

Senior Scope

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

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January 2020

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Hundreds of Volunteers Serve Thanksgiving Meals

It was nearly 1 p.m. at the Fairhaven Council on Aging, and 7-year-old Breanna Vento was running back and forth between a pushcart loaded with slices of pie and cheesecake. Vento was busy taking dessert orders from the crowd who gathered on Thanksgiving Day for a meal.

Vento took on her role as waitress-for-a-day with great enthusiasm, saying she had a hard time sleeping the night before.

"I was excited about spending time with the seniors," she said in between serving sweets and choosing raffle winners. "It's like we're a part of their family. It's good to volunteer."

Vento was one of many who volunteered throughout the South Coast on Thanksgiving – as well as one of many who were all connected by an elaborate effort that began nearly 27 hours prior to the dessert cart making its rounds at the Fairhaven COA.

The Giving Thanks Ministry, which is comprised of various church groups in the area, has prepared meals on Thanksgiving for the past 21 years. The project initially started small, serving less than 100 meals on the holiday. This year, the group coordinated with hundreds of volunteers to produce and deliver approximately 3,400



Grammy winner Ralph Tavares (left) delivers meals with his family, Casen Chaves, Amber Tavares and Caleb Chaves, on Thanksgiving morning. Hundreds of volunteers worked to prepare and deliver more than 3,000 meals.

meals.

"We started off in a little church downtown," said Glen Parker of the Giving Thanks Ministry. "We started off with a four-burner stove that we had to light with a piece of newspaper. Now everything is done to food spec."

About a decade ago, the Greater New Bedford Regional Vocational-Technical High School donated its cafeteria space and equipment so the group could accommodate demand.

Parker, who was busy directing

traffic in the school's parking lot, said that decades ago his church group was searching for a way to give back to the community.

"There was an ad in the paper from Coastline looking for volunteers," said Parker. "We called the next day and said 'We're your volunteers. What do we need to do?'"

The project kept expanding over the years, and other churches and community organizations

Continued on page 9

BCC and Coastline Team Up for Pilot Program

During the fall semester, students enrolled in Bristol Community College's occupational therapy assistant program were given a unique opportunity to apply the skills they had been learning in the classroom out in the community. The new program, which happened through a partnership between BCC and Coastline, gave students the opportunity to work one-on-one with a client living with dementia.

For the past year, Coastline has operated a volunteer-driven program called Caregiver Companion and Support Services, which is funded through the Massachusetts Council on Aging. The program pairs trained volunteers with those living with memory loss to provide them with socialization and companionship. Volunteer companions also provide caregivers with temporary respite.

Coastline and BCC worked

together to tailor the program to the college's accredited occupational therapy assistant program. Nineteen students took part in the new class.

"You see their face light up when they complete a project they haven't done in twenty years."

—Haley Yerid,
 Bristol Community College student

"These are third-semester students," said Johanna Duponte-Williams, the Occupational Therapy Assistant Program Director at BCC. "They've been taught the basics, but they needed to apply their knowledge and their skills – and they needed to be able to think on their feet."

Occupational therapists often work with people with disabilities

or injuries to overcome barriers. They assess clients and, drawing from a wide knowledge base, help them find ways to better execute activities of daily living. Ultimately, their goal is to make daily activities easier or less painful for clients.

"It's an art and a science to be an occupational therapy practitioner," said Constance Messier, an Associate Professor in the program.

Coastline's Patricia Geggatt-Midurski, who operates the Caregiver Companion program, met with students and consumers to try to match people with similar interests. Both first-year and second-year students were also given extensive dementia training, which made them more aware of the ways that memory loss impacts daily activities – as well as the ways it impacts caregivers and family members.

Continued on page 7

The New Bedford LGBTQ Winter Film Series Returns in 2020

If you missed “Rocketman” in theaters, you’re in luck. The Elton John biopic – along with three other award-winning films – will return to the big screen as part of the New Bedford LGBTQ Winter Film Series.

The Winter Series, now in its third year, will feature LGBTQ-themed films screened for free at the New Bedford Whaling Museum. Much like last year, the films will be followed by a panel discussion, where attendees are encouraged to ask questions.

Dan Everton, a filmmaker who co-chairs the series with Bethany Coito, said the project is more than just an opportunity to catch a film. The gathering is a way for attendees to learn about the different organizations in the South Coast that serve LGBTQ communities.

The panel discussions are also an opportunity for the public to address concerns. Following a screening of the film “Cloudburst” during the 2018 Winter Film Series, attendees talked about the need for bereavement services for those who identify as LGBTQ. Later that year, a bereavement course was organized by Community Nurse Home Care, the South Coast LGBTQ

Network and Coastline.

“The LGBTQ Winter Film Series sets out to create a space where people can enjoy themselves and network with the organizations that put the film series together,” said Everton. “You can expect a great film and an educational opportunity for those who have questions or want to contribute.”

Films will be screened at the New Bedford Whaling Museum, located at 18 Johnny Cake Hill in New Bedford. The following films will be screened at 1 p.m. on their respective dates:

- **Jan. 26:** “Rocketman”
- **Feb. 9:** “Brother Outsider: The Life of Bayard Rustin”
- **Feb. 23:** “Boy Erased”
- **March 8:** “Signature Move”

The Film Series project happens outside the winter months as well. You can receive updates on the film series by following its official Facebook page at: facebook.com/NBLGBTQWinterFilmSeries.

In other news, the South Coast LGBTQ Network will be hosting a panel discussion regarding issues facing the LGBTQ community at the Dartmouth Council on Aging on Jan. 24 from 2 to 3:30 p.m. Walk-ins are welcome at this event.

Letter from the Editor

Welcome to the first January edition of *Senior Scope*. For years, the paper published 10 issues a year. But, over the summer, *Senior Scope* officially became a yearly publication.

I’m writing this letter to you during the final week of 2019, and I thought this new January issue would be the perfect opportunity to reflect back on the past year.

One of the perks of writing articles for this paper is that I learn a lot about all kinds of things. Producing an issue of *Senior Scope* requires a ton of reading and research, and throughout 2019, I’ve learned everything from how to spot oral cancer to how to prepare a perfect slice of avocado toast.

While the overall mission of the paper is to point the public to resources in the community, I also have the opportunity to meet new people from around the area and write about the classes they’re hosting, the art they’re producing or the changes they’re trying to enact.

There are plenty of small moments I get to capture as well. Taken together, I think those moments paint a picture of an active and engaged citizenry.

In 2019, I watched people with Parkinson’s disease line up during

a fitness class to land blows against pro boxer Jason Pires. I interviewed seniors who were volunteering at schools, in community organizations and during major holidays.

I met authors and artists and advocates.

I had the pleasure of eating a huge slice of Ernie Severino’s 93rd birthday cake while he was on a break at his job. I took furious notes as nearly everyone at the Rochester Council on Aging went on record to talk about how much they love Sharon Lally, the former COA director, in the weeks leading up to her retirement.

I was consistently inspired by the people I interviewed and the work they were doing. I hope, along the way, you learned something about your community, too.

Thanks to everyone who contributed to the paper throughout 2019, whether you submitted photos or spoke with me for an article or sent me a news tip over email.

You can see what happened last year by visiting our website and viewing our archives. Head over to coastlinenb.org/news/seniorscope to read previous issues.

Best,
, Editor

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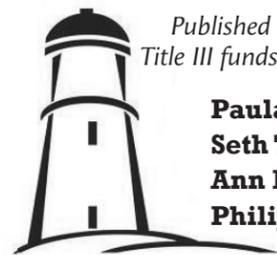


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Coastline 1646 Purchase St. New Bedford	508-999-6400	Paula Sipple
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Jane Jacobsen
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni
Greater NBComm. Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes Pat Foster
Marion Council on Aging 465 Mill Street, Marion	508-748-3570	Connie Heacox
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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
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

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3.) Fill out this information and click on the “Subscribe” button, and you will be added to our email list.

Donations for January 2020

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.

Thank you to all our generous donors who contributed to *Senior Scope* throughout 2019.

