

Senior Scope

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

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Tips and Tricks for Older Job Seekers

Older workers have a lifetime of skills and practical experience, yet many struggle when it's time to search for a job.

For a closer look at some of the concerns of older job seekers – and how to overcome these obstacles – *Senior Scope* spoke with Janice Harris, an employment coordinator for Coastline's Senior Community Service Employment Program, and James Daniels from the MassHire Greater New Bedford Career Center.

The Career Center, which is located on Acushnet Avenue, offers job training, coordinates with employers who are hiring, and provides regular workshops on résumé writing, interviewing, and basic computer skills.

Daniels, who works as a system director at the Career Center, said older job seekers are often confronted with ageism despite being excellent candidates.

"It's a stereotype they face – that as we get older, we're not as quick, we're not as sharp, we're not flexible," said Daniels. "I think that our role in the Career Center is to correct that view. The older job seeker is motivated, they know career readiness and they have so much experience."

The following are tips for those who are looking to secure a job in today's market.



Craig Perry (left) provides instruction to Diane Davignon (center) and Roger Davignon (right) during a computer class at the Fairhaven Council on Aging. Learning computer skills can help bolster your résumé.

Tailor Your Résumé to Each Job Posting

Harris recommends that applicants never send identical résumés to every employer. Instead, look at the job posting and identify what specific skills the employer is seeking. Those skills should appear toward the top of your résumé and cover letter.

The reason for doing so has less to do with making a strong first impression and more to do with technology. Many employers now use computer software called "applicant tracking systems" that will screen an application for keywords. If the tracking system

analyzes your résumé and doesn't find any of the desired words or phrases, your application may never be viewed by human eyes.

"I remember when you used to walk into a business and ask them for an application, they would hand you a piece of paper and you would fill it out," said Harris. "Sometimes, before you even finished filling it out, you could talk to the boss. Now, everything is computerized."

Due to these applicant tracking systems, she said the words you use toward the top of your résumé should be exactly the same as the

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93-Year-Old Vet Celebrates Birthday While on the Job

Moments before blowing out the candles adorning his 93rd birthday cake, Ernest Severino was busy doing what he has done his whole life: He was working.

Severino, or "Ernie" as he's known to the patrons of the Brooklawn Senior Center, has worked at New Bedford's adult social day care program since it opened three years ago.

"He's a wonderful person," said his wife, Fran Severino. "He's loving, giving and he loves being here, working with the seniors. Working here makes him young, I think."

Karen Main, the coordinator at Brooklawn, said Ernie is living proof that age is just a number. When other people say that they can't do something because

they're too old, she'll point to Ernie as an example of what you can accomplish with a can-do attitude. Even the knee-replacement surgery he had this past summer didn't slow

bothering him, we couldn't get the man to sit down. He was too busy dealing cards or getting people coffee or cleaning up."

Fran said that, when Ernie returned after surgery, everyone applauded when he walked through the doors at Brooklawn.

When asked how he stays so active in his nineties, Ernie has a simple recipe for success: "Keep busy. Keep working. Walk a lot." A little wine helps, too.

He keeps working to stay busy because "it's good for the mind." Ernie said his doctor agrees.

"When I was younger, I would run six miles a day," said Ernie, during a small break from

Continued on page 12



Ernest 'Ernie' Severino celebrates his 93rd birthday at New Bedford's Adult Social Day Care Program, where he works.

down the nonagenarian.

"He works really hard. You cannot get the man to stop," said Main. "Even when his knee was

Marion Becomes Age-Friendly, Mails Surveys to Residents

If you're an older adult living in the Town of Marion, be on the lookout for a survey in the mail. Town officials are seeking input from the community to assess current needs and determine how they can improve the lives of citizens.

This fall the Town of Marion, through the Marion Council on Aging and in partnership with the Friends of Marion Council on Aging, was accepted as a member of the AARP Network of Age-Friendly Communities.

During the Annual Meeting of the Friends of the COA, held on Sept. 30, town officials were formally presented with a plaque certifying that Marion has committed to becoming more age-friendly under the criteria established by AARP and the World Health Organization.

According to AARP's website, membership in the network means that a community's elected leadership has made a commitment to actively work with residents and local advocates toward making their town a better place to live for people of all ages.

The town received a grant from the AARP to conduct the survey, which is being mailed out to more

than 2,000 individuals over the age of 55.

"It's been quite an undertaking," said Karen Gregory, the director of the Marion COA. "We have a lot of support for this going forward."

Responses to the survey will enable town officials to assess current and future needs of older adults and to draft an action plan, which will outline steps the town can take to make those improvements.

"We want to make sure that we're meeting needs as the population ages," said Merry Conway, president of the Friends of the COA. "There's a town master plan going on as well, so we're hoping to integrate what we find with what the town has found in their master plan."

The survey asks 18 basic questions, a few of which ask that respondents rate various aspects of the community on a scale of "very satisfied" to "very dissatisfied."

Gregory suspects that transportation and housing will be some of the largest areas of need in the community.

The survey was mailed to Marion residents at the end of October. The deadline for the survey is Nov. 30.

Letter from the Editor

This month I had the pleasure of speaking with Ernie Severino about his experiences in the Navy during World War II, an opportunity that's becoming increasingly rare.

Late last year, the U.S. Department of Veterans Affairs determined that approximately 496,700 of the 16 million Americans who served in the United States Armed Forces during World War II are still alive.

After speaking with Ernie, I found myself glued to the Internet, reading up on the USS Ticonderoga and other aircraft carriers built during the war.

As a reporter, I've attended numerous celebrations held on Memorial Day and Veterans Day, and over the years I've seen a common theme emerge: younger veterans urging older generations to share their stories.

When veterans share their experiences, they are not only giving voice to a small minority of Americans who have served, they are sharing a unique perspective of our nation's history.

This responsibility shouldn't fall entirely on veterans, however. We civilians can show our appreciation by beginning the conversation. Ask a veteran about his or her service,

and listen.

On Veterans Day, I often think of my father, Gerald Thomas, who served in the Air Force during Vietnam. He died suddenly of a heart attack when I was a child, and any stories he had from the war have been delivered to me as secondhand news – mostly through the memories of my family members and through a few photos of him posing in his uniform on my grandparents' farm.

I mention this here because I don't think we should have to wait until Veterans Day to strike up a conversation with a veteran. Life is too short to wait.

If you're interested in connecting with other veterans throughout the year, many of our local councils on aging host veterans' groups, where people of all ages gather regularly. Check out pages 10 and 11 for more information or contact your local council on aging.

For those of you who have served, I thank you for your service. And to the families of those who have served, I thank you for the patience and support you provide to America's veterans.

Best,
Seth Thomas, Editor

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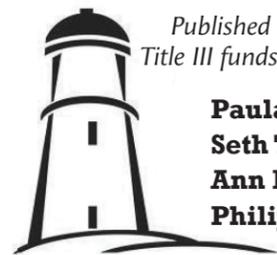


SHINE Counselors in the Greater New Bedford Area

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

Donations for November 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 Mr. and Mrs. Wilfred H. Fauteux. Nov. 23, 1940, 79th wedding anniversary.

