

Senior Scope

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

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Cuttyhunk to Open a New Library Next Spring

The town of Cuttyhunk, situated on the island of Gosnold, will begin construction on a new public library this October that will include space for senior use. The project should be completed in spring 2020. The town and a variety of fundraising efforts helped fund the project.

While the councils on aging throughout the South Coast are equipped with large activity rooms, kitchens and offices, the island's older adults currently borrow space at the relatively small town hall next to the library.

"It's nice. We have coffee and a refrigerator. I run the general store on the island, so I keep it stocked up with snacks," said Kris Lombard, the Cuttyhunk Council on Aging Director. "If you want to sit and talk and find out what's going on or need help – it's all right there."

However, having a designated space in the library will provide a more consistent way for older adults on the island to congregate.

Cuttyhunk, which is located about 12 miles south of New Bedford, has about 75 residents during the summer months, and that number drops significantly during the winter.

The island lacks many of the amenities one could expect on the mainland, such as a grocery store, a selection of sit-down restaurants or a hardware store where one



Kris Lombard, who oversees senior activities in Cuttyhunk, stands in front of the Cuttyhunk Public Library, which lacks modern amenities. A new library will be constructed this winter in its place and feature a formal space for older adults.

could buy supplies for a library construction project. But there is a strong sense of community in town, Lombard said.

"We have a large variety of people from different backgrounds, and we all blend together nicely. We all dress down. We all relax. We have beach fires at night and sit and talk," she said. "What more can you ask for?"

The old library was built in the late 1800s, and, with its lack of a heating system or a bathroom, is clearly a product of its time. Lombard said during the winter months, the building can dip below 40 degrees. The current library will

be demolished and replaced with a building that's up to code.

Looking ahead, the COA has an eye on better transportation options for island elders. Transportation on Cuttyhunk happens primarily by golf cart, and for some older adults, getting back and forth to the ferry can be a challenge.

But, even without the modern conveniences found on the mainland, support is an easy thing to come by when you live in a close-knit island community.

"We only have a mile and half of road here, so it's easy enough to check up on everybody," said Lombard.

Mobile Farm Stand Celebrates a Busy Summer

This summer, Coastal Foodshed, the organization that manages the farmers markets in New Bedford, embarked on a project that brought fresh, locally sourced food directly into the community – without needing to coordinate a large-scale farmers market.

On Sept. 18, local officials and project funders gathered at Temple Landing in New Bedford to celebrate the launch of Coastal Foodshed's Mobile Farm Stand.

The mobile market – which is a trailer that opens into a farm stand – has made about 70 stops this summer since launching at the end of May at regularly scheduled locations and at pop-up events.

The farm stand serves dual purposes: providing the community with fresh, locally sourced food and assisting farmers by selling their

using farm stand ingredients. Chef Rhonda Fazio, owner of the nonprofit Interwoven Traditions, joins the mobile market to provide cooking demonstrations.

"The Mobile Farm Stand is a way to bring local food into communities where it's not grown, making it easier to buy, easier to eat, and making it easier for farmers to sell," said Dan King, who manages operations at the farm stand.

The project began last year as a pilot program, though the effort was on a smaller scale. Coastal Foodshed would set up a few tables beneath a tent, and the options for consumers were limited.

"We did well last year. People loved what we were doing, but now



New Bedford Mayor Jon Mitchell speaks outside of Temple Landing in celebration of the Mobile Farm Stand's launch.

wares without having to leave their farms to sell products at a traditional farmers market.

Additionally, customers can learn how to prepare simple dishes

Continued on page 8

Rochester Council on Aging Welcomes New Director

Cheryl Randall-Mach became the new director at the Rochester Council on Aging on Sept. 1, taking over for Sharon Lally who retired at the end of August. The two worked together throughout the month of August to better acclimate Randall-Mach to the center.

Randall-Mach, who grew up in Mattapoisett, has attended Bristol Community College, UMass Dartmouth and Webster University, where she received a master's degree in human resource development.

Previously, Randall-Mach served as the executive director of The Association for the Relief of Aged Women of New Bedford, where she worked for nearly 12 years. Prior to that, she was the director of the Mattapoisett Council on Aging.

During the early weeks settling into her new role, Randall-Mach expressed her appreciation for the warm welcome she has received.

"The director oversees the center, but the feel of the center really comes from the staff and

the volunteers. We have so many volunteers here in town," said Randall-Mach. "One of the great blessings here is that the staff that I have is wonderful."

When she came to the Rochester Council on Aging, she was surprised to find that 43 percent of the people who attend programming at the center are not themselves Rochester residents.

The center's popular breakfast program, the Ye Olde Breakfast Shoppe, draws a crowd from all over the South Coast five days a week, and Randall-Mach intends to keep it going.

"I hope people visit the senior center. Everybody is welcome – young and old," she said. "A few of the seniors bring their grandchildren for breakfast, and that adds to the liveliness and the warmth of the center. It's a diverse group."

Moving forward, she said the parking lot will be expanded to accommodate all the patrons. A long-term goal is to expand the building as well, which could allow for a social day program.



Cheryl Randall-Mach, Rochester Council on Aging Director

Letter from the Editor

The holidays can be a difficult time of year, especially if you're grieving the loss of a loved one. As the holiday season is quickly approaching, I wanted to make sure to note that there are various bereavement support groups and workshops scheduled this fall.

This month I spoke with Mary Finnin, who works as a Bereavement Coordinator at Community Nurse Home Care, and during our discussion she emphasized that grief is an ongoing process. Sometimes, an event in our life will trigger these feelings, and we end up re-grieving a loved one.

It can be difficult to talk about these feelings, especially if your friends and families have moved on, which is why sharing your feelings in a bereavement group can be helpful.

Flip to page 5 for the full interview with Mary Finnin and for information about a bereavement support group specifically for LGBTQ individuals. Those sessions begin on Oct. 3. Below are other support groups being offered throughout the area.

Dartmouth Council on Aging: Support Group held on Tuesdays starting Oct. 15. Call 508-324-1900 ext. 128.

Fairhaven COA: Grieving During the Holidays Workshop: Nov. 13 at 6 p.m. Call 508-979-4029.

Mattapoisett COA: Grieving During the Holidays Workshop: Nov. 14 at noon. Call 508-758-4110.

Be sure to call your local council on aging for more information.

Best,
Seth Thomas, Editor

Donations for October 2019

Our donors help *Senior Scope* carry out its mission, and we cannot thank you enough for your support. Voluntary donations can be mailed to Coastline, 1646 Purchase St., New Bedford, MA 02740. Checks can be paid to the order of: *Coastline*. We cannot process checks made out to "*Senior Scope*." You can also call Coastline's Accounting Clerk, Michelle Walton, to donate directly with a credit card. She can be reached at 508-742-9114.

In memory of my mother, Phyllis Burke, who is missed more than she could imagine. Love, daughter Shauneen Burke. \$15

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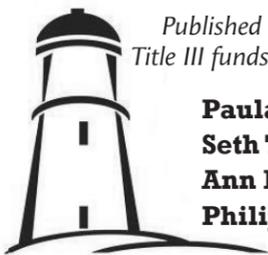


SHINE Counselors in the Greater New Bedford Area

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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 465 Mill Street, Marion	508-748-3570	Connie Heacox
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St. (for New Bedford residents only)	508-991-6250 508-991-6252	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	Janice Cote Richard Arnold

Senior Scope

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Money



Jillian Rawding (left) receives a college scholarship from Grandparents Raising Grandchildren. Rawding will be studying neuroscience at Emmanuel College.

Local Grandchildren Awarded College Scholarships

On Sept. 14 at the Whaler Banquet and Conference Center, the nonprofit Grandparents Raising Grandchildren awarded four area grandchildren with college scholarships totalling \$2,500. It was the third year the organization handed out scholarships.

