristol County Sheriff's Office. It is designed for senior citizens and disabled persons living in Bristol County. The program does not require equipment to purchase or special codes to remember. For more information or to reserve your seat, please call 508-998-0280.

**Veterans Burial Benefits Seminar:** July 8 at 10 a.m. at the Acushnet Senior Community Center. Free, call 508-998-0280 to reserve your seat.

**Lunch at Lindsey's:** Depart the COA on July 18 at 11 a.m. to Lindsey's Family Restaurant in Wareham. Transportation is free, but you are responsible for lunch/drinks/gratuity. Limited to the first 10 to register.

**Painting Class:** July 18 at 1 p.m. at the Acushnet COA with Kristen Vincelette. No talent or experience required. Take home your creations on the same day. \$5/per person, due at time of registration.

**"Funny Money" at Newport Playhouse:** Depart Acushnet on July 21 at 10:45 a.m. \$50 per person. Price includes play, buffet, cabaret and ride.

**Trader Joe's and Olive Garden:** Depart the COA on July 23 at 9:30 a.m. for shopping at the Foxboro Trader Joe's. Return at 1:30 p.m.

**An Afternoon with Billy Couto:** July 31 at 11:30 a.m. Lunch (hot dogs, cole slaw, beverage) at 12:30 p.m. Musical Entertainment, \$4/per person due at time of registration. Tickets go on sale July 8.

**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.

**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.

**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.

**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.

**Birthday Celebration:** July 18 from noon to 12:30 p.m.

**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)

**Family Art Explorations:** July 2 and July 9 from 3:30 to 4:30 p.m. July 2, Claude Monet; July 9, paper folding. With Jane Bregoli. \$6/class.

**Prescription Brown Bag Event:** July 11 from 10 a.m. to noon. Bring all your current medications in a brown bag and learn about their common uses, side effects and interactions with other meds. A Walgreens pharmacist will review what you're taking. Call the center or stop in to make an appointment for your consultation.

**July Movie:** July 11 at 1:30 p.m. "The Upside." Free popcorn.

**TV Show Premiere:** July 16 at 9:30 a.m. Join the COA for breakfast and a premiere screening of the show "Bridging the Future: Positive Change Around Us," a DCTV production featuring news and info about Dartmouth, its residents and its history. Stop in or call to reserve a spot.

**Summer Dinner Dance at the Center:** July 16 from 5 to 7 p.m. Dinner and entertainment provided by The Cottages at Dartmouth Village.

**Bingo:** July 17 at 10 a.m. Win prizes. Drop-ins welcome.

**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



**REMEMBER WHEN?** The Acushnet Centennial Arts and Crafts Week received support from the State House in 1960. The Acushnet Art Show continues to this day. Read about this year's event on page 12. Send us your old photos and a brief description, and we'll include them in the paper. Email [sthomas@coastlinenb.org](mailto:sthomas@coastlinenb.org) or mail photos to *Senior Scope* at Coastline, 1646 Purchase St., New Bedford, MA 02740.

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.

**Ice Cream Social:** July 25 at 12:30 p.m. Sign up at front desk.

**Ava the Great Dane Video:** July 25 from 10 to 10:30 a.m. Visit the center and view a video produced by DCTV about Ava.

**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.

**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.

## 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)

**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.

**Ice Cream:** July 5 at 1 p.m. Enjoy ice cream with wholesome ingredients. Register with Community Nurse Home Care at 508-992-6278.

**Computer Technology for Seniors:** The COA will host various computer workshops throughout July. There is no limit on participants for any of these presentations. July 8 and 10: Google Drive. Bring a laptop or they will be provided. July 15 and 17: Word Processors. Bring a laptop or they will be provided. July 22 and 24: Smartphones. Bring your own phone.

**July Entertainment:** July 3–Daisy D. Dot the Clown; July 10–Paid in Full; July 11–Ray J; July 17–Karaoke with Rick; July 18–Ray J; July 24–Joe Mac; July 25–Ray J; July 31–Joe Mac.