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

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Money

Medicare Savings Programs Eligibility Expands in Jan. 2020

A new state law in Massachusetts is expanding several Medicare Savings Programs (also known as “MassHealth Buy-in” programs). The income and asset limits for these programs increased on Jan. 1, meaning more people will be able to get help paying for Medicare.

State officials estimate that the expanded eligibility guidelines will help about 40,000 low-income older adults and people with disabilities living in Massachusetts.

At the start of the new year, income eligibility for the Medicare Savings Programs will be expanded from 135 percent of the U.S. federal poverty level to 165 percent of the federal poverty line. The asset limit will also be doubled.

The expansion was part of two sections included in the state’s Fiscal Year 2020 budget that sought to ease the burden of health care costs. Another section of the budget allows MassHealth to directly negotiate with drug manufacturers in an effort to create more public accountability.

“These sections of the FY20 budget make important reforms that aim to reduce prescription drug costs and expand eligibility for the Medicare Savings Program,” said Governor Charlie Baker in a press release. “We are grateful for our partners in the advocacy community

Do you qualify?

Several Medicare Savings Programs (or MassHealth Buy-in Programs) have had their eligibility requirements adjusted as of January 1st. Find out if you qualify below:

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↙

Call MassHealth’s
Customer Service Center at
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↘

and ask for a MassHealth Buy-In application.

and in the Legislature for working with us to enact these important initiatives.”

With the Medicare Savings Program, MassHealth and the federal government share the cost of assisting older adults and people with disabilities with premiums and out-of-pocket costs in Medicare Parts A and B, which cover hospital and medical services.

Massachusetts residents with Medicare may be newly eligible for these programs, and current members may be eligible for

additional benefits.

Do you qualify for these programs?

If you are a single individual and your income is at or below \$1,738 per month and your assets are at or below \$15,460, you may qualify.

If you are married, and your income is at or below \$2,346 per month and your assets are at below \$23,200 per month, you should apply.

According to the press release from the state, types of income that

are used in deciding if you qualify include: Social Security, pensions, federal veterans’ benefits, annuities or trusts, dividends and/or interest, income from a job, rental income and income from other sources.

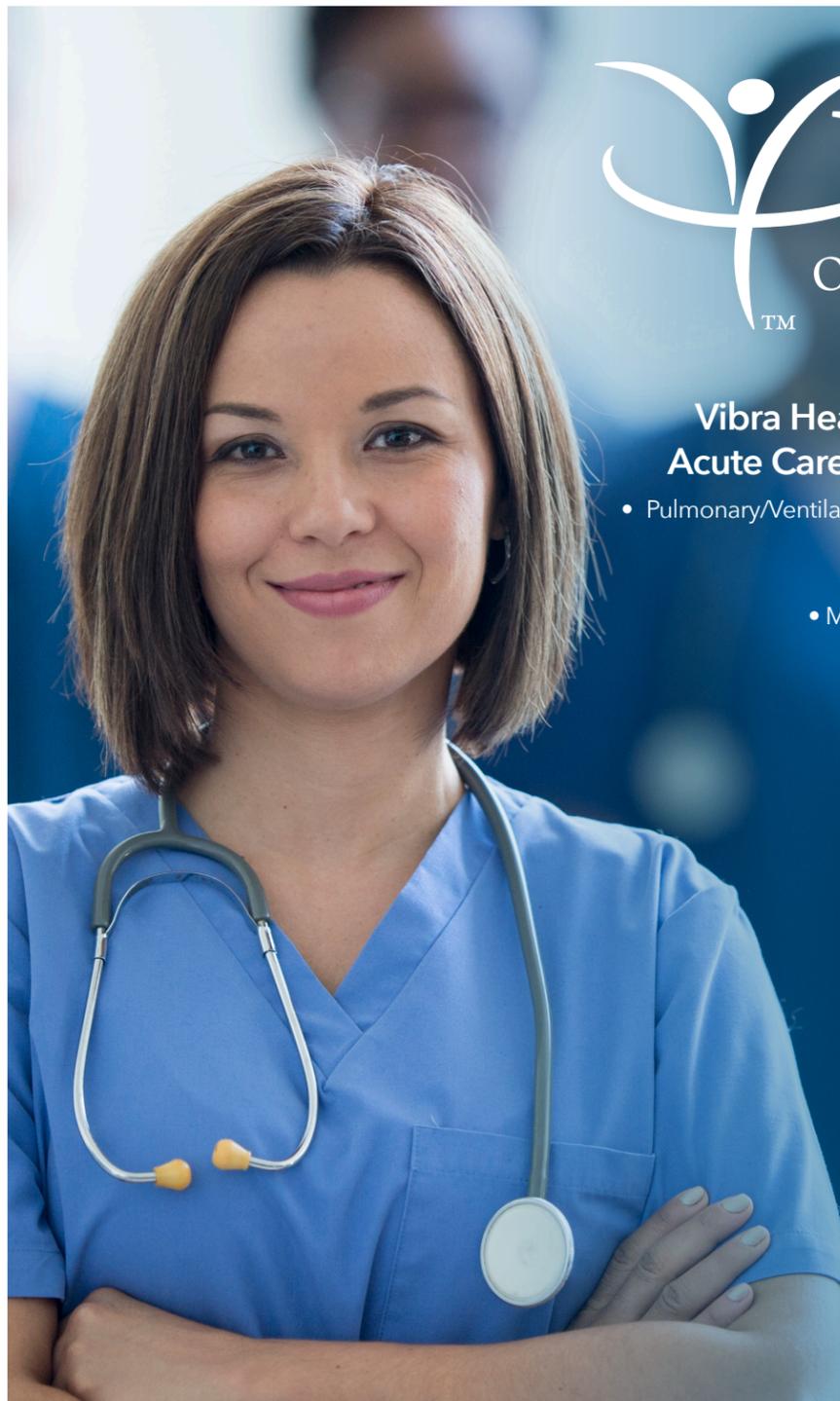
Types of assets that are used in deciding whether or not you qualify include: savings and checking accounts, a second car, certificates of deposit, stocks, bonds and mutual funds. (Primary home ownership is generally not counted as an asset in determining eligibility for a Medicare Saving Program.)

If you think you will qualify, Call MassHealth’s Customer Service Center by phone at 1-800-841-2900, or TTY at 1-800-497-4648, and request a MassHealth Buy-In application.

New MassHealth Buy-In applications can be found at online at www.mass.gov.

The MassHealth Buy-In application can only be used to apply for the Medicare Savings (Buy-In) Program. To apply for MassHealth, Health Connector and Health Safety Net, complete a full MassHealth application.

For additional help, consult with a SHINE counselor. A list of local SHINE counselors is published on page 2 of every issue of *Senior Scope*.





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Update



Aging Community Tools (ACT), a community-based organization of South Coast Professionals offering resources for navigating the future, held a charitable giving drive over the holiday season. ACT collected toiletry items to create care packages for residents of Tripp Towers. Pictured: Ashley Leite, Nancy Viera and Michelle Tavares.

Volunteer Year-Round with Coastline

Coastline offers a variety of volunteers opportunities. Give back to your community!

Caregiver Respite & Support Services: Work with those living with dementia or memory loss in a supportive setting. Call 774-510-0174.

Foster Grandparent Program: Work with students in classrooms across the South Coast. For those 55 and older and who meet certain requirements. Call for details at 508-742-9198.

Money Management Program: Help older adults manage their finances. Call 508-742-9113.

Nursing Home Ombudsman Program: Advocate for those living in a nursing home setting. Call 508-742-9178.

Winter Art Film Series

The Dartmouth Public Library will be hosting the Winter Art Film Series on Tuesdays at 11 a.m. from Jan. 21 to Feb. 25. The series, "Across the Ages" will feature courses with Professor Ori Z. Soltes of Georgetown University. The films will be shown at Southworth Library, located at 732 Dartmouth St. in Dartmouth.

Hypertension Workshop Canceled

Coastline's hypertension workshop, Health Coaches for Hypertension Control, will be rescheduled on a future date.