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From Linda Somers **\$10**

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Money

Heating and Utility Relief for Tri-Town Area Elders

Coastline is providing assistance to elders in Marion, Mattapoisett and Rochester who need help with paying their heat or electric bills.

The funds will pay for gas, electric, propane, wood, or other heating needs to help reduce the financial burden for elders who have difficulty with these purchases. Funding for this project was made possible by the George E. Curtis Charitable Trust.

Please contact the Council on Aging in Marion, Mattapoisett or Rochester to complete a simple application. Each elder may be able to receive help with a one-time payment for fuel assistance or an outstanding electric utility bill, up to \$350 per individual.

The Marion Council on Aging can be reached at 508-748-3570; Mattapoisett at 508-758-4110; and Rochester at 508-763-8723.

Social Security Announces Benefit Increase for 2020

Social Security and Supplemental Security Income (SSI) benefits for nearly 69 million Americans will increase 1.6 percent in 2020, the Social Security Administration announced this fall.

The 1.6 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January 2020. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2019. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor

Statistics. Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$137,700 from \$132,900.

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. Information about Medicare changes for 2020, when announced, will be available at www.medicare.gov.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

Get Social with Social Security

By Delia De Mello
Social Security

Social Security means many different things to many different people. To a spouse who has lost their partner, it may mean a monthly check to help with childcare costs. For a wounded warrior, Social Security might mean a lifeline of income that improves their quality of life. And chances are, you'll rely on us one day as well.



Delia De Mello, Social Security

Social Security provides millions of people with retirement and disability benefits. This means we need to be able to start a conversation and answer questions for those millions of deserving people. Social media allows us to quickly help people in a cost-effective and agile way.

We use our Facebook page to share information about our programs, policies, and services with our vast network of followers and advocacy groups. We also monitor and provide quick-turnaround responses to select questions and comments that people post. We also hold Facebook Live events to dive deep into topics that matter to you. www.facebook.com/socialsecurity

Our blog, named Social Security Matters, gives readers information about a variety of topics, including our programs, online services, current events, and human-interest stories, usually in greater detail than typically shared on our other social media platforms. Our blog encourages discussion and offers important retirement- and disability-related solutions: blog.ssa.gov.

Our Instagram page is a mostly visual outlet where we share our top ten baby names of the year and other trend-setting stats. We use this page to share information about our programs, policies, and services: www.instagram.com/socialsecurity.

Do you prefer getting information from videos? Social Security's YouTube channel is an archive of informative videos: www.youtube.com/user/SocialSecurityOnline.

Our Twitter page is updated frequently with up-to-date information that is easy to share: twitter.com/socialsecurity.

Follow us today! Be part of the conversation. Share our posts with friends and family who may not know about our services.

MOVIES



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PHANTOM OF THE OPERA
OCTOBER 27



THE WITCHES OF EASTWICK
OCTOBER 28

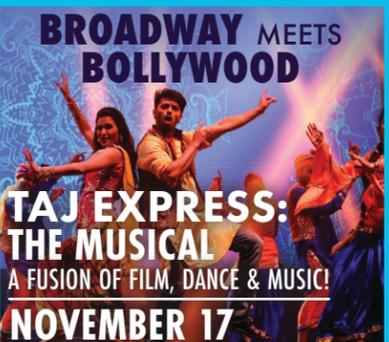


THE ROCKY HORROR PICTURE SHOW
OCTOBER 31



MOVIE MONDAY!
NATIONAL LAMPOON'S CHRISTMAS VACATION
DECEMBER 9

THEATER



BROADWAY MEETS BOLLYWOOD
TAJ EXPRESS: THE MUSICAL
A FUSION OF FILM, DANCE & MUSIC!
NOVEMBER 17



A Christmas Carol
DECEMBER 7



RAIN: A TRIBUTE TO THE BEATLES
MARCH 22



NATIONAL TOUR! THE COLOR PURPLE
MAY 16



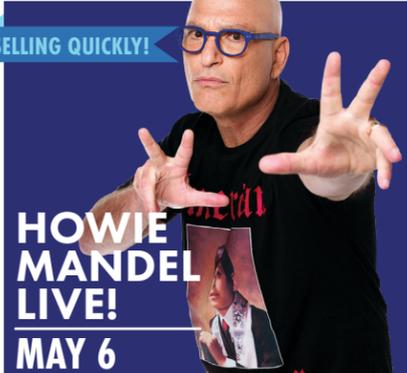
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Update

The Annual Lebanese Christmas Bazaar

Our Lady of Purgatory Church will be hosting its annual Lebanese Christmas Bazaar on Nov. 16 from 10 a.m. to 6 p.m. and Nov. 17 from 10 a.m. to 3 p.m. at St. Mary's Pastoral Center, which is located at 115 Illinois St., New Bedford, Massachusetts 02745. (Parking in St. Mary's Church Lot on Illinois Street.)

Admission is free. This event will feature traditional Lebanese foods and pastries, raffles, an auction and more.

Self Improvement Classes Fall 2019 Schedule

Buzzards Bay Speech Therapy will host Self-Improvement classes on Mondays this fall. These classes will provide tips and techniques to improve memory, word finding and thinking skills.

Nov. 4, 18 and 28 at 12:30 to 2:30 p.m. at Kings Village Community Room, 276 Cottage St., New Bedford.

Nov. 4, 18, 25 from 1 to 3 p.m. at Dana Court - Kitchen Community Room, 180 Adams St., Fairhaven.

Dec. 3, 10 and 17 from 1 to 3 p.m. at Oxford Terrace, 275 Main St., Fairhaven.

Buzzards Bay Speech Therapy's regular classes will also be held at the North Dartmouth Super Stop and Shop community room from 9:30 to 11:30 a.m. on Nov. 4, 18 and 25.

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.

Project Independence Fundraiser

Project Independence will be hosting a fundraiser this fall that will include a yard sale, Chinese auction and a bake sale. Project Independence is located at 250 Elm St., New Bedford, MA 02740.

The fundraiser will run from Nov. 18 through Nov. 22 from 9 a.m. to 3 p.m., and on Nov. 23 from 9 a.m. to noon. Complimentary coffee and water will be available on Saturday. Malasadas will be on sale for \$1 on Saturday only.

For more information, call 508-997-1441 or email ActivityDirector@piadh.org. All proceeds will benefit the Activities Department.

Grandparents Raising Grandchildren

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

Christmas Bazaar

Our Lady of the Assumption Church, located at 47 So. Sixth Street, New Bedford, will be holding a Christmas Bazaar on Nov. 23 from 10 a.m. to 6 p.m. and on Nov. 24 from 10 a.m. to 1 p.m. Raffles, Cape Verdean cuisine and music, gift baskets, Crafts, jewelry and more surprises.

Holiday Collection

Aging Community Tools (ACT), a community-based organization of dedicated South Coast Professionals offering resources for navigating the future, is pleased to announce their 'ACT' of Kindness Holiday Charitable Giving Drive.

ACT is collecting toiletry items and partnering with Coastline's Home Care program to identify those in most need. Coastline will also distribute the items collected.