Three recipients, Victoria Crockett, Jillian Rawding and Chyenne Royster, were awarded \$500. Azara Perreira-Souto was awarded \$1,000. Money for the scholarship program comes from fundraising efforts throughout the year.

Grandparents Raising Grandchildren hosts a free, monthly support group for grandparents who have custody of their grandchildren.

“The program helps grandparents connect,” said Renay Ribeiro, secretary of the organization. “It’s for grandparents who are raising their grandkids and who need support and camaraderie.”

In addition to the support group, the program offers 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. For more information, contact Brenda Grace at 508-996-0168 or bgrace_1@yahoo.com. The program is funded in part by Coastline and the Executive Office of Elder Affairs.

Your Earnings Record is Your Financial History and Future

By Delia De Mello
Social Security

Social Security is an earned benefit. Your earnings history is a record of your progress toward your benefits. Social Security keeps track of your earnings so we can pay you the benefits you’ve earned over your lifetime. This is why reviewing your Social Security earnings record is so important.

If an employer didn’t properly report just one year of your work earnings to us, your future benefit payments from Social Security could be less than they should be. Over the course of a lifetime, that could cost you tens of thousands of dollars in retirement or other benefits to which you are entitled.

Sooner is definitely better when it comes to identifying and reporting problems with your earnings record. As time passes, you may no longer have easy access to past tax documents, and some employers may no longer exist or be able to provide past payroll information.

While it’s the responsibility of your employers, both past and

present, to provide accurate earnings information to Social Security, you should still inform us of any errors or omissions you find. You’re the only person who can look at your lifetime earnings record and verify that it’s complete and correct.

The easiest and most efficient way to validate your earnings record is to visit www.socialsecurity.gov/myaccount to set up or sign in to your own my Social Security account. You should carefully review each year of listed earnings and use your own records, such as W-2s and tax returns, to confirm them.

Keep in mind that earnings from this year and last year may not be listed yet. Notify us right away if you spot errors by calling 1-800-772-1213.

You can find more detailed instructions on how to correct your Social Security earnings record at www.socialsecurity.gov/pubs/EN-05-10081.pdf.

Remember, you can access important information like this any time at www.socialsecurity.gov and do much of your business with us online.



Delia De Mello, Social Security

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Update

Health Coaches for Hypertension Control

This FREE program is intended for individuals age 50+ with a diagnosis of hypertension. The program will cover a variety of topics, including: the basics of hypertension control, nutrition, physical activity, tobacco use, stress management, medication management and long-term planning.

The program will be held on Wednesdays from noon to 2 p.m. from Oct. 16 to Dec. 11 (excluding Nov. 27) in the Community Room at 2 Anderson Way, North Dartmouth, MA 02747.

To sign up, call Coastline at 508-999-6400.

Self Improvement Classes

Self Improvement Classes have returned. The classes are presented by Lisa Yauch-Cadden of Buzzards Bay Speech Therapy. The classes are intended for adults who are experiencing challenges in memory, self expression or social connectedness.

The classes are held at North Dartmouth Super Stop and Shop, 2nd floor (elevator available), 25 Faunce Corner Road, North Dartmouth, MA 02747. Classes are scheduled on Mondays from 9:30 to 11:30 a.m.

2019 schedule: Oct. 7, 21, 28 and Nov. 4, 18, 25.

2020 schedule: Jan. 6, 13, 27; Feb. 3, 10, 24; March 9, 16, 23; April 6, 13, 20; May 4, 11, 18 and June 1, 8, 15.

For more information, call 508-326-0353 or email lycslp@gmail.com. Funding provided in part by a grant from Coastline and the Massachusetts Executive Office of Elder Affairs.

Open Enrollment

Fall Open Enrollment starts on Oct. 15 and ends on Dec. 7. If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should receive information regarding your plan by the end of September that will explain any changes to your plan – so be sure to read and save this information.

During Fall Open Enrollment, you can adjust your plan for 2020. SHINE Counselors can help explain any changes to your plan and help you weigh your options. A list of SHINE Counselors is listed on page 2 of *Senior Scope*.

Fort Taber Dances

Dance to live music from 1 to 4 p.m. on select Sunday afternoons. Admission is free. A snack bar with refreshments will be available, and proceeds assist the New Bedford Host Lions Club. A list of dates and performers below:

- Oct. 6: Meadow-Larks
- Oct. 20: NuSounds
- Oct. 27: Mike Moran Combo
- Nov. 3: Billy Couto & The After Hours
- Nov. 17: Billy Couto & The After Hours
- Dec. 1: Mike Moran Combo

National Coming Out Day

The South Coast LGBTQ Network is holding an event on Oct. 11 in honor of National Coming Out Day. The public is invited to join The Network at 222 Union Restaurant and Bar, located at 222 Union St., New Bedford, MA, at 6 p.m.

There will be live entertainment from 8 p.m. to 11 p.m. This event is 21+. For more information, visit www.sclgbtqnetwork.org.

Humane Society Gala

Join the Humane Society & Shelter Southcoast in celebrating more than 100 years of caring for homeless animals in the community.

This event, held on Nov. 2, features comedian/magician Malik Haddadi, food, cocktails, and a silent auction. Tickets are \$85 in advance, \$100 at the door. Call 508-995-6661. The shelter is located at 31 Ventura Drive in Dartmouth.

Mass Save Program

A free energy assessment from Mass Save can help you identify steps to lower your energy bill. An energy specialist assesses your home's current energy use and installs energy-saving products (like high-efficiency light bulbs) at no cost. You will also receive a custom report with recommendations.

For questions about the program, contact the City of New Bedford's Energy Office at 508-991-6193.



FALL FLING

at Rachel's Lakeside

Join Coastline for a fun evening of dinner, dancing, raffles and community!

Our fall fundraiser will be taking place at Rachel's Lakeside on Nov. 1 from 6 to 10 p.m. Rachel's Lakeside is located at 950 State Road, Dartmouth, MA 02747. The night will include performances by The Showstoppers and DJ Jordan Paiva.

Contact us for tickets by calling 774-510-5294. Tickets are \$40. The Fall Fling fundraiser will help support Coastline's programs and services.

The Savvy Caregiver Program Returns

Taking care of a person living with Alzheimer's or a related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge and a positive attitude that helps them care for themselves.

The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias. The program will be held every Wednesday from 1:30 to 3:30 p.m. starting on Oct. 30 and running to Dec. 11 (no class during the week of Thanksgiving.) at the Millicent Library, 45 Center St., Fairhaven, MA.

This program is offered by Coastline. For more information or to register (pre-registration required), call Coastline's Information and Referral Department at 508-999-6400.

Bittersweet Bazaar

Grace Episcopal Church (at the corner of County and School Streets in New Bedford) will host its 40th and final Bittersweet Bazaar on Nov. 9 from 10 a.m. to 4 p.m. The Bittersweet Bazaar features: baked goods, auctions, raffles, crafts and more. Luncheon, including lobster rolls, will be available for purchase from 11 a.m. to 2 p.m. For more information, call 508-993-0547 or visit www.gracechurchnb.org

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Your Health

LGBTQ Bereavement Group to Provide Pathway Through Grief

Throughout the month of October, Community Nurse Home Care will be hosting a bereavement support group for LGBTQ individuals in grief. The support group is co-sponsored by the South Coast LGBTQ Network.

This past winter, the Network hosted a film series, where select films were screened at the New Bedford Whaling Museum followed by discussion. After the film “Cloudburst” screened in February, the group discussed a need for more supports groups for LGBTQ adults.