Look for updates in future issues of *Senior Scope* or visit coastlinenb.org.

Self Improvement Classes Fall 2019 Schedule

Buzzards Bay Speech Therapy will be hosting Self-Improvement Classes at various locations in the new year. These classes will provide tips and techniques to improve memory, word finding and thinking skills.

- Stop and Shop at Faunce Corner Road in North Dartmouth: Jan. 6, Jan. 13 and Jan. 27 from 9:30 to 11:30 a.m.
- Munroe Terrace, 2 Anderson Way, in Dartmouth: Jan. 6, 13, and 27 from 1 to 3 p.m.
- Boa Vista Apartments Community Room, 134 S. Second St., New Bedford: Jan. 15, 22 and 29 from 1 to 3 p.m.

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

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.

Community Forums

The City of New Bedford's Office of Housing & Community Development will be hosting public meetings in January to discuss the federal funding that the city receives as an entitlement community under the U.S. Department of Housing and Community Development's Community Development Block Grant (CDBG), HOME Investment Partnership (HOME) and Emergency Solutions Grant (ESG) Programs.

Additionally, they will provide the public with an opportunity to discuss ideas about how these limited federal funds could be used to serve the needs of New Bedford residents, particularly those of low and moderate incomes, over the next five years. Meetings will take place on the following dates:

- Jan. 14, Carney Academy (247 Elm St.) from 6 to 7:30 p.m. – This meeting will review the three entitlement programs and will provide a forum for citizens to discuss housing and community development needs.
- Jan. 15, OHCD Office (608 Pleasant St.) from 6 to 7:30 p.m. – This meeting is repeat of Ja. 14 public meeting.

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: 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.

Coastal Foodshed's Winter Market Schedule

Coastal Foodshed operates farmers markets year-round in New Bedford. The market will be on the following schedule through April 2020. The market accepts most forms of payment, including SNAP and HIP benefits.

Sundays and Mondays: Closed.

Tuesdays: Mobile Farm Stand, Coastal Foodshed Offices, 466 Brock Ave., from 3 to 6 p.m.

Wednesdays: Mobile Farm Stand, Temple Landing Offices, 370 Middle St., from 2 to 4 p.m.

Thursdays: Coastal Foodshed Offices, 466 Brock Ave., from 1 to 4 p.m.

Fridays: Closed.

Saturdays: New Bedford Farmers Market, First Unitarian Church of New Bedford, 71 8th St., 10 a.m. to 2 p.m.

Learn more by visiting coastalfoodshed.org or find other farmers markets in the area by visiting semaponline.org.

Tuesday Matinee

The Acushnet Public Library will be hosting a "Tuesday @ 2 Movie Matinee" on Jan. 28 at 2 p.m. The film will be "On the Basis of Sex," which tells the story of Ruth Bader Ginsburg's early career. For more info, visit acupl.org.

Auxiliary Dinner

The Dartmouth VFW Post #9059 Auxiliary will be hosting its meat pie dinner on Jan. 18 at 6 p.m. at 144 Cross Road, North Dartmouth, MA 02747. Dinner includes meat pie, gravy, rolls and butter, green beans, dessert, coffee and a cash bar. Music by Ray-Jay. Tickets are \$10 and can be purchased at the bar.

Job Coaching at Mattapoissett Library

Need job help? The Mattapoissett Free Public Library is offering free, one-on-one job coaching sessions. Sessions are held from 6 to 7 p.m. The program will be offered on Tuesdays from Jan. 7 to Feb. 11.

Get help with your job search, résumé, preparing for an interview and more. Job coach Debbie Pickup can help you with your career goals. Call 508-758-4171 to sign up.

Need Transportation? Visit Ride Match

Ride Match is a one-stop searchable directory that combines all public, private and nonprofit transportation options in one convenient online resource. Ideal for seniors, people with disabilities or anyone needing to travel in Massachusetts. Go to www.massridematch.org to see what transportation services are available in your community.



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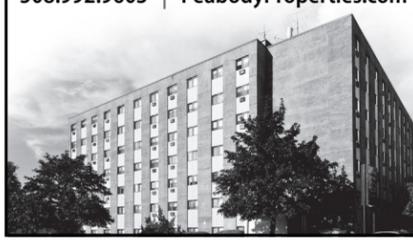


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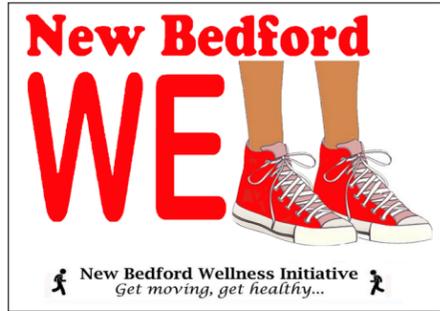


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Your Health

Wellness Initiative Kicks off New Year with Fitness Challenge



The New Bedford Wellness Initiative hosts free Sunday morning classes at the Boys & Girls Club of Greater New Bedford and the "Walk with a Doc" program, which is held at Buttonwood Park and the Dartmouth Mall.

A common refrain this time of year is "New Year, New You." This popular slogan is largely geared toward those looking to shed a few pounds acquired throughout the holiday season by joining a gym. But you don't need an expensive gym membership to get active and stay motivated.

The New Bedford Wellness Initiative hosts free classes for adults at the Boys & Girls Club of Greater New Bedford on Sundays, and these classes offer more than just exercise.

"Opportunities for people to move their bodies are important, but it's really about getting people together and feeling connected," said Dr. Michael Rocha, a cardiologist with Hawthorn Medical Associates and founder of the New Bedford Wellness Initiative. "It's about relationships – whether it's the doctor/patient relationship, friends and family, student and instructor – it's all about caring."

The Wellness Initiative started five years ago with the "Walk with a Doc" program, in which a local doctor leads a walking group around Buttonwood Park or the Dartmouth Mall. Around that time, Rocha explored the possibility of bringing additional adult programming into the community.

The group hosted several events, including health-themed film screenings at the New Bedford Whaling Museum. By 2015, the Wellness Initiative started its Sunday morning fitness program.

Today, the program is offered for free through grant funding from the Carney Family Charitable Foundation, Hawthorn Medical

Associates and the Acushnet Foundation. While instructors are compensated, the program is led by volunteers.

Initially, the group offered standard fitness programs, like aerobics classes and courses on nutrition. Their offerings have since expanded to include Qigong, massage therapy, reiki and smoking-cessation classes.

"A group fitness program, in general, creates a sense of community that keeps people consistent and coming back," said Julie Fostin, co-director of the New Bedford Wellness Initiative. "They know that they're going to see their friends. They enjoy the instructors,

too. People enjoy the energy in the classes."

The Initiative hosted its first fitness challenge last October and intends to launch a new challenge in the New Year, running from Jan. 26 to March 8. Participants will receive a class card, and for every class they take, they get a point. At the end of the challenge, whoever gets the most points gets a free, invite-only yoga class with Deb Fraine, the Initiative's yoga director, for the winner and his or her friends.

"I've been involved in fitness my entire life, but I think it takes effort just to walk through the door sometimes," said Fostin. "We want people to feel comfortable coming in and knowing that the instructors are able to work with all levels, for all abilities."

Fostin said the best way to stay up-to-date with the Wellness Initiative is through its Facebook page, which posts about events, class schedules and photos from instructors. You can find the page by visiting www.facebook.com/NewBedfordWell.

"Why more people keep coming back on Sundays is because people feel connected to a group," said Rocha. "That's what we're trying to do – the antidote to loneliness is community."



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Your Health

Cigarette Use at All-Time Low Among U.S. Adults

Cigarette smoking is on the decline for American adults, according to a new report from the Centers for Disease Control (CDC).

The latest data, which was based on a survey from 2018, found that 13.7 percent of U.S. adults age 18 and over (or an estimated 34.2 million adults) smokes cigarettes.

