

Senior Scope

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

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Happy Winter!

Middle School & COA Make Picture-Perfect Pairing

At 8 a.m. snow was still clinging to the treetops from a winter storm that swept through the previous night, but that didn't stop a group of students – whose ages ranged from 12 to 84 – from gathering at Fort Phoenix for a lesson on photography.

Seventh graders from Elizabeth Hastings Middle School paired with patrons of the Fairhaven Council on Aging to teach tips and tricks about landing the perfect shot. During the frosty, early morning hours of Nov. 13, seniors held their smartphones and iPads toward the ocean as kids huddled around, tapping the screens and making minor adjustments, as they offered suggestions and encouragement.

John Sladewski's Digital Photography class and the group from the council on aging alternated between snapping photos and rushing back to the bus to warm up after braving the strong winds and 23-degree weather.

Fairhaven Council on Aging Director Anne Silvia noted that while some smartphone users may know how to take a picture on their phone, they may not know all the options at their fingertips. Learning all the bells and whistles was part of the plan that morning.

Sladewski, who is working on a master's degree in art education at UMass Dartmouth, organized the



84-year-old Jean Baldwin holds an iPad toward the American flag flying above Fort Phoenix on a cold, windy morning. Baldwin was taking part in a photography class, which was taught by John Sladewski's 7th grade photography students.

project as part of his curriculum.

"I wanted my students to teach the seniors those functions and teach them some elements of photography, too, such as composition, while they're making photographs," said Sladewski.

The students worked with the seniors across multiple sessions. After the initial photo shoot at Fort Phoenix, the group returned to the middle school where students taught the seniors how to upload the photos onto a computer, edit them and print them out for a collage.

The end product will be revealed at a showing at the Fairhaven

Council on Aging in December for all the participants as well as their friends and families.

Freda St. Marie said she enjoyed being coached by the kids.

"I've been interested in photography for a long time," said St. Marie while on a break in a bustling middle school lunchroom. An avid walker, St. Marie said she often ventures through Fort Phoenix and around Fairhaven snapping photos of buildings and nature, though she concedes that she's unsure how to use the camera

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Tips for Grieving During the Holidays

The holiday season can be a time of togetherness for families. But for those who have experienced a recent loss, the holidays can be a source of tremendous stress.

To help the public make it through the holidays, Nancy Arnold, Manager of Bereavement and Volunteer Services for Southcoast Visiting Nurse Association, offers grieving courses in the lead-up to Thanksgiving.

In her line of work, Arnold said she has seen a range of reactions to the holiday season. Some want to skip it entirely. Others want to press on and celebrate exactly as they have in previous years.

Arnold's course helps those in grief know that they can make

it through the holidays. This year, however, there may be special considerations to factor into your holiday planning. Below is advice gathered from Arnold's workshop.



Displaying photos of the person who passed during a holiday get together can help break the ice for guests.

Talk about it: Whether you're willing to tackle the holidays this year or whether you would like to avoid them, it's important to make

your wishes known to your friends and family.

If you have hosted during the holidays in the past, you may feel pressure to host again. But this might not be the right time to throw a party. Be realistic about what you can handle, and be sure to talk about it well ahead of time so your family can plan ahead.

Compromise: If you are planning on hosting, you can always ask your guests for help. Maybe each guest could bring a dish. Maybe you could invite some guests to visit your home prior to the event and help clean.

If you're used to preparing a large meal around the holidays, perhaps you could simplify or omit

Continued on page 7



Freda St. Marie (right) lines up a shot of the ocean – with encouragement from John Sladewski's 7th graders. Students from Hastings Middle School gave photography lessons to a group from the Fairhaven COA this November.

Photos continued...

beyond a simple button click.

"You learn something new all the time," she said. "Wait till you see them! I took some awesome photos."

St. Marie spent her time at Fort Phoenix undeterred by the weather, smiling as she pointed her camera toward nature and a few of the students climbing around the cannons.

"You can do a lot of different things on a phone," said Ben Comey, a 12-year-old student. "We showed them the zoom function, and we also showed them that you don't always have to hold the phone vertically – you can hold it horizontally."

Seventh grader CJ Coelho said, for photographers who are just getting started, a little patience can go a long way.

"Pay attention," Coelho said. "Look before and after you take a photo. And try not to move. Sometimes, you have to wait a little bit for the camera to auto-focus on the subject."

As students of all ages sorted through their photos in Sladewski's classroom, Jean Baldwin of the Fairhaven COA was impressed with the work of the group.

"It was just lovely. I loved interacting with the youngsters. I'm learning a little bit from each one of them," said Jean Baldwin. "You're never too old to learn – even at 84."

Letter from the Editor

I'm sorry to report that about a week before this issue made its way to press, I heard word that Ed Camara had passed away.

Starting with the February 2019 issue of *Senior Scope*, Ed had been responsible for the paper's trivia section. He had stepped in following the death of his friend, Joe Alves, who had written trivia for the paper for four years prior to his death last November.

I wanted to say how thankful I am for Ed taking on the project. I was touched when, right after Joe's passing, one of his friends would reach out on a whim and offer to continue his work.

Within days of Ed's passing, his brother, Kim Camara, called me and asked to continue his brother's work.

I know the section is popular with our readers, and I'm happy to hear it will continue to be produced by the community. You can look for Kim's trivia in the new year.

I never met Ed in person, but his personality always came through in his emails. He had a great sense of humor, and I'll miss corresponding with him.

To Ed and Joe's families, I'm thinking of you and wanted you to know how much I enjoyed working

with them both.

As the year winds down, I wanted to make sure that I mentioned the Christmas Day lunch, which is sponsored by the Jewish community of Greater New Bedford and Coastline.

If you're looking for company on Christmas, the annual dinner will be held at the Holy Name of the Sacred Heart of Jesus Parish Hall, located at 121 Mount Pleasant Street in New Bedford. The lunch is open to all area seniors.