Mary Finnin, Bereavement Coordinator at Community Nurse Home Care, who will be facilitating the sessions, said bereavement support groups help educate participants about the grieving process and normalizes grief by letting participants know that they aren’t alone. Moreover, it gives those in grief an opportunity to tell their story as much as they need.

“Our society is very impatient,” said Finnin. “You may get to tell your story two or three times and

then your friends and family are saying, ‘Aren’t you over it? You should move on.’”

She said that, years ago, people would talk about the need to “find closure,” but that’s no longer the goal. Instead, people are encouraged to tap into their cherished memories with the one they lost.

“The beauty of a group is that one person will tell their story and they’ll usually find somebody else’s story connects with theirs,” she said.

Part of the goal of the group is to meet the specific needs of LGBTQ adults, who may have additional obstacles as they grieve.

One such obstacle is referred to as “disenfranchised grief,” which is the grief that occurs when a person experiences a loss that cannot be openly acknowledged or mourned. This group is particularly vulnerable due to the prevalence of social marginalization and stigmatization.

For example, LGBTQ individuals may not have support from their families, or their families may not

recognize their relationship. They may not feel comfortable outing themselves by telling their boss that their spouse has died. These factors could complicate grief and prevent the individuals from accessing social supports.

If you’re hesitant about joining a grief support group in general, Finnin said you should know that any information shared is confidential, and you can share as much or as little as you choose.

“You always have the right to pass,” said Finnin. “There are people who come a second time because the first time around, their emotions were so raw that they didn’t feel like they could share or didn’t share very much.”

Finnin noted that every person needs to grieve in their own way, on their own timetable and that there’s “no prescribed way to grieve.”

The LGBTQ Bereavement Support Group will be meeting at the Wamsutta Club in New Bedford this fall on Oct. 3, 10, 17, 24 and 31 from 4 to 5:30 p.m. For

more information, visit communitynurse.com. To register, contact Mary Finnin at 508-992-6278. Pre-registration is required.

For more information about the South Coast LGBTQ Network, which hosts a variety of events for LGBTQ individuals, visit sclgbtqnetwork.org or follow them on Facebook at facebook.com/SCLGBTQNETWORK.

If you are an LGBTQ individual in grief, and do not feel like you’re ready to try out a support group, there are resources for you below.

Resources

- **Gay and Lesbian National Hotline:** 1-888-643-GLNH or glnh.org
- **National Mental Health Association Crisis Line:** 1-800-969-NMHA
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **National LGBT Aging Center:** lgbtagingcenter.org

Stretching Can Help Strengthen Your ‘Kinetic Chain’

By Cam Bergeron, CSCS
Cam’s Conditioning & Rehab

The human body is engineering at its best. We are designed to move in multiple directions, range of motions and speeds. Each muscle, joint and ligament has specific functions and actions to keep us biomechanically in check.

I like to compare the human body to automobiles. Both pieces of equipment are specially designed to complete actions and each region completes specific actions. Wear and tear is inevitable with both the human body and automobiles. What you can control is the way in which the wear happens.

Becoming aware of your body’s positioning can help your parts wear correctly. If you have a bad front end alignment on your automobile, then your tires are going to wear improperly.

If you have improper leg alignment and gait (walking pattern), your shoes are going to wear improperly. When one aspect is not in its normal range, it will affect something else. Since one component can directly affect another, this means that everything is connected.

When it comes to the muscular/skeleton system, everything is connected. This idea is known as the “kinetic chain.” Feeling pain in the knee, hip, back or shoulders may not be caused directly by that area.

Each joint has muscles, ligaments and tendons above, below and all around it. If something is out of alignment above or below the joint, it has the potential to cause pain at or around the joint. These components can wear down, become injured or become tight



A demonstration of the seated ankle stretch. Sit back on the chair with your back straight. Crossing the knee helps stretch the hips. Hold this position for 30 to 45 seconds.

throughout the years. When these parts become worn, pain may develop. Beyond wear and tear, inactive or unused muscles can also cause pain throughout the body.

I have worked with multiple individuals that needed correction in one area in order to treat an affected area in a different location. For example, tightness in the hips can cause knee pain.

Footwear is always the number one thing to check when experiencing pain in the lower back and below. Personally, once my shoes wear down, I experience pain behind my knees. Once I get new shoes, the pain goes away.

If I experience pain behind my knee and my shoes are not worn out, I investigate the second possible culprit: muscle tightness.

There are many daily aches and pains that can be alleviated by proper stretching. For me, I

have plantar fasciitis and extreme tightness in the tendons on my feet. I will stretch my toes and massage the bottom of my feet. After performing these activities, my feet become less rigid, which causes the knee pain to go away.

The tightness in my feet pulls on my calf muscles, which causes the tendons that attach around the knee joint to become stretched out for an extended period of time. It is not good to stretch tendons for an extended amount of time. That’s what causes the pain.

Relieving tension in my feet helps control pain in my calves. Proper daily stretching will increase your chances of not having daily aches and pains.

Here are a couple stretches to help lower body tightness. (And remember: do not stretch unless you have warmed up the muscles. Walk around, do high knees, butt kicks, go up and down the stairs a couple times – anything to get the blood pumping to the area you want to stretch!)

Hamstring Stretch with Strap:

Lay on your back (preferably on a firm surface – though you can

even do this while lying in bed) with a stretching strap, belt or large towel.

Grasp the strap with both hands and place it around the ball of the foot. Keeping a slight bend in the knee, lift up the leg until you feel a stretch behind the thighs (hamstring), in the calf, or both.

Hold for 30 to 45 seconds. Slowly lower and switch sides. Repeat twice per side.

Seated Ankle on Knee Stretch:

Sit on a firm chair as far back as you can with both feet flat on the floor. Use the back rest of chair to your advantage to keep your chest up and shoulders back.

Take your right ankle and place it on top of your left knee. Hold the ankle with your left hand to hold it in place.

If you experience a stretch around the right hip joint/hamstring that is more than mildly uncomfortable, stop and hold.

If you can stretch more, then point your left foot, coming up on the toes, and use your right hand to push down on the inner right knee.

Using either method, the stretch should be held for 30 to 45 seconds.



A demonstration of the hamstring stretch. You can do this exercise with or without a strap, and the stretch can be done in bed. Hold the stretch for 30 to 45 seconds twice on each side. Remember to warm up prior to stretching.

Your Health

CDC Advises Consumers to Stop Using Electronic Cigarettes

Health officials are currently investigating a recent outbreak of severe lung-related illness associated with electronic cigarette products and are advising the public to suspend use of these products until a cause is identified.

Electronic cigarettes (or e-cigarettes) resemble cigarettes or pens. The device warms liquid contained

within, turning the fluid into an aerosol that is inhaled and exhaled. Smoking this type of product is called "vaping."

The precise ingredient that is causing illness has yet to be identified.

The patients in this investigation are experiencing cough, shortness of breath or chest pain after smok-

ing these products. Other symptoms include nausea, vomiting, diarrhea, fatigue, fever or weight loss. Symptoms develop over a few days or over several weeks.

On Aug. 17, the Center for Disease Control (CDC) announced that it was investigating 94 possible cases of lung disease related to vaping. By Sept. 9, the number had

jumped to 450 possible cases and five confirmed deaths.

The CDC recommends that if you are an e-cigarette consumer and experience symptoms similar to those reported in this outbreak, you should seek medical care. Contact your doctor or health care provider if you need help quitting smoking cigarettes or e-cigarettes.

El CDC Aconseja los Consumidores para Descontinuaren el Vaping

Las autoridades de la salud estan presentemente investigando un surto de enfermedades relacionadas con los pulmones asociados con productos del cigarrillo electrónico y estan avisando el público para suspenderen el uso destes productos hasta que identifican la causa.

