

Senior Scope

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

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Inside



Love Your Heart, page 5

- Donations 2
- Letter from the Editor 2
- PIT Count Cont..... 2
- HIP Suspended 3
- Social Security 3
- Update 4
- Blood Pressure..... 5
- Ankle Exercises 5
- Public Charge 6
- U.S. Census 7
- Caregivers Cont 8
- Trivia 8
- Heart-Healthy Eating..... 9
- Councils on Aging 10
- COAs Cont..... 11
- Dementia Directory..... 11
- Travel.....11
- Lillian Turns 100..... 12

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



Spring begins March 19

New Bedford Conducts Point-in-Time Count

Late in the afternoon on Jan. 29, several pedestrians walking around downtown New Bedford had red-and-black backpacks slung around their shoulders. The backpacks, emblazoned with an “HSPN” logo, were stuffed with an assortment of toiletries and distributed as part of the Point-in-Time Count, the process by which the federal government identifies homeless individuals and families.

The count helps communities secure funding for homeless assistance from the U.S. Department of Housing and Urban Development (HUD). The process occurs nationwide during the final 10 days of January, and each community will perform the count across a 24-hour period. During last year’s count, 397 planning bodies across the country, referred to as “Continuums of Care,” provided data to HUD. In New Bedford, the Continuum of Care is HSPN, the Homeless Service Providers Network.

“One of the misnomers is that HSPN, by virtue of the name ‘Homeless Providers,’ is just nonprofit providers and case managers,” said Jennifer Clarke, a deputy director of community development for New Bedford. “We are very fortunate in New Bedford to have a diverse network of people.”

Clarke said HSPN is comprised



The Point-in-Time Count occurs during the final 10 days of January across the nation. The count tracks the number of homeless people living in a given community during a 24-hour period. The City of New Bedford conducted its count on Jan. 29 into Jan. 30. Above: Volunteers gather in the downtown area on Jan. 29.

of representatives from numerous fields, including health care, business, education, faith organizations, among others.

“When you’re having a conversation as a community, as a Continuum of Care, it’s critical to have all those different perspectives at the table because it makes for a far more robust – and realistic – conversation,” she said.

The Point-in-Time count collects data on homeless individuals who are both “sheltered” (which includes emergency shelters and transitional

housing) and “unsheltered” (those living in a place not intended for human habitation, like in a car, outdoors, in a public building or an encampment).

HSPN enlisted about 60 volunteers to take part in this year’s Point-in-Time Count, and groups of three or four were given designated parts of the city to search for unsheltered individuals or families. Waves of volunteers searched the streets through the afternoon and

Continued on page 2

Caregivers: You Are Not a Superhero, and That’s Okay

At a recent workshop held at the Buttonwood Senior Center, panelists had this message for caregivers: you are not an unstoppable superhero, and it’s okay to ask for help.

The event was part of the Age-Friendly New Bedford Initiative, which is a project aimed at improving the quality of life for people of all ages. This project includes providing access to support and information for caregivers.

According to the latest data on caregiving from the Pew Research Center, about one-in-seven U.S. adults provide unpaid care of some kind to another adult. A 2018 report from Gallup found that American caregivers have “substantially lower financial well-being” than those who are not caregivers, in part due to the

physical and emotional toll of serving as a caregiver.

Patricia Geggatt-Midurski, who operates Coastline’s Caregiver Companion and Support Services program, opened the workshop



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

with her own story of caregiver burnout. In 2003, she was a parent of young children when her mother-

in-law, who had dementia, moved in. Shortly thereafter, her older sister was diagnosed with cancer and passed within a year.

“I never truly grieved; I just kept moving forward,” said Geggatt-Midurski. “I did not realize that everyone else came first: my daughters, my mother-in-law and my full-time job. This is what I thought I was supposed to do. Everyone needed me, and I could not fail them. Never did I consider me.”

With her mother-in-law ailing, she had yet another setback: she fell and broke her foot, leaving her housebound. This turn of events initially devastated her, she said, because she knew it would impact her role as a

Continued on page 8

Point-in-Time Count continued...

evening of Jan. 29 and into the morning of Jan. 30.

“We want to minimize the amount of people we have on the streets and get them into shelters,” said Dina Melo, director of talent management and recruiting at First Citizens Bank, who helped coordinate volunteers during the count. “It’s important that we have accurate numbers, which helps fund the agencies that provide services.”

Data from New Bedford’s 2020 Point-in-Time Count will be released later this year. Over the past decade, the total count of homeless individuals living in the city has remained somewhat stable, ranging from about 350 to 450 people. Last year the number was 433, 53 of whom were unsheltered.

Early this year, HUD released an assessment report that included national data from the January 2019 count. HUD identified 567,715 homeless people across the country – about two-thirds were staying in sheltered locations and about one-third were unsheltered.

The report identified Massachusetts as having one of the lowest rates of unsheltered homeless people in the nation. Of the 18,471 homeless people identified in Massachusetts during

last year’s Point-in-Time Count, only 829 were unsheltered, or about 4.5 percent. The report also sounded the alarm regarding homelessness in California, where more than half of all unsheltered homeless people live in the United States.

“As we see the gap widen between higher-income and lower-income people, housing becomes more of a prevalent issue at a national level,” said Clarke. “Housing is inextricably linked to everything else in our lives.”

What drives homelessness in America remains a complex issue, but researchers have looked at wages not keeping pace with the cost of housing as a major contributor.

A 2020 report from Harvard University’s Joint Center for Housing Studies found that, since the Great Recession, new rental construction has concentrated on high-cost units. As the cost of development increases, so, too, has the rent. As a result, “10.9 million renters – or one in four – spent more than half their incomes on housing in 2018,” which has “led to an increase in homelessness, particularly in high-cost states.”

Researchers from Princeton University’s Eviction Lab estimate there are nearly a million evictions against tenants happening around the country every year, with

approximately 43 evictions happening in Massachusetts per day.

Point-in-Time Count organizers hope the process will bring awareness to the changing demographics of homelessness as well as combat stereotypes of what it means to be homeless in America.

“When people from the community volunteer, it helps change their perception of who a homeless person is,” said Leslie Poulin, senior director of marketing at First Citizens, who helped organize the count. “It can be someone who lost their job and they can’t afford the rent or their mortgage. They may not have family nearby that can support them, so they have no choice but to leave their home.”

Letter from the Editor

When I first moved to Massachusetts five years ago, something amazed me every time I saw it: drivers talking on their cellphones. “They’re going to get a ticket!” I would think to myself.

Little did I know that the “hands-free” law, which came into effect in 2001 back home in New York, did not apply in the Commonwealth.

That changed on Feb. 23. The new law rolled out with a grace period (police will issue warnings through the end of March), but starting April 1, violators can expect fines. Citations start at \$100 for the first offense, \$250 for the second and \$500 for every violation thereafter. Starting with the second offense, violators will be required to take a course on distracted driving.

Drivers are allowed to swipe or tap their phones to activate “hands-free” mode – so long as the device is properly mounted on the windshield, dashboard or center console.

The cops in New York were more than willing to hand out tickets to folks on their cell phones, so a word of advice: the call can wait.

Best,
Seth Thomas, Editor

Resources

If you are in need of help, HSPN publishes an annual Street Sheet, which provides a wide range of resources. Copies are available throughout New Bedford, including the library. Visit www.nbhspn.com for the most up-to-date Street Sheet or call 508-979-1500.

South Coastal Counties Legal Services can provide legal services to those who meet certain eligibility criteria. SCCLS can help homeowners avoid foreclosure and tenants avoid eviction. Call their intake line at 800-244-9023, Monday through Thursday, 9 a.m. and 1:30 p.m.

