

Senior Scope

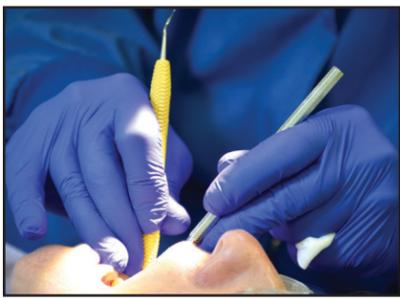
Serving the towns of Acushnet ■ Dartmouth ■ Fairhaven ■ Gosnold ■ Marion ■ Mattapoisett ■ New Bedford ■ Rochester

Vol. 1, Issue 5

Published by Coastline Elderly Services, Inc.

April 2019

Inside



Oral health, page 7

- Donations 2
- Letter from the Editor 2
- Census 2
- Medicare Fraud 3
- Social Security 3
- Update 4
- Meditation 5
- Drug Prices 6
- Oral Cancer Screening 7
- Age-Friendly Acushnet 7
- Age-Friendly NB 8
- Trivia 8
- Protein 9
- At the Senior Centers 10
- Senior Centers Cont.....11
- Dementia Directory.....11
- Travel.....11
- Discovery Center 12
- Volunteer at Coastline... 12

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



Volunteers Renew Carney Academy's Library

Students at Carney Academy will have an easier time finding the inspiration to read thanks to a months' long effort by volunteers.

Without a formal librarian to monitor the space, the library became disorderly over the years. But following 14 weeks of reorganizing, the student library located at Sgt. William Carney Memorial Academy Elementary School in New Bedford has been revitalized.

Now, as part of the project, volunteers like Trudy Coito will be running the library and ensuring that students will be able to borrow books and have a formal place in the school to read.

Angie Green, an AmeriCorps VISTA based out of UMass Dartmouth's Leduc Center for Civic Engagement, organized the effort. The AmeriCorps VISTA program (initially founded as Volunteers in Service to America) is a national service aiming to eradicate poverty.

While the library was previously open and useable, the space was largely unorganized.

"When I first walked in, it was a little daunting. There were books on top of bookshelves, books in random boxes, books in stacks everywhere," said Green.

Green met with several librarians throughout the region to get a feel for how elementary school libraries operate and how to best



Trudy Coito (right) helps a student check out a book from the school library at Sgt. William Carney Memorial Academy Elementary School. Since October 2018, volunteers have been reorganizing the library to make the space more user-friendly for students. Volunteers will now serve as librarians.

organize books for young readers. The fiction section, which is stretched across the length of the library, was organized based on reading level. The non-fiction section was categorized by subject. Books will be loaned out using a simple card-swapping system.

Coito said she felt slightly overwhelmed after joining the revitalization effort last year.

"My first thought was, 'Where do we start?!' she said. 'A couple weeks ago, you couldn't even see the front desk because of all of the

books on top.'

Nearly 60 volunteers joined the revitalization effort, including UMass Dartmouth students, local middle and high school students, and Coito. She initially joined the team from a connection made by Karyl Ryan, who operates Coastline's Senior Community Service Employment Program.

The project began on Oct. 30, and from there, two days a week, volunteers would visit the library

Continued on page 12

Age-Friendly Advocates Offer Updates, Events

Since the AARP designated New Bedford an "age-friendly community" last summer, officials have been taking steps to make the city a better place to age. Coastline and the City of New Bedford hosted an event for legislators at Buttonwood Zoo on March 22, where guest speakers provided an overview on the movement and gave updates on their work thus far.

The "age-friendly" initiative is a project of AARP and the World Health Organization (WHO) that launched in 2006 and has since expanded to 20 nations. The effort aims to prepare cities and towns for rapid population aging and urbanization.

According to the AARP, an age-friendly community is one that is safe, secure, has affordable housing and transportation options, and offers support services.

"Age-friendly enables people to continue to do the things that they value," said Sandra Harris, President of AARP Massachusetts. "As an affiliate of the World Health Organization, the AARP works with local officials and organizations to identify communities for membership in the network. We do not do the work; we guide the communities through the process."

"Age-friendly enables people to continue to do the things that they value."

—Sandra Harris,
 President of AARP Massachusetts

Recognizing the need to prepare for changing demographics in the Commonwealth, Governor Baker announced the enrollment of the

state into the network of age-friendly communities in January 2018. Massachusetts was the second state to enroll, following New York.

As part of achieving the age-friendly designation from the AARP, the City of New Bedford was required to draft an action plan – a document outlining steps the city can take to become a more livable place for everyone. The process began back in 2015 as a joint venture between the City and Coastline. The Tufts Health Foundation awarded the city a grant to carry out the action plan.

"New Bedford set the stage in the South Coast by becoming the fourth city in the state to become age-friendly. It's our hope that the rest of the South Coast will follow suit," said Debra Lee, Director of

Continued on page 8

Country and Commonwealth Prepare for 2020 Census

The United States Census, which is mandated by Article I, Section 2 of the Constitution and takes place every 10 years, will begin on April 1, 2020. But the country and the state of Massachusetts are already making preparations.

The Lawyers for Civil Rights in Boston have established a Census hotline to ensure that residents are counted. The multilingual hotline can be reached at 617-482-1145 and will be available to take questions regarding your Census rights.

The Census is how the federal government counts the American population. It helps determine the number of seats each state has in the U.S. House of Representatives.

The Census also determines how much federal funding each community in the nation will receive. These federal funds will be applied to schools, hospitals, public works and more than 120 federal programs, including SNAP, Medicare, Medicaid and WIC.

In April 2020, Census forms will be mailed to your home in English and Spanish and will provide information on how to request information in nearly 60 other languages.

Incomplete forms may still be

counted; however, if you leave too many answers blank, a Census field worker may visit your home to help you complete the form. Census field workers will begin that process in May 2020.

Should a Census field worker arrive at your door, he or she will identify themselves with an official Census badge, which will feature a photograph of the field representative, a Department of Commerce watermark and an expiration date.

If asked, he or she will provide you with contact information for their supervisor or the regional office so you can confirm that they are an official Census worker.

These field workers will never ask you for your social security number, bank account or credit card information. Do not provide this information to anyone who claims to be a Census worker.

You do not need to answer whether or not you are a citizen on the 2020 Census form. Again, incomplete Census forms will still be counted.

For more information, call the Census Hotline at 617-482-1145 or visit www.lawyersforcivilrights.org/census.

Letter from the Editor

Dear Reader,

April is National Volunteer Month, and the front and back pages of this issue feature stories about volunteers in the community and ways that you can find the right volunteer opportunity for you.

The cover story highlights the work of a woman named Trudy who helped revitalize the student library at Carney Academy. In the "Community" section, you can read about a new initiative coming to the Dartmouth Council on Aging that looks to match volunteers with opportunities matching their skill sets.

Volunteering not only helps others in your community, it can help you, too.

A study published in 2017 by the National Institutes of Health concluded that volunteering is "significantly predictive of better mental and physical health, life satisfaction, self-esteem, happiness, lower depressive symptoms, psychological distress, and mortality and functional inability."

The research suggests that volunteer work helps people make meaningful connections with others, improves self understanding and helps people with career devel-

opment.

Not sure where to volunteer? I highly recommend the website Volunteer Southcoast. The site, which is published in part by the United Way of New Bedford, allows users to search for local volunteer opportunities by category.

Even better: if you're unsure about your ability to navigate a database, the website offers a video tutorial that you can watch that will train you on how to use the site. You can find the website at: www.volunteersouthcoast.org.

If you're not even sure what type of volunteer work might appeal to you, try updating your résumé as a first step. After taking a look at the work experiences you've had, you may have a better idea of what kind of volunteer work matches your abilities.

Volunteer work may be your chance to expand your horizons. You could learn something entirely new, which may lead you to a new employment opportunity or new friends.

And thanks, as always, for reading *Senior Scope*!

Best,

 , Editor

<p>1-800-AGE-INFO www.800ageinfo.com 1.800.243.4636</p>	<p>Mass Options massoptions.org 844-422-6277 844-422-MASS</p>
---	---



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 Joan Foster Lucille Dauteuil Carolyn Dantoni Jean Silver
Greater NBComm. Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes Pat Foster
Marion Council on Aging 2 Spring Street, Marion	508-748-3570	Connie Heacox
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St. (for New Bedford residents only)	508-991-6250 508-991-6252	Herbert Johnson Jessica Vieira Lisa Davis Natasha Franco
Immigrants' Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira Philomene Tavares
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Currently recruiting



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

Paula Shiner, CEO Coastline
Seth Thomas, Editor
Ann McCrillis, Managing Editor
Philip Beard, Distribution

For further information on advertising rates, please call: 508.742.9104 or e-mail: stthomas@coastlinenb.org

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

Subscribe to Senior Scope

You can have a full year's subscription (10 issues) of the print edition of *Senior Scope* delivered to your door for \$12. *Senior Scope* does not publish an issue in the months of January or June.