Approximately 49.1 million (or

19.7 percent) of U.S. adults smoke cigarettes or use other tobacco products. The survey found that, while cigarettes remain the most commonly used tobacco product, e-cigarette use is on the rise (from 2.8 percent to 3.2 percent from 2017 to 2018), especially among younger adults.

The study found that certain

segments of the population are more likely to use tobacco products. Heavy tobacco users include: adults who are uninsured (29.9 percent); lesbian, gay or bisexual adults (29.2 percent); adults with an annual income under \$35,000 (26.2 percent); and adults who are divorced, separated, or widowed (22.6 percent).

Men are also more likely to smoke than women.

According to the CDC, cigarettes are the leading cause of preventable disease, disability and death in the U.S. More than 480,000 deaths per year are linked to cigarette smoking, including more than 41,000 deaths resulting from exposure to secondhand smoke.

El Uso de los Cigarillos Están en el Punto Más Bajo de Todos los Tiempos Entre los Adultos Americanos

El fumar de cigarillos está en el declinio para los adultos americanos, de acuerdo con un nuevo relatorio del Centro de Control de Enfermedades (CDC).

La última información que fué basada en un estudio de 2018, se dió cuenta que 13.7 porciento de los adultos americanos de edad de 18 o más (o un estimado 34.2 millones de adultos) fuman cigarillos.

Aproximadamente 49.1

miliones (o 19.7 porciento de los adultos americanos fuman los cigarillos o usan otro produto de tabaco. El estudio relató que mientras los cigarillos continuaron a ser el produto de tabaco más comunmente usado, el uso de los cigarillos electronicos están en aumento (de 2.8 porciento a 3.2 porciento de 2017 a 2018), especialmente entre los adultos más juvenes.

El estudio relató que ciertos segmentos de la población están prestes a usaren los produtos de tabaco. Los utentes que usan mucho tabaco incluyen: los adultos sin seguro (29.9 percent); lesbianas, los adultos homosexuales y bisexuales (29.2 percent); adultos con un rendimiento anual menos de \$35,000 (26.2 porciento); y adultos divorciados, separados, o viudos (as) (22.6 porciento).

Los hombres son más probables de fumar de que las mujeres.

De acuerdo con el CDC los cigarillos son las mayores causas de enfermedades evitables, la incapacidad y la muerte en los Estados Unidos. Más de 480,000 muertes por año son ligados al fumar de cigarillos, incluyendo más de 41,000 muertes resultando de la inspiración del humo en segunda mano.

O Uso Do Cigarro Está no Ponto Mais Baixo de Todos os Tempos Entre os Adultos Americanos

O fumar de cigarros está no declinio para os adultos americanos, de acordo com um novo relatório do Centro de Controlo de Doenças (CDC). A última informação que foi baseado num esboço de 2018, deu conta que 13.7 porciento dos adultos americanos de idade de 18 ou mais (ou um estimado 34.2 milhões dos adultos) fumam cigarros.

Aproximadamente 49.1 milhões

(ou 19.7 porciento dos adultos americanos fumam cigarros ou usam outro produto de tabaco.

O esboço relatou que, enquanto os cigarros continuaram a ser o produto de tabaco mais comunmente usado, o uso dos cigarros electrónicos está em aumento (de 2.8 porciento a 3.2 porciento de 2017 a 2018), especialmente entre os adultos mais juvenes.

O estudo relatou que certos segmentos da população estão prestes a usarem os produtos de tabaco. Os utentes que usam muito tabaco incluem: adultos sem seguro (29.9 porciento), lesbianas, ou adultos homossexuais e bissexuais (29.2 porciento), adultos com um rendimento anual menos de \$35,000 (26.2 porciento), e adultos divorciados, separados, ou

viuvos(as) (22.6 porciento).

Os homens são mais prováveis de fumar do que as mulheres. De acordo com o CDC, os cigarros são as maiores causas de doenças evitáveis, incapacidade e morte nos Estados Unidos. Mais de 480,000 mortes por ano são ligados ao fumar de cigarros, incluindo mais de 41,000 mortes resultando da inspiração do fumo em segunda mão.

MOVIES



SILENT FILM!
PHANTOM OF THE OPERA
OCTOBER 27



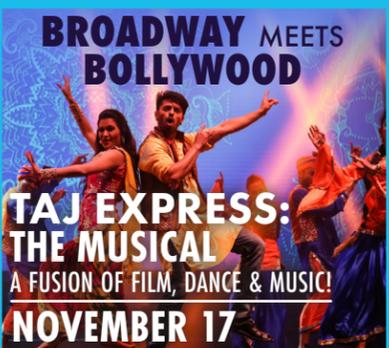
THE WITCHES OF EASTWICK
OCTOBER 28



THE ROCKY HORROR PICTURE SHOW
OCTOBER 31



MOVIE MONDAY!
NATIONAL LAMPOON'S CHRISTMAS VACATION
DECEMBER 9



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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



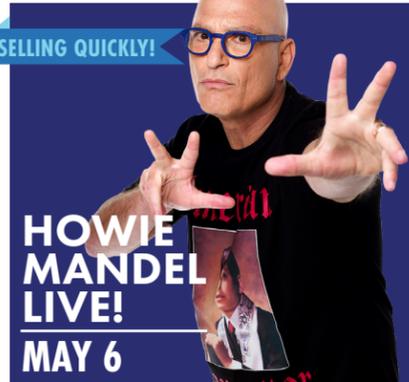
THE TEN TENORS HOME FOR THE HOLIDAYS
DECEMBER 5



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Your Health

Proper Posture Can Help Your Back While Shoveling Snow

By Cam Bergeron, CSCS
Cam's Conditioning & Rehab

As fall ends, our days become shorter, the temperature decreases and, occasionally, we are gifted with snow. Being prepared for snow – and snow removal – will save you from injuries during the winter months.

Step one is to pretreat your walkways with salt or sand. Go outside and salt your walkways hours before or the night before the snow arrives. If you have to shovel, then these are some ways to stay safe.

The type of snow that is falling will determine the way you remove it. When it comes to removing light, fluffy snow, my suggestion is to go outside with a broom multiple times during the storm. You can use a broom to easily remove lighter, dryer snow from walkways. Since the snow is light, you will have no problem using a side-to-side motion with the broom. Stand in the middle of your walkway with your chest up, shoulders back, flat back and abs tight.

While maintaining this posture, move the broom from left to right and keep walking. This method will make it so you do not have to bend or lift any snow. This method may

or may not work for your driveway, depending on the size of it. If the broom technique isn't working for you, then you can pick up the shovel.

When it comes to shoveling, the same rules apply as the broom. Go out multiple times during the storm. If you are going outside after every couple inches of snowfall, you shouldn't have to lift the shovel. Instead, you can keep the shovel on the ground and "plow" your driveway.

Stand with proper posture (as stated above) with the shovel in front of you. Keeping proper posture, walk forward, pushing the shovel. If you have a long driveway or walkway and the snow is filling up the shovel too much, try pushing snow from left to right. The less weight on the shovel, the better.

If you do need to pick up your shovel, know that you are creating a lever system that directly affects your lower back – and it can hurt your back when done incorrectly.

Think of your arm as a lever. The weight is in your hands, which is the distal part of the lever. Every time you lean forward to pick up snow, you are putting a decent amount of weight at the very distal end of that lever.

When your body is not in proper



What not to do: If you must pick up your shovel to remove snow, toss the snow forward and to the side. Do not twist your torso to fling snow.

posture (in other words, if you're rounding your back), each shovel full will directly affect your lower back. Take smaller scoops when shoveling. This will help decrease pressure on the shoulders and lower back.

The other technique I personally use is the pivot technique. This

helps keep the knees, hips and lower back safe while manipulating a heavy shovel.

Typically people will rotate their torsos to throw snow to the side. The better way is to throw the snow forward and slightly to the side. This makes it so you don't have to rotate your torso, which decreases pressure on the lower back.

If you must move the snow off to the side, then the pivot technique will help a lot. If you are shoveling, stand with staggered stance (left foot forward, right leg back), shovel some snow, pivot your right heel out and your body will go to the left. Then drop the snow and return.