1-800-AGE-INFO www.800ageinfo.com 1-800-243-4636	Mass Options massoptions.org 844-422-6277 844-422-MASS
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SHINE Counselors

in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 South Main St., Acushnet	508-998-0280	Patricia Midurski Heather Sylvia
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Jane Jacobsen
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni
Greater NBComm. Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes Pat Foster
Marion Council on Aging 465 Mill Street, Marion	508-748-3570	Connie Heacox
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St. (for New Bedford residents only)	508-991-6250 508-991-6252	Jessica Vieira Lisa Davis Natasha Franco
Immigrants’ Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira Philomene Tavares
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Janice Cote Richard Arnold

Senior Scope

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Visit Senior Scope online.

Check out the latest issue or view our archives.

coastlinenb.org/news/seniorscope/

Donations for March 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.

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HIP suspended on Feb. 23

The Department of Transitional Services has announced that the Healthy Incentives Program (commonly referred to as HIP) will be suspended on Feb. 23 and resume on May 15. The program has struggled to stay active year-round due to funding constraints since launching in 2017.

HIP helps SNAP (Supplemental Nutrition Assistance Program) recipients buy more locally sourced fruits and vegetables at participating farm stands, mobile markets and farmers markets. If you are enrolled in SNAP, you will be able to use the HIP benefit when it resumes in May.

Many of the South Coast-based farmers markets accept SNAP, including the New Bedford Farmers Market, which takes place on Saturdays from 10 a.m. to 2 p.m. at the First Unitarian Church at 71 8th St. in New Bedford. Visit coastalfoodshed.org for more info.

Travel Program HQ Moving

Starting March 10, the City of New Bedford's Senior Travel Program will be housed at the Buttonwood Senior Center, located at 1 Oneida St., New Bedford, MA 02740. The Travel Program's schedule is published on page 11 of *Senior Scope*.

How Do I Contact Social Security or Medicare?

By Delia De Mello
Social Security

Social Security offers retirement, disability, and survivors benefits. Medicare provides health insurance.

Because these services are often related, you may not know which agency to contact for help. The list below can help you quickly figure out where to go. Please share this list with family and friends.

You can do much of your Medicare business with Social Security online.

How do I report a death?

Contact your local Social Security office or call 1-800-772-1213 (TTY 1-800-325-0778)

How can I check Medicare eligibility?

www.socialsecurity.gov/benefits/medicare

How do I sign up for Hospital Insurance? (Part A)

www.socialsecurity.gov/benefits/medicare

How do I sign up for Medical Insurance? (Part B)

www.socialsecurity.gov/benefits/medicare

How do I apply for Extra Help with Medicare Prescription drug

coverage? (Part D) www.socialsecurity.gov/benefits/medicare/prescriptionhelp

How to appeal an income-related monthly adjustment amount decision?

(For people who pay a higher Part B or D premium, if their income is over a certain amount.) www.socialsecurity.gov/benefits/disability/appeal.html

How can I request a replacement Medicare card online?

www.socialsecurity.gov/myaccount

If I already get benefits or have Medicare, how do I report a change of address or phone number?

www.socialsecurity.gov/myaccount

Medicare also offers many online services where you can find out:

What does Medicare cover?

www.medicare.gov/what-medicare-covers

What do Medicare health and prescription drug plans in my area cost, and what services do they offer?

www.medicare.gov/plan-compare



Delia De Mello,
Social Security

Where do I find publications about Medicare?

www.medicare.gov/publications

How can I check the status of Medicare Part A or B claims?

www.mymedicare.gov

Where do I find forms for filing a Medicare appeal or let someone speak with Medicare on my behalf?

www.medicare.gov/claims-appeals/how-do-i-file-an-appeal

Which doctors, health care providers, and suppliers participate in Medicare?

www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers

Where can I find out more about a Medicare prescription drug plan (Part D) and enroll?

www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage

Where can I find a Medicare Supplement Insurance (Medigap) policy in my area?

www.medicare.gov/medigap-supplemental-insurance-plans

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MARCH 9



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ON A WINTER'S NIGHT
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From China
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MARCH 27

The Beach Boys
12 SIDES OF SUMMER
APRIL 1

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ORLEANS
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POCO
★
PURE PRAIRIE LEAGUE
★
MAY 1

National Tour!
THE COLOR PURPLE
MAY 16

From "Whose Line Is It Anyway?"
COLIN & BRAD SCARED SCRIPTLESS
MAY 31

Update

Volunteer Year-Round with Coastline

Coastline offers a variety of volunteer 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.

MEDICAL CANNABIS CERTIFICATIONS

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

Coastline Fundraiser

This spring you can dine out for a good cause. On March 25, when you dine at 99 Restaurant & Pub in Fairhaven, the restaurant will donate 15 percent of your check to Coastline. 99 Restaurant & Pub is located at 34 Scoticut Neck Road, Fairhaven, MA 02719.

The fundraiser is in effect from 11 a.m. to 9 p.m. on March 25. To take advantage of this offer, you will need to present the fundraiser voucher, which you can find on Coastline's website at www.coastlinenb.org or on Coastline's Facebook page at www.facebook.com/CoastlineNB.

Rummage Sale

St. Julie Billiard Church Hall will be hosting a rummage sale on March 20 from 1 to 7 p.m. and March 21 from 9 a.m. to 1 p.m. St. Julie Billiard Church Hall is located at 494 Slocum Road in Dartmouth. On Saturday: 50 percent off (excludes items in the Specialty Corner). Sponsored by the Ladies Guild.

Self Improvement Classes Fall 2019 Schedule

Buzzards Bay Speech Therapy offers Self-Improvement Classes to improve memory, word finding and thinking skills. Classes take place at the Stop and Shop at Faunce Corner Road in North Dartmouth from 9:30 to 11:30 a.m. Dates: March 9, 16, 23; April 6, 13, 20; May 4, 11, 18; June 1, 8, 15. For more information, call 508-326-0353 or email lycslp@gmail.com.

MSAC Meetings

Massachusetts Senior Action Council's next monthly meeting will be on March 26 at 1 p.m. at the Westport Housing Authority. MSAC will be discussing local and state politics, focusing on expanding the Medicare Savings Program and SNAP benefits. Contact Zachary Boyer if you are interested: 508-858-8167.

Tuesday Matinee

The Acushnet Public Library will be showing "The Last Days" on March 24 at 2 p.m. This film traces the compelling experiences of five Hungarian Holocaust survivors who fell victim to Hitler's brutal war against the Jews during the final days of World War II.

'Are You OK?' Program

"Are You O.K.?" is a free telephone reassurance program provided by the Bristol County Sheriff's Office in cooperation with local police departments. The service provides a daily phone call and emergency assistance when needed. To enroll in the program, contact Theresa at 508-994-8932 or toll free 1-888-809-8932.

The Savvy Caregiver Programs Returns

The Savvy Caregiver Program is a FREE six-session training program for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias. The program will be held every Wednesday from 5:30 to 7:30 p.m., starting on April 29 and running to June 3.

The group will meet at the Mattapoisett Council on Aging, located at 17 Barstow St., Mattapoisett, MA. This program is offered by Coastline. For more information or to register, call Stephanie Gibson at 774-510-5209 or email sgibson@coastlinenb.org.

Hoarding Remediation Workshops

The Fairhaven Health Department and the New Bedford Fresh Start program are cosponsoring a hoarding remediation program known as "Buried in Treasures." This 20-week program is designed for those who struggle with hoarding disorder and/or those interested in learning how to support someone with hoarding disorder. Please keep in mind that those who join must commit to the entire length of the program. These workshops are free and for residents of Greater New Bedford. There are two sessions:

- Tuesday's from 3 to 5 p.m. Starts March 24 at 821 Rockdale Avenue, New Bedford.
- Saturday's from 10 a.m. to noon starting March 7 at the Millicent Library in Fairhaven. Contact the Health Department at 508-979-4023 ext. 125 with any questions.