Toiletries for adults may be dropped off by Dec. 10 at the following collection locations:

- Caregiver Homes, 1 Welby Rd., New Bedford
- Homehealth Smith, Portsmouth, RI
- Our Lady's Haven (contact Lisa Grillo), 71 Center St., Fairhaven
- Vibra Hospital of Southeastern MA, 4499 Acushnet Ave., New Bedford
- SouthCoast Behavioral Health Hospital, 581 Faunce Corner Road, Dartmouth

Senior Scope is Online

Read Senior Scope on the web by visiting: <https://coastlinenb.org/news/seniorscope>.

You can also subscribe to the digital version of the paper in three easy steps: 1.) Visit the *Senior Scope* website and scroll to the bottom of the page. 2.) You will see a "Subscribe" section, which asks for your name and email address. 3.) Fill out this information and click on the "Subscribe" button, and you will be added to our email list.

Open Enrollment

Fall Open Enrollment starts on Oct. 15 and ends on Dec. 7. 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*.

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 Jan. 8 through Feb. 26 in the Community Room at 2 Anderson Way, North Dartmouth, MA 02747. To sign up, call Coastline at 508-999-6400.

Matter of Balance

These FREE workshops will teach you strength and balancing exercises to help reduce falls. Develop personal strategies for fall prevention, meet others who are dealing with the same concerns and make changes in your daily life to help reduce the fear of falling.

The group will meet on Tuesdays from Nov. 12 through Dec. 17 from 3 to 5 p.m. at the Buttonwood Senior Center, 1 Oneida St., New Bedford, MA 02740.

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

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By Cam Bergeron, CSCS
Cam's Conditioning & Rehab

Outdoor cycling has multiple benefits for the body and mind. It can increase cardiovascular fitness, improve coordination and balance, lower body fat, relieve stress and much more.

Unfortunately, here in New England, the outdoor cycling season comes to an end. This doesn't mean cycling stops – it just becomes a stationary activity. Off-season indoor cycling can be a great way to improve power output and stamina for the following season.

High-intensity interval training works great for this. For the most part, outdoor cyclists ride long distances at a slow-to-moderate pace. However, high-intensity interval training is an all-out exertion for an allotted amount of time followed by a period of low exertion.

The two types of training differ in the way they affect the body. Long, slow-distance training caters to toning muscles and increasing the duration that the muscles can stay active. Interval training helps build muscle and increases the power output of the muscles, while still increasing their overall endurance.

Another huge plus for interval training is the way in which it burns body fat. The all-out exertion



Cyclists take part in the Pedal Party, a late-season bike event held on Oct. 5 in New Bedford. If you haven't been on a bike in awhile, you can make use of the winter months ahead by training and building strength on a stationary bicycle.

followed by slow, active recovery forces the body to constantly accelerate. This acceleration is where you burn the most calories.

The easiest way to relate this energy expenditure is by comparing it to automobiles. The body is the car and calories are the fuel. You will burn more fuel driving your car in the city, pressing the throttle all the way to the floor and accelerating up to speed after each light, than you will driving consistently 65 mph on the highway.

When I was instructing cycling classes, I had a participant that took both my interval cycling class and another instructor's non-interval

based cycle class. Both classes were 30 minutes in duration and only used leg-movement patterns. No weights or arm exercises were incorporated into either class.

The student was tested multiple times to determine which class helped her burn more calories. Every time, the interval class surpassed the non-interval class by at least 20 percent!

Winter is a perfect time of year to change up your cycling routine. Intervals can be done on your stationary bicycle or an arc trainer.

Try starting off with a work-to-rest ratio of 1:2, and then progress to 1:1, and then to 2:1. This ratio is

the amount of time in seconds that you are performing the exertion to the amount of time that you're pedaling at a moderate speed.

Where to get started

Here is your first workout at a 1:2 ratio: Spend 10 seconds pedaling as fast as possible, followed by 20 seconds at a slow, deliberate pace. As you can see, you will be pedaling at a slower pace the majority of the time.

When you feel like you're ready, try this 1:2 pattern for 10 minutes straight.

For the more experienced cyclist

If you're more confident in your endurance, try starting with a 1:1 ratio, where you pedal all-out for 15 seconds followed by slow, active recovery for 15 seconds. Around the 4-to-6 minute mark, you should feel your body's energy level drastically decrease.

If you are truly pedaling all-out during the high-intensity period of the workout, then you will receive a great workout every time.

Just remember, this is a new activity that is very physically demanding. Start off slow and work your way up. Also, as always, consider your posture throughout the process.

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Your Health

The Best Time to Get a Flu Shot is Right Now

The Centers for Disease Control and Prevention (CDC) recommends that most everyone age 6 months and older should have received a flu shot by the end of October.

Generally, the flu season extends from late fall until early spring. According to the CDC, flu activity typically peaks between December and February.

While most people who contract influenza recover, some populations – such as older adults, young children and pregnant women – are particularly vulnerable, and the flu may result in serious illness and hospitalization.

While the best time to get vaccinated is during the month of October, the CDC recommends the

vaccine be made available even late in the flu season, which can extend into May.

The symptoms of the flu and the common cold are similar, and both can include cough, sore throat, body aches and fatigue. However, the symptoms of the flu come on faster than a cold and are more severe.

The flu vaccine prevents

millions of illnesses and flu-related doctor's visits each year. Even if you do get the flu after being vaccinated, some studies have shown that the vaccine can reduce the severity of your illness.

The flu vaccine is widely available at pharmacies, urgent care clinics and at your local council on aging.

La Mejor Época para Conseguir una Vacuna Contra la Gripe Es Ahora

Los Centros para El Control y Prevención de Enfermedades (CDC) recomiendan que casi todas las personas con la edad de 6 meses o más edosos deberían recibir una vacuna contra la gripe hasta el final de Octubre.

Generalmente, la época de la gripe extiende de los finales de Octubre hasta el principio de la primavera. De acuerdo con el CDC la actividad normalmente tiene

el punto alto entre el Diciembre y Febrero. Mientras la mayoría de las personas que contraen la gripe se recomponen, algunas poblaciones-tales como los adultos más edosos, niños jóvenes y mujeres embarazadas-son particularmente vulnerables y la gripe puede resultarse una enfermedad grave y la hospitalización.

Mientras el mejor tiempo para recibir la vacuna es durante el mes

de Octubre, el CDC recomienda que la vacuna sea disponible hasta el final de la época de la gripe, lo que puede extenderse hasta Mayo. Los síntomas de la gripe y del resfriado comun son similares, y ambos pueden incluir la tos, dolor de la garganta, dolores corporales y fatiga. Sin embargo, los síntomas de la gripe aparecen más rápidos que un resfriado y son más severos. La vacuna contra la gripe evita

millones de enfermedades y visitas al médico relacionadas con la gripe.

Mismo si usted contraer la gripe después de ser vacunado, algunos estudios ya mostraron que la vacuna puede reducir la severidad de su enfermedad. Si usted no tiene médico, la vacuna contra la gripe está accesible en las farmacias, clinicas de atendimento de urgencia y en su Consejo Sobre el Envejecimiento local.