The rotational force during this movement comes from the hip, not the lower back. Power derives from the hips, and pivoting the feet will help save your lower back from injury as well as making each shovel full easier to move.

After you finish shoveling, always remember to throw down sand or salt. This will help melt the ice and make your yard a lot safer to walk around.

You will need to identify which one of these methods works best for your needs. The technique will depend on the style of your driveway, the type of snow and the amount of ice in the forecast.

BCC Pilot Program continued...

The students visited their client for two hours a week for a total of eight weeks. The overall objective was for students to develop interventions for their client by engaging them with a recreational pursuit. While the students had previously worked with clients in a group setting, the course was their first, formal one-on-one encounter with a client.

"We implemented healing strategies through leisure activities," said Ryan Lauriano, a BCC student who was enrolled in the new program.

"My client had arthritis. One of my goals was to try to reduce the issues he was having," he explained. "He was already on a medication routine to help with arthritis. But, by working on fine motor skills through activities like painting and sanding, you saw the improvement happen."

Students were responsible for an initial assessment, where they had to determine their client's interests. Then they had to develop a plan, which had to be adjusted for difficulty depending on the needs of the client. Students would gather in a classroom setting to discuss their notes, successes and failures.

"We had a debrief session. They would share what went well or what didn't work," said Messier. "That's what we found beneficial – the stories."

Maryanne Eck, an academic fieldwork coordinator at BCC, said these classroom discussions provided the students a chance to



During the 2019 fall semester, second-year students enrolled in Bristol Community College's Occupational Therapy Assistant program took part in a pilot program where they worked with Coastline consumers who have memory loss.

bounce ideas off each other and with faculty. They could also use the discussions to report any safety concerns, like whether their client was at risk for falling.

BCC student Haley Yerid said she and her client played games and worked together to complete crafts, which could pose a challenge because her client had macular degeneration (or vision loss).

Yerid taught the client to turn her head from side to side to broaden her field of vision or to use her hands to feel the object before she applied glue or paint. By the fourth or fifth session, Yerid said, her client began using those adaptive strategies on her own accord.

"You'd be surprised how mentally rewarding that is for somebody," said Yerid. "You

see their face light up when they complete a project they haven't done in twenty years."

On Dec. 12, the occupational therapy assistant students gathered at BCC's Purchase Street location for a final presentation, where they discussed their experiences with their clients and their opinions of the pilot program.

Many of the students expressed how nervous they were receiving an assignment that revolved around independent work. But the students said the course improved their note-taking skills and made them more adaptable to clients' needs, which are essential skills in their field.

"It was scary going out of my comfort zone, but it was also good to come out of my comfort zone," said student Brittany Tripp during

her final presentation. She also recommended that the program should continue in future semesters.

"I knew that caregivers need time for themselves to be able to continue care for their loved ones," she said. "I didn't realize how important it really is."

Duponte-Williams said the college will evaluate the efficacy of the pilot program and explore the possibility of continuing the experience in future semesters. The professors agreed that their students took on the new project with great aplomb.

"They went above and beyond," said Messier. "They put a lot of energy into designing specific interventions. Many of the students made connections with the clients. We were really happy to see that."

Ultimately, the majority of students said they would love to continue meeting with their clients on a volunteer basis, but the reality of college life – which often requires students to juggle class time with homework, long-term assignments, part-time jobs, and home life – leaves them with little time for volunteering.

If you would like to learn more about the program and become a volunteer, call Coastline and ask about the Caregiver Companion and Support Services program. Much like the students featured in this article, you will receive training and support.

You can reach Patricia Geggatt-Midurski directly by calling 508-742-9116 or 774-510-0174 or by emailing pmidurski@coastlinenb.org.

Better Living

Calling All Caregivers: Caregiver Workshop on Feb. 7

The Age-Friendly New Bedford team will be hosting an event designed for caregivers this winter.

Join the team on Feb. 7 from 10 a.m. to noon, as a panel of experts will explore proven ways to manage stress, offer avenues of support, and offer advice for caring for yourself while you care for others. The event will take place at the Buttonwood Senior Center, located at 1 Oneida St. in Buttonwood Park.

Lunch, which includes lobster mac 'n cheese, will also be served at this event.

For those interested in taking part, please RSVP to Christine Sullivan by calling 508-991-6170 or by sending an email to csullivan@coastlinenb.org.

The topics and presenters for this event will include:

- Katlynn Ferreira, a registered dietitian with Coastline who will discuss nutrition.
- Kelly Cabral-Mosher, a social worker, will discuss mindfulness.
- Justin Perrault, from The Bridge: A Center for Hope and Healing, will discuss meditation.
- Cam Bergeron, a Certified Strength and Conditioning Specialist and frequent *Senior Scope* contributor, will discuss healthy movement.
- Grant Pike, a social worker, will talk about managing caregiver

stress.

According to the AARP's "Valuing the Invaluable" report, "caregiving today is more complex, costly, stressful and demanding than at any time in human history."

Today's caregivers are faced with complex medical interventions and "higher levels of stress and poorer health than the population at large."

The report estimates that, in 2013, there were approximately 40 million Americans serving as family caregivers who administer an estimated 37 billion hours of care.

The upcoming event at Buttonwood is part of a broader effort from the Age-Friendly New Bedford Action Team to provide free informational sessions regarding a variety of topics. Many of these topics have been featured in *Senior Scope* and can be accessed by viewing the paper's archives online. Topics have included: end-of-life planning (June 2019), instructions on how to ride a city bus (July 2019), and advice for older workers who are seeking employment (November 2019).

View our archives at coastlinenb.org/news/seniorscope/archives.

For more caregiving resources, view the "Dementia Directory" on page 11 of *Senior Scope* or call Coastline at 508-999-6400.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- In 1965, which fashion item made its debut?
A.) Cotton T-shirt B.) Miniskirt
C.) Black dresses D.) Earth Shoes
- Who did John F. Kennedy defeat in 1960?
A.) Dwight D. Eisenhower B.) Hubert H. Humphries
C.) Jimmy Carter D.) Richard M. Nixon
- What was the population of New Bedford in 1940?
A.) 101,777 B.) 96,652 C.) 110,341 D.) 121,115
- The Ash Street Jail in New Bedford is the oldest continuously operating jail in the United States. What year did it open?
A.) 1815 B.) 1920 C.) 1921 D.) 1829
- What are the names of the two islands located in New Bedford Harbor?
- How many runways are at the New Bedford Municipal Airport?
- What is a person who is passionate about food called?
A.) Draconian B.) Sobriquet C.) Sommalier D.) Goumand
- What are the dots on a die called?
A.) Point B.) Pip C.) Pin D.) Patty
- Who was the first president to give a turkey a presidential pardon?
A.) George Washington B.) Theodore Roosevelt
C.) Barack Obama D.) George H. W. Bush
- Thirty-five percent of all Americans will go through their entire life without these:
A.) Glasses B.) Cavities C.) Marriage partner D.) Wisdom teeth
- The average person says they experienced this for the first time when they were 16 years old.
A.) First kiss B.) First fist fight
C.) First cup of coffee D.) First dental filling

[answers listed on page 11]



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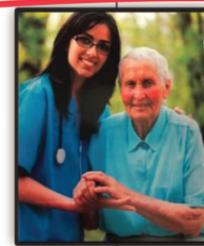
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Nutrition

Thanksgiving continued...

joined the effort. The night before Thanksgiving, more than 350 volunteers flooded the cafeteria to chop 72 pounds of onions, peel 1,100 pounds of potatoes, cube 1,300 pounds of squash and debone 140 turkeys. Assembly lines had formed along the cafeteria tables, where brown paper bags were packed with cutlery and plastic cups filled with cranberry sauce.

Nathan Medeiros, who served as the head chef for the project, said planning began back in early autumn. He spent the evening darting around the cafeteria, coordinating volunteers and troubleshooting.

“Everything’s homemade, and we don’t cut corners,” he said.