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

Donations for March 2019

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

St. Jude, St. Joseph and Virgin Mary

\$10
—H.F.

In Thanksgiving

General donation

\$15
—Anonymous

General donation

\$12
—Anonymous

General donation

\$25
—Linda Camara

Donations this month: \$62
Year to date: \$175

To: Coastline, 1646 Purchase St., New Bedford, MA 02740

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

My name: _____

My address: _____

You may list my name in a future issue (address will never be published)

Do not list my name; I am an anonymous donor

Donating in honor of:

In memory of For prayers answered In thanks _____

Money

To Avoid Scams, Read Medicare Summary Notices

As we age, we increasingly become targets for scammers – those who intentionally try to game the system for personal profit. While the schemes scammers use to commit fraud can be elaborate, the reason they’re successful is quite simple.

“Scammers are so successful because Medicare is a very complicated program,” said Dennis Hohengasser, a volunteer with Senior Medicare Patrol. Hohengasser visits local community centers to discuss fraud and the steps consumers can take to defend themselves from wrongdoing.

“Medicare’s budget every year is around \$600 billion. It is a ton of money,” he said during a presentation at the Acushnet Council on Aging in March. “But ten percent of that – \$60 billion – goes to fraud, waste and abuse. The only people who can solve it are Medicare recipients. We can become engaged consumers and make sure that no one takes advantage of Medicare.”

Being an “engaged” consumer essentially means that you’re actually reading your quarterly Medicare Summary Notice, which provides information about health care services you have received during a three-month period. The document is not a bill; it is a summary of charges that have been

billed to Medicare, how much Medicare paid, and the amount you may owe the provider. Hohengasser recommends that you keep records of your Medicare Summary Notices for at least two years.

“Review your notices and bills for accuracy, and take action if you suspect an error, fraud or abuse. Beneficiaries should never pay anything until you’re one hundred percent satisfied that that is what you should pay. If something seems wrong and feels wrong, it probably is,” he said.

If you suspect a discrepancy on your summary notice, call the provider. Hohengasser said some people don’t report errors because they don’t want to bug their doctors, they’re confused by their summaries or they’re unsure what questions to ask.

If you’re feeling lost, there are plenty of resources that can help you make heads or tails of your situation. See the side panel in blue for a list of resources.

There are also steps you can take to avoid being scammed in the first place. For one, you should record basic information about your medical visits. Hohengasser said he takes his medical logbook with him when he travels.

“If I’m somewhere and something happens, it’s important that

they know what medications that I’m on and what procedures I’ve had,” he said.

You can also bring a family member or friend with you to medical visits who can help ensure that you ask the right questions and remember the conversation. Drafting a list of questions for your medical professionals prior to a visit is another way to ensure you’re getting good information.

You can also avoid scammers by protecting your identification information. Don’t carry your Medicare card with you unless you’re on your way to the doctor. Don’t carry your Social Security card with you, either. Don’t provide your Medicare card over the phone to anyone unless you’ve called your doctor directly.

Resources

Suspect fraud, errors or abuse?

The Attorney General’s Office has a statewide, toll-free hotline to help elders with a range of issues. Call 888-243-5337.

The Executive Office of Elder Affairs has a toll-free elder abuse hotline at 800-922-2275.

Call Senior Medicare Patrol at 800-892-0890 or visit their website for an events calendar of seminars at: masmp.org.

April is Social Security Month

By Delia De Mello
Social Security

It’s National Social Security Month, and this year we’re highlighting some of the time-saving features of the “my Social Security” account. Once you create an account, you’ll see that we already have your work history and secure information to estimate what you could receive once you start collecting benefits.

With your personal my Social Security account, you can also:

- Request a replacement Social Security card
- Set up or change direct deposit
- Get a proof of income letter
- Change your address
- Check the status of your Social Security application
- Get a Social Security 1099 form

For more than 80 years, Social Security has worked to meet the changing needs of the American public. Today, you can apply for retirement, disability and Medicare benefits online as well as take care of other business.

Celebrate National Social Security Month by learning what you can do online anytime, anywhere at: www.socialsecurity.gov/myaccount.

ZEITERION PERFORMING ARTS CENTER

MUSIC • COMEDY • FAMILY • THEATER

ALL TICKETS

\$3 OFF FOR SENIORS



EMMY WINNER & COMEDIAN
KAMAU BELL
APRIL 6



SONGS FROM MUSICAL THEATER GREATS!
The WORLD OF Musicals
APRIL 7



BALLET HISPANICO
APRIL 12



SALSA & LATIN DANCE NIGHT!
AT THE ANDREA MCCOY REC CENTER
LIVE MUSIC BY GRUPO SAZÓN!
APRIL 13



DREW CAREY • JEFF B. DAVIS • GREG PROOPS • JOEL MURRAY
WHOSE LIVE ANYWAY?
STARRING DREW CAREY!
APRIL 9



CAMANE
OUTSTANDING PORTUGUESE SINGER
MAY 4



IN TO AMERICA
THE AMERICAN IMMIGRANT EXPERIENCE
APRIL 28



CHARLIE THOMAS AND HIS DRIFTERS • THE ORIGINAL TYMES • STAN ZIZKA'S DEL SATINS • JIMMY GALLAGHER AND THE PASSIONS
Todd Baptista's DOO WOP
XVII: BROTHERS IN HARMONY
APRIL 27

ZEITERION.ORG : 508-994-2900



2018
2019
SEASON



Update

Senior Scope is Online

Visit 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.

Age-Friendly Events

The Age-Friendly New Bedford Action Committee has several announcements regarding upcoming events in the area.

There will be free oral cancer screenings on April 3 at Boa Vista (use side door), 134 So. 2nd Street, New Bedford, and on April 4 at the Caroline Street Apartments, 26 Caroline Street, New Bedford. Both events run 10-11:30 a.m. Lunch provided.

On April 12, the Buttonwood Senior Center will host a health fair from 11 a.m. to 1 p.m. The health fair will have food, activities, vendors and a visit from the South-

coast Wellness Van.

Visit the SouthCoast Job Fair on April 18 from 10 a.m. to 3 p.m., at New Bedford Voc-Tech. Admission is free for those with a résumé.

On April 24 from 12-2 p.m., The Buttonwood Senior Center will host a workshop on end-of-life planning. This free event will include a panel discussion and lunch at 11:30 a.m. RSVP at 508-991-6170.

On May 16 at 10 a.m., learn how to ride the bus at a transportation training session at the Buttonwood Senior Center. This event will be followed by lunch.

Volunteer at the NB Folk Festival

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

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

New Bedford LGBTQ Film Series

The New Bedford LGBTQ Winter Film Series will conclude on April 28. The event will be held from 1 to 4 p.m. at the New Bedford

Whaling Museum, located at 18 Johnny Cake Hill.

The final film in the series will be "Pariah."

Upcoming Performance

"A Musical Narrative" based on the novel "Invisible Courage" by Filomena Tripp will take place on May 4 at 6 p.m. The performance will be held at Casimir

Pulaski School, 1097 Braley Rd., New Bedford, 02745. Tickets: \$20 adults; \$10 children under 10. Contact Filomena Tripp at filatprayer@comcast.net.

History Presentation

Veteran researcher, Richard W. Gifford, Esq., will be talking about the Gifford families of Old Dartmouth on April 7 at 2:30 p.m. The presentation will occur at the Dartmouth Historical & Arts Society Headquarters in the Russells Mills Schoolhouse at 1205 Russells Mills

Road in Dartmouth.

A frequent speaker at the Dartmouth Historical & Arts Society and an expert on the Gifford families in Dartmouth since the earliest days, Richard will share his deep knowledge and will educate and entertain in the process.

FREE Computer Classes

Six-week course. 90 minutes each. All levels of experience welcome.

- Morning classes are held Tuesdays at 10 a.m. The morning session begins **April 2nd.**
- Morning classes are held Thursdays at 1 p.m. The afternoon session begins **April 4th.**

These **FREE** computer classes are held at the New Bedford Council on Aging, 181 Hillman Street, Bldg #9.

To sign up, call Brad at 508-991-6250.



Savvy Caregiver Program Returns

The Savvy Caregiver is a 12-hour training program delivered in two-hour sessions over a six-week period. The program teaches the basic knowledge and skills needed to handle the challenges of caring for someone with Alzheimer's disease. Results have shown the

training program reduces Alzheimer caregiver's distress effectively.