A Melhor Época para Conseguir Uma Vacina Contra a Gripe É Agora

Os Centros para o Controlo e Prevenção das Doenças (CDC) recomenda que quase todas as pessoas com a idade de 6 mezes ou mais idosos deveriam receber uma vacina contra a gripe até o fim do Outubro.

Generalmente, a época da gripe estende dos finais do outono até o principio da primavera.

De acordo com o CDC, a actividade da gripe normalmente

tem o ponto alto entre o Dezembro e Fevereiro.

Enquanto a maioria das pessoas que contraem a gripe se recompoem, algumas populações-tais como os adultos mais idosos, crianças jovens e mulheres grávidas-são particularment vulneráveis e a gripe pode resultar em doença grave e hospitalização.

Enquanto o melhor tempo para ser vacinado é durante o mês de

Outubro, o CDC recomenda que a vacina seja disponível até o final da época da gripe, o que pode estender até Maio.

Os sintomas da gripe e da constipação comun são similares, e ambos podem incluir a tosse, dôr da garganta, dôres corporais e cansaço. No entanto, os sintomas da gripe aparecem mais rápidos do que uma constipação e são mais severos.

A vacina contra a gripe evita

milhões de doenças e visitas ao médico relacionadas com a gripe.

Mesmo se você contrair a gripe depois de ser vacinado, alguns estudos já, mostraram que a vacina pode reduzir a severidade da sua doença.

Se você não tem médico, a vacina contra a gripe está acessível nas farmácias, clinicas de atendimento de urgência e no seu conselho sobre envelhecimento local.

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Your Health

Cut Your Risk of Breast Cancer Through Exercise

At the end of October, Pati Cautillo's Zumba students will receive a fresh pair of socks – a small reminder that regular exercise can help lower the risk of breast cancer.

Cautillo, who teaches Zumba and other exercise classes throughout the South Coast, said she feels strongly about raising awareness of the disease, and she encourages her students to wear pink throughout October, which is Breast Cancer Awareness Month.

"I always recognize it within my classes because I do have ladies who are survivors and who are going through it. We all know people that we've lost due to breast cancer," said Cautillo, following a Zumba event at the Buttonwood Senior Center on Oct. 16.

During the event, her students donned belts lined with rattling medallions and powder-pink shirts as they followed Cautillo through an hour-long dance routine.

"They all get a pair of socks to thank them for wearing pink in recognition," she said, estimating that she distributes 70 to 80 socks every year. Cautillo, herself dressed in a pink tutu, said her awareness campaign puts a positive spin on a serious problem.

Breast cancer is the second most common cancer among women,



Pati Cautillo (left) leads a group of about 25 dancers through a Zumba routine at the Buttonwood Senior Center on Oct. 16. Cautillo encourages her students to wear pink throughout Breast Cancer Awareness Month, and rewards them with a pair of socks.

behind skin cancer. While there are many factors that can contribute to a breast cancer diagnosis, a person's risk increases with age. According to the National Cancer Institute, female breast cancer is most commonly diagnosed between the ages of 55 and 64.

Breast cancer can occur in both women and men, though the vast majority of those diagnosed are women. About 1 in 8 women will be diagnosed with breast cancer at some point in their lives. For men, the lifetime risk is about 1 in 833.

There are some risk factors for breast cancer that you cannot change. According to the Centers

for Disease Control and Prevention (CDC), those factors include age, genetic mutations and having a family history of breast cancer.

However, being physically active, limiting alcohol intake and maintaining a healthy weight can minimize your risk.

Because so many women and men do not show symptoms of breast cancer, screening is critical. The American Cancer Society notes that regular screening is the most reliable way to detect cancer at an early stage, when breast cancer is easiest to treat.

If you need help navigating care, the YWCA of Southeastern

Massachusetts manages a Health and Wellness program that focuses specifically on breast health. The program is partially funded by Coastline and the Executive Office of Elder Affairs.

The YWCA staff provides health education, referral services, and transportation and accompaniment to medical appointments. The program also connects low-income, uninsured and underinsured individuals to free or low-cost medical providers.

Ana Silva, a Community Health Worker with the YWCA, described the program as a "temporary best friend." While she won't give those with breast cancer direct medical advice, she can guide them and help connect them to resources.

"No matter what, I try to listen," said Silva. "I'm going to be your friend while you're going through this."

Resources

Read page 10 and 11, where *Senior Scope* publishes activities at the local councils on aging, including exercise classes.

The YWCA of Southeastern Massachusetts, located at 20 South Sixth St. in New Bedford, offers information and referral regarding breast health. Contact the YWCA at 508-999-3255.

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Better Living



Coastline employees led a crowd through a 20-minute exercise routine during the healthy aging event held at the Buttonwood Senior Center on Oct. 11. The event brought people together for an afternoon of activities, health tips and a meal.

Community Event Emphasizes Healthy Aging, Socialization

Rain and strong winds weren't enough to stop city officials, Coastline staffers and more than 100 older adults from gathering at the Buttonwood Senior Center for an afternoon of activities and a group meal.

The event, which initially featured a walk through Buttonwood Park, was ultimately housed in the center due to a nor'easter sweeping through the South Coast on Oct. 11. Despite the inclement weather, participants were given an opportunity to stretch their legs as they were led through a 20-minute exercise routine. The event was part of New Bedford's age-friendly initiative.

"New Bedford has been a ground-breaker," said Gerald Flaherty, a member of the AARP Massachusetts Executive Council, noting that the city was only the fourth municipality in the state to join the age-friendly movement.

The initiative, which is a project of the AARP and the World Health Organization, 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.

As part of achieving the designation from the AARP, the City of New Bedford and Coastline drafted an action plan that outlines steps the city can take to become a more livable place for everyone. The city

and its partnering agencies have been implementing this plan over the past year. During the event, New Bedford Mayor Jon Mitchell expressed his appreciation for their efforts.

"Our city is progressing in so many ways," said Mitchell. "We want everyone to live a high-quality life. And that means that, for our seniors, they have their needs attended to."

The mayor, New Bedford City Councilor-at-large Naomi Carney, Ward 2 Councilor Maria Giesta and Ward 1 Councilor William Brad Markey met with citizens at the senior center and joined in the meal, which was served later that afternoon.

As per the theme of the event, a variety of guest speakers covered health-related topics, ranging from fall prevention to nutrition. The keynote speaker, Dr. Michael Rocha, offered wide-ranging advice.

Rocha, who works as a cardiologist, was instrumental in forming the New Bedford Wellness Initiative, a group that promotes health and wellbeing in the area. The network provides opportunities for people to exercise and socialize. In his remarks, Rocha emphasized that social isolation can have significant, negative impacts on one's overall health.

"Never underestimate the power that you have over your own health," said Rocha. "It's how we move, how we connect with one another, and in the foods that we eat. You have more power than you think you do."

Resources

The New Bedford Wellness Initiative hosts free classes at the Boys and Girls Club of Greater New Bedford on Sundays. Dr. Rocha is also part of the "Walk with a Doc" program, where local doctors lead walking groups through Buttonwood Park or the Dartmouth Mall. To learn more about what the Initiative offers, follow them on Facebook at @NewBedfordWell or on their website, nbewell.com.