Doors will open at 10 a.m., and the meal will be served at noon on Christmas Day. You can make reservations by calling the Dartmouth Council on Aging at 508-999-4717.

On a final note, the paper will be back sooner than you might expect. In previous years, *Senior Scope* would break after the holidays and return with the February issue. But now the paper is published year-round, so we'll return next month with the first January edition in years.

In the meantime, I hope you enjoy the holiday season, and I wish everyone a happy New Year.

Best,
, Editor

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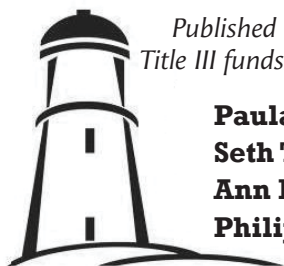


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Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Jane Jacobsen
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni
Greater NBComm. Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes Pat Foster
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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
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Senior Scope

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Donations for December 2019

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

Donations, year to date: \$335

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Money

Report Social Security Scams with this New Online Tool

With reports of fraudulent callers on the rise, the Social Security Administration has launched a new way for citizens to report scams.

Andrew Saul, Commissioner of Social Security, and Gail S. Ennis, the Inspector General for the Social Security Administration, have announced the launch of a dedicated online form where the public can report Social Security-related scams. You can find the form by visiting <https://oig.ssa.gov>.

According to a release from the Social Security Administration, the number of reported scams have “skyrocketed” over the past year.

Fraudulent callers will claim that a victim will be arrested for purported problems related to their Social Security number. The caller will then mislead the victim into making cash or gift card payments. This type of scam has become the top type of fraud reported to the Federal Trade Commission and the Social Security Administration.

The new online tool will enable officials to capture data, enabling them to analyze the information for trends. The goal of the new tool is to help identify scammers, which will in turn reduce the incidence of scams.

The public is encouraged to use

the online form to report Social Security-related phone scams, including robocalls, as well as in-person scams or suspected scams carried out via text or email. The form allows users to create a unique Personal Identification Number (PIN). If the Office of the Inspector General contacts the person reporting the scam, they will use the PIN, confirming that the call is legitimate.

Social Security employees do occasionally contact people, generally those who have ongoing business with the agency, by telephone. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval or increase, in exchange for information or money. In those cases, the call is fraudulent, and you should hang up.

Generally, the agency calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency.

If there is a problem with a person’s Social Security number or record, in most cases Social Security will mail a letter.

Social Security Benefits Increase in 2020

By Delia De Mello
Social Security

Each year, we announce the annual cost-of-living adjustment (COLA). By law, federal benefits increase when the cost of living rises, as measured by the Department of Labor’s Consumer Price Index for Urban Wage Earners and Clerical Workers (CPIW). Usually, there is an increase in the benefit amount people will receive each month, starting the following January.

Nearly 69 million Americans will see a 1.6 percent increase in their Social Security benefits and SSI payments in 2020.

Other changes that will happen in January 2020 reflect the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax will increase to \$137,700 from \$132,900. The earnings limit for workers who are younger than “full” retirement age (age 66 for people born in 1943 through 1954) will increase to \$18,240. (We deduct \$1 from benefits for each \$2 earned over \$18,240.) The earnings

limit for people turning 66 in 2020 will increase to \$48,600. (We deduct \$1 from benefits for each \$3 earned over \$48,600 until the month the worker turns age 66.)

In December, we will post Social Security COLA notices online for retirement, survivors and disability beneficiaries who have a *my Social Security* account.

You can log in to or sign up for a *my Social Security* account today at

www.socialsecurity.gov/myaccount and get more info about your new benefit amount. You can choose to receive an electronic notification by email, text, or both ways under “Message Center Preferences.” We will not send any personal information in the notification. The Message Center also allows you to go paperless by opting out of receiving agency notices by mail that you can get online.

The Message Center is a secure portal where you can conveniently receive sensitive communications that we don’t send through email or text.

More information about the 2020 COLA is available at www.socialsecurity.gov/cola.



Delia De Mello, Social Security

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Update

Mass Save Program

A free energy assessment from Mass Save can help you identify steps to lower your energy bill. An energy specialist assesses your home's current energy use and installs energy-saving products like high efficiency bulbs, power strips, and more – all for FREE! Once the assessment is complete, you'll receive a custom report and your specialist will walk you through a list of recommendations, many of which are deeply discounted through Mass Save.

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

Santa Paws Fundraiser

Pets and families can have their photo taken with Santa on Dec. 7 from 11 a.m. to 2 p.m. at the Humane Society & Shelter Southcoast, located at 31 Ventura Drive, Dartmouth. Keep your pets leashed or in carriers. \$15 donation per photo. All proceeds benefit the Humane Society & Shelter Southcoast. For more info, call 508-995-6661.

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

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.

Gifts to Gift Craft Fair

Gifts to Give is hosting a craft fair on Dec. 8 from 9 a.m. to 3 p.m. at 1 Titleist Drive in Acushnet.

More than 50 vendors. Includes a thrift store, bake sale, Chinese auction and door prizes. For more information, call 508-717-8715.

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

Christmas Day Dinner

The 53rd Annual Christmas Day Dinner, sponsored by the Jewish community of Greater New Bedford and Coastline, will be hosted at The Holy Name of the Sacred Heart of Jesus Parish for all seniors in our area. The parish is located at 121 Mt. Pleasant St, New Bedford, MA 02740.

Dinner will be served at noon, and doors will open at 10 a.m. on Dec. 25, Christmas Day. Reservations can be made by calling 508-999-4717 the Dartmouth Council on Aging.

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.

Mobile Market

The Greater New Bedford Community Health Center will hold monthly, farmers market-style mobile markets in partnership with The Greater Boston Food Bank. The produce market is from 11 a.m. to noon.