The Savvy Caregiver Program will run from April 10 to May 15 from 1:30 to 3:30 p.m. at Dartmouth Council on Aging. To register please call Coastline at 508-999-6400.

Suicide Bereavement Group

The Greater New Bedford Suicide Prevention Coalition and Child and Family Services are hosting a free support group, held at

Child and Family Services, 1061 Pleasant St., New Bedford. Meets on the first Tuesday of the month (until June 4) from 5 to 6:30 p.m.

Need Transportation?

Ride Match is a one-stop searchable directory that combines all public, private and nonprofit transportation options in one convenient online resource. Ideal for seniors,

people with disabilities or anyone needing to travel in Massachusetts.

Go to www.massridematch.org to see what transportation services are available in your community.

Self Improvement Classes

Self Improvement Classes are presented by Buzzards Bay Speech Therapy. The classes are intended for adults who are experiencing challenges in memory, self expression, speech clarity, independent living or social connectedness.

The classes are held at North Dartmouth Super Stop and Shop, 2nd floor, 25 Faunce Corner Road, Dartmouth on Mondays from 9:30-11:30 a.m. on April 1, 8, 15; May 6,

13, 20; June 3, 10, 17.

Other times/locations: Munroe Terrace, 2 Anderson Way in Dartmouth on April 1, 8 and 15 from 1-3 p.m. Kings Village, 276 Cottage St. in New Bedford on May 6 and 13 from 12:30-2:30 p.m.

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

Hands Across the River Coalition

Local environmental advocacy group Hands Across the River Coalition, Inc. meets monthly with the next meeting taking place Wednesday, April 24 from 6 to

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

THE OAKS

A Premier Nursing Center



Life Care Centers of America

Rehab programs that promote relief from stroke, cancer, orthopedic, vascular and neurological conditions.

508-998-7807
New Bedford
TheOaksMa.com



Olympia Tower

Now Accepting Applications. Overlooking New Bedford Harbor and Buzzards Bay, Olympia Tower is now accepting applications for 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped or disabled persons who are 18 years old and over. Enjoy the convenient downtown location and feel secure in the friendly atmosphere. Rent based on 30% of adjusted income. Income requirements, please call for info.



(508) 997-1205
TDD# 800-439-2370



Let the Hearing Doctor come to you!

In-Home Hearing Services

- Hearing Tests
- Hearing Aid Repairs and Sales
- Wax Removal



Comfort of Home Audiology

Dr. Kristy Lamoureux

508-887-6283

www.ComfortOfHomeHearing.com

Your Health

Connection through Mindfulness, Meditation



By Julie Paquette
 Founder/Instructor,
 The Mindful Collaborative

Research is beginning to show the need to connect, with ourselves and socially. Connection is as basic as our need for food, water and shelter. Mindfulness can help us to connect with ourselves and our world on a profound level.

It is Sunday morning at The Boys and Girls Club of Greater New Bedford, and I sit among participants in a mindfulness class. As I watch each person take their seat, I recognize that some have been here many times. For others it is their first. We are a group of fifteen or so, somewhat strangers.

Greetings are exchanged and there is small talk among the group until it is time for us to begin the meditation. The opening instruction is to connect with our breath. The group sits together in silence, listening to and feeling the inhalation and

exhalation.

As the minutes go on, we shift from focusing on breath to bringing attention to our bodies. We locate our feet on the floor, feeling sensations on the surface of the skin. In the final minutes of the meditation, we practice strengthening compassion. We send ourselves kind thoughts in silent repetitive phrases.

Throughout the meditation, we notice as the mind wanders away: away from the breath, away from the body, away from the senses. Each time we notice, we are encouraged to refocus back into the present moment.

As we age and begin to leave jobs for retirement, watch our children grow older, and experience changes in our health, we may feel a loss in connection to what was, or a fear of what is to come.

Mindfulness helps us to look at these changes with curiosity and kindness, to accept change as a constant. When we take the time to be still, to listen, to connect into our hearts and the present moment, we develop the capacity to be okay with what is. We develop trust in our inner wisdom.

We learn to truly connect with who we are right now, with a deep awareness and understanding.

As the meditation session comes to a close, and the group slowly

begins to open their eyes, a woman weeps. She shares her experience regarding a portion of the guided meditation that focused on compassion. How the beauty she felt during the visualization had brought her to tears.

I look around the room and see some from the group are nodding their heads in agreement, others smiling with encouragement. I watch individuals begin to rise from their seats, and, as they walk out of the room, I hear conversations between people that were strangers just 30 minutes ago.

I see others grabbing their yoga mats walking to the next class, together. As we connect with ourselves through mindfulness, we begin to connect with others around us naturally. We start to feel more connected to our world at large.

Every Sunday, the New Bedford Wellness Initiative gives us the opportunity to connect in wellness with our community. Varied classes are offered, free to all. Yoga, qigong, nutrition and more. Come join us!

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

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



Nursing, CNAs, PT/OT, Activities, Meals, Transportation and MORE!

Fairhaven 508-990-0607
New Bedford 508-998-8100
www.activeday.com

Now Accepting Applications

Melville Towers
 508-993-3077
melville@peabodyproperties.com
www.peabodyproperties.com

850 Pleasant Street
 New Bedford, MA
 Hours: 8am - 4:30pm
 Monday - Wednesday - Friday

- 1 & 2 Bedrooms
- Beautiful Common Areas including community room, hair salon and laundry facility
- 24-Hour Emergency Maintenance
- On-Site Professional Management
- On-Site Parking
- Wide range of resident services programs and social activities

Privately owned building in the North End of New Bedford. Taber Mill is now accepting applications for bright 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped and disabled persons who are 18 years old and over. Rent based on 30% of adjusted income. Income requirements, please call for more info.

217 Deane Street, New Bedford, MA 02746
 (508) 996-3111
 VOICE-TDD# 1-800-439-2370
cribeiro@bostonland.com

Looking for a career?
 Do you need a profession that provides a good working environment with a great work-life balance and allows you to make a difference?

If so, visit:
www.coastlinenb.org
 for employment opportunities.

PBM Patricia Bloom-McDonald, Attorney-at-Law
 Your attorney for life's planning

508-646-9888
 1105 State Road
 P.O. Box 858
 Westport, MA 02790

Satellite Office
 Phone: 781-713-4709
 1017 Turnpike Street, Suite 23
 Canton, MA

Website: www.McBloomLaw.com
 Also available to meet at YOUR office, home, or place of convenience.
Call for a complimentary consultation.

- Estate Planning
- Elder Law
- Probate
- Real Estate

Whaler's Cove Assisted Living Provides Safe and Affordable Housing and Services for Seniors!

Call for Seasonal Rent Specials & Independent Rates Today!

- Studio, One and Two Bedroom Units
- Assistance with Personal Care
- 3 Daily Meals in our Newly Renovated Dining Room
- Activity and Exercise Programs
- Medication Management
- 24 Hour Staffing & Emergency Response System and much more!
- Open House Every Saturday from 10:00-2:00 pm

For More Information Call: (508) 997-2880
 114 Riverside Avenue New Bedford, MA 02746
www.whalerscove-assistedliving.com

PROJECT INDEPENDENCE
 Serving adults with medical needs for more than 35 years

Adult Day Services
 Karen A. Maciulewicz, M.S. R.N.C.
 250 Elm Street,
 New Bedford, MA 02740
 Phone: 508-997-1441
 Fax: 508-997-5594
www.piadhc.org
 Caregiver Grant Funded by Title III-E of O.A.A. Sponsored by Coastline Elderly

GUN ORPHANAGE
 A Division Of Bachant's Gun Shop

The Gun Orphanage buys your unwanted firearms and accessories. Many households have unwanted firearms and parts that may have belonged to yourself or a family member – and you'd like them legally removed from your home – and earn some cash as well. We come to YOU!

For an in-home consultation or more information, please call Bill Bachant (774) 263-3134 or email billbachant@comcast.net.

www.GunOrphanage.com

Your Health

Americans Ready to Crack Down on Drug Prices

By Jay Hancock, Kaiser Health News

Large majorities of Americans from both major parties support steps to control prescription drug costs such as showing prices in ads, removing barriers to generics and letting patients get less expensive drugs from Canada. By a 9-to-1 ratio, Republicans, Democrats and

independents favor making drug companies show list prices in their advertising, says a new survey from the Kaiser Family Foundation.

Although Republicans tend to frown on government control over commerce, 8 in 10 Republican respondents said they support giving negotiating power to the \$700 billion Medicare program

in order to lower drug prices for seniors.