Los cigarrillos electrónicos (o e-cigarrillos) aparentan los cigarrillos o plumas. El aparato calienta el líquido contenido en

el interior, haciendo el fluido un aerosol que es inhalado y exhalado. El fumar de esta clase de producto se llama "vaping."

El ingrediente exacto que está causando la enfermedad aún no fué indentificado.

Los pacientes en esta investigación se senten la tos, falta de aire o dolores del pecho después de fumar estos productos. Otros sintomas incluyen la nausea,

vomitos, diarrea, fadiga, fiebre o pierda de peso. Los sintomas se forman durante pocos días o durante varias semanas.

En el día 17 de agosto, el Centro para el Control de Enfermedades (CDC) anunció que estaba investigando 94 posibles casos de enfermedades de los pulmones relacionadas con el vaping.

Hasta el día 9 de septiembre, el número habría saltado a 450

posibles casos y cinco muertes confirmados.

El CDC recomienda que si usted es consumidor de los e-cigarrillos y sentir sintomas similares a aquellos reportados en este surto, usted deberia procurar el cuidado médico. Contacte su médico o proveedor de cuidados de salud si necesita de ayuda para dejar de fumar los cigarrillos o e-cigarrillos.

O CDC Conselha os Consumidores para Descontinuarem o Vaping

As autoridades da saúde estão presentemente investigando um surto de doenças relacionadas com os pulmões associados com produtos do cigarro electrónico e estão avisando o público para suspenderem o uso desses produtos até a causa for identificada.

Os cigarros electrónicos (ou e-cigarros) parecem os cigarros ou canetas. O aparelho aquece o

liquido contido no interior, tornando o fluido em aerossol que é inalado e exalado. O fumar deste tipo de produto é chamado "vaping."

O ingrediente exacto que está causando a doença falta ser identificado.

Os pacientes nesta investigação sentem a toss, falta de ar o dores do peito depois de fumar estes produtos. Outros sintomas incluem

a nausea, vomitos, diarrreia, fadiga, febre ou perda de peso. Os sintomas formam-se durante poucos dias ou durante várias semanas.

No dia 17 de Agosto, o Centro para o Controlo de Doenças (CDC) anunciou que estava investigando 94 possíveis casos de doenças dos pulmões relacionados com vaping.

Até o dia 9 de Setembro, o numero tinha saltado a 450 possíveis

casos e cinco mortes confirmados.

O CDC recomenda que se você for um consumidor de e-cigarros e sentir sintomas similares àqueles reportados neste surto, você deveria procurar cuidado médico. Contacte o seu médico ou provedor de cuidados de saúde se precisar de ajuda para deixar de fumar os cigarros ou e-cigarros.

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Your Health

Hypnosis May Help You Break Bad Habits



By John Barboza BCH, CI
New Bedford Wellness Initiative

When you hear the word hypnosis what's the first thing that comes to mind? Many people think about comedy stage hypnosis where volunteers gather on a stage and appear to succumb to the power of the hypnotist, and others think about quitting smoking, losing weight or managing stress.

Our thoughts about hypnosis are often blurred. When you observe a stage hypnosis show, you see the entertaining aspects, and sometimes what you witness seems unbelievable. Movies also tend to misrepresent hypnosis, bending the truth in order to entertain the audience.

When attending the Smoking Cessation Hypnotism class at the New Bedford Boys and Girls Club of Greater New Bedford, you are not only taught several tools to help you stop smoking, you are educated

about the truths, fallacies, and misconceptions about hypnotism. Understanding hypnosis and how it works helps to remove any fears, myths and doubts.

When it comes to making behavioral changes – whether it's for stress, sleep, unhealthy eating habits or smoking – we will have discussions about your readiness for change. It's important to determine if you are willing to commit and make yourself accountable for change.

Hypnosis is not a magic pill, but miraculous things have occurred due to its power. This power comes from our subconscious mind, the supervisor of our body, the place where our memories and good and bad habits are stored. Just like a computer, sometimes you input bad information, which disrupts the normal flow and causes havoc. When you remove the virus, the computer begins to act properly again. When you remove the bad habit, wonderful, positive changes can occur.

Hypnosis is a natural phenomenon that we all have access to, and we experience it several times a day. When clients are relaxed and trance becomes imminent, the subconscious mind is highly susceptible to the hypnotist's positive suggestions for change.



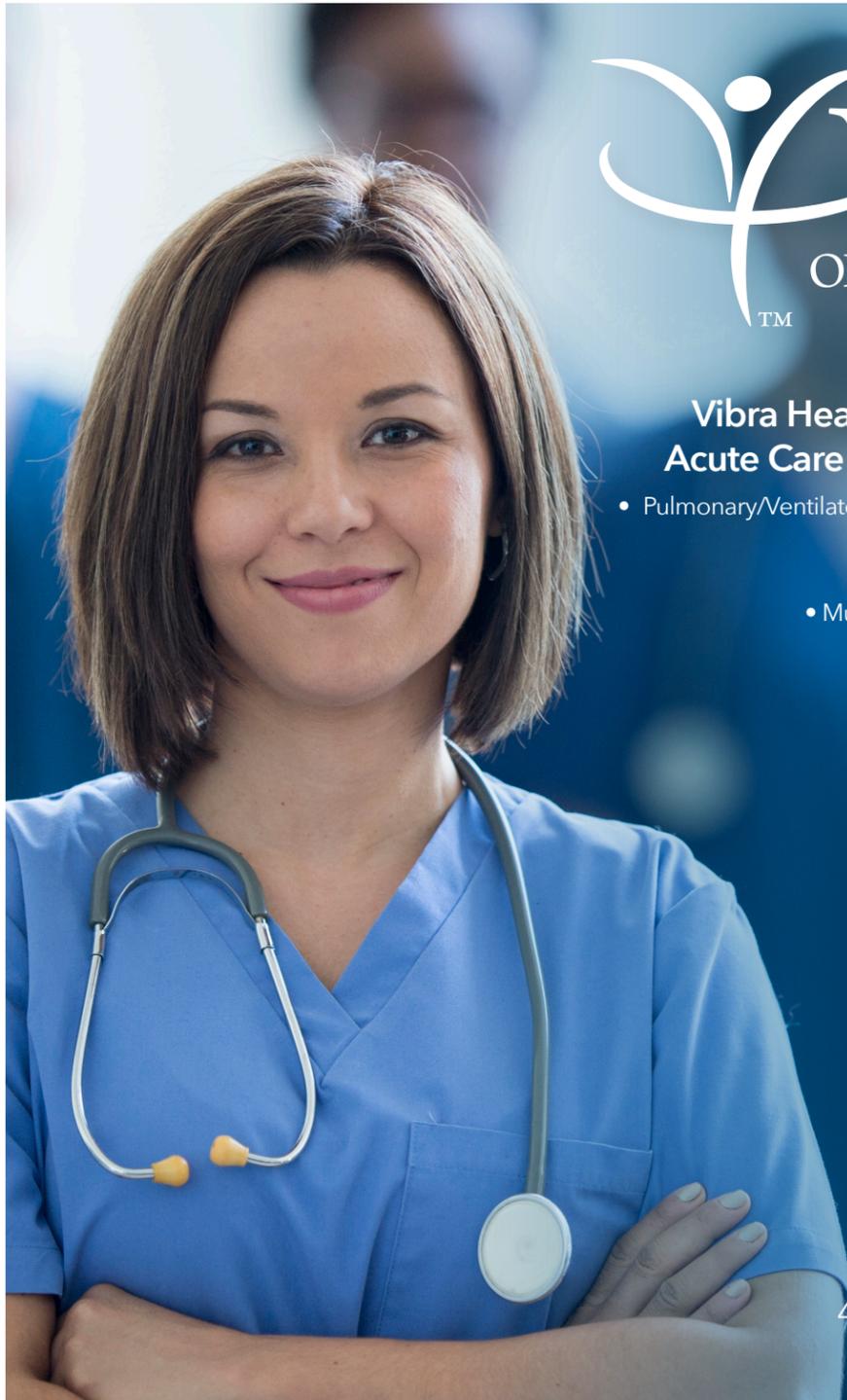
John Barboza leads a popular "Hypnotism for Smoking Cessation" class at the Boys & Girls Club of Greater New Bedford. Hypnotherapy courses are offered periodically at the Dartmouth Council on Aging. [Photo courtesy: the New Bedford Wellness Initiative]

If you have ever daydreamed, you've been in a trance. If hearing your favorite song causes you to reminisce about a wonderful memory, you are experiencing trance. Television commercials, movies and books all enhance the trance state. I've even experienced trance while participating in some of the Boys and Girls Club Wellness classes, such as tai chi, yoga, mindfulness and meditation.