Each part of the meal is prepared in waves. Vegetables are peeled and chopped toward the front of the cafeteria while turkeys are cooked, cooled and processed toward the back. The group is ever-changing its strategy to increase efficiency. They adjusted the menu this year, swapping out apple crisp with a no-bake pumpkin mousse in order to make more ovens available for turkeys.

As Medeiros answered questions for *Senior Scope*, volunteers rushed by asking the chef a barrage of questions of their own: “Which celery should we use?” “How many boxes do you think we should open?” “How much pumpkin mousse are we making?”

Medeiros remained unfazed as he was pulled in every direction. “I started doing this when I was a teenager. I’m 39,” he said, before trailing a group of volunteers into the depths of the kitchen.

Many of the event organizers noted how the whole operation is a delicate balance. If the Ministry attracts too many volunteers, meal prep can become chaotic. The group has found that little publicity and word of mouth typically draws



Seven-year-old Breanna Vento calls out dessert orders to her mom on Thanksgiving morning at the Fairhaven Council on Aging. Vento, along COA Director Anne Silvia and her family, served meals on the holiday.

it. Giving back is awesome.”

The first night, the majority of volunteers wrapped up by 10 p.m. By the early morning hours the next day, another wave of people gathered in the cafeteria to plate the meal. This part of the process looks similar to what one would expect in a high school cafeteria: a long line of people snaking its way from serving station to serving station, stopping to hold out their plastic trays to receive piles of steamed vegetables and turkey. The meals are topped with gravy before they’re sealed and bagged.

In addition to providing the trays and sealing machines, Coastline generates routes for volunteer drivers to deliver the bagged meals. More than 50 drivers took part in this year’s effort, including at least one Grammy winner.

Ralph Tavares arrived that morning with his daughter and two grandsons to deliver meals. Tavares, who sprang to fame in the ‘70s and ‘80s with his four brothers as part of the musical act Tavares, said it’s good to give back. Sometimes,

records and chart-topping singles under his belt, this Thanksgiving, he was happy to be with his family as a volunteer in his community.

“I’ve had a great life,” he said. “I’m so thankful that God has blessed me and my family the way He has.”

Rena Jacobsen, decked out in a Christmas elf hat, delivered meals that morning throughout New Bedford. She said she’s been

involved with the program for the past seven years.

“It’s Thanksgiving, a time to be thankful for what you have and give to others if you can,” she said. “I think it’s a great program. Well worth a couple hours of our day.”

Rain began to fall as Jacobsen made her way to Kenneth Babineau’s front door. Babineau smiled when he opened the front door to find Jacobsen holding a brown paper bag.

“I appreciate this. I really do. It helps out a lot,” he said. “This is personal. It’s really nice.”

In addition to home deliveries, large trays of food are prepared and delivered to three locations: Tripp Towers, Boa Vista Apartments and the Fairhaven Council on Aging.

As Fairhaven COA Director Anne Silvia and her family (as well as the young waitress-for-a-day, Breanna Vento) served food from the Giving Thanks Ministry, recipients of the meal said the whole process is extraordinary.

“They give their holiday to serve us. It’s really wonderful,” said Diane Edwards, with one of the 3,400 meals placed on the table in front of her. “Everybody that comes appreciates it. They know that it’s not just whipped up. There’s a lot of hard work involved.”



The Giving Thanks Ministry and its network of volunteers prepared more than 3,000 meals at the Greater New Bedford Regional Vocational-Technical High School cafeteria on Nov. 27 and 28.

“They give their holiday to serve us. It’s really wonderful. Everybody that comes appreciates it.”

—Diane Edwards, Fairhaven COA

the right number of people.

“The process of all this is amazing to me,” said Tony Anselmo, a local Cub Scout leader who was there with his troop, in between cubing squash. Each ingredient is prepared in waves and nearly every flat surface in the extensive high school cafeteria had been transformed into a work surface.

Anselmo said his group joined the effort a few years ago and volunteering at Voc-Tech has become a yearly tradition.

“We have to do our part to give back to the community, especially for those who don’t have their families with them this time of year,” he said. “You can’t describe

he’s even recognized when out delivering meals.

“I’ve enjoyed delivering meals and doing what I can. It gives you another perspective on life,” said Tavares. He left the music industry in the mid-80s to pursue a more stable career at the New Bedford Superior Court where he worked as a court officer. He said he got involved with the Thanksgiving project decades ago through that job.

He still tours with his brothers, estimating that he was booked for about 50 shows in 2019. The week after Thanksgiving, he was off to perform in Tennessee and South Carolina. Even with major-label



The activity room at the Fairhaven COA was packed on Thanksgiving morning. Volunteers made at-home deliveries, and meals were served at three congregate locations. From left: Diane Edwards, Cynthia Lundrigan and Dorothea Machado.

At the Senior Centers

Acushnet Senior Center

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

NEW Memory Café Schedule: The Acushnet Memory Café will return from our holiday break with new and exciting changes for 2020. Beginning Jan. 9, the group will get together every Thursday morning from 10 to 11:30 a.m. at the Senior Community Center, 59 ½ South Main Street, Acushnet. This fun, activity based group is free and open to anyone living with Alzheimer's or other memory impairment and their friends, family or care partners. This is not a respite program. For more information, please contact 508-998-0280.

NEW Stamp and Coin Club: Calling all stamp and coin enthusiasts! Join us at the Acushnet Senior Community Center for this new, informal group which will meet Jan. 16 and 30 at 10 a.m.

Walking with Patsy: The Acushnet COA walking club will continue to meet in January. Be sure to bundle up, grab your water bottle and join us on the following dates (van departs promptly at 9:15 a.m.): Jan. 7, Jan. 15, Jan. 30. You may also follow the COA van in your own vehicle.

"Music, Muse and Mutterings" – A Morning with the Author: Jan. 10 at 10 a.m. Spend a morning with Deborah Morse-Raposa, author of "Music, Muse and Mutterings," as she discusses her journey of sharing her story through poetry. Books will be available to purchase that day.

Pizza Buffet and Movie: Jan. 13 at noon. Pizza buffet, dessert and beverage, followed by the movie "Downton Abbey." Watch the story about the beloved Crawleys and their intrepid staff preparing for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leaves the future of Downton hanging in the balance. Written by series creator Julian Fellowes and starring the original cast, this grand cinematic experience will have you cheering for your favorite characters all over again. Rated PG. \$3 per person—payment must be received one week prior to the event.

Ceramic Tile Painting: Jan. 16 at 11:30 a.m. Join Barbara Greenspan from Cape Cod Arts and Art Therapy for a ceramic tile painting class. \$6 per person – includes the cost of all materials, kiln firings and delivery of your finished product back to the COA.

Free Manicures: In 2020, students from Old Colony will once again be offering free manicures, and we're so excited to have them back! This program is open to the community, but you must have an appointment. Please call 508-998-0280. Jan. 9, Feb. 13, March 11.

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.

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.

Jan. 6: Senior Whole Health prize Bingo at 11 a.m.; Blood Pressure Clinic from 11:30 a.m. to 12:30 p.m.; Hearing Clinic at 11:30 a.m.; Presentation with Renate.

Jan. 13: Birthday cake every second Monday of the month.

Jan. 14: The Cottages-Free Manicures with Ashley from noon to 1:30 p.m. Book appointments in advance. Five, 20-minute slots available.

Jan. 21: Residence of Cedar Dell's game time, from noon to 1 p.m.

Jan. 27: Oaks' hand massages at 11 a.m.; Fallon Health grocery Bingo 11 to 11:45 a.m.

Jan. 28: Bingo Lunch with Brandon Woods. \$3. Sign up in advance.

Bingo: Mondays only, from 1 to 3 p.m.

Yoga: Chair Yoga with Joey on Mondays from 8:30 to 9:30 a.m. Cost is \$3; Gentle Yoga at the Temple with Joan Tuesdays from 10 to 11 a.m.

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

Special Needs Strength and Conditioning: On Mondays with Larry from 9 to 10 a.m.

Special Needs Line Dancing: With Nancy, from 10 to 11 a.m.