More than 70 percent of all respondents back importing drugs from Canada and capping out-of-pocket Medicare costs. More than 80 percent said they favor making it easier for less expensive generics to compete with brand-name drugs.

Increasing numbers of Ameri-

cans blame pharmaceutical companies for high health care costs. Americans deem prescription costs a big problem, even though most don't have trouble getting the medicine they need. But one-fourth of adults said it is "difficult" to afford their medicines and nearly 3 in 10 said they haven't taken their medicine as ordered because of high cost.

Los Americanos Están Listos para Reprimir Los Precios de los Medicamentos

Grandes mayorías de los Americanos de ambos partidos principales apoyan pasos para controlar el costo de las recetas médicas tales como indicar los precios en los anuncios, removiendo las barreras a los genericos y dejar a los pacientes conseguir medicamentos menos caros de Canada. En una proporción 9-a-1, los Republicanos, Demócratas y Independientes favorecen obligar las compañías de medicamentos

mostraren listas de precios en sus anuncios, dice una nueva pesquisa hecha por la Kaiser Family Foundation.

Aunque los Republicanos tienden a fruncir la frente para el control federal sobre el comercio, 8 en 10 de los demandados Republicanos dijeron que ellos apoyan dar el poder de negociación a los \$700 millones del programa Medicare para poder bajar los precios para los

edosos.

Más de los 70 porcientos de todos los demandados apoyan importar los medicamentos de Canada y nivelar los costos de Medicare fuera del bolso. Más de 80 porcientos dijeron que favorecian facilitar para que los menos caros genericos competisen con los medicamentos de marca.

Un creciente número de Americanos culpan las compañías farma-

ceuticas por los costos elevados de los cuidados de la salud. Los Americanos juzgan los costos de las recetas como un gran problema, aunque la mayoría de ellos no tienen problemas en conseguir el medicamento que necesitan. Pero una cuarta parte de los adultos dijeron que es "difícil" poder pagar por sus medicamentos y casi 3 en 10 dijeron que no han tomado sus medicamentos debido al alto costo.

Os Americanos Estão Prontos para Reprimir Os Preços dos Medicamentos

Grandes maiorias dos Americanos de ambos partidos principais apoiam passos para controlar o custo das receitas médicas tais como mostrar os preços nos anúncios, removendo as barreiras aos genericos, e deixar os pacientes conseguirem medicamentos menos caros do Canada. Numa razão 9-a-1, os Republicanos, Demócratas, e Independentes favorecem obrigar as companhias de medicamentos mostrarem

listas de preços nos seus anúncios, diz uma nova pesquisa pela Kaiser Family Foundation.

Embora os Republicanos tendem a franzir a testa para o controlo federal sobre o comercio, 8 em 10 dos respondentes Republicanos disseram que eles apoiam dar o poder de negociações aos \$ 700 mil milhões do programa de Medicare para poder baixar os preços para os idosos.

Mais de 70 por cento de todos os respondentes apoiam importar os medicamentos do Canada e nivelar custos de Medicare fora do bolso. Mais de 80 por cento disseram que favoreciam facilitar para os menos caros genericos competirem com os medicamentos de marca.

Um crescente numero de Americanos culpam as companhias farmaceuticas pelos custos elevados dos cuidados da saúde. Os Americanos

julgam os custos das receitas como um grande problema, embora a maioria deles não têm problemas em conseguirem o medicamento que precisam.

Mas uma quarta parte dos adultos disseram que é "difícil" poder pagar para os seus medicamentos e quase 3 em 10 disseram que não têm tomado os seus medicamentos devido ao alto custo.

Annual Health Expo

Thursday, June 20th 2019

from 11am-3pm

Hosted by



Vibra Hospital of Southeastern Massachusetts

invites you to participate in their **Annual Health Expo** scheduled for Thursday, June 20th 2019 from 11:00 am - 3:00 pm. The event will be held outdoors on hospital grounds (tables will be set up under tents). In previous years, we featured over 100 vendors from across southcoast's areas of service.

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

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



Your Health

Here's How to Check Your Mouth for Oral Cancer

April is Oral Cancer Awareness Month, a reminder to inspect your mouth for anything irregular. Oral cancers can spread quickly, which is why early detection is important.

Oral cancer, which is the growth of abnormal cells, can form on the tissues lining the mouth, the roof of the mouth, the lips or the back of the throat. It occurs most commonly on the tongue, the floor of the mouth and the gums.

According to the American Cancer Society, around 50,000 new cases of oral cancer are reported every year. It affects more men than women, and the average age for those diagnosed is 62.

Dentists and dental hygienists will look for signs of oral cancer during checkups, but it's important to know what to look for so you can discuss anything concerning with your dentist right away.

Oral cancer can appear as a sore or a lump anywhere in your mouth, lips, or throat, or as an area of red and white lesions. It may cause swelling in your jaw, it may make swallowing difficult or it may make your tongue feel numb.

Holly Petruzzo, a public health dental hygienist from Visiting Dental Hygienist, said that oftentimes these lumps or lesions are not painful, unlike a canker sore.

"Any lump or bump that stays there for two weeks has the potential to be something that needs to be addressed," said Petruzzo. "Sometimes, after a biopsy, it turns out to be nothing. But it's always better to err on the side of the caution than to ignore it."

Since 2012, Petruzzo has been hosting dental cleanings and oral cancer screenings at local councils on aging. The program is funded by Coastline and the Executive Office of Elder Affairs.

She said that, while oral cancer can occur in both smokers and non-smokers, smoking will significantly increase your potential. In fact, most cases are linked to smoking and smokeless tobacco use. Other risk factors include heavy alcohol use, consuming alcohol and using tobacco products together, and poor



Holly Petruzzo, RDH, of Visiting Dental Hygienist, LLC inspects Elizabeth LaLiberte's mouth for oral cancer during a visit at the Dartmouth Council on Aging. According to the American Cancer Society, around 50,000 new cases of oral cancer are reported every year. The average age for those diagnosed is 62.

nutrition.

During an oral cancer screening, Petruzzo will inspect the mouth for any abnormalities. She feels the sides of the neck and jaw for lumps, examines the sides of the tongue, and looks for bumps on the sides of the mouth.

"A lot of people that have dentures don't realize that it's a good idea to check underneath them," said Petruzzo.

In addition to checking for oral cancer, good oral health includes frequent brushing and flossing. An increasing body of research has shown a connection between good oral hygiene and overall health.

Petruzzo's Visiting Dental Hygienist program helps local seniors keep smiling, with dental cleanings, denture cleanings, scaling and root cleanings, and fluoride treatments.

"They get a complete cleaning and then a fluoride treatment because, as we age, a lot of times recession happens and the root surface is not covered by enamel, and it's far more susceptible to

decay," she said. "A lot of people, with all of the medications they're on, suffer from dry mouth, which causes rapid decay."

For dry mouth, Petruzzo recommends sugarless lozenges or sugarless gum, which can help stimulate saliva. Holding water in the mouth can also help with dry mouth.

Visits to a dental hygienist can help patients overcome the limitations of brushing. Brushing and flossing helps with the removal of plaque, which can cause decay and gum disease. When plaque hardens into tartar, it can no longer be removed by a toothbrush and requires a periodontal scaler.

"If someone's really good about their homecare, they'll build up far less tartar. But once it starts to build up, you can't get it off without scaling," she said.

At-home oral cancer check: Knowledge is power and knowing what's happening inside your mouth before visiting a health care professional will help you direct your conversation in the dentist's chair. You can perform a self-exam

at home. Here's how.

You'll be inspecting your mouth for any: red or white patches, red and white patches, a sore that is not healing and easily bleeds, abnormal lumps or thickened tissue, or a lump on the neck or under the lower jaw.

- You will need a bright light and mirror
- Remove any dentures
- Look at and feel the inside of your lips and the front of your gums
- Inspect the roof of your mouth by tilting your head back
- Pull on your cheek to see the inside surface and back of the gums
- Stick your tongue out and look at it from every angle
- Feel for lumps on both sides of your neck and under your lower jaw
- Consult a health care professional immediately if you notice any of these signs

Resources

Call Holly Petruzzo, RDH, of Visiting Dental Hygienist, LLC at 774-766-7238 to schedule an appointment. Cleanings and referrals are for those age 60+ without dental insurance or with limited financial means.

Have questions about dental insurance? Contact your local SHINE counselor. A list of SHINE counselors is posted in every issue of *Senior Scope* on page 2.

Join the Age-Friendly New Bedford Action Committee in April for free oral cancer screenings. See page 4 for details on these events.

Contact the Greater NB Community Health Center for info on their dental services at 508-992-6553.

Call the Massachusetts Smokers' Helpline at: 1-800-QUIT NOW (1-800-784-8669) or visit KeepTryingMA.org.