Irish Celebration

Pilgrim United Church of Christ, located at 635 Purchase St. in New Bedford, will present an Irish Celebration concert in honor of St. Patrick's Day on March 6 at 7:30 p.m. Austin Burns, tenor and guitarist, and Michelle Gordon, pianist will perform. Donation at the door of \$15.

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. Produce is free of charge. The produce market is from 11 a.m. to noon. Dates include: 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 or baskets.

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Your Health

Checking Your Blood Pressure Can Save Your Life

On Feb. 9, dozens of volunteers stationed throughout New Bedford didn't miss a beat.

About 500 people received blood pressure checks during the fifth annual "Love Your Heart" event, a project of the New Bedford Wellness Initiative. Health care professionals set up tables at seven locations throughout the City, which ranged from grocery stores to churches, and offered free blood pressure readings that morning.

In addition to having their blood pressure checked, visitors could receive educational handouts and a list of community resources should they need to access health care.

Dr. Michael Rocha, a cardiologist based at Hawthorn Medical Associates who founded the Wellness Initiative, said the event was designed to inspire people to consider their health during American Heart Month.

"This is an opportunity for outreach and to talk about what leads to heart disease," said Rocha at the Boys & Girls Club of Greater New Bedford. "There are a lot of people who don't know they have high blood pressure."

The National Institutes of Health recommends that you have your blood pressure checked at least once a year. If you have consistently high blood pressure readings, your health care provider may diagnose



Students from UMass Dartmouth and the Greater New Bedford Regional Vocational-Technical High School volunteered on Feb. 9 as part of the "Love Your Heart" event. The New Bedford Wellness Initiative has operated this program for the past five years.

you with high blood pressure, otherwise known as hypertension.

While some risk factors for high blood pressure are related to genetics, some risk factors – like smoking and a sedentary lifestyle – can be changed. As many of the health care professionals volunteering at the event noted: simply knowing your blood pressure is half the battle.

Maryellen Brisbois, an assistant professor of community nursing at UMass Dartmouth, said hypertension is one of the most common undiagnosed chronic illnesses.

"A lot of people walk around without knowing that they have

hypertension, and it can lead to chronic illnesses and early death," said Brisbois.

She said people may sometimes experience symptoms related to high blood pressure, such as experiencing dizziness or feeling flushed. Oftentimes, there are no symptoms at all, which is why it's important to monitor your heart.

"There are a lot of opportunities to check your blood pressure – at the grocery store and at pharmacies. So access is fairly easy," she said. "But I think the most important thing is the follow-through. If someone's prescribed medication or a follow-up check, it's important to follow through with those

instructions."

Members of the UMass Dartmouth student club, the Global Health Collaborative, and students from the Greater New Bedford Regional Vocational-Technical High School paired together to check blood pressures at the Boys & Girls Club that morning.

With a stethoscope and blood pressure cuff in hand, UMass Dartmouth student Gina DeBalsi listed off various steps one can take to lower their blood pressure: eating a diet low in sodium, keeping alcohol consumption to a minimum, quitting smoking and exercising.

Should you be diagnosed with hypertension, your doctor will develop a treatment plan incorporating these lifestyle changes and, if necessary, medication to lower your blood pressure.

"Patient education is the biggest thing they teach us at school," said DeBalsi. "If you can't educate your patient, you're not going to be able to help them."

To learn more about the New Bedford Wellness Initiative, including information about the free fitness classes they offer at the Boys & Girls Club, visit their Facebook page at: www.facebook.com/NewBedfordWell or visit the Boys & Girls Club of Greater New Bedford on Sunday mornings between 9 a.m. and 1 p.m.

Strengthening Your Ankles Can Prevent Falls

By Cam Bergeron, CSCS
Cam's Conditioning & Rehab

Every step we take, the ankle has to stabilize and help propel the body forward.

The way in which you walk is referred to as your walking pattern or your "gait." Having an ankle with proper mobility is essential to keep the body's gait in check. Everyone should be using a "heel-to-toe" technique. When swinging your leg forward, strike the heel on the ground first, flatten the foot and push forward with the ball of the foot.

The "heel strike" portion of this movement pattern is often overlooked. Many people walk with a flat foot, or they don't pick up their feet and shuffle-walk.

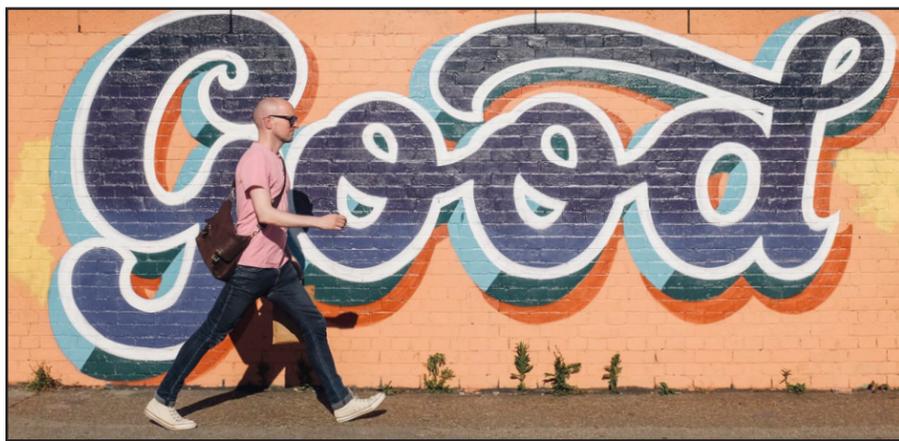
A common ankle joint exercise is the calf raise, where one lifts the heels off the ground as high as possible to stand on their tippy-toes (also known as plantar-flexion).

Then there is the opposite movement, which is called dorsi-flexion. This motion is completed when you lift your toes up as high as you can, so you are standing on your heels. Muscles in your shin, like the tibialis anterior, create this toe-up movement.

These muscles are extremely weak in a large portion of the population. Most people will only focus on calf raises and forget about dorsi-flexion. This will cause an imbalance of the ankle joint. If your

shin muscles are weak and the calf muscles are tight, you will notice a decreased range of motion at the ankle joint.

This is a huge part of fall prevention. The imbalance between the plantar-flexion and dorsi-flexion makes walking more challenging. Some may find that when they try to strike their heel to take a proper step, they cannot fluidly flatten



Being aware of your gait and physically picking up your toes as you walk will help you strengthen your ankles. When you walk and your toes are pointed down, it's easy to slide your toes on the ground and become off-balanced, which could lead to a trip or a fall.

their feet. The foot just slaps down without control. This is known as "foot drop."

It's important to stay aware of your body while walking. Being mentally engaged and physically picking up your toes as you walk will help you strengthen your ankles. If you think about it every day, then eventually muscle memory will kick in and you will no longer have to think about it. It will just happen.

Here are some exercises that

will strengthen the shin muscles and stretch the calf muscles.

Toe Raises

1. Stand with a slight bend in knees in front of a chair/wall/or any sturdy object and place your hands on the object for balance.
2. Without bending forward at the hips, lift your toes up as high as possible.

3. Hold for one second, then slowly return to starting position.
4. Perform as many repetitions as possible, until toes barely lift off the ground.
5. After one set, take a 30-second break, then complete another set.

This exercise can be made tougher by placing a small object like a book under the heels. This exercise can be made easier by standing on two legs and only lifting up one toe

at a time.