Zumba Gold: Tuesdays from 8:45 to 9:45 a.m. and Wednesdays from 9 to 10 a.m.

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

Free Sound Meditation with Kathy: Jan. 9 and 23.

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

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

Chair Zumba: On Fridays from 10 to 11 a.m.

Dancercise with Victor: On Fridays from 1 to 2 p.m. Cost \$3.

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

Beginner's Painting with Kathy: 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.

New! Pool Lessons: For beginners or those interested in improving

their skills. Wednesdays from 1:15 to 2:30 p.m., starting Jan. 8. Sign up at the front desk.

Happy Posture Healthy Bones: Thursdays at 8:30 a.m. Next session begins Jan. 9. This is an 8-week series for menopausal or post-menopausal women concerned about bone density. This class will include an educational component and mindful movements (including selected yoga postures) to strengthen muscles, Build bone and improve posture and balance. \$75 for 8 weeks. Call Center to register.

January Matinee: Jan. 9 at 1:30 p.m. "Yesterday." Sign-up required. Free popcorn.

Lunch and Learn: Jan. 16 at 12:30 p.m. At Home Hearing Healthcare will discuss everything you want to know about hearing. A Mass Equipment Distribution Program (MassEDP) representative will also be available for education.

Dartmouth Veteran's Billiards Tournament: Jan. 23 at 2:30 p.m. Cash prizes, 1st place \$150, \$100, \$50. Call the Center to pre-register (508)999-4717.

LGBTQ Panel Discussion: Jan. 24 from 2 to 3:30 p.m. The South Coast LGBTQ Network will present an interactive discussion on the issues facing the LGBTQ community. Walk-ins welcome.

Soup and Sandwich Party: Jan. 30 at noon. "Thank you, George Salvador." Soup and Sandwich Party with DJ and dancing. Advanced sign-up required. Free

Hypnotic Weight Loss Program: Jan. 28, Feb. 4 and 11 from 2 to 3:30 p.m. Cost is \$30. Pre-registration required. Group limited to 10 people

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.



REMEMBER WHEN? This photo, submitted by reader Thelma Bernard, features a view of a trolley on North Front Street in 1946. Send us your old photos and a brief description, and we'll include them in the paper. Email stthomas@coastlinenb.org or mail photos to Senior Scope at Coastline, 1646 Purchase St., New Bedford, MA 02740.

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. Jan. 6, 8 and 10: Smartphones. Learn the capabilities of smartphones. Jan. 13 and 15: USB Drive storage and how to use your flash drive with devices. Participants will need to bring a USB flash drive to class for both days. Jan. 27, 29 and 31: How to use Google Photos on your phone or computer. Participants will need to have a Google account for this course.

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.

January Entertainment: Jan. 8: DJ Jordan Paiva. Jan. 9: Ray J. Jan. 15: Chair Zumba. Jan. 16: Ray J. Jan. 22: Joe Mac. Jan. 23: Ray J. Jan. 29: Karaoke with Rick. Jan. 30: Reese on piano.

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.

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.

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At the Senior Centers continued...

Rosemary S. Tierney Community Center

The Rosemary S. Tierney Community Center, formal known as the Hazelwood Senior Center, is open from 9 a.m. to 3:30 p.m. from Monday through Friday. Contact the center at 508-991-6208.

Jan. 7: Residence of Cedar Dell Games and Trivia from 10 a.m. to 11 a.m.

Jan. 16: The Cottages/Manicures from 1:15 to 3 p.m.

Jan. 17: Prize Bingo with Senior Whole Health at 10:45 a.m.

Mondays: Zumba Gold from 10:15 a.m. to 11:15 a.m.; Wii games from noon to 2 p.m.

Tuesdays: Sound Healing with Justin every Tuesday from 1 to 2:30 p.m.

Wednesdays: Tai Yo Ba from 9 to 10 a.m.; Chair Yoga from 10 to 11 a.m.

Thursdays: Knitting and Crocheting Group from 9:30 to 11:30 a.m.; Zumba Toning from 12:15 to 1:15 p.m.

Fridays: Chair Yoga from 9:30 to 10:30 a.m.; Bingo from 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. Jan. 9: Broccoli & Cheddar Soup. Jan. 16: Cheeseburger Soup. Jan. 23: Italian Wedding Soup. Jan. 30: Borscht.

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

Classic Movies: The Sippican Historical Society and the Marion COA present classic movies at the Music Hall. All shows are free and open to the public. Popcorn will be served. Shows start at 7 p.m. Come early and listen to music provided by Truman Terrell, Bob Sanderson and Michelle Richardson. Jan. 10: "Nell." Feb. 14: "The Browning Version." March 13: "The Day The Earth Stood Still." April 10: "The Battle of Britain." May 8: "The Piano."

Brain Builders: Jan. 6, Feb. 3 and March 2 at 12:30 p.m. Buzzards Bay Speech Therapy invites you to participate in this three-part program designed to help improve memory, word-finding, thinking skills and socialization. Call 508-748-3570 to reserve a spot.

How to Walk 25,000 Miles by Accident: Jan. 7 at 1 p.m. Charlie Duane encourages you to come and walk in his shoes (without the blisters) and enjoy the continental East Coast from Florida to Quebec. Charlie will be sharing 200 photos from his adventure.

Traveling & Dementia – An Interactive Lecture: Jan. 13 at 12:30 p.m. Kelly McCarthy, Director of Memory Care and Engagement Services for LCB Senior Living and author of "Brass Ring Memoirs," will be speaking about traveling with a loved one who has dementia. She'll offer helpful hints and best practices for the entire experience. A catered lunch will be served. Registration required. Call the center.

New Year, Healthy You: Jan. 27 at 12:30 p.m. Barbara Canuel, registered dietitian with Community Nurse Home Care, will speak on plate and portion control as well as helping you set goals.

Getting Older and Having Fun: Feb. 4 at 12:30 p.m. Join Ken Hart of Compassionate Care Hospice for this inspiring talk to lighten your load and lift you up. Call to register.

Helen Keller – Champion of the Disabled: Feb. 10 at 12:30 p.m. A performance exploring the life of Helen Keller. Includes a catered lunch of roast beef with pasta salad at 11:30 a.m. Reservations are required for lunch. Call by Feb. 6 to reserve a spot.

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.

Mattapoissett Senior Center

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

Hearing Check & Hearing Device Cleaning: Jan. 6 at 2 p.m., by appointment. Bring your hearing aids for a free cleaning and check. Receive a free hearing test and consultation. Call the center to RSVP.

Art History - Norman Rockwell Remembered: Jan. 7 at 12:30 p.m. Experience many of the beloved images by Rockwell. Learn about how he worked and hear the stories behind his choices. Call to register.

Still-Life Drawing Classes for Adults: Tuesdays, starting Jan. 7 at 6 p.m. For all skill levels, especially those with no experience. Materials will be available for purchase or bring your own. Free for 60+, \$5 for those under 60.

Improv: Wednesdays, starting on Jan. 8 at 4 p.m. Expand your mind and your smile. Facilitated by Tom Lopes. Free.

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

Collections - Coins, Stamps & Postcards: Every other Friday, starting Jan. 10. Drop in to appreciate collections. Bring your own items to show and share. Learn how and where to sell your collections from others. Free.

Movie & Pizza: Jan. 28 at noon. \$1 per slice. RSVP required.

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 Mattapoissett 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.

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.

Day Trips: There will be no day trips in the month of January.

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.

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.

Special Monday Luncheons: Jan. 6: COA Director, Cheryl Randall-Mach and Chef Kenneth Vieira will prepare award-winning kale soup and grilled cheese sandwiches. Jan. 13: Hanna Milhench and her team will prepare a delicious homemade lunch. Jan. 27: Outreach Specialist, Lorraine Thompson and Chef Kenneth Vieira will prepare a scrumptious lunch. All Monday luncheons are held at noon, require advanced reservations, and a donation of \$5 is requested. Rides are available by making a reservation at least 24 hours in advance.