Town of Acushnet Designated Age-Friendly by the AARP

On March 19, the Town of Acushnet received the designation of an "Age-Friendly Community" by the AARP.

Acushnet officials began the process in the summer of 2018 when the Town surveyed residents about what they felt they needed to age in their own homes. The Town, through the Council on Aging, then applied and was accepted to join the AARP Network of Age-Friendly Communities.

"Our surveys found three things: Acushnet is lacking in public transportation, low-income housing and communication throughout the town," said Heather Sylvia, Director of the Acushnet Council on Ag-

ing.

Since the Town of Acushnet has completed the surveys, the next step is to form a committee to put together an action plan, which will lay out what officials will focus on and how they're going to execute their plan. Acushnet officials will have two years to complete the action plan.

To help bolster a sense of unity, Sylvia said the Town is planning on branding the group as "Team Acushnet" and plans to have custom T-shirts made. If you are interested in helping the Town of Acushnet develop its age-friendly action plan, contact the Acushnet Council on Aging at 508-998-0280.

SAVE THE DATES

Healthy Aging Fair

Friday, May 10, 10 am-2 pm
Fairhaven Recreation Center
227 Huttleston Avenue
Fairhaven, MA 02719

Presented by Coastline and the Acushnet Council on Aging



A Bristol County Celebration of Seniors

Friday, June 14, 9 am-noon
White's of Westport
66 State Road
Westport, MA 02790

Presented by the Bristol County District Attorney's Office and Coastline

If you are planning to attend, please RSVP by calling 508-961-1973 or Eric.M.Poulin@state.ma.us

Better Living



During the legislative event, hosted by Coastline and New Bedford, a panel of guest speakers discussed the age-friendly movement in general and as it pertains to the City of New Bedford. From left to right: Sandra Harris, President, AARP Massachusetts; Cheryl Bartlett, CEO, Greater New Bedford Community Health Center; Joyce Dupont, Wellness Director, Greater New Bedford Community Health Center; Mary Rapoza, Director of Parks, Recreation, and Beaches, City of New Bedford; and Angela Constantino, Senior Transportation Planner, SRPEDD.

Age-friendly continued...

New Bedford's Council on Aging, during the event.

Nora Moreno Cargie, President of the Tufts Health Foundation, said that five years ago there were only a handful of communities pursuing the project. As of March 2019, there are 48 communities across the state enrolled in the AARP network of age-friendly communities. More than 70 cities and towns are in the process of attaining the designation, including Dartmouth and Mattapoisett. Acushnet and Marion recently received the designation.

"People are looking to our communities as examples," said Cargie. "[The movement] will effect what matters most to people, which is making communities stronger, services accessible, social engagement possible, and the health of our neighborhoods attainable."

The continued effort to make New Bedford an age-friendly city is divided into seven broad categories, or "domains": outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services.

More than two dozen people representing various agencies, nonprofits and municipal departments are meeting regularly to focus on these eight areas and to ensure that steps on the action plan are being carried out. During the event at Buttonwood, several representatives from the team offered updates and discussed future plans.



Nora Moreno Cargie, President of Tufts Health Plan Foundation, talked about the evolution and expansion of the age-friendly movement throughout Massachusetts.

"We're working on expanding the availability of evidence-based programs that help seniors live at home for as long as possible," said Joyce Dupont, Wellness Director from the Greater New Bedford Community Health Center. "These programs help with memory and chronic disease management."

She also discussed the upcoming oral cancer screening sessions happening in April. The team focused on oral health because many seniors in the area have identified dental care as one of their greatest needs. At the events in April, there will be SHINE counselors present who can help answer questions about dental insurance.

Mary Rapoza, Director of Parks, Recreation and Beaches in New Bedford, said the Parks Department has been looking at boosting overall accessibility at local beaches and parks as well as making the journey to those locations easier.

For example, Rapoza pointed to improved lighting and a new walkway into Hazelwood Park from Brock Avenue. The Parks Department is also looking to improve wheelchair accessibility at West Beach. Starting this spring, the City will add new programming, including bowling on the green (or lawn bowling) at Hazelwood.

Angie Constantino, Senior Transportation Planner at SRPEDD, said she's looking at making the overall experience on the bus more user-friendly. Part of that effort will include the expansion of tools riders can use, including online bus routes and individualized, location-based schedules.

"One thing we're working on is an outreach event at Buttonwood Senior Center," said Constantino. "The event is planned for May and will include the ability to sign up for senior Charlie Cards directly at the event. We're also going to have a lot of education on schedules and how to ride the bus. We're planning on bringing a bus to the senior center."

Senior Scope will continue to report on the age-friendly movement as it expands throughout the South Coast. Check the "Update" section on Page 4 for details on specific events happening this spring.

Trivia

FOR YOUR ENTERTAINMENT — Ed and Kim Camara

- World's Fairs (sometimes called World Expositions) have happened many times all over the world. Pick the last one that was held in North America:
 - HemisFair (San Antonio)
 - New York World's Fair
 - Louisiana World Exposition
 - Vancouver World Exposition
- Johnny Carson always had a sidekick. Name the one who never sat next to him at the opening of the show as his sidekick.
 - "Doc" Severinson
 - Tim McVeigh
 - Ed McMahon
 - Tommy Newsome
- What was Tonto's real name?
 - J.K. Rowling
 - J.J. Abrahams
 - J. Silverheels
 - Ke-mo sah-bee
- At what age is someone considered to be a "senior citizen"?
 - 50 years
 - 55 years
 - 70 years
 - Unfair question. It's different for everybody. Age is a number!
- Peter Marshall hosted "Hollywood Squares" for years. Who was NOT a regular 'square'?
 - Rose Marie
 - Joyce Brothers
 - Vanna White
 - Paul Lynde
- In early television, there were detectives and lawyers with bald heads, lollipops, stinky cigars and even a bird. But only one ended his series in a wheelchair. Who?
 - Robert T. Ironside
 - Matlock
 - Richard Diamond
 - Peter Gunn
- How do you make yellow?
 - Mix red & blue
 - Mix green & blue
 - You can't
 - Mix green & purple
- What is the maximum number of pitches a starting pitcher can throw in a baseball game?
 - 50
 - 150
 - 100
 - 85
- Which of the following Central Florida attractions is still there?
 - Splendid China
 - Circus World
 - Boardwalk & Baseball
 - Ripley's Believe It Or Not Museum
 - All of them
- Pope's Island has always been a busy place with businesses and restaurants coming and going. In the plaza in front of the old Fairhaven Hardware, there has always been a family restaurant. We are not counting Fathoms (old WBSM) location, which of these were NOT located on the island?
 - Ground Round
 - Bridge Diner
 - Bag Piper
 - The Skipper

[answers listed on page 11]



Surprenant & Beneski, P.C.

Strategic Planning for Your Peace of Mind

ESTATE PLANNING • ELDER LAW

35 Arnold Street, New Bedford, MA 02740 • 508-994-5200

336 South Street, Hyannis, MA 02601 • 508-427-1102

45 Bristol Drive, Easton, MA 02375 • 508-427-5400



Surprenant & Beneski, P.C. warmly welcomes you to share your goals for yourself, your loved ones and your legacy. With your goals in mind, using appropriate strategies for you, we will create a comprehensive estate plan that protects you, your family and your assets. Partners, Dan Surprenant and Michelle Beneski, are Certified Elder Law Attorneys by the National Elder Law Foundation. This makes our team uniquely qualified to help you prepare for life's unknowns and provide you with peace of mind. We proudly serve Southeastern Massachusetts, Cape Cod and the Islands and are here to help you protect what means the most to you.

MEDICAID PRE-PLANNING & CRISIS PLANNING
ESTATE TAX PLANNING • SPECIAL NEEDS PLANNING
POWERS OF ATTORNEY • WILLS • HEALTH CARE PROXIES
HIPAA AUTHORIZATIONS • BLOODLINE PLANNING

Nutrition

Why Older Adults Should Eat More Protein

By Judith Graham
Kaiser Health News

Older adults need to eat more protein-rich foods when losing weight, dealing with a chronic or acute illness, or facing a hospitalization, according to a growing consensus among scientists.

During these stressful periods, aging bodies process protein less efficiently and need more of it to maintain muscle mass and strength, bone health and other essential physiological functions.

Even healthy seniors need more protein than when they were younger to help preserve muscle mass, experts suggest. Yet up to one-third of older adults don't eat an adequate amount due to reduced appetite, dental issues, impaired taste, swallowing problems and limited financial resources. Combined with a tendency to become more sedentary, this puts them at risk of deteriorating muscles, compromised mobility, slower recovery from bouts of illness and the loss of independence.