Heel Walking

1. Standing up tall alongside a wall, counter top or railing while NOT looking at it.
2. Pick up your toes and start walking forward on your heels only.
3. Stay safe by holding onto the wall the entire time, until you feel comfortable performing the motion without bracing yourself.
4. If you cannot fully walk on your heels and the foot drops every time, it's okay, just keep doing your best to keep the toes up as long as you can.
5. Perform 10-20 repetitions. Take 30 second break and perform another 10-20 repetitions.

Wall Calf Stretch

1. Stand facing the wall, with both hands on the wall at shoulder height, and place your right leg forward with a 45- to 90-degree bend in the knee.
2. Place your left leg straight out behind you with your foot flat on the ground. The left knee has a slight bend so it's not locked out.
3. Push into the wall with your hands and push down into your left heel. A stretch will occur in the left calf muscle. Hold a little past mild discomfort for 30-45 seconds.
4. Alternate sides and perform 3 sets on each side.

U.S. Immigration Services Updates Public Charge Rules

Following a recent Supreme Court decision, U.S. Citizenship and Immigration Services may consider more types of public benefits when making a public charge determination. The new regulations will apply to applications and petitions postmarked on or after Feb. 24.

The federal government can

use a public charge determination to deny a visa or green card to those who are dependent on certain government benefits.

According to a release from the state, benefits that are now allowed to be considered in a public charge determination will include certain MassHealth benefits, the Supplemental Nutrition Assistance

Program (SNAP), rental assistance under Section 8 housing vouchers, and public housing. An estimated 382,000 immigrants applying for residency could be affected by the new guidelines.

Immigrants who are not subject to the new public charge guidelines include lawful permanent residents (green card holders) applying for

U.S. citizenship, lawful permanent residents applying to renew their expired cards, active duty service-members, refugees, and asylees.

For more information, call the Massachusetts Immigrant & Refugee Advocacy Coalition at 617-350-5480. The Immigrant's Assistance Center can be reached at 508-996-8113. The Health Care For All helpline is 800-272-4232.

El Servicio de Inmigración de los Estados Unidos Pone en Dia las Reglas de la Colección Pública

Siguiendo una decisión reciente por el Tribunal Supremo, los Servicios de la Ciudadanía y Inmigración de los Estados Unidos puede considerar más tipos de beneficios públicos cuando hacen una determinación de cobranza pública.

Los nuevos regulamientos dirán respecto a aplicaciones y peticiones con fecha del día 24 de febrero o después.

El gobierno federal puede usar

una determinación de cobranza pública para negar un visto o carton verde a los que son dependientes de ciertos beneficios gubernamentales.

De acuerdo con un comunicado del estado, los beneficios que son autorizados en una determinación de cobranza pública incluirán ciertos beneficios de Mass Health, el Programa Suplemental de Asistencia Nutritiva (SNAP), asistencia de renta baja usando comprobatorios de alojamiento

de acuerdo con la Sección 8, y residencias públicas.

Un estimado 382,000 inmigrantes pidiendo residencia podrían ser afectados por las nuevas orientaciones.

Los inmigrantes que no están sujetos a las nuevas orientaciones de la cobranza pública incluyen los residentes permanentes legales (los que tienen el carton verde) solicitando la ciudadanía americana, residentes permanentes

legales pidiendo la renovación de sus cartones caducadas, militares en el servicio activo, refugiados y asilados.

Para más información, llame al Massachusetts Immigrant and Refugee Advocacy Coalition en el 617-350-5480. Se puede contactar el Immigrant's Assistance Center en el 508-996-8113 o llame al Health Care for All al 800-272-4232.

O Serviço de Imigração dos Estados Unidos Põem em Dia as Regras de Cobrança Pública

Segundo uma decisão recente pelo Tribunal Supremo, os Serviços de Cidadania e Imigração dos Estados Unidos pode considerar mais tipos de benefícios públicos quando fazem uma determinação de cobrança pública.

Os novos regulamentos dirão respeito a aplicações e petições datadas no dia 24 de Fevereiro ou depois.

O governo federal pode usar uma

determinação de cobrança pública para negar um visto ou cartão verde aos que são dependentes de certos benefícios governamentais.

De acordo com um comunicado do estado, os benefícios que são autorizados agora para serem considerados numa determinação de cobrança pública incluirão certos benefícios de Mass Health, o Program Suplementar de Assistencia Nutritiva (SNAP), assistência de

renda baixa usando comprovativos de alojamento de acordo com a Secção 8, e residências públicas.

Um estimado 382,000 imigrantes pedindo residência poderiam ser afectados pelas novas orientações.

Os imigrantes que não estão sujeitos ás novas orientações da cobrança pública incluem os residentes permanentes legais (os que têm o cartão verde) solicitando

a cidadania americana, residentes permantes legais pedindo a renovação dos seus cartões caducados, militares no serviço activo, refugiados e asilados.

Para mais informação, telefone ao Massachusetts Immigrant and Refugee Advocacy Coalition no 617-350-5480. Pode-se contactar o Immigrant's Assistance Center no 508-996-8113. O telefone do Health Care for All é o 800-272-4232.

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Everyone Counts: The 2020 U.S. Census Starts this Spring

This year the federal government will once again count every citizen in the United States – all 330 million of us. The census, mandated as part of the constitution, occurs every ten years and factors into everything from how voting districts are drawn to highway repair.

Making sure that everyone counts is a complicated task given the sheer size of the country and the large (and highly mobile) population. But census data is critical in determining the state's share of \$675 billion a year in federal funding, which impacts numerous programs, including Medicaid, SNAP and Head Start programs.

"It also determines the number of seats each state has in the U.S. House of Representatives," said Jose Da Cunha, a partnership specialist with the U.S. Census Bureau. Massachusetts has lost seats in three of the past four census counts, dropping from 12 congressional seats in 1980 to the current count of nine.

"If we work hard to make sure that everybody is counted, we won't lose a seat," said Da Cunha.

The 2010 Census was the most expensive in the country's history (approximately \$13 billion), and this year the government is hoping to cut costs by encouraging citizens to fill out the questionnaire over the phone or, for the first time, via the Internet. The Bureau has been preparing for this moment for years

to accommodate the risks involved with moving the census to the web.

"The data is safe," said Da Cunha. "Once citizens start inputting information online, it automatically gets encrypted. The information they fill in, whether it's online or by phone, it's protected. Once the information is transmitted to the Census Bureau database, there are firewalls in place."

receive a print version of the census at this time. In the weeks that follow, if you have not yet completed the census, you can expect more reminders in the mail. Between April 8 and 16, a print copy of the census will be mailed to those who have yet to complete it.

If you still have not completed the census by the end of April, a census taker will show up at your

a citizenship question to the 2020 census.

"If you live here, we want to count you. The Census doesn't look at your [green card] status," said Da Cunha. He added that the U.S. Census Bureau is mandated by federal law to keep all information obtained confidential, and the data they collect cannot be shared with other government agencies.

The Census Bureau will also never ask you for your full social security number, your bank account or credit card numbers, nor will they ask for monetary donations.

A press release from District Attorney Thomas Quinn's office notes that scammers may try to pose as census takers in an effort to acquire personal data, which they will use to commit identity theft and other frauds. But you can protect yourself by knowing how to identify a census taker, should they show up at your door.

A census worker will arrive at your home wearing an ID badge. The badge should show the person's photo, a U.S. Department of Commerce watermark and an expiration date. The person may also be traveling with a bag and laptop that should display the Census Bureau logo.

And remember: if you don't want someone from the Census Bureau knocking on your door, fill out the census by phone or via the Internet as soon as you receive the first alert in the mail this March.

What to expect in the mail

You will receive reminders until you complete the census.