Consulting hypnotists use trance, mindfulness, meditation and visualization techniques in order to help ordinary, everyday people with ordinary, everyday problems, such as lack of motivation, nail biting, sports performance and many other things.

Some sports organizations and the dental and medical fields use the same techniques hypnotists use in order to help manage stress and pain, improving the healing process and creating behavioral changes. These practitioners may not refer to it as "hypnosis," but it is all hypnosis – a state of mentally focused concentration, deep relaxation, and an altered state of consciousness where the subconscious level of the mind is open to receive suggestions.

John Barboza is part of the New Bedford Wellness Initiative. The Initiative offers a variety of free classes on Sunday mornings at the Greater New Bedford Boys & Girls Club, located at 166 Jenney Street. For more info, visit: nbewell.com.



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Better Living



The fresh produce, meat, honey, maple syrup and other products sold at Coastal Foodshed's Mobile Farm Stand is sourced from within the region. The farm stand will be open year-round. Look for the farm stand's winter schedule this November.

Mobile Farm Stand continued...

this year, we're more consistent in where we're going, and we're bringing a more diverse amount of products," said Stephanie Perks, co-director of Coastal Foodshed.

Through funding from Alma del Mar, the Community Foundation and the Agnes M. Lindsay Trust, the nonprofit was able to secure a trailer and truck. Funding from the Harvard Pilgrim Health Care Foundation enabled Coastal Foodshed to hire King to manage the project.

The Harvard Pilgrim Health Care Foundation has funded seven mobile market projects, three of which are based in Massachusetts.

"Health starts with healthy food, and everyone should have access to healthy food," said Karen Voci, President of the Harvard Pilgrim Health Care Foundation. "There are so many instances where, because of income or location, people can't access it."

"The reason the mobile market is working well is because of the people who do it. You have to be a certain kind of organization to want to take this on," said Voci.

This year the mobile market has expanded its offerings, which now includes fruit, vegetables, meat, jam, cookies, baked goods and maple syrup.

King sources the products from about 20 farms throughout the region. Fruits and vegetables are sourced within 30 miles, meat is sourced within 50 miles, and honey and maple syrup are sourced within 60 miles.

"New Bedford is known for its sea food, but it also sits in the middle of an area of Massachusetts that is arguably the breadbasket of the state," said New Bedford Mayor Jon Mitchell.

John Lebeaux, the Commissioner of the Massachusetts Department of Agricultural Resources, said there are nearly 700 farms in Bristol County, farming on about 32,000 acres of land with annual sales of about \$35 million. Mobile markets are an example of a new marketing channel, and farmers need more options to remain viable, he said.

"Agriculture in the South Coast is a big deal. It's a big part of the economy and the way of life," said Lebeaux. "What we have here is a farm stand that not only provides a new marketing opportunity for

South Coast farmers, it also provides access to nutritious locally grown food to area residents, including those using WIC and SNAP benefits."

The project ties in with New Bedford's effort to become a more livable community as part of the AARP Network of Age-Friendly States and Communities. The City and partnering agencies have spent the past year implementing an action plan, which includes increasing access to healthy foods and supporting older adults' attendance at farmers markets.

Coastal Foodshed also tries to appeal to a variety of customers by accepting as many forms of payment as possible, including cash, credit, EBT/SNAP, WIC and senior coupons. SNAP recipients can make use of the Healthy Incentives Program (also known as HIP) at the mobile farm stand.

HIP provides SNAP recipients in Massachusetts with extra benefits when purchasing fresh fruits and vegetables. HIP can only be used at farmers markets, farm stands and CSAs.

The mobile market operates year-round. The stand's winter schedule, which covers the months of November through April, is forthcoming. Follow Coastal Foodshed on Facebook or visit their website for details at coastalfoodshed.org.

To learn more about how you can sign up for SNAP and where you can find the mobile market, see the resources box below.

Resources

The Mobile Farm Stand schedule (June-October):

- **Tuesday:** Old Taylor School, 620 Brock Ave., 3 to 5 p.m.
- **Wednesday:** Temple Landing, 370 Middle St., 3 to 5 p.m.
- **Friday:** Alma del Mar Charter School, 515 Belleville Ave., 3 to 5 p.m.

To learn more about SNAP and HIP, you can contact your local SHINE counselor, who can help you fill out the necessary paperwork. A list of local SHINE counselors is published on page 2 of *Senior Scope*.

The AARP Foundation has teamed up with Project Bread to help streamline the application process. You can contact Project Bread's FoodSource Hotline at 1-800-645-8333, Monday through Friday, 8 a.m. to 7 p.m. or Saturdays from 10 a.m. to 2 p.m.

Trivia

FOR YOUR ENTERTAINMENT - Ed Camara

- The next year does not look good for American brand names. It is predicted that all of the following will go under EXCEPT which one?
A) Macy's B) Sears C) McDonald's D) JCPenney
- When was the War of 1812?
A) 1810 B) 1812 C) 1941 D) 1814
- Remember Oscar Pistorias and Reeva Steenkamp? Where did the scandal of his shooting her happen?
A) South Africa B) Brazil C) Australia
D) New Zealand E) Fall River
- Was Johnny Cash found guilty and spent time in Folsom Prison?
A) No, and it was San Quentin B) Yes
C) No, there was a loophole in the law – but he did go back and entertain the inmates
- Who is the leader of Russia?
A) Vladimir Pushkin B) Alexander Pushkin
C) Fred Pushkin D) Vladimir Putin
- What is the name of the famous French cooking school?
A) Moulin Rouge B) Eiffel
C) Cordon Bleu D) Chicken a la King
- How many fingers does a chicken have?
A) 8 B) 10 C) 6 D) None
- There are five Great Lakes. Which one is completely *in* the U.S.?
A) Huron B) Ontario C) Michigan D) Erie E) Superior
- What is the capital of Brazil?
A) Sao Paulo B) Impanema C) Rio de Janeiro D) Brasilia
- What poll is considered to be "the gold standard" of predicting Presidential elections?
A) Gallup poll B) Quinnipiac C) Rasmussen

[answers listed on page 11]

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Nutrition

Can Meat be Part of a Healthy, Well-Balanced Diet?

Fad diets come and go, but plenty of these news-making diets revolve, to some degree, around meat. The “paleo diet,” which gained traction several years ago, places an emphasis on eating meat. Vegans eliminate animal protein and animal byproducts altogether.

These dieting trends may stir confusion and make it harder to gauge where meats fits into a well-balanced diet. Part of the confusion may lie in the fact that many of us were raised to believe a meal must contain a large portion of meat.

“We really don’t need that much,” said Coastline Register Dietitian Katlynn Ferreira during a recent presentation at the Dartmouth COA.

Animal-based protein includes red meat, poultry, pork and seafood. While animal protein in general contains fat, some meat (especially red meat) is high in saturated fat, which raises cholesterol levels and increases your risk of heart disease.