Dates include: Dec. 9, Jan. 13, Feb. 10, March 9, April 13, May 11, June 8, July 13, Aug. 10 and Sept. 14.

To register, call Joyce Dupont at 508-992-6553 ext. 142. Pre-registration is strongly encouraged. Those who do not pre-register must wait until the end of the market to shop. Please leave your info: name, date of birth, number of people in household, zip code and phone number. Please bring a reusable grocery bag, baskets or a cart to carry your food.

Holiday Spectacular

Active Day of New Bedford-Capeway, located at 81 Welby Road in New Bedford, will be hosting a Holiday Spectacular on Dec. 14 from 10 a.m. to 2 p.m.

Bring a woman's or children's coat and in return have holiday pictures taken that you will be able to download at no cost. Coats will be donated to the nonprofit New Hope Inc. in Attleboro. The event will include holiday photos, a bake sale, gift baskets, raffles and hot chocolate. This event is hosted by Active Day of New Bedford-Capeway and BLK Photography.

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Your Health

Wellness Initiative Instructors Learn ‘Accessible Yoga’



By Deborah Fraine
 Director NBWI Yoga Program

Recently, several of the New Bedford Wellness Initiative yoga instructors, including Cheryl Rocha, Nancy Winterhalter, Jeff Costa and Deb Fraine, attended a weekend workshop in Providence, RI, with Jivana Heyman. In 2007, Heyman founded an international program called “Accessible Yoga” and recently published a book of the same name.

The workshop was an opportunity for yoga instructors to learn new ways of teaching to accommodate all of their students in an inclusive way.

We learned how to teach chair-based yoga in the same class where some students are practicing on a mat. We learned to teach sun salutations while lying flat so that students who may be confined to bed or have difficulty standing are



Sunday morning yoga classes at the Boys & Girls Club of Greater New Bedford are held on a basketball court to accommodate the class size. The New Bedford Wellness Initiative’s yoga instructors recently attended a workshop to learn about “accessible yoga,” which aims to open yoga courses to people of all abilities.

able to benefit from a yoga practice.

The Accessible Yoga mission is to provide yoga for anyone who may not have access, especially in communities who “may have been excluded or underserved.”

His mission goes on to say that “all people, regardless of ability or background, deserve equal access to the ancient practices of yoga, which offer individual empowerment and spiritual awakening. By building a strong network and advocating for a diverse yoga culture that is inclusive and welcoming, we are sharing yoga with all.”

When describing our yoga program at New Bedford Wellness

Initiative to Jivana Heyman, he agreed that our program is an example of his mission. The Wellness Initiative provides yoga to a community of people who are diverse in physical ability, culture, age, ethnicity and economic background.

This free program provides an opportunity for those from local neighborhoods as well as the surrounding Greater New Bedford area to come together in a supportive community atmosphere.

It is not about the postures or the fitness of each individual; it is about the community of local residents who practice the eight limbs of

yoga with local yoga instructors.

Many of us would say that this is our favorite place to teach yoga. To breathe, meditate, focus, turn inward, profess kindness toward each other, stretch and strengthen muscles, improve posture and overall health – this is the purpose of the New Bedford Wellness Initiative’s yoga program.

No fancy yoga poses, just a great group of people coming together in wellness and kindness, changing our community for the better, one inhale and one exhale at a time.

The New Bedford Wellness Initiative hosts regular classes at the Boys & Girls Club of Greater New Bedford, which is located at 166 Jenney Street in New Bedford, on Sunday mornings from 9 a.m. to 1 p.m.

Every Sunday, there is free yoga, meditation, nutrition, Qi Gong and fitness classes available for everyone in the New Bedford area. Established by Dr. Michael Rocha in 2014, this program has brought together community in the spirit of wellness.

The yoga program takes place every Sunday from 10:30 a.m. to 11:30 a.m. It is held in the basketball gym due to the growing numbers of participants (usually at least 50 yogis). This program is truly an example of “Accessible Yoga.”

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Your Health

Health Officials Link Vitamin E Acetate to Vaping Illness

U.S. health officials believe a type of vitamin E could be to blame for the recent outbreak of vaping-related lung injuries, which has sickened 2,051 people and killed 40. The findings were announced in a report in early November.

The Centers for Disease Control (CDC) identified vitamin E acetate in 29 lung samples from patients

afflicted with the disease.

Electronic cigarettes (or e-cigarettes) resemble cigarettes or pens. The device warms liquid contained within, turning the fluid into an aerosol that is inhaled and exhaled. Smoking this type of product is called “vaping.”

Vitamin E acetate is sometimes used as a thickening agent in illicit

e-cigarette cartridges, particularly those containing THC, the component of marijuana that gets people high. While vitamin E is safe to ingest or use on the skin, inhaling the oily substance can be harmful.

While the substance was found in all 29 lung samples the CDC examined, further testing will be required to make a definitive link.

The new findings did not rule out nicotine cartridges as THC was not identified in every lung sample.

As research is ongoing, health officials are still urging the public to avoid smoking e-cigarettes, especially THC products that were bought off the street or were modified in a way that was unintended by the manufacturer.

Las Autoridades de la Salud Unen la Vitamina E Acetato a la Enfermedad de Vaping

Las autoridades de la salud de los Estados Unidos creen que un tipo de vitamina E puede ser la causa del surto de danos a los pulmones relacionados con el vaping que afectó 2, 051 personas y causó la muerte a 40. Los resultados fueron anunciados en un relatorio en el principio de noviembre.

Los Centros para el Control de Enfermedades (CDC) identificó la vitamina E acetato em 29 muestras

de pulmones de los pacientes identificados con la enfermedad.

Los cigarrillos electrónicos (o e-cigarrillos) parecen cigarrillos o plumas. El aparato calienta el liquido en el interior, y torna este en un aerosol que es inspirado y expirado. El fumar de este tipo de producto se llama “vaping.”