Dr. Michael Rocha, a South Coast-based cardiologist, spoke of the importance of socialization during the healthy aging event on Oct. 11.

Trivia

FOR YOUR ENTERTAINMENT - Ed Camara

- In "The Shining," Jack Nicholson scored a job at a grand hotel in the mountains. What is the real name and location of this mountain resort?
A) Mountain View Grand Hotel, NH B) Timberline Lodge, OR
C) Stanley Hotel, CO D) The Grand Hotel, MI
- Did Tom Cruise sing in any of his movies?
A) YES (name the movie) B) NO (he refused to sing in any movie)
- "The Queen of Country" music was discovered in the early 1970s. She made one hit movie. Let's see if you can name it:
A) "Oklahoma" B) "Country Girl from Arkansas"
C) "For May Broken Heart" D) "Tremors"
- The "Mother Church of Country Music" is the Ryman Auditorium in downtown Nashville, TN. One man who helped start the Grand Ole Opry. had an office and dressing room just off stage. Who was he?
A) Hank Williams B) Bill Monroe C) B. Merle Haggard D) Roy Acuff
- What was DuMont?
A) Radio station B) TV advertiser C) TV dinner D) TV network
- Name the #1 song on the Billboard Charts in 1951:
A) "Rose, Rose, I Love You" B) "Too Young"
C) "Moonlight Bay" D) "Be My Love"
- Name the smallest state that has the longest name.
A) Pennsylvania B) Rhode Island and the Providence Plantations
C) California D) North Dakota
- The line "Houston, we've had a problem" was famously uttered aboard what troubled spaceflight?
A) Skylab 2 B) Apollo 11 C) Gemini 12 D) Apollo 13
- Who threw a ball (into his own leg) in a Major League Baseball game?
A) Justin Verlander B) Gavin Lux C) Ray Knight D) Joc Peterson
- It is likely that with less than 400 right whales in our oceans, they will be next to go extinct. What do they eat?
A) macroalgae B) zooplankton C) barnacles D) smaller whales

[answers listed on page 11]

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Nutrition

How to Read the New Nutrition Facts Label

Food label readers will likely have an easier time comparing foods at the grocery store this winter, when the new Nutrition Facts label becomes a requirement for large food manufacturers.

The U.S. Food and Drug Administration (FDA) published the updated rules on packaged food labels back in 2016. While some food products already display the new label, manufacturers who top \$10 million in annual sales will be required to make the switch by the first of January. Manufacturers making less than \$10 million in annual sales will be required to comply by January 2021.

“These changes were based on science,” said Katlynn Ferreira, a registered dietitian with Coastline. “It’s a better tool for how we’re eating, what we’re eating and what we know about nutrition today. It’s supposed to be a tool to help us make smarter food choices.”

Perhaps the biggest change to the label is right at the top: the serving size and calorie count are now listed in larger, bolder font, making it easier to read. Ferreira said the way the serving size is now measured will better reflect the reality of what people are actually eating and drinking.

Take, for example, ice cream. She said a serving size of ice cream has traditionally been listed as half of a cup. Now a serving size of ice cream is two-thirds of a cup. Similarly, some food packages will be required to display two columns: one based on a serving size, and one based on the

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

The new Nutrition Facts label displays the serving size and calorie amount in larger font. The new label has started to roll out, and major food manufacturers will be required to switch to the label by January 2020. [Image courtesy: U.S.F.D.A.]

entire container.

Certain parts of the label have been added or removed. For example, the “Calories from Fat” section has been eliminated altogether because research shows it’s more important to focus on the type of fat than the amount. However, the new rules require food manufacturers to include any added sugars.

“Added sugars are new to the food label because we now know how prevalent it is in our food system,” Ferreira said. “We want to be conscious about how much added sugar we’re eating. Natural sugar is

okay in a balanced diet, but added sugar can be in so many foods – like bread and ketchup.”

The American Heart Association recommends that you limit added sugars to about six teaspoons (25 grams) per day for women and nine teaspoons (36 grams) per day for men. A 12-ounce can of cola contains about 39 grams of sugar.

Toward the bottom of the label, you may no longer see Vitamins A and C, which are not required. Vitamin D and potassium are new requirements, and calcium and iron will continue to be required. Ferreira

explained that these changes were made to account for what people are eating: Americans are not commonly deficient in Vitamins A and C, but are more regularly deficient in Vitamin D, calcium, iron and potassium.

The FDA also changed the percent daily value for certain nutrients. If you were to take a particular food product and compare its old label with the new label, the percentages may be different. That’s because the recommended daily amounts have been slightly altered based on the latest research. For example, the daily percentage of salt has been lowered from 2,400 milligrams to 2,300 milligrams. The recommended amount of dietary fiber has been increased from 25 grams to 28 grams.

Finally, the note that appears at the very bottom of the label has been updated to better explain what “% Daily Value” means. Generally, this footnote explains that the percentages that appear throughout the label are based off of a 2,000-calorie-a-day diet. However, not everyone needs to consume exactly 2,000 calories a day.

“We have different needs, restrictions and body types,” said Ferreira. “Keep that in mind when you’re looking at the percentages on the food label.”

To learn more about the changes to the Nutrition Facts label, visit the U.S. Food and Drug Administration at fda.gov. 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.

Coastline Educates and Screens Public During Malnutrition Week

Coastline’s Nutrition Program once again embarked on an education campaign to alert older adults about the dangers of malnutrition.

Coastline partnered with ASPEN (the American Society for Parenteral and Enteral Nutrition) during Malnutrition Awareness Week, which ran from Sept. 23 to 27. The goal of the week is to educate professionals and empower patients to discuss their nutrition status with health care professionals.

Coastline’s registered dietitians hosted seven presentations that week, which included information on how to recognize the signs of malnutrition. They also screened participants for malnutrition and frailty using two validated screening tools. At four of the events, Coastline provided participants with a mobile yogurt-parfait bar.

During Malnutrition Awareness Week, the registered dietitians screened 38 consumers who attended the presentations and 10 individuals who are homebound.

Similar educational events were hosted by Coastline this past May, one of which was filmed by Dartmouth Community Media and can be viewed online at: coastlinenb.org/malnutrition.

Older adults are at a higher risk of becoming malnourished, which is

caused by not having enough to eat or not eating enough of the right foods.

Being malnourished can be especially dangerous for older adults because it can trigger a rapid decline in health, including a loss of strength and brain function, which can extend stays at the hospital and lead to more falls.

Some of the warning signs for malnutrition include unplanned weight loss, a loss of appetite, the ability to eat only small amounts of food, fatigue and edema (swelling).

In the lead-up to the first round of malnutrition awareness events, Registered Dietitian Stephanie Boulay recommended that one way older adults can prevent malnutrition is to take a look at their protein intake.

She said that after age 40, we lose about one percent of our muscle mass every year. Eating protein becomes increasingly important as we age to prevent muscle loss, which can lead to falls. About 40 percent of people over the age of 50 are not getting an adequate amount of protein.