Also, some ways in which meat is prepared will enhance its fat content, such as frying pork chops in oil or serving steak with a pat of butter. Processed or packaged meat products often contain high amounts of salt and additives in addition to fat.

On the flipside, meat is high in protein and a major source of vitamin B12. Red meat is high in iron and protein, and it can be part of a healthy, well-balanced meal.



Burger or veggie burger: is one healthier than the other? Meat can be part of a healthy diet, but controlling portions is key.

“Think of meat as a condiment as opposed to a main component of your meal,” said Ferreira. “Think of basing your meal on everything else you’re going to pair with the meat.”

If meat can be part of a well-balanced diet, then what of those who omit meat altogether? Is a vegetarian diet healthy?

As with an omnivorous diet, it all depends on what you’re eating.

“A lot of the times when people go vegetarian for the first time, they end up eating a lot of excess carbohydrates because they don’t understand where to get protein,” said Ferreira. “It’s important to do a little reading if you’re cutting back or completely omitting animal products.”

According to a Gallup poll from 2018, about five percent of Americans identify as vegetarians (those who subsist on a plant-based diet,

but incorporate animal byproducts like milk and eggs) and three percent identify as vegans.

That same report noted that, despite vegetarians being a relatively small slice of the U.S. population, the sale of plant-based foods and milk alternatives – like almond milk and soy milk – is on the rise.

With a stable number of people identifying as vegetarians and vegans, and with an increase in plant-based food sales, Gallup concluded that “it appears Americans are eager to include alternatives to animal products in their diets but are not willing to give up animal products completely.”

With that in mind, it’s important to note that meat-alternatives are not made equally.

Burger King made headlines with the debut of its “Impossible

Whopper” – a meat-free alternative to its signature burger. According to Burger King’s website, the sandwich contains 1080 milligrams (mg) of salt.

The American Heart Association recommends no more than 2,300 mg of salt a day, with an ideal limit of no more than 1,500 mg for the majority of adults.

In other words, while words like “meat-free burger” or “veggie burger” may make you think it’s a healthier alternative to red meat, the salt content alone is enough to draw concern.

“If you’re replacing meat with an unhealthy meat substitute, you’re losing nutrients,” said Ferreira. “A lot of meat substitutes are high in sodium and high in food additives.”

If you’re trying to reduce your meat intake, Ferreira recommends starting small, one meal at a time. You could try eliminating meat from breakfast, for instance. At dinner, try a small portion of meat and be creative with what you’re pairing your meat with.

Ingredients like beans, lentils and quinoa provide plant-based protein and can be prepared without a day’s worth of salt.

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.

Schedule change: There will be no Memory Café on Oct. 14 (Columbus Day) and Oct. 21 (Acushnet Public Library book sale).

Yoga with Eileen: Mondays at 8:30 a.m. Eileen offers various options for postures, always with the utmost safety in mind, challenging students to where they feel comfortable and what works for them. She welcomes students of all levels and encourages those who have never done yoga to attend as well.

Competitive Electric Suppliers: Oct. 4 at 10 a.m. at the Acushnet Senior Community Center. At this presentation, you will be provided with an overview of the competitive electric market, tips to make sure you are getting a fair deal on electricity, and how to avoid deceptive business practices. This program is provided free of charge by the Attorney General Maura Healey's office. Please call 508-998-0280 to register.

Sound Meditation Group: Thursdays from 10 to 11 a.m. (Oct. 3 through Oct. 24). Come rest and restore as you learn practices that help you to respond rather than react to life's stressors and challenges. Please bring a yoga mat and blanket. Chairs are available. Limited to the first 8 to register. \$10/per person, includes all four classes.

Free Senior IDs: Oct. 8 from 10 to 11 a.m., the Bristol County Sheriff's Office will be available at the Acushnet COA for a free public safety program for seniors. In just a few minutes, they can create a Senior ID card that has your name, photo and emergency contact. It's great as a second form of identification, and we offer lanyards so seniors can wear it around their necks. This free program is offered in partnership with COAs and TRIAD groups across Bristol County.

Painting Class: Oct. 21 at 1 p.m. with Kristen Vincelette. No experience required. Paintings will be taken home the same day. \$5/per person due at time of registration. Sign-ups begin Oct. 7.

Halloween Party: Oct. 31. Lunch at noon (deli sandwiches, chips, beverages) followed by the magical talent of Skip Daniels, the Prince of Mystery. Skip has performed, lectured and taught magic for over 30 years and is the inventor of many unique illusions. \$4/per person. Costumes optional.

Fuel Assistance Recertifications: Mailings for fuel assistance begin in September. If you receive one and need assistance, please call Patricia at 508-998-0280. Applications for those not currently receiving fuel assistance will become available sometime in November.

Hand Drumming for Wellness: Drumming slows the thinking mind and keeps us in the present moment. Drumming is also a lot of fun. Join Drum Circle Facilitator, Ellie Higgins the last Thursday of every month at 1:00 p.m. Open to both men and women. \$4/class.

Precision Sculpt: Tuesdays at 10:15 a.m. with instructor Sue Ashley. Free, six-week program, starting Sept. 3. Precision Sculpt is a one-hour, blended fitness format integrating elements of yoga, pilates and free-weight training for a full mind/body workout. It is recommended that you bring a pair of 3 to 5 pounds hand weights, a yoga mat, and a towel to class.

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.

Buttonwood Senior Center

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

Special Zumba Event: Oct. 16 from 10 a.m. to noon. Join the center for Zumba and lunch! Tickets are \$5. Zumba will run from 10 to 11 a.m. After class there is an hour for lunch and a raffle. This event is in recognition of Breast Cancer Awareness Month. Breast cancer information will be handed out during the event.

Bingo: Mondays 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: Tuesdays from 1 to 2:30 p.m.

Yoga: Chair Yoga on Mondays 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.

Painting Class: Wednesdays from 10:15 a.m. to 12:15 p.m.

Dancercise: Fridays from 1 to 2 p.m.

Positive Psychology: Thursdays 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 events can be found at: www.towndartmouth.ma.us.

Computer Classes: Tuesdays through the month of October from 10:30 a.m. to 12:30 p.m. The classes will explore everything that Google has to offer. Suggested \$5 donation. Walk-ins welcome.

Walk It Off: Mondays at 2:30 p.m., starting Oct. 7. A low-impact exercise class. \$5 per class. Walk-ins welcome.

Yesterday's Children: Join the COA for an informal screening of the Yesterday's Children program, which was recorded by DCTV. The event will be screened on Oct. 9 at 1 p.m.

Flu Clinic: Oct. 11 from 9 a.m. to noon. The seasonal flu clinic will be sponsored by Rite Aid. Open to the public who are age 18+. Please bring your insurance card. Copays could apply and you may be billed for the cost. Contact Rite Aid with questions at 508-990-3875.

Café 628: Oct. 11 at 9 to 10:30 a.m. Stop by the center for reservations. \$4. All food prepared from fresh ingredients on the premises by



REMEMBER WHEN? Reader Elizabeth Lestage submitted some old postcards to the paper that depict Buttonwood Park as it was about a century ago. Above is an image of the park's "bear pit." Send us your old photos and a brief description, and we'll include them in the paper. Email sthomas@coastlinenb.org or mail photos to *Senior Scope* at Coastline, 1646 Purchase St., New Bedford, MA 02740.

Jackson.

Travel the World Through the Eyes of an International Student: Oct. 15 at 4 p.m. at the Dartmouth COA. This program is an opportunity for international students to speak about themselves, their culture and their transition into the American lifestyle. Refreshments will be served. Pre-registration is recommended, call 508-999-4717.

Ghost Stories & Fall Dessert Buffet: Oct. 23 at 2 to 4 p.m. Register at the front desk. Live story teller, food and door prizes. Wear your best costume!