**July Trips:** July 10–Wrentham Village; July 17–Mashpee Commons; July 17–Wareham Crossing; July 31–Colony Place, Plymouth.

**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, 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.

*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.  
**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.  
**Lunchtime Cooking Demo:** July 15 at 11:30 a.m. with Linda Medeiros. Learn how to prepare a quick and nutritious lunch. Sign up by July 11. Call the center. A \$5 donation is requested.  
**Mandala Art Therapy Workshop:** July 16 from 9 to 11 a.m. Each participant will have the opportunity to create three mandalas.  
**Meet a Librarian:** July 22 at 12:30 p.m. Meet Liz Sherry and learn about the offerings at Elizabeth Taber Library. Learn about current and upcoming programs. You can get a library card at this event.  
**Dental Cleanings:** July 26. The Dental Hygienist Program provides dental cleanings, screenings, oral health education. To schedule an appointment, call Holly Petruzzo, RDH, 774-766-7238. Title III funded through Coastline.  
**Celebrate Cape Verdean History:** July 29 at 1 p.m. with Candida Rose. Learn about the Cape Verdean history and the immigrant experience. A catered lunch of Cape Verdean influenced cuisine will be served at 11:30 a.m. Call the center to reserve a space.  
**Ice Cream:** July 30 at 12:30 p.m. With Barbara Canuel of Community Nurse Home Care. Call 508-992-6278 to register.  
**Upcoming Art Shows:** "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:** Aug. 6: Brainard Marsh. Sept. 3: Peirson Woods. Oct. 1: White Eagle. Call the center for information.  
**Cape Cod Canal Cruise:** July 18 at 11:15 a.m. A two-hour cruise along the Cape Cod Canal. Lunch at Marc Anthony's in Onset prior to boarding the boat. \$16 for the cruise. Lunch is on you. Call to sign up.  
**Garden City Shopping Center:** July 25 at 10 a.m. Enjoy the shopping center at Cranston, Rhode Island. Sign-ups begin on July 11.  
**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.  
**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.  
**Mattapoissett Town Band:** Wednesdays throughout July and August. Transportation provided. Please call the COA to sign up.  
**Ice Cream:** July 9 at noon. Enjoy lunch followed by ice cream with wholesome ingredients. Free for those age 60+. Under 60, \$5.  
**Legal Learning Series:** July 12 at 10 a.m. Learn about your legal rights. This free presentation is hosted by South Coastal Counties Legal Services. RSVP required: 508-758-4100; coadirector@mattapoissett.net.  
**Art for Your Mind:** July 16 at 12:30 p.m. Topic: New England Seascapes. Free. Registration is required.  
**Scam Presentation:** July 23 at 12 p.m. Learn tips on how to spot skimming devices at gas stations and ATMs and how the state Office of Consumer Affairs can help. Presented by Robin Putnam of the Office of Consumer Affairs and Business Regulation. Free. Registration required.  
**Nation Museum of Illustration:** July 25. Van leaves for Newport at 9:45 p.m. Van-\$10, Admission-\$18. Museum is not handicap accessible.  
**Movie & Pizza:** July 30 at noon. \$1/slice. Film: "The Favourite."  
**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.

**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.  
**Annual Senior Picnic:** Aug. 12 from 11:30 a.m. to 1:30 p.m. Enter-

tainment by Voices in Time. The Highway Dept. will be grilling at this event. Pre-registration is required. Call 508-763-8723.