There are several affordable food options that you can incorporate into your diet, including: 1 cup of cottage cheese, 1 cup of plain Greek or Icelandic yogurt, 1 can of tuna or salmon, 2 whole eggs, or 4 ounces of beef, poultry or seafood (which is about the size of a deck of cards).



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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.

Memory Café Schedule Update: The Acushnet Memory Café will only meet twice during the holiday season. Nov. 18: “Thankful/Grateful/Gratitude.” Dec. 16: “Holiday Celebration” – Favorite holiday memories, traditions and songs. Both meetings will take place at 1 p.m. at the Acushnet Public Library, 232 Middle Road. We will resume our normal schedule beginning Jan. 6, 2020.

Schedule Changes: Zumba Gold and ABLE BODIES I and II will not meet on Nov. 8, Nov. 29 or Dec. 6.

New! Walking Group: Grab a water bottle and your sneakers for this new outdoor walking group with leader Patsy Z. Free and open to the community. Transportation provided on a first come, first served basis or meet the group at that day’s destination. Please call 508-998-0280 for more information or to register. Nov. 7 – Bourne Canal Walk. Nov. 21 – Horseneck, Westport.

Hemp Workshop: Nov. 11 at 5:30 p.m. Hemp-based CBD – what is it? Join us for an evening of information, testimonials and a Q&A session with industry experts and nursing professionals. Free and open to the community. 508-998-0280 to reserve your seat.

Musical Entertainment with Billy Couto: Nov. 18 at noon. Call for more information at 508-998-0280.

Painting Class: Nov. 21 at 1 p.m. No special talent required. Paintings will be taken home the same day. \$5 per person. Sign-ups begin on Nov. 4.

Simplifying Life Insurance: Nov. 22 at 10 a.m. Join us for coffee & pastries and learn how life insurance can pay for your final expenses. There will also be an opportunity for one-on-one meetings following the presentation. Free, open to the community. RSVP at 508-998-0280.

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.

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 p.m. Open to both men and women. \$4/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.

Crafts with Senior Whole Health: Nov. 13 from 11:30 a.m. to 12:30 p.m.

Carbohydrates: Friend or Enemy: Nov. 18 from 11 to 11:30 a.m. with Community Nurse.

Crafts with Vita Health: Nov. 20 from 11 a.m. to noon.

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.

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

Bingo: Mondays from 1 to 3 p.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.

Painting with Ryan Santos: Tuesdays from 10:15 a.m. to 12:30 p.m.

Meditation and Sound Healing: Tuesdays from 1 to 2:30 p.m. with Justin Perrault (from The Bridge)

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

Dancercise: Thursdays from 1 to 2 p.m.

Tai Chi Class with Joe Rebelo: Thursdays from 1 to 2 p.m.

Positive Psychology Group: Thursdays from 2 to 3 p.m.

Beginner’s Painting: Fridays from 10:45 a.m. to 12:35 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.

Navigating the Continuity of Care after a Hospital Stay: Nov. 5 at 1 p.m. Learn about what to expect, rehab choices and your rights.

Veterans Day Breakfast: Nov. 8 at 8:30 a.m. Sign-up required.

Medicare Open Enrollment: Nov. 7 at 3:30 p.m. Local independent broker will present review of supplemental programs and insurance options within the Medicare spectrum. Walk-ins welcome.

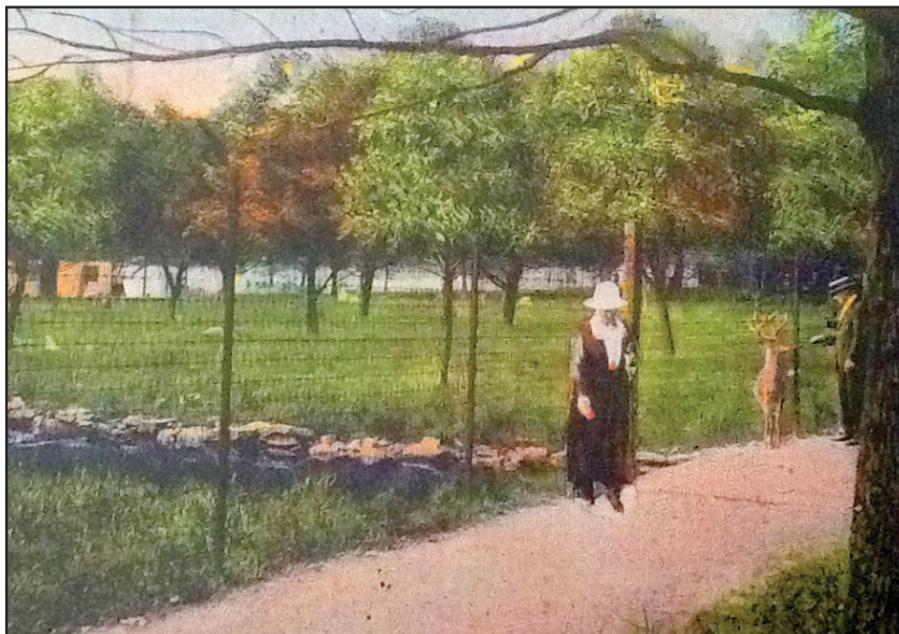
UMass International Speaker Series: Nov. 12 at 4 p.m. Travel the world through the eyes of an international student. November’s speakers are from Pakistan and Vietnam.

Hypnosis for Stress Management: Nov. 12, 19 and 24 from 2 to 3:30 p.m. The three-session workshop is \$30. Pre-registration required. Group limited to 10 people.

Cannabis Forum: Nov. 13 from 10:30 to 11:30 a.m. Workshop will review endocannabinoid system, CBD effects, methods of using cannabis, identifying right one for you and steps to obtain a medical marijuana card. Cost is \$5. Please call the center to pre-register.

Monthly Movie: Nov. 14 at 1:30 p.m. “The Big Sick.” Sign up at the front desk. Free popcorn.

Breakfast with the Town Assessors: Nov. 14 from 9 to 10 a.m. Do you own a home in Dartmouth? Are you over the age of 70? Are you aware you may be entitled to a tax exemption? Join us for breakfast at the Center



REMEMBER WHEN? Another postcard submitted by reader Elizabeth Lestage, which depicts the “deer cage” at Buttonwood Park approximately a century ago. 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.

with the Town Assessors. Please call the Center to reserve your spot.

New! Free Pain Screenings with Bay State Physical Therapy: Second Thursday of the month from 1 to 2 p.m. by appointment.

Caregiver Stress: Nov. 18 at 11 a.m. Are you struggling to balance the responsibility of caring for an aging loved one with the demands of work and other family obligations. This presentation will help you prevent stress and learn how to take care of yourself. Sign up at the front desk.

Monthly Hearing Evaluations: Nov. 21 from 10 a.m. to noon. Hearing aid checks and cleanings. By appointment.

Thanksgiving Dinner: Nov. 21 at noon. Cost is \$5. Dinner with all the fixings. Entertainment by Chris Water. 50/50 raffle.