Bereavement Educational Support Group: Six consecutive Tuesdays, from Oct. 15 to Nov. 19 from 3:30 to 5 p.m. Call 508-324-1900 ext. 128 to register. Limited to 12 participants. There is no cost.

Monthly Movie: Oct. 17 at 1:30 p.m. "Rocketman." Sign up at the front desk. Free popcorn.

Smoke Detector Program: If you are 65 or older and live in Dartmouth, you may qualify for this new program. Fire District 3 will install and maintain free smoke and carbon monoxide detectors in your home. Contact Capt. Pimental to see if you qualify at 508-994-6761 ext. 16.

Cam's Lower Back Workshop: Nov. 4 from 10:30 to 11:30 a.m. Join Cam Bergeron as he provides information on how to keep your back strong and injury-free. Cost is \$15. Pre-registration is required. Participants will perform exercises standing, seated and on the floor.

Pain Screenings: Bay State Physical Therapy is offering free pain screenings by appointment on the second Thursday of the month at 1 p.m. Sign up at the front desk any time.

Smart Driver Course: Oct. 28 from 10 a.m. to 2:30 p.m. The AARP Smart Driver Course will teach you the rules of the road and defensive driving skills. Call the center to register. Space is limited. \$15 for AARP members; \$20 for non-members.

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.

Buried in Treasures: This workshop helps those with hoarding disorder. Workshops are Saturdays from 10 a.m. to noon at the Millicent Library's community room. Call 508-979-4023 ext. 125 for info.

Your Life, Your Legacy: Oct. 7 at 1 p.m. A free seminar on planning funeral arrangements.

Flu Shots: Walgreens will be providing flu shots at the center on Oct. 8 and Nov. 12 at 2:30 p.m. Please call to the center to sign up and bring your insurance card with you.

Grieving During the Holidays Workshop: Nov. 13 at 6 p.m. at the Fairhaven Senior Center. Provided by Nancy Arnold, South Coast VNA Supportive Care Services. The workshop is free and open to anyone in the community. For more information, call 508-979-4029.

Volunteer Drivers Needed: Many of the seniors who live in Fairhaven rely on the senior center's volunteers who provide transportation. Drive when it fits your schedule. Please call for details.

Computer Technology for Seniors: 9 to 10 a.m. Space is limited to 15 participants. Please call to sign up. Oct. 7 and 9 – topic will be emailing. Oct. 21, 23 and 25 – the classes will cover Google.

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.

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.

Spooky Salem: Join the Fairhaven Rec Center on a coach bus for a trip to Salem ahead of Halloween. Oct. 19. Tickets are \$40. Bus leaves at 1:30 p.m. and returns at 10 p.m. Deadline to register is Oct. 12. Call for info.

Attention Knitters: Beacon Hospice is asking for knitters and crocheters to make afghans for veterans in hospice care. They are looking for afghans for twin sized beds. Call the center with questions.

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.

Special Events: Wii games on Mondays from 1 to 2:30 p.m.

Oct. 4: Senior Whole Health Activity Day from 10:45 to 11:15 a.m.

Oct. 11 & 25: Fallon Health Grocery Bingo from 10:45 to 11:30 a.m.

Oct. 18: Oaks presentation at 11 a.m.

Oct. 22: Cricut Crafters

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; 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 to 1 p.m.; Garden Club 1 to 2:30 p.m.

Fridays: GNBCHC Blood Pressure Clinic held on the first Friday of the month; Activity Day with Senior Whole Health every first Friday; 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: "Canal Side Artists," Sept. 4 through Oct. 30. "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.

Life Begins at 80: Oct. 7 at 12:30 p.m. The true story of Elizabeth Tabor, Marion's mysterious benefactress. Quiche with a side salad will be served at 11:30 a.m. Reservations required for lunch. Call the center.

Classic Movies: "Hoosiers" on Oct. 11 at 7 p.m. at the Music Hall.

Lunchtime Cooking Demo: Oct. 21 at 11:30 a.m. RSVP by Oct. 18. \$5 donation recommended.

Sippican Hotel Lecture & Walk: Oct. 22 at noon. Lecture on the hotel; walking tour of Marion after. Held at the Marion Music Hall.

History Lecture: Oct. 24 at 12:30 p.m. "How America Got Its Name."

Mercury Recovery Program: Oct. 28 at 12:30 p.m. Learn about the proper way to dispose of hazardous waste and recycle.

Coffee with the Chief: Oct. 29 at 10:30 a.m. with Police Chief Garcia.

Art For Your Mind: Nov. 4 at 12:30 p.m. Covers three generations of artists. Catered lunch at 11:30 a.m. RSVP to center for lunch.

Meditation with Susan Pisapia: Tuesdays from 10:30 to 11:30 a.m. Meditation is a way of quieting the mind and has been attributed to many health benefits.

Line Dancing: Mondays 9 at 2 p.m. You do not need a partner. Join Nancy Cabral. Cost is \$3, payable at the time of the class.

Apple Pie Tasting Contest and Sale: Enter the Apple Pie Contest on Oct. 19. To enter, bake two pies. One will be submitted for judging, the other will be available for purchase. Pies must be dropped off between 10:30 a.m. and 11:30 a.m. at the Community Center. Judging will take place at noon. Pies will be on sale from noon to 2 p.m.

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.

Logo Design Contest: Help create a logo for the Marion Council on Aging. Submissions must be dropped off by Nov. 1.

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.

Arts & Crafts: Oct. 4 and 11 from 9:30 to 11 a.m. Registration required. Specific classes may require product costs. Call for more information.

Smart Driver Course: Oct. 25 from 9:45 a.m. to 3 p.m. The AARP Smart Driver Course will teach you the rules of the road and defensive driving skills. Call the center to register. Space is limited. \$15 for AARP members; \$20 for non-members.

Movie & Pizza: Oct. 29 at noon. "Rocketman." Pizza is \$1 a slice.

An Afternoon with Eleanor Roosevelt: This one-woman show starring Sheryl Faye is full of facts, fun and costume changes. Nov. 5. Lunch at noon; show starts at 12:30 p.m. The cost is \$5 plus a non-perishable food item. Register by calling the center.

Grieving During the Holidays Workshop and Luncheon: Nov. 14 at noon. This 1-hour workshop by Southcoast Visiting Nurse Association provides tips to navigate the challenges of grief during the holidays. Free and open to the public. Register by Nov. 12.

Senior Work-Off Abatement Program: The Town of Mattapoisett will accept applications for the Abatement Program from Sept. 16 to Oct. 11. Applications will be available at the COA. Call for details.

Pottery/Clay Sculpting: Every other Thursday at 9:30 a.m.

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.

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.

Friday Movies: Movies at 1 p.m. Free, and all are welcome to attend. Oct. 4 – "Long Shot"; Oct. 11 – "Boundaries"; Oct. 18 – "Indignation"; Oct. 25 – "Always at the Carlyle."

Flu Shot: The Rochester Board of Health will hold its annual flu clinics at the COA. Oct. 9 from 4 to 6:30 p.m. Oct. 22 from 9 to 11:30 a.m. No appointment is necessary. Wear a short-sleeved shirt for easy access. Also, bring your insurance card with you.

Veteran's Social: The monthly Veteran's Social will be held on Oct. 10 from 6 to 8 p.m. Veterans of all ages are invited to attend this social gathering. There is no charge, and sign-up is not required.

Book Club: Oct. 15 at 10:15 a.m. "The Woman in the Window" by A.J. Finn.

Pampered Chef: Linda Medeiros returns on Oct. 7 at 11:30 a.m. for a cooking demonstration. Once the demo is over, sample the results. A \$5 suggested donation. Stay for lunch at noon. Pre-registration required.