A veces se usa la vitamina E acetato como agente para engrosar en los cartuchos ilicitos de los e-

cigarrillos particularmente aquellos con THC, el componente de la marijuana que pone las personas (altamente intoxicados). Mientras la vitamina E está libre de peligro par ingerirse o ser usado sobre la piel, inspirar la substancia oleosa puede ser danificante.

No obstante la substancia fué encontrado en todas las 29 muestras de los pulmones que el CDC examinó, exámenes adicionales serán necesarios

para hacer una union definitiva.

Los nuevos resultados pusieron de parte los cartuchos de nicotina porque la THC no fué identificada en todas las amuestras de los pulmones. Visto que la pesquisa está siendo continuada, las autoridades de la salud aún están incitando el público para evitar de fumar los e-cigarrillos, especialmente los produtos THC que fueron comprados en la calle o que fueron modificados.

Autoridades da Saúde Unem a Vitamina E Acetato á Doença do Vaping

As autoridades da saúde dos Estados Unidos crêm que um tipo de vitamina E pode ser a causa do surto de danos aos pulmões relacionados com o vaping que afectou 2,051 pessoas e causou a morte de 40. Os resultados foram anunciados num relatório no principio de Novembro.

Os Centros para o Controlo de Doenças (CDC) identificou a vitamina E acetato em 29 amostras de pulmões de pacientes

identificados com a doença.

Os cigarros electrónicos (ou e-cigarros) parecem cigarros ou canetas. O aparelho aquece o liquido no interior, e torna este num aerosol que é inspirado e expirado. O fumar de este tipo de produto chama-se “vaping”.

Às vezes usa-se a vitamina E acetato como agente para engrossar nos cartuchos ilicitos dos e-cigarros particularmente aqueles com THC, o

componente da marijuana que põem as pessoas (altamente intoxicado). Enquanto a vitamina E é livre de perigo para ingerir-se ou ser udado na pele, inspirar a substância eleosa pode ser danificante.

Embora a substância foi encontrado em todas as 29 amostras dos pulmões que o CDC examinou, testes adicionais serão necessários para fazer uma união definitiva. Os novos resultados pôs de parte

os cartuchos de nicotina porque a THC não foi identificada em todas as amostras dos pulmões.

Como a pesquisa está a ser continuada, as autoridades da saúde ainda estão incitando o público para evitar de fumar os e-cigarros, especialmente as produtos THC que foram comprados na rua ou que foram modificados de uma maneira que não foi intencionada pelo fabricante.

MOVIES



SILENT FILM!
PHANTOM OF THE OPERA
OCTOBER 27



THE WITCHES OF EASTWICK
OCTOBER 28



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OCTOBER 31



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DECEMBER 9

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NOVEMBER 17



A Christmas Carol
DECEMBER 7



RAIN: A TRIBUTE TO THE BEATLES
MARCH 22



NATIONAL TOUR! THE COLOR PURPLE
MAY 16



THE TEN TENORS HOME FOR THE HOLIDAYS
DECEMBER 5



The CHIPPER Experience
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Your Health

Holiday Grief continued...

some of those dishes. Maybe the main meal could be held at another location, and you can host dessert at your home.

Self-Care: If you're in grief, you're enduring stress, and that can quickly wear you out. Stress can also dehydrate you, which is why it's important to drink plenty of water. You can even serve pitchers of water at your party to encourage your guests to do the same.

If you've been napping every day, make sure to plan that in during the holiday. You are welcome to excuse yourself to take care of yourself.

If exercise has been part of your routine, make sure it remains on your schedule. If religious traditions are part of your holiday, make time for them as well.

You can skip it: If you don't feel like you can handle the hustle and bustle of the holidays this year, you have every right to skip them.

You may think that you're going to be okay in the lead-up to the holiday, only to find that you are not on the day of the event. If you're attending a party outside your home, you can always bring your own car so that you can excuse yourself should you need to leave. If you suspect that you may be too emotional to drive the day of, arrange a ride ahead of time.

Use Your Brain While Exercising Your Body

By Cam Bergeron, CSCS
Cam's Conditioning & Rehab

One way you can improve your activities of daily living is to increase the activation between brain and body. This can be done by performing balance/mobility drills, resistance training exercises and being more aware of your body's positioning while exercising.

Balance activities force you to concentrate. If you aren't concentrating, you will lose your balance. Try focusing on something stationary (like an object hanging on the wall) when performing balance activities. This will help you stay focused and block out peripheral movements.

Mobility drills bring you through a range of motion that your body usually does not perform on a daily basis. Since they are foreign motions, you are forced to concentrate in order to complete the activity.

When I am instructing my Tai-Yo-Ba classes, I make sure the participants are always engaged and paying attention. I'll scan the room to read body language to see who is double-checking their form. They may be moving correctly, but I am focusing on who is paying attention and who is just going through the motions.



A group exercises at the Dartmouth COA. Focusing on the way you move your body can help improve strength.

Teaching a course in this manner provides participants better results. I keep them accountable to their actions.

If the brain and body are not in sync, it will be tougher to perform daily activities. Resistance training is a huge part of brain-to-body activation.

Did you know that the body does not begin to build muscle until the fourth, fifth or sixth week of consistent resistance training? When you start resistance training, within the first couple weeks you will notice you're able to lift more weight.

Most people think this is due to increased muscle mass, but it's actually due to activation of unused muscle fibers. This is called a neural adaptation to resistance training. When you don't perform movement patterns, some muscle fibers are not activated. In other words: "if you don't move it, you lose it."

When you add weight to a movement pattern, it takes more fibers to complete. The body will involuntarily recruit more fibers to help you lift the weight. Having great body awareness is important to muscle fiber activation. The more you pay attention to your body and how it's positioned, the easier it will get.