Recent research suggests that older adults who consume more protein are less likely to lose "functioning": the ability to dress themselves, get out of bed, walk up a flight of stairs and more. In a 2018 study that followed more than 2,900

seniors over 23 years, researchers found that those who ate the most protein were 30 percent less likely to become functionally impaired than those who ate the least amount.

In another study, which was published in 2017 and followed nearly 2,000 older adults over six years, people who consumed the least amount of protein were almost twice as likely to have difficulty walking or climbing steps as those who ate the most, after adjusting for health behaviors, chronic conditions and other factors.

"While eating an adequate amount of protein is not going to prevent age-associated loss of muscle altogether, not eating enough protein can be an exacerbating factor that causes older adults to lose muscle faster," said Wayne Campbell, a professor of nutrition science at Purdue University.

So, how much protein should seniors eat? The most commonly cited standard is the Recommended Dietary Allowance (RDA): 0.8 grams of protein per kilogram (2.2 pounds) of body weight per day.

For a 150-pound woman, that translates into eating 55 grams of protein a day; for a 180-pound man, it calls for eating 65 grams.

To put that into perspective, a 6-ounce serving of Greek yogurt has 18 grams; a half-cup of cottage

cheese, 14 grams; a 3-ounce serving of skinless chicken, 28 grams; a half-cup of lentils, 9 grams; and a cup of milk, 8 grams.

For seniors with acute or chronic diseases, the group suggested protein intake of 1.2 to 1.5 grams per kilogram of body weight while noting that the precise amount needed "depends on the disease, its severity" and other factors. (These recommendations don't apply to seniors with kidney disease, who should not increase their protein intake unless they're on dialysis, experts said.)

Another recommendation calls for older adults to spread protein consumption evenly throughout the day. This arises from research showing that seniors are less efficient at processing protein in their diet and may need a larger "per-meal dose."

Protein in all forms is fine. Animal protein contains all nine essential amino acids that our bodies need; plant protein doesn't. If you're a vegetarian, "it just takes more work to balance all the amino acids in your diet" by eating a variety of foods, said Denise Houston, associate professor of gerontology and geriatric medicine at Wake Forest School of Medicine in North Carolina. Otherwise, "I would typically recommend having some animal protein in your diet."

Farmers Market Events

The New Bedford Farmers Market will be hosting several events this spring. The New Bedford Indoor Market, located in the Kilburn Mill at Clarks Cove, will continue through the end of May, every Thursday from 2 to 5:30 p.m. and the first and third Saturday from 10 a.m. to 2 p.m.

The market will be holding a free seafood cooking demo on April 20 and May 18 at 11 a.m.

The 2019 Outdoor Season will begin on June 1 at Clasky Common Park. There will be three weekly markets located in New Bedford from June to October: Mondays at Brooklawn Park from 2-6 p.m., Thursdays at Custom House Square from 2-6 p.m., and Saturdays at Clasky Common Park from 10-2 p.m.

Visit coastalfoodshed.org for more details.

Check out
**Healthy Cooking
with Coastline**
on  YouTube



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

Brandon Woods
of Dartmouth &
New Bedford

At Brandon Woods
**The smiles
say it all.**

TAKE A TOUR TODAY!

There are many uncertainties after your loved one is discharged from a hospital and requires care beyond your means. Brandon Woods is there to provide that family touch so your loved one can keep that vibrant smile you have come to know, by knowing that they are still among family. For over 50 years we have provided 24-Hour Nursing Care, Adult Day Health, and Home Care Services with that special touch.

Adult Day Health Care
24-hour Nursing Care
Short Stay Rehabilitation
Home Care Services
Respite Care
Transportation Services

Rest assured we will care for your family as if they were our own, just as we have done for our communities' aging loved ones for the last 50 years.

For more information or to schedule a tour, please call

TOLL FREE Central Admissions at 844.322.3648 or Fax 978.522.8329

567 Dartmouth Street, So. Dartmouth, MA 02748 • 397 County Street, New Bedford, MA 02740

www.elderservices.com • Family Owned & Operated



5-star "Highest" rating from the Federal Centers for Medicare and Medicaid services.

At the Senior Centers

Acushnet Senior Center

For more information on the following activities, call the Acushnet Council on Aging at 508-998-0280.

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

Instructor vacation: Strong Women, Strong Bones with Karen Corcoran will be canceled on April 15 and April 17.

NEW! Women's Drum Circle: Drumming for wellness with Ellie Higgins on the last Thursday of each month at 1 p.m., \$4 per person. Drums provided, but if you have a drum, please bring it.

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

Evening Community Paint Party: April 4 at 6 p.m. No talent or experience required, open to anyone in the community over the age of 18. Light refreshments will be served. \$20/per person, payment due at time of registration. For more info, call 508-998-0280.

Planning for Medicare: April 4, 6 to 7:30 p.m. If you're getting close to Medicare eligibility, this free seminar is for you. This program is free and open to the public. Seating is limited, please RSVP: 508-998-0280.

Indoor Farmers Market: April 13, 10 a.m. to 2 p.m. Free transportation available for Acushnet residents. Children's Story Time, 11 a.m. with staff from the Acushnet Public Library.

Songs of WWII: Celebrate Patriots' Day and the end of WWII with singing star Ruth Harcovitz. April 11 at 11:30 a.m. Lunch. Tickets are \$3/per person. Tickets will not be available at the door.

Free Manicures: Students will be available at the center for manicures on April 4, beginning at 9:30 a.m. Free, but you must have an appointment.

Trip to Newport Playhouse & Cabaret Restaurant: April 28, bus departs the center at 10:45 a.m. \$50 per person. Enjoy the play "Clothes Encounters," buffet lunch and school bus transportation.

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

50+ Job Seeker Group: If you are unemployed and actively looking, underemployed, seeking a new career direction, recently retired and looking for your "encore career," this networking group program is perfect for you! Funded and supported by the Massachusetts Association of Councils on Aging (MCOA), the Job Seekers Networking Group offers support and assists people in the 50+ demographic who are looking for a new job, a totally new career direction or an encore career. For additional program information and pre-registration, please feel free to contact: Susan Drevitch Kelly, Program Director at susan@sdkelly.com or 781-378-0520.

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

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

Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 p.m. For information on activities, such as cards and dominoes, call 508-991-6211.

Buttonwood Senior Center

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

Dartmouth Senior Center

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

A Celebration of Elders returns: "Yesterday's Children, Wisdom of our Elders" returns for its second year. This program, presented by the Dartmouth Wanderers and sponsored by the Dartmouth Friends of the Elderly and the Dartmouth Historical & Arts Society, celebrates extraordinary individuals who are age 85 and above. If you would like to nominate an elder, please submit an application by May 1. Applications are available at the senior center, town hall and the Southworth Library.

Beginner's Botanical Drawing: Four-week session held Tuesdays starting on April 2 from 1 to 3 p.m. The instructor will be artist Jane Gregoli. \$48 for four weeks.

Meet Dartmouth's New Veteran's Agent: Come meet Matt Brouillette at the next Veteran's Corner meeting on April 3 at 9 a.m.

Comedy Performance with Mabel & Jerry: April 3 at noon. \$2 a ticket. Sign up at front desk. Supported in part by the Dartmouth Cultural Council.

Hyponosis for Weight Loss: Karyne and Lorraine are back on April 8 at 10:15 a.m. Call or sign up at the front desk.

Tuesday Matinee: April 9 at 1:30 p.m. "A Star is Born." Free popcorn.

Savvy Caregiver Program: Free, six-week session starting April 10 from 1:30 to 3:30 p.m. Training for family and friends of those experiencing memory loss. Offered by Coastline.

Throw a Punch at Parkinson's: Four weekly sessions beginning on April 16 from 1-2 p.m. This class is derived from the Rock Steady Exercise Program. It empowers people with Parkinson's to work on balance, strength, agility and cognitive function. Cost is \$70 for all four sessions.



REMEMBER WHEN? Warmer weather on your mind? This photo from the '50s – complete with beachgoers swigging soda from glass Coca-Cola bottles – should get you in the mood for summer. Send us your old photos and a brief description, and we'll include them in the paper. Email stthomas@coastlinenb.org or mail photos to *Senior Scope* at Coastline, 1646 Purchase St., New Bedford, MA 02740.

Taught by Jason Pires, a 1996 alternate Olympic boxer.

Karaoke with Susan: Beginning April 18. First and third Thursday of the month from 3 to 5 p.m. Open mic with Master Susan. If you have your own karaoke CDs, please bring them along. Cost is \$2.

Mediation Skills for Daily Life: April 19 at 9:30 a.m. Presented by the New Bedford Face to Face Mediation Program.