March 12-20



first invitation to take the census

March 16-24



reminder letter

March 26-April 3



reminder postcard

April 8-16



reminder letter & paper questionnaire

April 20-27



last reminder before a follow-up in person

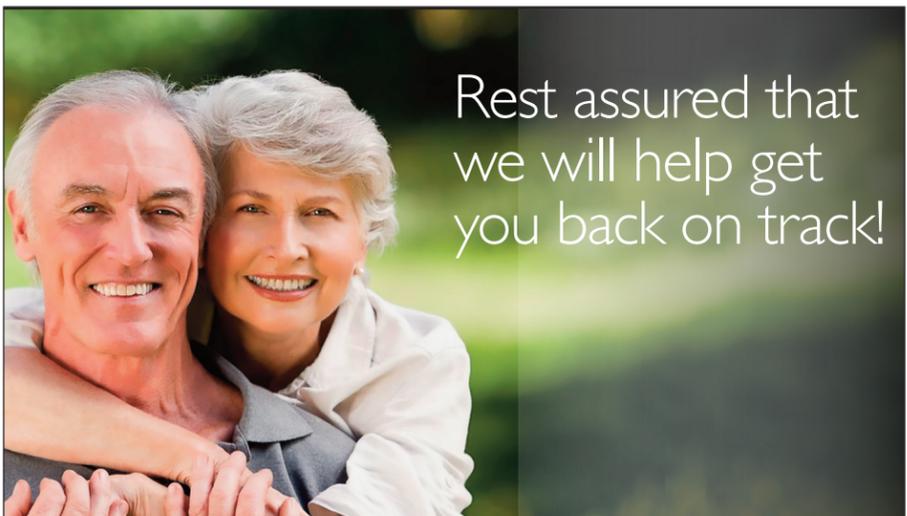
May-July: Census takers will visit homes that haven't responded

You do not need a powerful, high-end computer to complete the census. However, you will want to make sure your computer is up-to-date because computer system updates often include the latest security protection.

You can expect to receive the first notice in the mail by mid-March, and at that time, you can fill out the census over the phone or online. Some households will

door starting in mid-May. The entire process should be complete by the end of July, and the results will be available on Dec. 31.

The questionnaire will ask you to identify the number of people living in your household on April 1, 2020, as well as basic details about those residents, including age, sex, race and ethnicity. Last year, the Supreme Court had blocked the Trump administration from adding



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The Age-Friendly New Bedford Initiative hosted a workshop for caregivers at the Buttonwood Senior Center on Feb. 7, which covered everything from stress eating to meditation. Back row: Grant Pike and Justin Perreault. Front row: Kelly Cabral-Mosher, Katlynn Ferreira, Patricia Geggatt-Midurski and Cam Bergeron.

Caregiver panel continued...

caregiver. But it was during this time she realized that she was not taking care of herself.

"I had become the perfect example of the person that I had told my caregivers not to be," she said.

Geggatt-Midurski still functions as a caregiver, though now with different family members, but feels she has learned better self-care techniques, including mindfulness-based stress reduction, to ease the experience.

Mindfulness, which is the practice of formally or informally bringing your awareness to the present moment, has become an increasingly popular practice to treat anxiety and depression.

"Oftentimes, the stress that we're feeling is rooted in the past or in the future," said Kelly Cabral-Mosher, a social worker. Cabral-Mosher led the attendees through



Justin Perreault led the audience through guided meditation using a drum at the Buttonwood Senior Center on Feb. 7.

a mindfulness meditation exercise, where the group was instructed to focus on their breathing as she read a passage from the book "Journey to the Heart" by Melody Beattie.

"When we take those breaths, it takes us back to the now – to feeling the breeze, to smelling something cooking in the kitchen, to hearing laughter as you're walking around," she said. "I'm not saying this is easy; it's a practice."

Justin Perreault, a practitioner of Asian bodywork therapy, said we frequently search for a "shift in consciousness" when we're stressed, but that often takes the form of bad habits, like relying on alcohol, tobacco or unhealthy foods. He said there are alternate ways we can shift our thinking, which can be as easy as turning on the radio.

"Sound has a real effect on our minds. Think about driving in the car when your favorite song comes on. You can go from having a bad

day to smiling and dancing. Music can shift our consciousness," said Perreault. He added that meditation – even it's just for a minute – can be powerful.

Stress not only impacts our emotional well-being, it can take a physical toll as well.

Exercise physiologist Cam Bergeron led the audience through posture-strengthening exercises. He said that caregivers, who often have to move a person they are caring for, should be mindful of their backs.

"My suggestion for picking anybody up or helping anybody: widen your stance," said Bergeron. "If you don't help yourself stay safe, you can't help anybody else."

Katlynn Ferreira, a registered dietitian with Coastline, discussed the ways that stress can prompt people to overeat or fill up on unhealthy foods.

"There's a difference between emotional and physical hunger. Physical hunger takes time because your body is breaking down food and absorbing nutrients. You become hungry gradually," said Ferreira. "Emotional hunger is sudden. It may be related to a thought or an event. When we satisfy our emotional hunger, it's usually with an unhealthy food."

Many of the panelists returned to one piece of advice: caregivers can always ask for help.

Grant Pike, a social worker at the Greater New Bedford Community Health Center, cautioned the audience to be weary of the warning signs of caregiver burnout, which can include feeling tired often, frequent body ailments and being generally argumentative.

"Recognize the symptoms, and that help is there. Bring it up with your primary care physician," he said. "There are lots of resources available."

Resources

For more strategies on how to care for yourself while you care for others, Coastline will be offering The Savvy Caregiver Program in April. The six-session program will be held every Wednesday from 5:30 to 7:30 p.m., starting on April 29 and running to June 3.

The group will meet at the Mattapoissett Council on Aging, located at 17 Barstow St. in Mattapoissett. To register, call Stephanie Gibson at 774-510-5209 or email sgibson@coastlinenb.org.

Trivia

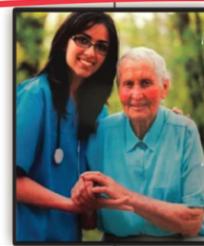
FOR YOUR ENTERTAINMENT – KIM CAMARA

- What did George Washington actually want to call himself ?
A.) Grand Executive B.) Chief Magistrate
C.) His Excellency D.) Head Honcho
- Who was the original host of Family Feud when it debuted in 1976 ?
A.) Richard Dawson B.) John O'Hurley
C.) Bob Barker D.) Chuck Woolery
- How many U.S. states have an "X" in their name
A.) 1 B.) 2 C.) 3 D.) 4
- Which food group do peanuts belong to?
A.) Grains B.) Nuts C.) Legumes D.) Berries
- Which animal has the best sense of smell ?
A.) Elephant B.) Mouse C.) Koala D.) Dog
- What is the world's most expensive spice ?
A.) Saffron B.) Cinnamon C.) Vanilla D.) Cardamom
- What's the biggest fast food chain in China ?
A.) Pizza Hut B.) Burger King C.) KFC D.) McDonald's
- How many tablespoons are in a cup ?
A.) 8 B.) 16 C.) 32 D.) 64
- Which one of these major cities does NOT have a Walmart ?
A.) Chicago B.) Los Angeles
C.) New York City D.) Seattle
- Which of these body parts are babies born *without*?
A.) Taste buds B.) Pinky Toenails
C.) Knee Caps D.) Ankles
- What was Boston's original name ?
A.) Trimontaine B.) Beantown C.) New Boston D.) Mass City

[answers listed on page 11]



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Nutrition

Snacking Without the Salt: Try a Chickpea Salad

Many of the popular dietary guidelines out there today – like the Mediterranean and DASH diets – call for a reduction in sodium, and that’s because consuming less can help reduce your blood pressure. However, avoiding sodium can be a challenging task given how frequently the ingredient is used to flavor foods.