It takes 66 days to begin creating a habit. After 18 months, you have rewired your brain for that habit.

When it comes to body awareness, the habit you are trying to create is to build muscle memory for correct body positioning. If you consistently control your body's positioning, then your body will rewire your brain to make that position the "norm." However, if there is a preexisting injury, you may need more than just proper body awareness to correct it.

Keeping the connection from brain to body will increase coordination, reaction time, balance and body awareness.



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Better Living

Early Accomplishments from NB's Age-Friendly Initiative

When the City of New Bedford first joined the AARP's Network of Age-Friendly States and Communities in 2018, an action plan had been drafted, which was a road map for making the city a better place to live for people of all ages.

The team behind the city's age-friendly initiative, which connects about two dozen people representing various local agencies, has spent the past year implementing the plan.

The action plan is divided into

seven categories, and the team will be working on these improvements through 2021. You can read about some of the early successes from each area of the action plan below.

The team is always looking for volunteers from the community who can share time and ideas. Contact Christine Sullivan at 508-742-9132 or csullivan@coastlinenb.org for more information. Follow Coastline on Facebook for updates and events in the community by visiting: facebook.com/coastlineNB.



Housing

Goal: Support stable housing for older adults

Success: A guide to rental options, legal assistance and repair services



Outdoor Spaces & Buildings

Goal: Include residents of all ages in parks planning and programming

Successes: Lawn bowling at Hazelwood
• Improved beach access • Free yoga in the parks



Transportation

Goal: Improve public knowledge of and access to cost-effective transportation

Successes: New bus routes, including summer routes to the beaches • Travel and Charlie Card training



Community Supports & Health Services

Goal: Optimize health and wellness in the community, increase access to fresh foods

Successes: Dental clinics • Walk New Bedford
• Dementia training and caregiver support



Social Participation

Goal: Promote a network of inclusive social opportunities for older adults

Successes: Pride Day • Lunch & Learn
• Expanded supper clubs



Civic Participation & Employment

Goal: Connect older adults to employment resources and volunteer opportunities

Successes: Job Fair • Career services for seniors
• 135 volunteers engaged



Communication & Info

Goal: Increase awareness of existing community resources.

Success: *Senior Scope* publishes stories and events about the age-friendly initiative

Trivia

FOR YOUR ENTERTAINMENT

- The classic film "It's a Wonderful Life" was based on which short story by Philip Van Doren Stern?
 - "The Greatest Gift"
 - "The Gift of the Magi"
 - "The Blue Carbuncle"
 - "Hercule Poirot's Christmas"
- Australia has eight capital cities that correspond to their geographic location within the country. Which one of those eight cities also serves as the nation's capital?
 - Melbourne
 - Sydney
 - Canberra
 - Perth
- The poinsettia is indigenous to which country?
 - Norway
 - Mexico
 - Chile
 - Spain
- NASA generated buzz back in October following the first all-female spacewalk. One of the astronauts visited the South Coast in 2015. She is:
 - Jessica Meir
 - Serena Auñón-Chancellor
 - Christina Koch
 - Anne McClain
- The actor who voiced The Grinch in the 1966 animated TV special "How The Grinch Stole Christmas!" was famous for portraying which Hollywood monster?
 - The Invisible Man
 - The Mummy
 - Dracula
 - Frankenstein's monster
- The Buttonwood Zoo welcomed its first female two-toed sloth, Sandy, this November. Sloths are known for climbing at slow speeds. What other skill are sloths known for?
 - Swimming
 - Jumping
 - Coat color changes with the seasons
- The Royal Christmas Message began as a radio broadcast by King George V in 1932. In which year did Queen Elizabeth II deliver the message for the first time on television?
 - 1952
 - 1957
 - 1960
 - 1965
- Tom Hanks plays Fred Rogers in the recently released film, "A Beautiful Day in the Neighborhood." Which of the following was not a character on "Mister Rogers' Neighborhood"?
 - Daniel Tiger
 - Henrietta Pussycat
 - King Friday XIII
 - Dewey Duck

[answers listed on page 11]

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Nutrition

Mind the Label to Lower Your Sugar Intake

While selecting items at the grocery store, you may see one ingredient used over and over again. Sugar is everywhere – from pasta sauce to crackers, which makes cutting back on sugar challenging.

Sugar comes in two forms. Some foods contain naturally occurring sugar, such as fruit, milk and honey. Added sugars are any sugars or sweeteners added to foods or drinks during processing or preparation.

According to the latest health research from the University of California San Francisco, added sugar is found in nearly three quarters of packaged foods.

“Sugar is so present in our food that we have to be aware of it,” said Katlynn Ferreira, a registered dietitian with Coastline. “We always want to get the most nutrition that we can in every bite.”

Sweet treats, such as soda, cakes and ice cream, are a major source of added sugar. But many foods you might not suspect (such as ketchup, chicken broth and salad dressing) and some foods you may think of as “healthy” (like low-fat yogurt, granola, smoothies and trail mix) can be loaded with added sugar.

According to Ferreira, when we fill up on added sugars, we’re adding calories to our diets – and not much else.

“In general, added sugar takes the place of wholesome food. Instead of eating foods that contain vitamins, minerals, fiber or protein, we’re just eating sugar and calories,” said Ferreira. “We can’t meet our energy



When selecting items at the grocery store, check the Nutrition Facts label for added sugar. Something as simple as switching flavored yogurt with plain yogurt, which you can sweeten with frozen or fresh fruit, can help you cut down on sugar.

needs – or our total calorie needs – in a day if we’re eating more than ten percent of calories from sugar, which most Americans are.”

The Centers for Disease Control warns that consuming excess added sugar can lead to health problems, including weight gain and heart problems. Currently, the American Heart Association recommends that women limit their total daily intake of added sugars to 6 teaspoons (25 grams) and men limit their intake to 9 teaspoons (36 grams).