**Property Tax Program:** The new fiscal year begins on July 1 for the Senior Property Tax Work Off Abatement Program. Contact Sharon Lally for info or for an application. Only 20 spots available.  
**Friday Movies:** Free. Held at 1:30 p.m. July 5: "The Mercy"; July 12: "The Public"; July 19: "Welcome to Marwen"; July 26: "Tea with the Dames"; Aug. 2: "Indivisible"; Aug. 9 "Holmes & Watson."  
**Veterans Social:** July 11 and Aug. 22 from 6 to 8 p.m. All veterans of any age are welcome to attend. Join us, socialize and enjoy refreshments.  
**Hanna's Special Luncheon:** July 15 and Aug. 19 at noon. Must sign up in advance. \$5 donation suggested.  
**Mike & Ann's Special Luncheon:** July 29 and Aug. 26 at noon. Must sign up in advance. \$5 donation suggested.  
**Senior Book Club:** July 16 and Aug. 20 at 10:15 a.m. The book for July is "Before We Were Yours" by Lisa Wingate.  
**The Pampered Chef:** Aug. 5 at 11:30 a.m. Cooking demo. Lunch at noon. Suggested \$5 donation. Call to pre-register.  
**Calling all Scrabble players:** Scrabble players are gathering on Tuesday mornings at 9 a.m. All levels and abilities welcome. Free!  
**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.

**Dementia Directory**  
[www.alzconnected.org](http://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 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**

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

- **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
- **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.

**August**

- **Aug. 7:** Essex Steam Train and Scotch Plains Tavern, Old Mistick Village

**September**

- **Sept. 4:** George's of Galilee Lobster Dinner/Mohegan Sun Casino \$15 food coupon & \$15 free Wheel Play
- **Sept. 17:** Lunch & Show - Atlantic City Boys @ Danversport Restaurant, Danvers, MA
- **Sept. 25:** Lake Winnepesaukee Scenic Cruise
- **Sept. 22-26:** Washington, DC This Trip Includes 4 Nights accommodations, 4 Full Breakfasts, 4 Dinners, 1 w/Toby Dinner Theater

**July 2019 Trivia Quiz Answers**

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

**Correction:** A headline on page 9 of the June 2019 issue reads that Coastline received an "innovation" award. The award was for achievement, as the body of the article indicates.

# Community



Dianna Couto, chair of the art show committee, stands next to her painting of a ship. More than 100 paintings were on display at this year's Acushnet Art Show.

## Acushnet Art Show features local artists, decades of history

Oil paintings, colorful masks and one giant metallic pig filled the Acushnet Council on Aging's activity room during the Acushnet Art Show. The show, now in its 60th year, hosted dozens of artists during the first weekend of June.

New Bedford High School art teacher Walter Owen had the idea for the show in the late '50s. The show initially launched as a week-long event, and it cemented its place in Acushnet when it became part of the town's centennial celebration in 1960. Today the show is held over a weekend in late spring.

"I don't know anything else in Acushnet that's been around this long besides the Acushnet Apple Peach Festival and Pop Casey's," said Dianna Couto, the chair of the art show committee, with a laugh. "I think we fit right in there because we're like an icon."

Any Acushnet resident age 16 and up can contribute work, but this year the committee sought submissions from the surrounding community.

"It's an Acushnet Art Show, but we've been having trouble getting enough people to participate," said Ron Gaudette, a board member of the art show. "So we opened it up to the art classes at the Freetown and Rochester Councils on Aging."

More than 100 works were on display, and they were divided into five categories: watercolor paintings, oil and acrylic paintings,

photography, mixed media, and crafts. Prizes were awarded to the top three artists in each category and art books and a painting were raffled off during the weekend.

The show also incorporated pieces created by students from Ford Middle School who were too young to submit work to the main show.

"It's great. I love to see the younger kids' work," said Gaudette. "We have some great artists for a small town."

Though a steady stream of patrons attended the show throughout the weekend, event organizers remain concerned that their community art show is dropping off in popularity.

"I would hate to see the show go away," said Couto, who has submitted paintings since 1974. "I entered for years, and then I became part of the committee. Little did I know I'd end up holding the show together."

Both Couto and Gaudette hope that younger people might take an interest in the show and take it over some day.

"I know when I go to an art show, I get inspired to paint. Hopefully, they'll see this show and get inspired," said Couto.

If you would like to take part in next year's art show, if you would like to help organize the effort or if you know a young person who might be interested, call Dianna Couto at 508-995-4238.

### Stonewall continued...

"No one would bother us because the mafia paid the police," he said.