New! Dance for Parkinson’s: Mondays at 10:30 to 11:30 a.m., beginning Nov. 25. Participants are empowered to explore movement and music. No experience required. Caregivers are welcome. Free. Registration is open now.

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

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. Contain Capt. Pimental to see if you qualify at 508-994-6761 ext. 16.

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.

Sand for Seniors: Fairhaven residents age 60 and above are eligible to receive a bucket of sand/salt mix for their icy walkways. Call the center for details. Buckets will be distributed toward the end of November.

Veterans Day Luncheon: Nov. 6 from 11 a.m. to 1 p.m. The Fairhaven COA will be hosting its annual luncheon for Fairhaven veterans and a guest. Please call the center to reserve a seat at 508-979-4029.

Computer Technology for Seniors: 9 to 10 a.m. Space is limited to 15 participants. Please call to sign up. Nov. 4, 6 and 8: social media apps. Nov. 18, 20 and 22: cybersecurity. Nov. 25 and 27: digital technology.

Flu Shots: Walgreens will be providing flu shots at the center on 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.

Brass Ring Memoirs: Nov. 14 at 3 p.m. Join us for a presentation by author Kelly McCarthy. Please call 508-979-4029. Pre-registration is recommended.

The Savvy Caregiver Program: Every Wednesday from 1:30 to 3:30 p.m. from Oct. 30 to Dec. 11 (no class week of Thanksgiving) at the Millicent Library, 45 Center St. in Fairhaven. (use Walnut St. entrance.) This is a FREE six session training for family and friends who are active caregivers, caring for those living with Alzheimer’s or related dementias.

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.

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.

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 Event - Thanksgiving Bunko Party: Nov. 14 from 11:30 a.m. to 3:30 p.m. at the Hazelwood Senior Center. Doors open at 11:15 a.m. Lunch Included from D&D Caterers. Turkey Dinner with all the fixings. Play Bunko! Cost: \$14 per person; \$1 per game. Seating Limited. Call for reservations at 508-991-6171.

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: "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. "Senior Show," Jan. 6 through Jan. 31. "The Artisans," Feb. 3 through Feb. 28.

Classic Movies: "The Caine Mutiny" on Nov. 8 at 7 p.m.

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

AARP Driver Safety Course: Nov. 7 from 9:45 a.m. to 3 p.m. Learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Arrive before 9:45 a.m. to fill out paperwork. Cost is \$15 for AARP members; \$20 for non-members. Call the center to register.

Veterans Day Luncheon: Nov. 11. We invite all veterans, active duty service members, and their guest for a soup and sandwich luncheon. Please RSVP by Nov. 7. Call the center. Doors will open at 12:30 p.m. Lunch will be served at 1 p.m.

Pumpkintown Farm: Nov. 18 at 12:30 p.m. Learn more about this goat-milk soap business, which started as a hobby farm located in Wareham.

Positive Effects of Humor: Nov. 25 at 12:30 p.m. Learn from John Rogers, LSW with Catholic Memorial Home, about how to ignore frustration and laugh at the situation and yourself.

Medical Marijuana Explained: Dec. 2 at 12:30 p.m. Learn the science of cannabinoids and edibles.

Lunchtime Cooking Demonstration with Linda Medeiros: Dec. 9 at 11:30 a.m. Learn how to prepare a quick and nutritious lunch and learn some new tips on how to save money and time while preparing delicious meals. Please sign up by Dec. 5. A \$5 donation is requested.

South Coastal Counties Legal Services: Appointments available on Dec. 10 starting at 9:30 a.m. Call the center to reserve a spot.

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 center to find out if you qualify.

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.

PACE Workshop: Nov. 13 at 2 p.m. Free informational meeting with PACE staff at the Mattapoisett COA. Find out if you qualify, learn what is covered and ask questions. RSVP requested. Call 508-758-4110.

Pottery/Clay Sculpting: Nov. 14 at 9:30 a.m. \$20. RSVP requested.

Raffle Fundraiser: Thanksgiving basket, which will include an entire turkey dinner. Tickets will be sold at the COA on Nov. 18, 19 and 20 from 10 to 11 a.m.; Nov. 21 from 11 a.m. to 1 p.m.; and Nov. 22 from 9:30 to 11:30 a.m.

Art For Your Mind: Nov. 19 at 12:30 p.m. Art history, education and appreciation with art historian Jill Sanford.

Steve Sings at the Piano Bar-none: Nov. 21 at noon. Free performance. Lunch for \$3. RSVP to the center.

Movie & Pizza: Nov. 26 at noon. "Yesterday." 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.

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.

Veteran's Supper: Nov. 5 at 5 p.m. All of our veterans will be thanked and honored, with a special recognition going to Rochester's own, Gordon Helme. This supper is for Rochester Veterans and their families. The Senior Center has mailed invitations to all of the Veterans on their list. If you are a Rochester Veteran (or you know one), and did not receive an invitation, please contact the Rochester COA so that you can be added to the list.

Legal Matters: Nov. 7. Attorney Bealieu will be available to meet with seniors regarding legal matters. There is no cost for an appointment. Call the center for an appointment, which can be made for 3 p.m. and later.

Friday Movies: Nov. 8 at 1:30 p.m. "RGB."

Conversational French Classes: Nov. 8 and 15 at 9:30 a.m. with Connie Pierce. All are welcome to join this lively group of French language speakers. There is no fee and no reservation is needed.

Senior Book Club: Nov. 19 at 10:15 a.m. The book of the month is "Little Fires Everywhere" by Celeste Ng.

Hanna's Special Luncheon: Nov. 18 at noon. \$5 suggested donation. Sign up by calling the center.

Ken & Lorraine's Special Luncheon: Nov. 25 at noon. \$5 suggested donation. Sign up by calling the center.

PACE: The PACE Fuel Assistance Program helps eligible residents pay for heating costs. This includes gas, oil, wood, propane, pellets, coal or electric heat. A PACE representative will be at the center on the following dates from 1 to 2 p.m.: Nov. 7, 14 and 21. Call to make an appointment. Bring the following documents with you, if possible: photo ID, proof of income for at least 30 days, copies of social security cards for all household members, proof of housing costs and a primary heating bill.

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. 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

November

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

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

Nov. 14: Bunko Party at the Hazel-

wood Senior Center, 553 Brock Avenue. 11:30 a.m. to 3:30 p.m. Doors open at 11:15 a.m. Lunch Included - D&D Caters, Turkey Dinner with all the Fixins. Cost: \$14 Per Person + \$1 per game. Seating Limited. Please Call for Reservations @ 508-991-6171

December

Dec. 6: The Boston Pops Christmas Matinee Performance

November 2019 Trivia Quiz Answers

1. B | 2. Yes, "Rock of Ages" | 3. D | 4. D | 5. D | 6. B | 7. B
8. D | 9. A | 10. B

Community

International Students Bring a New Perspective to COA

On Oct. 15, the Dartmouth Council on Aging welcomed two international students who lectured on their home countries, touching on a range of topics including culture, geography, history and everyday life.

The lecturers, Deepika Saple of India and Prince Ohaegbu of Nigeria, are both pursuing graduate degrees in business at UMass Dartmouth.