During a recent presentation at the Dartmouth Council on Aging, Katlynn Ferreira, a registered dietitian with Coastline, prepared a simple chickpea salad that demonstrated that you don’t have to sacrifice flavor when cutting back on sodium.

The American Heart Association recommends a maximum of 2,300 milligrams (mg) of sodium a day, with an ideal limit of 1,500 mg per day. For context, one teaspoon of table salt, which is a combination of sodium chloride and other additives, contains about 2,300 mg of sodium.

By swapping table salt for fresh herbs, dried spices and other ingredients, Ferreira created a low-sodium snack that can easily be modified into a meal.

As she assembled the dish, she offered some general advice for heart-healthy cooking.

Be critical of low-sodium claims:

While perusing the shelves at the grocery store, you will see plenty of marketing buzzwords on food



No salt shaker necessary: the chickpea salad pictured above was made without adding any salt. Instead, lemon juice, chopped parsley and scallions were added to flavor the dish. The salad can keep in the fridge for 3 to 4 days.

labels. But context is everything.

Ferreira said she recently looked at two brands of organic chicken stock that claimed to be “low-sodium.” Rather than relying on this vague claim on the front of the box, she scanned the Nutrition Facts label for more precise information. Both brands had a similar serving size, but one brand contained more salt per serving than the other.

“Sodium is in so many foods. If you can cut back here and there, it will help a lot,” said Ferreira.

Fiber-rich foods help your heart:

Many of the ingredients in Ferreira’s recipe – chickpeas, cucumbers and even the parsley – contain fiber, which can help lower levels of “bad” cholesterol (LDL).

Eating a fiber-rich diet also helps you feel fuller on fewer calories, which can help control weight gain. You can add more fiber to your diet by selecting whole-grain options at the grocery store and incorporating more fruits and vegetables into your favorite recipes.

That goes for the chickpea salad, too. Ferreira’s chickpea salad recipe (available in the blue side panel) can become a base for other ingredients, such as cherry tomatoes, broccoli, celery, different kinds of beans or tuna. But, be mindful of adding ingredients high in salt.

Herbs add flavor without salt:

Herbs can do more than garnish your plate. The chickpea salad was flavorful, and that had a lot to do

with fresh, chopped parsley.

“Cooking with fresh herbs can help us get rid of the salt shaker when we’re cooking,” said Ferreira. “Instead of seasoning foods with salt, or a seasoning packet that may be high in salt, you can flavor foods with herbs.”

If eliminating salt completely proves too difficult, you can incorporate some salt into a dish through other ingredients that provide other nutrients. For instance, the chickpea salad Ferreira prepared had a sprinkling of feta cheese. But a little goes a long way.

Chickpea Salad

- 2 (15 ounce) cans of low-sodium chickpeas
- 1 small red onion, diced
- 1 cup cucumber, diced
- ½ cup thinly sliced scallions
- 1 cup fresh chopped parsley
- 1 ½ tablespoons olive oil
- 2 tablespoons of lemon juice
- 1 teaspoon garlic powder
- A sprinkling of feta cheese

1. Drain and rinse chickpeas and place in a large bowl
2. Add red onion, scallions, cucumbers, parsley, olive oil, and lemon juice, then mix.
3. Season with garlic powder, salt and pepper. Add other ingredients, like feta, to taste.

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Councils on Aging

Acushnet COA

For more information on the following activities, call the Acushnet Council on Aging at 508-998-0280. The center is located at 59 1/2 South Main St., Acushnet, MA 02743.

Memory Café: The Café meets every Thursday from 10 to 11:30 a.m. at the Senior Community Center. 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.

Walking Club: Grab your sneakers, bottled water and sense of humor and join us for these walking excursions in April. We depart the Acushnet COA promptly at 9:30 a.m. for all walks. Free transportation is available on a first-come, first-served basis. April 1: The Knob, Falmouth; April 7: Borderland State Park, Easton; April 17: Colt State Park, Bristol, RI. Free, pre-registration required.

Brain Builder Workshop, Part 1: March 6 at 10 a.m. Learn how to improve memory, word-finding and thinking skills with strategies you can use right away. Classes are lively and fun and lead by a licensed Speech Pathologist/Certified Dementia Practitioner. Free, pre-registration required.

Stamp and Coin Club: Calling all stamp and coin enthusiasts! Join us at the Acushnet COA for this informal group, which will meet Thursdays (March 12 and 26) at 10 a.m.

Six-Week Coaching Sessions: March 13 at 10 a.m. Join Joanne Mello, Health & Life Coach, for this informational session regarding an upcoming six-week coaching session that will help you "improve your happiness, one habit at a time." Coaching sessions begin in April and are limited to the first 20 to register.

Pizza Buffet and Movie: March 18 at noon. Pizza buffet, dessert and beverage followed by the movie, "The Sound of Music." \$3 per person due at time of reservation.

Medicare 101: March 18 at 2 p.m. A one-hour informational meeting presented by Fallon Health. You'll learn about the four parts of Medicare, how to enroll in Medicare, when you can change plans during the year, how to obtain prescription drug assistance and more. Space is limited. Pre-registration is suggested but not required, free. This is an educational session only and is not a sales meeting.

Free Senior IDs: March 18 from noon to 1 p.m. The Bristol County Sheriff's Office will be available at the Acushnet COA for a free public safety program for seniors. In just a few minutes, they can create a Senior ID card that has your name, photo and emergency contact.

Painting Class: March 30 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.

Consumer Protection Presentation: March 27 at 10 a.m. Have you ever been harassed by a collector for a debt that you do not owe? Received a gift certificate that is no longer being honored? Been a victim of shoddy home improvement work or auto repair? Been the victim of a scam? The New Bedford Local Consumer Program, in conjunction with the Massachusetts Office of the Attorney General, can offer Information and Mediation Services. Pre-registration requested, free.

MGM Casino Day Trip: April 30. Depart the COA promptly at 8:30 a.m. and will leave Springfield at 4:30 p.m. \$20/free slot play; \$20/food voucher. Payment due at the time of registration. Checks payable to: Town of Acushnet. Sign-ups begin March 9.

Save-the-Date: The New Bedford Garden Club will hold its annual plant sale at the Acushnet Council on Aging on May 16. Stay tuned for more details. This is a rain or shine event.

Save-the-Date: Relay for Life fundraiser. May 21 at 11 a.m. to 3 p.m. Stay tuned for details.

Buttonwood Senior Center

The Buttonwood Senior Center is open Monday through Friday from 8:30 a.m. to 3 p.m. The center is located at 1 Oneida St., New Bedford, MA 02740. Call 508-991-6170 for more information.

Anniversary Celebration: Join us for a nine-year anniversary with Victor Fonseca and the Senior Steppers on March 10 from 12:30 p.m. to 2:30 p.m.

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 on 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.

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 COA

For more information on the following activities, call the Dartmouth Council on Aging at 508-999-4717. The center is located at 628 Dartmouth St., South Dartmouth, MA 02748. A complete list of 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.

Country Three Band returns: Live band, dancing and refreshments. First and third Wednesday of the month from 1:30 to 3:30 p.m. Cost is \$4.

"Bridging the Future" Open House: This project between the Dartmouth COA and Dartmouth Community Media (DCTV) is seeking talent. The open house will be held at the DCTV studio on March 4 at 4 p.m. The studio is located at 247 Russells Mills Road. RSVP Amy DiPietro at 508-999-4717.

March Matinee: March 11 at 1:30 p.m. "Downton Abbey." RSVP required. Free popcorn.

St. Patrick's Day Party: March 17 at noon. Entertainment and dinner. Cost is \$8.