The key to cutting back on sugar is to read the Nutrition Facts label carefully. Added sugars can appear on the ingredient list under a

variety of different names, including sugar alcohols, high fructose corn syrup, brown rice syrup, cane sugar, corn syrup, crystal solids, dextrose, evaporated cane juice or sucrose.

The U.S. Food and Drug Administration has new guidelines for manufacturers that require added sugars to be clearly listed on the Nutrition Facts label. While some companies are already using the new label, large manufacturers will be required to make the switch in January 2020.

Don’t be deceived by the buzzwords food manufacturers use on the front of food packaging. Many of the terms you see, like “lower in

sugar,” lack context and are largely meaningless. If the front of the box claims that a food is “made with real honey,” that still means the product contains sugar. If the product claims that it was made “without added sugars,” you’re on the right track. But, once again, the Nutrition Facts label will provide a more complete picture.

Beyond checking the label, you can reduce your sugar intake by ditching your table sugar. Gradually cutting back on the amount of sugar you’re adding to coffee can help keep you beneath your daily limit. Diluting fruit juices with water will translate into less sugar per serving. And, when you buy a juice, look for products that are labeled as “100% fruit juice.” To sweeten cereals or oatmeal, add sliced banana or blueberries, rather than scooping on granulated sugar.

Because sugary treats are often served throughout the holiday season, Ferreira said the trick is to pick your battles.

“Instead of having a little bit of everything, pick the things that you know you’re going to enjoy instead of tasting something just to taste it,” she said. “You might as well save the bites for the dessert that you’ve been waiting all year for.”

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. For coverage of past discussions, visit the *Senior Scope* archives online at: coastlinenb.org/news/seniorscope.



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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: Dec. 16 at 1 p.m. at the Acushnet Public Library. The Acushnet Memory Café will resume its normal schedule beginning Jan. 6, 2020.

Schedule Changes: Zumba Gold and ABLE BODIES I and II will not meet on Dec. 6.

Holiday Food Baskets: Those in need are invited to register for holiday food baskets. Sign up at PACE Food Bank, 166 William St. in New Bedford. For more info, call 508-999-9920.

Garden Club Holiday Green Sale: Dec. 4 from 10:30 a.m. to 12:30 p.m. at the Acushnet Senior Community Center. The New Bedford Garden Club will hold their Annual Holiday Green Sale.

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

Ice Cream Social: Dec. 11 at 1 p.m. Join Next Monitoring as they hold an ice cream social here at the Acushnet COA. This event is free but you must reserve your seat by calling 508-998-0280.

Day Trip: Dec. 12, Trip to the Christmas Tree Shop; includes a stop at Lindsey's in East Wareham before returning to the COA. Depart the COA at 9:30 a.m. for Hyannis. Call to reserve a spot.

Painting Class: Dec. 12 at 1 p.m. at the Acushnet Senior Community Center with Kristen Vincelette. No special talent or experience required. Paintings will be taken home the same day. \$5 per person due at time of registration.

Council on Aging Holiday Party: Dec. 23 at 12:15 p.m. Lunch at 12:15 p.m., musical entertainment at 1 p.m. Join us to celebrate the holiday season with lunch (deli sandwiches) and musical entertainment by Country Flavored featuring rhythm guitar, lead guitar, vocals and pedal steel guitar. Tickets on sale starting Dec. 2nd. \$4 per person.

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.

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.

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.

Dec. 5: Legal Clinic from 9:30 to 11:30 a.m.

Dec. 9: CareOne Presentation from 11 to 11:30 a.m.

Dec. 11: Craft group from 11:30 a.m. to 12:30 p.m.

Dec. 16: Manicures and hand massage from 10 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 to 11 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. Chair Zumba is held on Fridays from 10 to 11 a.m.

Painting with Ryan Santos: Wednesdays from 10:15 a.m. to noon. \$12.

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: Fridays from 1 to 2 p.m.

Tai Chi Class with Joe Rebelo: Thursdays from 1 to 2 p.m. \$30 for six-week sessions.

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.

100 Cups of Coffee Challenge: The Dartmouth COA is seeking to have 100 cups of coffee with local business owners and various town departments in hopes of sharing information and ideas relating to the needs and wants of the aging community. If you are interested in sharing a cup, call us and we will come to you or visit the Center.

New! Dance for Parkinson's: Mondays from 10:30 to 11:30 a.m. (no class held on the third Monday of each month). Participants are empowered to explore movement and music. No experience required. Caregivers are welcome. Free.

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

UMass International Speaker Series: Dec. 3 at 4 p.m. Travel the World Through the Eyes of an International Student. Speakers' home country: India and TBD.

Art for your Mind: Dec. 5 at 1:30 p.m. Famous Impressionists. Call to reserve your spot. Free.

Maintain Your Health and Beauty through Hypnosis: Dec. 10 from 2 to 3:30 p.m. Pre-registration required. Group limited to 10 people. \$10.

iPhone Tutoring with DHS students: Dec. 11 and 18 at 3:30 p.m. Walk-ins welcome.

December Matinee: Dec. 12 at 1:30 p.m. "A Cinderella Story." Sign-up required. Free popcorn.

Dartmouth High School's A Capella Singing Group: Dec. 13 from 9 to 9:30 a.m.

Paper Snowflakes with Jane Bregoli: Dec. 16 at 1 p.m. Sign-up required. Free.

ABC's of a Healthy Holiday Feast & Cooking Demo: Dec. 16 at 10 a.m. With Coastline registered dietitian Katlynn Ferreira. Space is limited. Sign-up required.

Holiday Dessert Cooking Demo with Cedar Dell: Dec. 17 at 12:30 p.m. Space is limited. Please sign up at front desk.