However, the cops did make an appearance that night. While Bermudez said he's uncertain exactly who started the riots, he said that as soon as the patrons poured out into the streets, the action began. Hostility mounted as patrons were led outside to be loaded into patrol wagons. The commotion attracted more people, and soon the crowd clashed with police.

"I like to say that the rebellion was inside the bar. When the doors opened – that was a riot," said Bermudez.

By 4 a.m., the streets had emptied, but the protests around the bar resumed the next night. Bermudez said he wasn't present for the second night.

"I talk about Stonewall wherever I can because we have to stick together and help each other – no matter who we are," he said.

Members of the local Marriage Equality Coalition, who fought for marriage equality in Massachusetts 15 years ago, were also present at the event. Rep. Antonio Cabral's wife, Jessica Cabral (Rep. Cabral could not make it that night), and his daughter, Victoria, presented resolutions on behalf of the House of Representatives to Andy Pollock, Liz DiCarlo, and Bev Bacceli for their "tireless commitment and dedication to marriage equality in Massachusetts" and for "paving the way for equal rights for all same-sex couples across the nation."

Pollock, who served as the co-chair of the coalition, recalled how, at the time, some of the public sentiment surrounding the same-sex marriage debate was vitriolic. He said that changed following the 2006 attack at the gay bar Puzzles, in which Jacob D. Robida, then age 18, attacked and injured three patrons.

"I think people realized that rhetoric has some consequences," Pollock said.

The South Coast LGBTQ Network hosted or co-hosted several events during Pride Month, including the Stonewall event, South Coast Pride in Buttonwood

Park on June 1 and AHA! Pride on June 13. Additionally, the Network had worked with the Fall River Pride committee to launch Fall River Pride on June 2.

Rebecca McCullough, President of the Network, was delighted by the strong turnout. Hundreds of people attended each event.

"What really made it amazing was all the collaboration we've built over the past few years. Everybody worked together, and we're able to do more things," she said. "The mayor, the businesses, the city council, the AHA! team, the allies, LGBTQ people...everybody made it a great Pride Month."

She also expressed her thanks to the Community Foundation of Southeastern Massachusetts – John Lipsky-George Whittaker Fund, which helped launch the Network and has supported their events over the years.

McCullough said during AHA! Night, the network handed out pride flags to businesses that wanted to display them.

"Seeing over 30 businesses fly a pride flag during AHA! night – and seeing a rainbow flag over City Hall – was something that meant a lot to people," she said. "Of everything that we did, the flag flying at City Hall meant more than anything else."

"We've come a long way, and we still have a long way to go," said DiCarlo during the Stonewall event at the Harbor Hotel. "The [South Coast LGBTQ] Network is the group to work with, to volunteer with. It's not just about services; it's about political action. We're living in a time when all of our lives are at risk. We need to strengthen our resolve to ensure that people who are coming after us are going to be able to live out, open and safe."

To learn more about LGBTQ issues, resources and events, or to volunteer or get involved, visit the South Coast LGBTQ Network at [www.sclgbtqnetwork.org](http://www.sclgbtqnetwork.org).

The Fairhaven Council on Aging hosts a LGBT Supper Club every fourth Wednesday of the month. For more info, contact the Fairhaven Council on Aging at 508-979-4029.

Visit [ahanewbedford.org](http://ahanewbedford.org) for more information on AHA! night.



This June, the Dartmouth Friends of the Elderly donated \$1,500 to the Dartmouth YMCA's Sharing the Harvest Community Farm. The Friends have donated to the project for the past four years. Check the listing on Page 4 for more info and for volunteer opportunities on the farm. From left: Friends member Ellie White, Friends of the Elderly President Maria Connor, and Farm Manager Ashley Brister.



Vibra Hospital of Southeastern Massachusetts hosted a health fair on June 20. The Annual Health Expo brought together more than 150 agencies from around the area related to health and well-being. Edward Leary (right), Division President at Vibra, said "it's phenomenal we can all get together and talk about what we're doing." Rep. Paul A. Schmid (left) was thankful that Vibra provided the public with "so many resources for us to learn about health care in this area."