Board of Directors Meeting: The Rochester Council on Aging will hold the monthly board meeting on Jan. 8 at 9 a.m. The meeting will be held at Town Hall. All residents of Rochester, MA are welcome to attend this meeting.

Veteran's Social: Jan. 14 from 6 to 8 p.m. Refreshments. Free.

Pot Roast Supper: Jan. 16 at 5:30 p.m. Tickets are \$10/adult and \$5/child. Join the Friends of the Rochester Senior Center for a meal, raffle and trivia. RSVP to Lorraine Thompson at 508-763-8723 by Jan. 10.

Senior Book Club: Jan. 21 at 10:15 a.m. The featured book this month will be "The Daring Ladies of Lowell."

Office Hours: Caitlin Rowley, District Legislative Aide, will hold office hours at the Rochester Senior Center every third Wednesday of each month from noon to 2 p.m. Appointments are not necessary. Come down to make your opinion known on current governmental issues. Caitlin can also be reached by email at Caitlin.rowley@MASenate.gov.

The Greater Boston Food Pantry: Pick-up date is Jan. 15 from noon to 4 p.m. Please note that this month's pick-up date is the third Wednesday of the month. Please call the COA for more information about this free food program at 508-763-8723.

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

More adventures await with New Bedford's Senior Travel Program in the New Year. Stay tuned for an updated schedule in spring 2020.

January 2020 Trivia Quiz Answers

1. B | 2. D | 3. C | 4. D | 5. Fish/Palmer's Island
6. Two | 7. D | 8. B | 9. D | 10. D | 11. C

Community

Finding Community on Christmas

As the congregation was departing from the Holy Name of the Sacred Heart of Jesus Church following a Christmas-morning mass, citizens from around the South Coast began making their way into the parish hall next door, which has become the site of a holiday tradition that stretches back for half a century.

On Christmas Day, the Jewish community serves a group meal to anyone who's interested in attending. In addition to the dozens of people gathered at the hall, the group of volunteers delivered about 180 meals to Meals on Wheels recipients and others.

Initially started by the late New Bedford Council on Aging Director Jacob "Jack" Gould, the project is now managed by Ellen Hull and

Inc., Friendly Fruit and New York Bagel donate food. A knitting group from the Dartmouth Council on Aging contributes hats, gloves and an assortment of gifts for guests.

Many of the volunteers running around with pots of hot coffee and platters of food have been volunteering for years. Gabriel Kaizerman started half a decade ago when he and his twin sister, Karly, were five years old. Gabriel's mom, Essie, said she's been volunteering on Christmas Day since she was a teenager. Her father, Ray Aghai, now in his 80s, initially got involved with the project through his synagogue, and he was busy that morning carting food back and forth from the parish hall kitchen.

"My parents are very much about giving back to the community," said



One family, three generations of volunteers. From left to right: Karly Kaizerman, Ray Aghai, Gabriel Kaizerman and Essie Kaizerman.

Stanley Levine, who have been volunteering at the event since they were teenagers. Hull estimated that about 80 volunteers took part this year, whether they were setting up, delivering meals or serving.

The project has gone through several changes throughout its decades-long history.

"Years ago, when it first started, they made everything from scratch," said Levine.

Volunteers would start cooking turkeys at 5 a.m. to get ready. Levine said that as volunteers aged, it became more challenging to cook the meal on-site. So in more recent years, the group partnered with the Bristol County Jail and House of Correction.

"They prepare food at the jail, and we go out at 8 in the morning and pick it up," said Hull. The food is brought back to the church, where they package the meals for delivery. By 10:30 a.m., more than half of the meals are out the door for delivery, and more volunteers will begin to arrive to serve the remainder.

Everyone who attends can expect a take-home package that includes leftovers, fresh fruit, bread and cookies.

The celebration is made possible through donations from the Jewish community, which purchases the meals from Bristol County Jail, as well as donations from a myriad of local businesses. Coastline provides the delivery routes for the drivers and paper products. D&D Caterers

Essie. "It's a good way to spend the day together."

"It's nice to do things for other people," said Gabriel, in between calling off raffle winners.

Both Carolyn Moore and George Barrows had never attended the meal before, and both were glad they did. The two were chatting with Russell Chamberlain, who was dressed as Santa Claus, as servers started making their way around the tables.

"This is nice because you get to meet new people, and it gets you out of the doldrums," said Moore, a resident of Acushnet. "It gives you a chance to meet new people. I met George today. I went to sit down, and I saw that he was sitting by himself, and I asked him if he wanted company."

Barrows, a New Bedford resident, said last Christmas came and went like any other day. His wife had passed on Palm Sunday in 2018, and he recalled watching game shows on Christmas morning.

"Since my wife passed, I'm just by myself," said Barrows. "I figured I'd come down and see what's going on because otherwise, I'd be home watching television."

"You have to get out. You can't stay home," he said.

"It's a good day," said Hull. "On Christmas, there should be a feeling of joy and people caring for one another. It's our way of trying to take care of a little piece of our community."

Author Creates Conversation Through Art Appreciation

Artist and author Siobhan McDonald's recently published "Hilda's Story" combines art appreciation with conversation.

During a presentation on Dec. 4 at the Acushnet Public Library, McDonald explored the origins of her new book, which is intended for those living with Alzheimer's disease and their caregivers.

The book follows a loose narrative about her mother, the eponymous Hilda, but McDonald believes the true focus of her book is the conversation that derives from reading it aloud to someone who's experiencing memory loss.

The book features black and white photographs from her mother's youth, and, perhaps most importantly, the story includes questions that serve as prompts to begin a conversation. For instance, on a page featuring a vintage photo of Hilda in a backyard garden, a green graphic asks the audience, "Did you ever have a garden? Tell me about it."

The idea for a book specifically geared toward those with memory loss developed initially during her time as a public educator. McDonald worked as an art teacher for more than two decades and has been trained in Visual Thinking Strategies (VTS), a teaching strategy developed by Abigail Housen and Philip Yenawine.

Visual Thinking Strategies was created to help young students think critically, and uses art as a conversation starter. Students will view a piece of artwork as a group and make observations about what they see and be asked to provide evidence of their observations.

The basic idea is that, through group discussion and social learning, students will develop reasoning skills that can be applied



A page from "Hilda's Story" depicting the protagonist in her garden.

throughout the curriculum.

McDonald has applied this teaching strategy outside the grade-school classroom in art appreciation workshops geared toward an audience with dementia.

During her presentation at the Acushnet Library, McDonald gave the audience a taste of how VTS functions. McDonald displayed a painting on an overhead projector — a Thomas Hart Benton work titled "Wreck of the Old '97" — and



Author Siobhan McDonald with new her book, "Hilda's Story."

simply asked, "What's going on in this picture?"

Participants pored over the details of the painting, and as the audience made observations, McDonald would paraphrase what was said or ask follow-up questions. She did not alter what was said, nor did she tell anyone that their interpretation of the artwork was incorrect.

A similar technique is commonly deployed by those who care for people with memory loss. When reasoning and explaining to a person with dementia fails, caregivers are urged to validate and redirect.

"The thing that drew me to this technique is how non-judgmental it is and how much we can feel like we can enter a work of art," she said. "We all feel compelled to correct people. Things start opening up when you battle that compulsion and enter their world."

She said that, while museum patrons tend to either blow through a gallery in an attempt to see everything a museum has to offer or stand silently as they observe a single work, she's more interested in what we can learn from each other when we're looking at art.

Across the nation, museums are beginning to offer tours geared specifically toward those with dementia and their caregivers. Docents will ask open-ended questions throughout the tour, which provides the viewer an opportunity to use their imagination and interact with art and with others.

Many of the images in her workshops feature works of art that have a narrative quality to them, and lend themselves to storytelling. Her book drills down on the concept by providing the caregiver a story to share and questions to ask the listener.

"The story would ultimately be the story that happens when you read it to someone," McDonald explained. "If I'm reading it to someone with dementia, it's ultimately their story. This is the jumping off point."

Siobhan McDonald's book, "Hilda's Story," is out now through Granger Street Studios. For more info, visit grangerstreetstudios.com.