"Bridging the Future" screening and continental breakfast: Dec. 20 at 9:30 a.m. The COA will screen Episode 2: "The Great Rock Cemetery of Russell's Mills Village." This program is a partnership between the Dartmouth Council on Aging and Dartmouth Community Media. Pre-registration is required.

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.



REMEMBER WHEN? The team at *Senior Scope* is wishing you a happy holiday season! Send us your old photos and a brief description, and we'll include them in the paper. Email stomas@coastlinenb.org or mail photos to *Senior Scope* at Coastline, 1646 Purchase St., New Bedford, MA 02740.

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.

Schedule Update – 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. Senior Supper Club is canceled for Jan and Feb. 2020. LGBT Supper Club is canceled for Jan. 2020

Computer Technology for Seniors: 9 to 10 a.m. Space is limited to 15 participants. Please call to sign up. Dec. 2, 4 and 6: The basics on how to use Windows 10. Dec. 9, 11 and 13: Bring your tech issues and questions; round-robin discussion. Dec. 16, 18 and 20: All about Google Maps, Earth, Trip and Waze.

Cooking with Grandkids: The Fairhaven Council on Aging has a cooking show on Fairhaven TV, where grandparents and grandchildren come together to share a recipe that has a special memory. If you would like to come on the show with your grandchildren, call Anne Silvia at the Fairhaven Council on Aging at 508-979-4029. The show can be seen on Fairhaven Cable Channel 18 and YouTube.

Tai Chi: Thursdays from 10 to 11 a.m. Eight weeks cost \$30. Gentle movement for balance, flexibility and muscle strength. New members call for location.

Osteoporosis Class: Mondays, Wednesdays and Fridays from 8:30 a.m. to 10 a.m. Cost is \$1. Simple, safe, bone-boosting exercises.

Chair Yoga: Mondays and Thursdays from 10:15 to 11:15 a.m. Cost is \$3. Modified yoga program in a seated/standing position.

Mall Trips: Dec. 11 at the Warwick Mall. Dec. 18 at the South Shore Plaza. Dec. 26 at the Hyannis Mall, Christmas Tree Shop, Trader Joes and Whole Foods. Reservations accepted beginning on the 15th of the prior month. There is a \$5 charge unless marked. The Van leaves the Senior Center promptly at 9 a.m.

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.

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.

Dec. 6: Oaks presentation with Beth at 11 a.m.

Dec. 12: Blood Pressure clinic from 11 a.m. to noon

Dec. 13: Activity Day Prize Bingo 10:45 to 11:20 a.m.

Dec. 19: Manicures with Ashley from The Cottages every third Thursday of the month from 1 to 2:30 p.m.

Dec. 20: Homestead presentation from 10:45 to 11:15 a.m.

Mondays: Beginner's Spanish 9 to 10 a.m.; Adult Coloring 9 to 10 a.m.; Zumba Gold 10:15 to 11:15 a.m.; Chair Massage Therapy 12:45 to 2 p.m. (cost \$3/15 mins.); Chair massage on first and third of the month.

Tuesdays: Adult coloring/Puzzles 9 to 10 a.m.; Cricut Crafters 9:30 to 11 a.m.; Line Dancing with Lynn 1 to 2:30 p.m.

Wednesdays: Chair Yoga 10 to 11 a.m.; Card Players 11 a.m. to noon; 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.

Soup-er Thursdays: Reservations are required by the Tuesday before the date. A \$5 donation is suggested. Dec. 5: Smoky Chicken Corn Chowder. Dec. 12: Tortellini. Dec. 19: Beef Barley Soup. Dec. 26: Tomato soup and grilled cheese.

Upcoming Art Shows: "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.

Pen & Ink Drawing Workshop: Dec. 3 from 12:30 to 2:30 p.m. Host Raquel McFarlane will show you how to create pen and ink artwork. This workshop is appropriate for all levels of learners who want to be creative and have fun. This workshop is being offered at no cost. Raquel is bringing supplies, if needed. Sign up by calling 508-748-3570. Must RSVP.

Joy-Filled Holidays: Dec. 5 at 12:30 p.m. The holidays are challenging to navigate after a loss. Chaplain Ken Hart from Compassionate Care Hospice will be on hand to lead this inspirational talk.

Lunchtime Cooking Demo: Dec. 9 at 11:30 a.m. Learn how to prepare a quick and nutritious lunch and pick up some new tips on how to save money and time when preparing meals. Please sign up by Dec. 5 by calling the center. A \$5 donation is requested.

ABCs to a Healthy Holiday Feast: Dec. 10 at 2 p.m. Katlynn Ferreira, a registered dietitian from Coastline, will offer tips for making mindful food choices this holiday season and give a food demo. Registration is required. Call the center.

Cape Cod Ginger: Dec. 16 at 12:30 p.m. Dick Monroe from Cape Cod Ginger will present on his Wareham-based company where he makes sparkling beverages. Try samples during the presentation.

A Christmas Carol: Dec. 17 at 12:30 p.m. Celebrate the holidays with a dramatic reading of "A Christmas Carol" by Stephen Collins. Cocoa and cookies after the show. Reservations are required. Call the center.

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.

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.

Holiday Luncheon: Dec. 12 at noon. Free (so long as you bring an unwrapped toy or gift). At the Knights of Columbus Hall. Sing-a-long, raffles and an ugly sweater contest. Seating is limited. RSVP to the COA.

Emergency Training: Dec. 12 from 1:30 to 3 p.m. Learn about the personal steps to prepare for different emergency situations with the Massachusetts Department of Disability. RSVP to the COA.

Holiday Pops Concert: Dec. 14. Van leaves the Matt. Park & Ride at noon. Lunch at Merrill's at 12:30 p.m. Concert at the Z at 3:30 p.m. Cost: \$3 for the van ride, \$10 for concert ticket.