Both students described the experience of leaving their home countries to study on the opposite side of the planet as being similar to a college exam.

"It was exciting to come to this country," said Saple. "This is just like an exam. Our parents are seeing if we're able to sustain ourselves."

Ohaegbu said he plans on interning prior to graduating, and hopes to work in the United States before returning to Nigeria.

"It's important to get work experience here and take it back home to see how I can apply it," he said.

Sarah Knarr, Student Success Manager for the UMass Navitas Global Success Program, said UMass Dartmouth's international students have made similar presentations before, including at the Boys and Girls Club of Greater New Bedford and the Fall River YMCA. But the presentation at the council on aging was the first time UMass brought international students to an older population.

Cynthia Marland, Director of Dartmouth Community Media



Prince Ohaegbu of Nigeria (left) and Deepika Saple of India (right) were the first speakers to kick off the new international student speaker series at the Dartmouth Council on Aging.

(DCTV), said the partnership between the university and the Town of Dartmouth is part of a larger effort to strengthen communication between the two entities. Moreover, the event was seen as an extension of the steps Dartmouth-based agencies have been making this year to host more intergenerational events.

The presenters drew a mixed crowd at the council on aging. A few students from Dartmouth High School who were learning about India in school were especially interested to hear Saple's remarks.

The international student speaker series will continue in November. On Nov. 12 at 4 p.m., two more UMass Dartmouth students will visit the Dartmouth Council on Aging to lecture on their home countries, Pakistan and Vietnam.

salesman, and he also entertained on the side, singing the hits by Frank Sinatra and Dean Martin. Though he retired decades ago, he still works. In addition to helping out at New Bedford's adult social day care program, he opens and closes Ashley Park.

Jacobsen said she has childhood memories of swimming with her father at the local beaches.

She and Ernie would swim out to the rafts, which were topped with eight-foot-tall diving towers. Jacobsen spent an entire summer swimming out to those rafts, never gaining the courage to climb up and dive down, despite Ernie's constant encouragement.

She said her father never lost his patience, though. Every time the two would swim out together – and she would inevitably lose her mettle – Ernie never became frustrated. Instead, he would encourage her, saying that maybe next time she would make the leap.

By summer's end, she did just that.

"It's been a life lesson for me because it makes me think I can do things that I normally wouldn't be able to do," she said. "He's an inspiration to me; he's an inspiration to a lot of people because he gets up every morning and keeps going."

Job Search continued...

words in the original job posting. For example, if the employer is searching for a "multitasker," use that phrase. Do not write something similar, such as "I work well in a fast-paced environment."

Take Stock of All Your Skills

While the top of your résumé and cover letter should incorporate the key phrases found in the original job posting, don't forget to mention all the other skills you can bring to a job. These include talents or personality traits that employers may not specify in a want ad.

"I always start with history. Look at all the things you've done in your life," said Daniels. "You've spent your life building knowledge, skills and abilities that are still useful in the world. Technology can't do everything. The hardest part about running a business is the people."

Harris said there are two types of skills employers are looking for: "hard skills" and "soft skills."

Hard skills are *what* you can do, such as basic computer skills or being familiar with medical terminology. Soft skills represent *how* you work – they're who you are, part of your character.

Daniels has found that some of the skills older job seekers may consider to be "common sense" – like how to get along with others, how to shake a hand or how to maintain eye contact during a conversation – can be lost on younger generations.

These skills may not get top billing on your cover letter, but they are well worth mentioning.

Beware of Negative Words

"A job search is really a sales or marketing campaign," said Harris. "First you have to know what skills you have, and then you have to be able to market them on an application."

She recommends that you beware of negative words and phrases when "selling your product," which can overshadow all that you have to offer.

A negative phrase often contains the word "no" or "not."

"We do this all the time. We say things like, 'I'm not very good with computers' instead of 'Yes, I have basic computer skills,'" said Harris.

Phrases that limit or diminish the breadth of your skills should also be avoided. Instead of saying 'I only answered the phones at my last job' you could write 'I operated a multi-line switchboard and screened and directed calls.' If you attended college but did not graduate, you can include information on the courses you completed.

"The hardest part of the job search is within you," said Daniels. "The hardest part is building self-confidence, that belief in what you do and how you do it, and getting past the mental block that you're not worthy."

Stay Up-to-Date with the Latest Technology

What does your email address look like? Does it include your first and last name, or does it incorporate a nickname, a quirky phrase or a chain of numbers?

Harris recommends you create a new email account that is intended for professional use only. This professional email address should include your name or initials. These kinds of email address (like janedoe@gmail.com or j.doe@gmail.com) may already be taken. However, you can try some variation of that formula, such as jdoe.business@gmail.com.

Also, think about getting an account on LinkedIn, a website similar to social media sites in which you create a custom profile and connect with others.

LinkedIn's primary purpose is for networking online. Users can upload their work experience and employers can search the site for potential employees.

Daniels said the Career Center will frequently host classes and workshops on computer skills and résumé writing, including how to draft a professional-looking résumé on a computer and how to send it to employers via the Internet.

"We help them get through all of that," he said.

Attitude is Everything

When it comes time to interview for a job, Harris compared the experience to a first date.

"The first interview is in many ways similar to a first date. You don't know the other person, you're presenting your best self, and you're exchanging information: that's exactly what's going on at a job interview," she said.

She noted that at the end of a first date, you may find that you have nothing in common with the other person, but they may like you regardless.

"It's called likability. There was chemistry," she said. "Sometimes they hire people who may not have all the qualifications for a job, but they like you. You're trainable. You come across as someone they want to work with every day."

Resources

For more information, visit the MassHire Greater New Bedford Career Center, where they frequently hold workshops that can help in a job search. The center is located at 618 Acushnet Avenue, New Bedford, MA 02740. Visit the center online at masshiregnbcc.com.

Call Coastline to learn more about the Senior Community Service Employment Program at 508-999-6400 or visit coastlinenb.org.

Get started on your job search by creating a profile on LinkedIn at linkedin.com.

Read page 10 and 11, where *Senior Scope* publishes activities at the senior centers. Our local councils on aging frequently host computer classes.

Birthday continued...

work. "Now I do a lot of walking, especially around here."

In addition to celebrating his birthday on Oct. 25, the guests and city workers at Brooklawn honored him for his service in the Navy.

"As we reflect and celebrate Veterans Day, we are very grateful to all veterans who have served, and who continue to serve, to protect and defend the freedoms we all enjoy," said Jane Jacobsen, his daughter.

Both Ernie and his older brother, James (who celebrated his 95th birthday this past July), served in World War II on aircraft carriers. Ernie said he served on the USS Ticonderoga for about a year and a half.

"I was stationed up in Japan. Kisarazu was the town," he said. "I remember, when we were discharged, you could go home the way you liked — you could fly or go by ship. We decided to fly. Believe it or not, we took off and two [engines] caught on fire, and we had to turn back."

He eventually returned to the States safely and had three months to decide whether or not he would reenlist. At his mother's behest, he declined.

After the war Ernie became a