STRA (Southeastern Regional Transit Authority) Presentation: March 18 at 10 a.m. Topics: Access Pass, Boston Hospital Shuttle, Demand Response Service, the Wareham/New Bedford Connection.

Library Tour & Lunch: March 24. Van leaves the Center at 10:30 a.m. Tour the new North Dartmouth Library followed by lunch at the Java Shack. Sign-up required.

Assisted Living Tour: March 27 from 9 a.m. to noon. Have you ever wondered what assisted living is like? Join us for a tour of Cedar Dell and Autumn Glen, both located in Dartmouth. Transportation, refreshments and a boxed lunch included. Van leaves the Center at 9 a.m. Call the Center to sign up.

Cannabis Forum: March 30 at 11 a.m. Topics covered: What treatment is best suited for your type of pain. Topical treatments for specific areas of pain and CBD oil for overall inflammation due to auto-immune disease. Cost is \$5. Call Center to register.

Open House Week: Drop by the center from April 13 to 17 from 9 a.m. to 4 p.m. Tour the facility and meet the staff. There will be special events daily.

Dance for Parkinson's: Mondays from 10:30 to 11:30 a.m. (no class 3rd Monday of each month). Free. Participants are empowered to explore movement and music. Class is modified to accommodate all levels. Caregivers are welcome.

Throw a Punch at Parkinson's: Tuesdays from 1 to 2 p.m. Boxing exercise program. Please call Center for more information.

Pound by Pound: Mondays 10 to 11 a.m. Pound by Pound is a FREE support group for dieters trying to lose weight. We offer incentives, presentations by health professionals and weekly, private weigh-ins.

Fairhaven COA

For more information on the following activities, call the Fairhaven Council on Aging at 508-979-4029. The center is located at 229 Huttleston Ave., Fairhaven, MA 02719. Web: fairhaven-ma.gov/council-aging

Fairhaven Town Election: April 6 from 10 a.m. to 8 p.m. Seniors who need transportation to voting polls, call 508-979-4029 at least one day in advance.

Computer Technology for Seniors: 9 to 10 a.m. Space is limited to 15 participants. Please call to sign up. March 2, 4 and 6: Emails to Gmail. March 9, 11 and 13: Google Cloud Storage. Participants must have a Google account. March 16, 18 and 20: Microsoft One-Drive Cloud Storage. Participants must have a Microsoft account. March 23, 25 and 27: USB Flash Drive. Participants must bring a USB flash drive.

March Entertainment: March 4: Richie B. March 5: Ray J. March 11: Karaoke with Rick. March 12: Ray J. March 18: Jordan Paiva. March 19: Ray J. March 25: Reece on piano. March 26: Joe Mac.

Senior Supper Club and LGBT Supper Club: Senior Supper Club meets March 3 from 4 to 6 p.m. The LGBT Supper Club meets March 25 from 5 to 7 p.m. \$3 for either.

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.

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.

Caregivers Support Education Group: Free respite, first Wednesday of the month from 1 to 2 p.m.

Health Awareness Group: Thursdays from 9 to 10 a.m.

Widow/Widowers Grief Support Group: First Tuesday of the month, 5 to 6:30 p.m.

General Loss Support Group: Third Tuesday of the month, 5 to 6:30 p.m.

Continued on Page 11



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Tuesday, March 10
10:00 a.m. | Bayberry New Bedford

Wednesday, March 25
10:00 a.m. | Whaler's Cove

Friday, March 27
10:30 a.m. | Hazelwood Senior Center

Wednesday, April 22
12:30 p.m. | Project Independence


EAT RIGHT

BITE BY BITE
National Nutrition Month
March 2020
Academy of Nutrition and Dietetics


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FOR A COMPLETE LIST OF EVENT DATES & TO REGISTER
visit: communitynurse.com/community-programs
email: RSVP@communitynurse.com

Marion COA

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. The center is located at 465 Mill St., Marion, MA 02738.

Brain Builders: 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.

Enjoying Wine: March 9 at 12:30 p.m. Paul Gentile, former owner of a wine touring company will be on hand to speak about wine types. Sample some non-alcoholic wines.

St. Patrick's Day Celebration: March 16 at 12:30 p.m. Enjoy music stylings of "Ragtime" Jack Radcliffe. Shepard's pie will be served at 11:30 a.m. Call 508-748-3570 for reservations by March 12.

Marion Chiropractic: March 30 at 12:30 p.m. Dr. Jennifer Eames will discuss how chiropractors correct misalignments as well as offer information and helpful tips.

Art For Your Mind: April 6 at 12:30 p.m. Experience a number of France's famous art styles. A one-hour presentation by Jill Sanford. Chicken Cordon Bleu will be served at 11:30 a.m. Call by April 2 to make a reservation.

Soup-er Thursdays: Reservations are required by the Tuesday before the date. A \$5 donation is suggested. March 5: White Chili; March 12: Minestrone; March 19: Cabbage & Beef Soup; March 26: Baked Potato Soup.

Upcoming Art Shows: "Mattapoissett-Area Artists," March 2 through 31, opening reception on March 5 from 5 to 7 p.m. "Art For All Ages," April 1 through 30. "Photography," May 1 through May 29. "Pastel Show," June 1 through June 30.

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. March 13: "The Day The Earth Stood Still." April 10: "The Battle of Britain." May 8: "The Piano."

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 COA

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. The center is located at 17 Barstow St., Mattapoissett, MA 02739.

NEW! Painting Class: Fridays from 9:30 to 11 a.m. Paint a picture and learn about painting techniques. Instructor: Bernie Klim. Cost is free for those age 60+. Under 60 is \$5. (Cost does not include materials.) Registration requested. Call for more info.

Manicures & Hand Massages: March 9 from 10 to 11:30 a.m. Thirty-minute appointments for men and women. Free. Provided by Old Colony Cosmetology students.

Hearing Aid Services: March 9 at 1:30 p.m. Call for an appointment. Free.

Lunch & Learn: March 10 at noon. Topic: Healthy Eating for One. RSVP required.

Pottery Classes: March 12 and 26 from 9:30 to 11 a.m. \$8 per session. RSVP required.

Art History: March 17 at 12:30 p.m. Enjoy the work of Impressionist painters. RSVP required.

Lunch and Sing-Along: March 20 at 12:30 p.m. Join pianist and singer Steve Richardson. Lunch is \$3. RSVP required.

Fabric Art Workshop: March 20 at 1 p.m. Free. Call to register.

Legal Services & Learning: March 24 from 10 a.m. to noon. Drop-ins welcome. Free. Presented by South Coastal Counties Legal Services.

Movie & Pizza: March 31 at noon. "Harriet," the story of Harriet Tubman. Free movie. Pizza is \$1 per slice. Call to register. RSVP required.

Powerful Tools for Caregivers: Thursdays, March 5 to April 2 from 10 a.m. to noon. Develop skills and confidence to better care for others. To register, call 774-510-5209.

Cribbage Schedule Update: Tuesdays at 2 p.m. and Thursdays at 3 p.m.

Widowed Persons Support: First Thursday of each month from 9:30 to 11 a.m. Anyone who has lost a life partner, join this supportive group led by a counselor from Southcoast VNA.

Volunteer Drivers and Callers Needed: Call Cath at 508-758-9681.

Rochester COA

For the complete newsletter, please visit us at 67 Dexter Lane, Rochester, MA 02770, or visit our website at rochestermaseniorcenter.com. Follow us on Facebook at: facebook.com/rochestercoa. For info, call: 508-763-8723.

Fitness Room: The Fitness Room has new hours. Monday, Wednesday, Thursday and Friday from 9 a.m. to noon, and Tuesday 10 a.m. to 1 p.m. The fitness room is open to all seniors. There is a monthly fee of \$10 to join. Please call for details.