Know Your Rights: Medicare & MassHealth: Dec. 17 at 10 a.m.

Movie & Pizza: Dec. 17 at noon. "The Farewell." Pizza is \$1 a slice.

Free Computer Tutor: Friday mornings at the COA. By appointment; up to six-week sessions. Call to register.

Widowed Person's Support Group: Meets the first Thursday of the month from 9:30 to 11 a.m.

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.

Still Life Drawing Class: Tuesdays at 6 p.m. Begins on Jan. 7, 2020. Register for one or more classes. \$5 per week for those age 60 and over. \$10 per week for those under age 60.

Cribbage: Thursdays at 3 p.m. Drop in and play. Begins Jan. 9, 2020.

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.

Wok Magic Luncheon: Dec. 2 at noon with Chef Jadine Loo-Dixon at the Rochester Senior Center. Last month's premier Wok Magic luncheon was a great success. Chef Jadine will be preparing a selection of fine Chinese cuisine. Please call the center to make a reservation. There is a suggested donation of \$5.

Holiday Wreath-Making Workshop: Dec. 3 from 9 to 10:30 a.m. This workshop will be facilitated by Bunny Mogilnicki. The cost is \$12 per person and includes an 8-inch wreath and materials for decorating. Class size is limited, and advance registration is required.

Spaghetti & Meatball Fundraiser: Dec. 12 from 4 to 7 p.m. Hosted by the Friends of the Rochester Senior Center. The evening's festivities include a holiday sign-a-long, 50/50 raffle and Chinese Auction. This event is open to the public. Tickets are \$5 per person and are available at the Senior Center. There will be a very limited number of tickets available on the night of the event.

Monday Special Luncheon: Marsha Hartley will be preparing lunch on Dec. 9 at noon. All are welcome to attend this special luncheon. Please call in advance to make your reservation. There is a suggested donation of \$5.

The Greater Boston Food Bank: distribution will take place at the Rochester Senior Center on Dec. 11 from noon to 4 p.m. The Greater Boston Food Bank provides around 30 pounds of free, non-perishable food items on a monthly basis to financially eligible seniors. Participants should pick-up their food in person, unless previous arrangements have been made. Participants should bring their own grocery bags, as they are not supplied. Those interested in receiving food from this program should contact Lorraine Thompson (Outreach Worker) or Cheryl Randall-Mach (COA Director) for more information and eligibility requirements.

Monthly Meeting: Dec. 11 at 9 a.m., the Rochester Council on Aging will hold the monthly meeting at the Rochester Town Hall. All Rochester residents are welcome to attend the meeting. The Friends of the Rochester Senior Center will hold their monthly meeting immediately following the COA meeting. The Friends meeting will be held at the Senior Center at 10 a.m. All dues paying members are invited to attend and become involved with the fundraising efforts.

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

December

Dec. 6: The Boston Pops Christmas Matinee Performance

December 2019 Trivia Quiz Answers

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

Community



New Bedford's Veterans Day parade traveled from Buttonwood Park to the Main Library. The streets were lined with onlookers during the festivities.

The South Coast Honors its Veterans

This November, the South Coast paid tribute to the men and women who have devoted themselves to national service. Many of the local councils on aging held Veterans Day celebrations, bringing together veterans and their families for a meal and a short service.

Rochester hosted a dinner on Nov. 5, where Gordon Helme was honored for his long-time work advocating for veterans. Helme has worked with Veterans Affairs, as a SHINE counselor and as a long-time volunteer, advocating for vets.

The following afternoon at the Fairhaven Council on Aging, Director Anne Silvia used the opportunity to unveil a few of the

20 afghans that Fairhaven residents have been knitting for veterans in hospice care.

The Dartmouth Council on Aging held its annual Veterans Day breakfast on the Nov. 8, which included remarks from Rep. Chris Markey and Congressman Bill Keating, who emphasized the importance of ongoing mental health support for veterans.

On Veterans Day morning, a large crowd gathered at Buttonwood Park to watch the city's parade make its way to the downtown area.

"New Bedford is a place that shows up for veterans," said New Bedford Mayor Jon Mitchell at the parade's conclusion.

YWCA Expands Residential Services

During a ribbon-cutting ceremony on Nov. 8, the YWCA of Southeastern Massachusetts celebrated the opening of its 6,550-square-foot expansion to the Levi Standish House, located at Water Street in New Bedford.

The first floor of the expansion will house the YWkids School Age Program, an education center for young children, which includes three modern classrooms. The YWCA's residential program, called Another Woman's Place Residential Program for Women, is situated on the second story.

Gail Fortes, the executive director of YWCA Southeastern MA, said that while the project took about a decade to complete, "this [building] will be here for women, children and their families for many, many years to come."

"What this does for the YWCA is it lets us think about what's next," said board chair Juli Parker. "We know that fair housing is a problem all over the state of Massachusetts and all over the country. This is an opportunity for us to expand our footprint outside of New Bedford."

Parker said she could envision a similar project in Fall River or Taunton. "I believe that we'll have an impact on families in need throughout this city and throughout other cities in the future," she said.

The residential floor features eight single-room occupancy units for low-income women age 18 and over. Rent is determined based on each individual's income, and there is no deadline for residents to move out. The first residents will be selected through a lottery system.



The YWCA's new expansion launched with a ribbon-cutting ceremony on Nov. 8. From left: NB Mayor Jon Mitchell, Rep. Paul Schmid, YWCA Board Chair Juli Cabral, Rep. Antonio Cabral, YWCA Executive Director Gail Fortes and Senator Mark Montigny. [Photo courtesy: Mike Moniz, Dartmouth Community Media]

At the time of the ribbon-cutting ceremony, 75 people had applied. Their goal is to have residents move in this December.

The YWCA began its residential program 15 years ago and operates another housing location on Purchase Street, which will remain in operation in addition to the center on Water Street.

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