Lunches: Oct. 21 at noon, Hanna Milhench will prepare lunch. Oct. 28 at noon, Mike and Ann Cambra and their team will prepare lunch. All are welcome to attend both of these luncheons. \$5 donation requested; advance sign-up is required.

Friends of the Rochester COA Fundraiser: Oct. 24 at 5:30 p.m. Meat loaf dinner. Cost is \$10. Please sign up and pay in advance.

Line Dancing Classes: Traditional and Country Western line dancing classes are held on Tuesdays from 1 to 2:30 p.m. and Fridays from 9:30 to 11 a.m. A donation of \$3 is requested. There is no sign-up required.

Ballroom Dancing Classes: Singles and couples are invited to join the ballroom dancing classes on Wednesdays at 10 a.m. \$4 donation per person requested. There is no advance sign-up required.

Conversational French Classes: Instructor Connie Pierce conducts her conversational French classes on Fridays at 9:30 a.m. Anyone is welcome, but you should have some basic knowledge of French vocabulary. Free.

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 memory loss and their care partner, family or friends.

Acushnet COA Memory Café: 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.

Marion 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.

Travel

New Bedford Senior Travel Club

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

October

• **Oct. 9:** Mystery Tour, Central/Southern Connecticut

• **Oct 16:** Face to Face Tribute Show Elton John & Billy Joel at Lake Pearl, Wrentham, MA

• **Oct. 21:** Foxwoods Casino with Casino Package

• **Oct. 23:** East Hill Farm/Vermont Country Store

November

Nov. 6: Back Roads of Central Massachusetts. 1761 Old Mill Restaurant/Kringle Candle Company/Idylwild Farms

Nov. 8: The Christmas Festival, Boston's Seaport World Trade Center

December

Dec. 6: The Boston Pops Christmas Matinee Performance

October 2019 Trivia Quiz Answers

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

Community



Fairhaven Council on Aging Director Anne Silvia (right) and her granddaughter, Evianna, filmed the third episode of "Cooking with Grandkids" in August. The show, which is produced by Fairhaven TV, is currently looking for guest hosts.

'Cooking with Grandkids' is Seeking Chefs

"Cooking with Grandkids," a new cooking show filmed at the Fairhaven Council on Aging, brings grandparents and their grandchildren together for a culinary lesson.

The show was developed and is hosted by Anne Silvia, the director of the Fairhaven Council on Aging. "I thought it would be fun to have a cooking show centered around seniors," said Silvia, while preparing the COA kitchen for filming. "And then I thought it would be fun for seniors to bring their grandchildren on and share a recipe from their past."

The show, which is produced by Fairhaven TV, wrapped up filming its third episode in August. The episode featured Silvia and her granddaughter, Evianna – or Evie, for short – as they prepared pastelitos. The show was filmed weeks before Evie entered kindergarten.

What sets the show apart from a typical cooking show is the relationship between the co-hosts. While Silvia is there to guide viewers through a recipe, Evie remains a typical five-year-old. She's the kind of co-host who might stop everything she's doing to pose dramatically for the cameras.

About 15 minutes into filming the show, Evie wandered from behind the kitchen counter to get a hug from her aunt who was sitting behind the cameras in the COA activity room. The film crew said it's these moments that give the show its charm.

Bethany Fernandes, who films and edits the show for Fairhaven TV, said it's hard not to laugh while the cameras are rolling.

"In the first episode, Evie was smelling what they were making. Anne asked, 'Does this smell good?' and Evie says, 'Noooo!' which is such a genuine reaction. The viewers thought it was funny, too," Fernandes said.

"Having a cooking show with your grandmother or grandfather – that's special," said Erick Sa, a videographer with Fairhaven TV. "Also, the show's quite popular."

He explained that Fairhaven TV will upload each episode onto a shared server that other public access stations can use.

"Cooking with Grandkids" has been picked up by nearly 30 stations throughout the state and as far away as Nevada.

With the holiday season soon approaching, Silvia is hoping to attract more people from the public who might have a favorite holiday recipe to share with their grandkids – and with their audience.

Silvia said they've had a hard time finding grandparents willing to come on the show as guest hosts because many claim to be camera shy. Silvia noted that she'll be there in the kitchen to help out anyone who wants to be on the program.

For example, in the second episode, which featured a guest host and her two grandchildren, Silvia stands by and asks questions to keep the momentum of the show going.

"Just go with it and be natural, and it will all come together," she said. "Plus, they can edit it – and they did a lot of that last time, I'm sure!"

The crew at Fairhaven TV is also eager to see more people from the community take part in the show and share recipes.

"We want to have it more frequently than once a month," said Fernandes. "It's a good story. You're sharing a meal with your grandchild, and it's something that's dear to the grandparent."

"Video is so special because you'll always have it," she added.

"Cooking with Grandkids" is currently scouting for talent. If you have a holiday recipe you would like to teach your grandchildren (and the numerous fans of the show) reach out to Anne Silvia at the Fairhaven Council on Aging at 508-979-4029.

To watch past episodes, visit fairhaventv.com or follow Fairhaven TV on Facebook at [facebook.com/fairhaventv](https://www.facebook.com/fairhaventv).

If you're a Fairhaven resident, the show is available on Fairhaven Community Television Channel 95.

Dartmouth COA Launches '100 Cups of Coffee' Campaign

The newsletter at the Dartmouth Council on Aging prominently states that the facility is "Not Your Mother's Senior Center" – and representatives from the center plan on bringing that message to the broader community this fall.

The '100 Cups of Coffee' challenge will task the administrative team at the COA with meeting town officials, business owners and community leaders who may not directly engage with the senior center. The group will discuss the range of programs and services offered at the COA over a cup of coffee – in a custom ceramic mug promoting the center's new breakfast program, Café 628.

"The purpose of '100 Cups of Coffee' is to educate the community and get some feedback on where we can work together," said Dartmouth Council on Aging Director Amy DiPietro. "It's to create a dialogue and build relationships with the community to see what we can do for them."

By branching out of the center, the team hopes to capture the attention of business professionals and caregivers, who may have never stepped foot inside a council on aging.

"The COA is a great resource, and the more people that find out about it, the healthier our community will be," said Ann Raymond, an Outreach Coordinator with the center. "We're not diagnosing. We're not nurses. But we can help

you get to the next step. We're a referral source."

"If someone comes in and has a question that we don't know the answer to – even if it doesn't have to do with what we do – we help them," said Activities Director Nancy Miller.

As an example, Miller said local banks are a group the COA would like to meet for coffee. If a bank teller notices that a customer is suddenly struggling to balance their checkbook, that teller could refer that person to the council on aging, who would in turn refer them to Coastline's Money Management Program.

The 100 Cups of Coffee initiative will inform that bank employee that these services are available, which they may not know.

In addition to visiting with other agencies, the COA staff is hoping to invite businesses to the center for a tour.

"We're also going to use this to spread the word of the age-friendly initiative and how we're hoping to make Dartmouth a livable community," said DiPietro. "If you look around Dartmouth, we have been becoming a livable community over the past few years. It's an inclusive community."

If you are in the business community in Dartmouth and would like to meet with the council on aging staff for a cup of coffee, contact Amy DiPietro at the center at 508-999-4717 ext. 3302.



The Dartmouth High School Class of '54 gathered in early September to celebrate their 65-year class reunion. Approximately two dozen classmates attended the celebration at the Wamsutta Club. [Photo courtesy: Terry Moniz]



The New Bedford High School Class of '59 held its 60th class reunion at the Wamsutta Club on Sept. 8. There were about 61 classmates in attendance, some traveling from across the country for the occasion. Since 2004, the class of '59 has raised \$9,000 in scholarships to New Bedford High School students.