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. Volunteers are always needed for this program, including wait staff, dishwashers and substitute cooks.

Bingo: Wednesdays from 12:30 to 3 p.m. There is a half-time refreshment break. No card limit. Call 508-763-8723 for info.

Hanna's Special Luncheon: March 9 at noon. Must register and pay \$5 in advance.

Board of Directors Meeting: Monthly meeting at 9 a.m. on March 11 at Rochester Town Hall. All Rochester residents are invited to attend.

Annual St. Patrick's Day Luncheon: March 16 at noon. Corned beef and cabbage dinner. Tickets are \$10. 50/50 raffle. Wear green!

Senior Book Club: March 17 at 10:15 a.m. Everyone is welcome to attend.

Marsha's Special Luncheon: March 23 at noon. Must register and pay \$5 in advance. Will be serving French meat pie.

Candidate Forum: March 25 at 6 p.m. Meet your neighbors who are running for office and learn about their views.

Mike & Ann's Quarterly Birthday Luncheon: March 30 at noon. Those who had a birthday in January, February and March will be honored. Everyone is welcome to attend, but on the honorees will receive a complimentary meal. Meal is \$5 for all others. Call to reserve your spot - and be sure to bring friends!

Craft Sale: The Friends of Rochester COA will be holding their 2nd annual craft fair on April 18 from 9 to 2:30 p.m. at the center. Contact Cecilia Hall at 508-763-2122 for more information.

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. The center is located at 553 Brock Ave., New Bedford, MA 02744. Contact the center at 508-991-6208.

Mondays: Zumba Gold from 10:15 a.m. to 11:15 a.m.

Tuesdays: Sound Healing with Justin every Tuesday from 1 to 2:30 p.m.; Qigong from 10 to 11 a.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.

Dementia Directory
www.alzconnected.org

Special Events

Museum Tour: March 5 from 1:30 to 3 p.m. Join the Alzheimer's Association at the New Bedford Art Museum, 608 Pleasant St. in New Bedford. Register by calling 617-393-2100.

Memory Cafés

Memory Cafés are supportive gatherings for individuals with memory loss and their care partner, family or friends.

Acushnet COA Memory Café: Thursdays from 10 to 11:30 a.m. Acushnet COA, 59 1/2 South Main St., Acushnet. RSVP: 508-998-0280.

Marion Waterfront Memory Café: Every Wednesday. 11:30 a.m. to 2 p.m. At the Marion COA, 465 Mill Street, Marion. RSVP: 508-748-3570.

Café da Memoria: Fridays at Project Independence, 250 Elm St., New Bedford. 12:30 to 2 p.m. Para mais informação contactar 508-979-1693.

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.

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

Wednesdays: Fairhaven COA 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. **Dartmouth COA** first Wednesday of the month, 6 to 7 p.m. Call Nancy Miller at 508-999-4717.

Thursdays: Marion COA: Caregiver Support Group. Call Karen Gregory at 508-748-3570 to pre-register. Every other Thursday, 1 to 2 p.m. **Residence at Cedar Dell** from 5-6 p.m., fourth Thursday of the month. Call 508-636-0590.

Fridays: Dartmouth COA: First Friday of the month at 1 to 2:30 p.m. Contact Carolyn Lazaris at 774-510-5204 or Stephanie Gibson at 774-510-5209.

Saturdays: The Cottages at Dartmouth Village: 4 to 5 p.m., last Saturday of the month. Call 508-999-0404.

New Bedford Senior Travel Club

New Bedford Senior Travel Club
1 Oneida Street
New Bedford, MA 02740
508-991-6171

Warwick (Early dinner on your Own)

- April 20: Twin River
- April 27: Harvard Peabody Museum, Harvard Museum of Natural History, and free time at Boston Market Place

March

- March 23: Foxwoods Tour. Call for reservations.

April

- April 5: Providence Performing Art Center presents 50th Anniversary of Jesus Christ Superstar 1 p.m. Matinee followed by Chelo's W.

Previews of tours to come for Spring: Carol King Tribute at the Danversport Yacht Club, Lobster Roll Cruise, Mount Edith Wharton Estate and Gardens, Capt'n Jack's & Mohegan Sun Casino, Lady Katherine Cruise...and more!

March 2020 Trivia Quiz Answers

1. B | 2. A | 3. B (Texas & New Mexico) | 4. C | 5. A
6. A | 7. C | 8. B | 9. C | 10. C | 11. A



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Community

Lillian Donaghy, Creator of NB's Senior Travel Program, Turns 100

Lillian Donaghy, best known for starting New Bedford's Senior Travel Program and the city's senior programming in general, marked her 100th birthday with a celebration at the Buttonwood Senior Center on Feb. 3.

Donaghy was the first coordinator at the Buttonwood Senior Center before retiring in 1982. Thereafter, she worked as a volunteer for decades.

Kim Keaney, one of Donaghy's four grandchildren, joined her at Buttonwood during the birthday party. Keaney recalled her grandmother's adventures with the Travel Program.

"One day, when I was a teenager, she showed up in my driveway in a big yellow bus full of people," said Keaney. "They were on a trip to the Old Country Store in Mansfield, and they had a mystery stop, which was really just a stop to say hello to me. I walked out of the house wondering, 'Why is there a bus in my driveway?' and she was at the door."

"They all waved and went off to the next stop. She wanted to show off her grandkids, I think," she said.

Jan Barrette, the current coordinator of the Senior Travel Program, recalled when she first started working for the city.

"Lillian dotted all her I's and



Lillian Donaghy, a long-time fixture in New Bedford's senior programming, celebrates her 100th birthday.

crossed all her T's. She taught me everything," said Barrette. "She ran a tight ship. She was a marvelous lady – and she's still is a marvelous lady at one hundred years old."

Donaghy, donning a birthday crown, said she hopes to see the Senior Travel Program continue well into the future.

"I have no regrets and nothing to complain about," said Donaghy, before blowing out the candles on a massive cake, designed to look like a BINGO card.

See page 11 for a list of upcoming trips with the New Bedford Senior Travel Program.

Community Show 'Bridging the Future' is Seeking Talent

If you're interested in local history, two Dartmouth-based TV producers are looking for you.

Their show, "Bridging the Future: Positive Change Around Us," is produced through a partnership between the Dartmouth Council on Aging and Dartmouth Community Media (DCTV). The show was initially developed by a team of four, but two of its member recently had to leave production.

Now the remaining two producers, Nancy Jordan and Gary Moraes, are searching for crew members who can help develop new episodes. Jordan said the group is especially in need of those with video editing skills.

Anyone interested in taking part would have the opportunity to learn about TV production – as well as video editing skills – at a free, multi-part course at DCTV's station. DCTV, like many of the public-access television stations in the area, offers free classes in which residents can learn how to produce their own video projects.

The show has completed three episodes thus far. The fourth episode, which is currently in production, will tell the story of the doomed ship, the Barque Sarah. Jordan said she partnered with the New Bedford Whaling Museum, which gave her access to their



Public Access Coordinator Daniel Medeiros and producer Nancy Jordan.

archives, including articles from a long-gone New Bedford-based newspaper, *The Morning Mercury*.

"The ship left from New Bedford and seven hours later it was overturned in a hurricane," said Jordan. "Looking at *The Mercury*, we found every detail of what happened to that ship: who survived, who was below deck and couldn't get out, and the names of everybody on the ship."

DCTV and the Dartmouth COA will be hosting an open house on March 4 at 4 p.m. at their studios located at 247 Russells Mills Road in Dartmouth for anyone who's interested in learning more. You can RSVP with COA Director Amy DiPietro at adipietro@town.dartmouth.ma.us or 508-999-4717.

If you can't make the open house, you can still contact the COA for more information about getting involved.



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