Essential Oil Workshop: April 22 at 1 p.m. Information followed by a "make and take" session where you can make your own items and bring them home for a fee.

iPhone Training: iPhone tutoring with the experts: teenagers! The Dartmouth High School Honor Society will be hosting an iPhone tutorial sessions on April 29 at 2:30 p.m.

Cinco De Mayo: May 3 at 12:30 p.m. Taco bar and entertainment. Two soft-shell tacos and desserts. Advanced sign up required. Tickets are \$3.

Mother's Day Brunch: Join the center for a Mother's Day brunch, hosted by the Cedars on May 9 at 10:30 a.m. to noon. Pre-registration required. Transportation to the Cedars will be provided by the center.

Trip: Join the center for a trip to the Roger Williams Botanical Center with lunch on Federal Hill. Van leaves the center at 9 a.m. Pre-registration is required.

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.

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

Easter Dinner: Easter Sunday, April 21, from 11 a.m. to 1 p.m.

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

Computer Technology for Seniors: Computer classes will continue in April. Space is limited. Sign-up at the front desk. Classes are held from 9-10 a.m. The first class will run on April 1, 3 and 5. The second round of classes will occur April 22, 24 and 26.

Legal Assistance: A representative from South Coastal Counties Legal Services will be at the center on April 11 from 9:30-11:30 a.m. By appointment only: 508-979-4029.

Sewing Circle: April 1, 15, and 29 from 1-3 p.m.

Pathways Through Grief: Bereavement Education Support Group. Mondays for six weeks beginning on March 18 to April 22. 6 to 7:30 p.m.

Grief Support Group: 5-6:30 p.m. 1st and 3rd Tuesday of the month.

Tax Help: Tax assistance on Tuesdays and Thursdays for low-income seniors filing a short form. Call 508-979-4029 to set up an appointment.

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

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

Need a Notary? A notary is available at the Fairhaven COA Monday through Friday from 7:30 a.m. to 3:30 p.m. If you are home bound and live in Fairhaven, the notary will be happy to go to your home. Call the COA.

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

Osteo Exercise class meets Monday, Wednesday and Friday mornings from 8:30 to 10 a.m.

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

Play Mah Jongg Tuesdays 10 a.m. to 2 p.m.

Trips to the Mall call for dates and times at 508-979-4029.

Continued on Page 11

At the Senior Centers continued...

Hazelwood Senior Center

For more information on the following activities, call the Hazelwood Senior Center at 508-991-6208. The hours of operation at Hazelwood are 9 a.m. to 3:30 p.m. from Monday through Friday. Coastline serves lunches from 11:30 a.m. to noon, Monday through Friday.

Tuesdays: April 2 Cedar Dell 10-11 a.m.; April 9 and 23 Cricut crafters 9:30-11 a.m. bi-weekly; April 9 Sandpiper crafts 11:30 a.m.-12:30 p.m.; April 16 Visual Group meeting 9-11 a.m.; April 30 Senior Whole Health 11:45 a.m.-1 p.m.

Wednesdays: April 3 GNB Community Health Clinic Blood Pressure Clinic; April 10 Grocery Bingo with United Health; April 25 Birthday cake celebration

Thursdays: April 5 Special Bingo with Sacred Heart

Special Event: Swing Into Spring Hazelwood Event on April 26 from noon to 2 p.m. Cost \$7. Entertainment: Joy Pereira. For information call Marisol 508-991-6208.

Marion Senior Center

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

New Walking Program: April 1 through Sept. 30. Walk your way to money and help your senior center. Form teams of four (or walk as individuals) and compete a challenge within the time frame. The Council on Aging staff can help you sign up to track your walks. Everyone who completes their challenge will be entered to win a gift card. For every team/individual who completes their challenge, the center gets entered to win \$250 for future fitness programs.

Classic Movie Series: The Sippican Historical Society and Marion Council on Aging are delighted to present the monthly Classic Film Series at the Music Hall. Films are at 7 p.m. April 12: "Stagecoach"; May 10: "American Graffiti."

Upcoming Art Shows: "Four Friends" – April 3 through May 30. Opening reception April 4 from 5–7 p.m.; "Senior Show" – June through July 1. Opening reception June 6 from 5–7 p.m.

Roger Frost Seminar: April 2, 9, 16 and 23 from 10-11:15 a.m. Stephen Collins will be leading this interactive seminar. Structured as an inclusive group discussion rather than a lecture.

Collage Workshops: April 30 and May 7 at 9 a.m. Registration required.

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

Grillin' & Chillin' BBQ: May 4 from noon to 2 p.m. Chef Rich Conti will prepare a BBQ menu consisting of BBQ chicken, pulled pork, veggie burgers, baked beans, cole slaw, corn bread and more. The chef will provide brief demos on the food he makes. Registration required. Call the center. Tickets are \$25.

Photo I.D. Cards: May 10 at 10 a.m. A representative from the Plymouth County Sheriff's Department will visit the COA to make you a free I.D. card. Sign up by April 17. Call 508-748-3570.

Mattapoisett Senior Center

For more information on any activities, trips and services, please call the Mattapoisett Council on Aging at 508-758-4110 or go to mattapoisett.net/council-aging.

Tax Help: The AARP Tax-Aide, a volunteer-based program, will provide tax preparation help to any low- to moderate-income eligible taxpayers, 60 and older. Trained volunteers will be at the Mattapoisett COA on April 10. Appointments are required.

Spring Fling: Free. April 11 at noon at the Knights of Columbus Hall. 50/50 raffle and prizes. Limited seating; RSVP at 508-758-4110. Hosted by the Friends of the Mattapoisett COA.

Grilled Cheese Sandwich Day: Celebrate National Grilled Cheese Sandwich Day on April 12 at 12:15 p.m. \$1 per sandwich; \$1 tomato soup. RSVP by April 10 at 508-758-4110.

Book Club: April 17 at 11 a.m. Free.

Advanced Care Planning: April 23 at 12:30 p.m. Learn how to talk about advanced planning with your loved ones.

Movie & Pizza: April 30 at noon. "Green Book." Pizza is \$1/slice.

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

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

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

Trip to MIT Museum: April 25. Depart time is 8:30 a.m. \$10 for a van ride. Call at least 48 hours in advance to sign up.

Trip to MFA: Art in Bloom: April 29. Depart time is 8 a.m. \$10 for a van ride. Call at least 48 hours in advance 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.

Tax Help: Free tax preparation is provided for all low- to moderate-income individuals. This will be offered every other Wednesday until April 15. Call to sign up at 508-763-8723.

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

Free Legal Consultations: Attorney Matt Beaulieu is available to answer your legal questions on April 4 starting at 3 p.m. Appointments are

recommended for this free service.

Veteran's Social: April 4 from 6-8 p.m.

Accreditation Celebration: April 5 at 1:30 p.m. Join the Rochester COA as it celebrates its national achievement: being accredited by the National Council on Aging/National Institute of Senior Centers.

Breakfast with the Easter Bunny: April 7 from 8-11 a.m. All are welcome! Breakfast is made to order off of our reasonably priced menu. Photos with the Bunny are available for \$5.

Election Day: April 10. Vote at the COA! Call if you need a ride. There will also be a jigsaw puzzle sale going on throughout the day.

Senior Book Club: April 16 at 10:15 a.m.

Trip to the Cape Cod Museum of Natural History: April 12. \$10. Leave at 9 a.m., return at 4 p.m. Lunch at The Marshside restaurant.

Trip to the Wrentham Outlets: April 23. Lunch at The Cracker Barrel. Leave at 8:30 a.m., return 4 p.m.

Trip to Douglas Orchard & Farm: April 27. Learn about beekeeping. Leave at 8 a.m., return at 4 p.m.

Dementia Directory

www.alzconnected.org

Memory Cafés

Acushnet: Acushnet Public Library, 2332 Middle Rd. Mondays from 1–3 p.m. Info: 508-998-0280.

New Bedford: Portuguese-Speaking Memory Café, Fridays at Project Independence, 250 Elm St., New Bedford. 12:30–2 p.m. Info: 508-991-6250.

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

Alzheimer's Support Groups

Mondays:

LGBTQ Phone Support Group. First Monday of the month. For partners/spouses of people living with dementia. Contact Barb Meehan at 508-291-0660.

Tuesdays:

Dartmouth Council on Aging with Carolyn Greany, 508-304-4587. Every other Tuesday, 3–4:30 p.m. Meetings are for caregivers and the individual diagnosed. RSVP.

Brookdale Senior Living with Lacie Chase, 508-409-4676. Third Tuesday of the month, 6–7 p.m.

Wednesdays:

Fairhaven Council on Aging with Fairhaven Community Nurse & Hospice Care 508-992-6278. First Wednesday of the month, 1–2 p.m. RSVP.

Royal of Fairhaven Nursing Center with Maureen Bradley, 508-997-3193. Fourth Wednesday of the month, 6–7 p.m.

New Bedford, Wilks Library, 1911 Acushnet Ave. with Alan Johnson, 508-775-5656. Fourth Wednesday of the month, 2–3:30 p.m. RSVP.

Thursdays:

Marion Council on Aging, Caregiver Support Group. Call Karen Gregory at 508-748-3570 to pre-register. Every other Thursday, 1–2 p.m.

Fridays:

Dartmouth Council on Aging, First Friday of the month at 1–2:30 p.m. Open to all caregivers. Contact Carolyn Lazaris at 774 510-5204 or Stephanie Gibson at 774 510-5209.

Events

Defeating Dementia: April 9, 6:30-8:30 p.m. Stonehill College, Martin Institute Auditorium, North Easton. RSVP: 800-272-3900.

Understanding and Responded to Dementia-Related Behavior: April 16, 4-5:30 p.m. Brandon Woods, Dartmouth. RSVP: 800-272-3900.

Know the 10 Signs: April 23, 1-2:30 p.m. Dartmouth Council on Aging. RSVP: 800-272-3900. More info online: alz.org/10signs

Effective Communication Strategies: April 30, 1-2:30 p.m. Dartmouth Council on Aging. RSVP: 800-272-3900.

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

Travel

New Bedford Senior Travel Club

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

April

- **April 8:** Foxwoods Casino w/ Casino Package, Ledyard, CT
- **April 24:** Best of Times Abba Triute, Danversport Yacht Club, Danvers, MA
- **April 27:** Nantucket Daffodil Day, Hyannis, MA

May

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

June

- **June 5:** Dan'l Webster Inn/ Heritage Museum & Gardens, Sandwich, MA
- **June 10:** Foxwoods Casino w/ Casino Package, Ledyard, CT
- **June 20:** Boston Duck Tour & Boston Winery Tour, Boston, MA
- **June 29:** Providence Performing Arts Center, features band visit/Providence Place Mall

July

- **July 17:** Michael Minor at the Flying Monkey in Plymouth, NH
- **July 22:** Twin River Casino
- **July 24:** Foster's Old Fashion Lobster Bake, When Pig's Fly Bakery, Kittery Outlets
- **July 27:** Salem in Summer. Cruise aboard the Hannah Glover.

April 2019 Trivia Quiz Answers

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

Correction: Last month's answers should be 4. D; 8. A.

Community

New Program Matches Seniors with Volunteer Opportunities

A new program coming to the Dartmouth Council on Aging aims to connect older adults with volunteer opportunities throughout the South Coast. And the initiative will be led by fellow seniors.

The pilot project, dubbed the Discovery Center for Civic Engagement, will be launched in five councils on aging across the state – in Amesbury, Dartmouth, Duxbury, Dartmouth, Framingham and Wellesley. The Massachusetts Councils on Aging and Empower Success Corps of New England are leading the initiative.

“The main goal is civic engagement,” said Dartmouth Council on Aging Director Amy DiPietro, adding that the program will attempt to inspire not only Dartmouth residents but people from the surrounding communities to become interested in volunteerism.

Willia Cooper of the Empower Success Corps said the Discovery Center will be a physical space inside the senior center and will be a meeting space where members of the public, age 55 and over, can get information about local volunteer opportunities.

The center will also be staffed by a volunteer, called a Transition Navigator, who will specialize in helping others find volunteer work or help them figure out what it is they would like to do.

“The outcome, we hope, for the Discovery Center is that the participants will find purpose,” said Cooper. “There is a tremendous need in our communities for volunteers, too.”

During their first visit to the Discovery Center, participants can expect to meet with a Transition Navigator for about 45 minutes. The two will discuss interests, hobbies and prior work experience.

The Navigator may help the person pin down what type of volunteer opportunity would best suit their skillset. The Navigators will also have access to a database being developed for the program that features various search options, which will help lead the participant to an appropriate volunteer opportunity.

“Hopefully, at the end of the meeting, that person has some to-dos that they can go off and work on,” said Cooper. That to-do list could include searching on Google for local nonprofits or actually calling agencies to inquire about volunteer work.

The Navigators will serve a role similar to a job coach, leading participants to work they may not have previously considered.

“You may need to help somebody think outside of the box they put themselves in. You want to help that person find a way to make a difference – to themselves and to the world,” said Cooper.

Currently, the Dartmouth Council on Aging is in the early stages of the project and is seeking those who might be interested in becoming Transition Navigators.

Navigators can anticipate three hours of training. They will also be asked to hold regular office hours at the Discovery Center. The first training session for the Navigators will be held on April 18 at 1 p.m.

Cooper said older adults make excellent candidates for volunteer positions because of their years of work and life experience.

“Seniors are the best when it comes to being able to problem solve,” she said. “Seniors are a force to be reckoned with.”

To learn more about this upcoming program, contact the Dartmouth Council on Aging at 508-999-4717.



Trudy Coito (left) helped reorganize Carney Academy's library. The project took nearly 60 volunteers 14 weeks to complete. The project was initiated by Angie Green (right), an AmeriCorps VISTA worker based at UMass Dartmouth's Leduc Center for Civic Engagement.

Library continued...

for two hours in the afternoon. The volunteers finished on Feb. 7 and now the library is accepting students.

Nationally, only 35 percent of public school students can read at or above a proficient level in grade-four reading, according to data from the U.S. Department of Education.

A report from the Annie E. Casey Foundation, which analyzed data over time from 4,000 students nationally, found that students who do not read proficiently by the third grade are four times more likely to drop out of high school, which leads to less earning potential over time.

Research has shown that more time allotted for reading enables struggling readers to become proficient, leading to more success in the classroom.

At Carney, the books were also organized with volunteers in mind because volunteers will be serving as librarians. All volunteers will help students locate and borrow books as well as shelf books once they're returned. Volunteers will be working in pairs.

“The ideal volunteer is someone who would be available on Mondays and Wednesdays between 9 a.m. and 2 p.m. and who can commit to one shift every week,” said Green. “We're looking for regular volunteers who can come in, know the space, know what to expect and then start building a report with students.”

Carney Academy's Principal, Maria Reidy, said the presence of volunteers helps to broaden students' experiences and strengthens Carney's community.

“Volunteers are a multifaceted resource throughout a school,” said Reidy. “Carney staff and students welcome and appreciate all the hard work that volunteers provide at Carney Academy. It takes a village to raise a child and with the assistance from Coastline, we are one step closer.”

Coito said she, too, is apprecia-

tive of her volunteer experience.

“I love to volunteer because I'm a firm believer that you should be helping those who are helping others,” said Coito. “It's not just that I'm helping them out; they're helping me out because I have memory loss.”

Coito said that participating in a project that required an attention to detail helped with her memory issues, which she's experienced for the past decade. In addition to the library, she also volunteers at the Salvation Army and the New Bedford Symphony.

For Green, who will be with the AmeriCorps VISTA program through July, the library stands as an example of the power of volunteer labor.

“A student being able to read for twenty minutes will slowly add up over time,” said Green. “Every volunteer counts, and every hour that you can give counts. You give back to your community, and your community gives back to you.”

“It's the greatest feeling being there for the children,” said Coito. “This is all I've talked about. I'm just so excited about it.”

Resources

Carney Academy is looking for volunteers to help out in its recently revitalized library. The library will be open from 9 a.m. to 2 p.m. on Mondays and Wednesdays.

The library is looking for volunteers who can work in two-hour shifts. There will be at least two people working per shift. Volunteers will assist students in finding books, check-out books for students, return books, monitor the library to ensure it remains clean and organized, and be a resource to answer any questions about the space. For info, call 770-337-7465.

To learn more about this program, as well as other volunteer opportunities throughout the region, check out Volunteer SouthCoast's webpage at www.volunteersouthcoast.org.



Volunteer with Coastline

Coastline operates a variety of volunteer programs.

Foster Grandparent Program: Volunteers work in classroom settings one-on-one and in small groups with children, focusing on literacy, communication and social skills, which are needed to help a child succeed.

Money Management Program: Volunteers help elders organize their bills, create budgets, write checks and monitor their income and expenses.

The Nursing Home Ombudsman Program: Matches volunteers with an area nursing home. Volunteers visit the nursing home on a weekly basis to listen to, mediate and resolve resident complaints as well as advocate for residents.

Memory Cafés: Volunteers help create a welcoming, nurturing environment for those experiencing memory loss.

To learn more about any of these programs, call Coastline at 508-999-6400.