

SeniorScope

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

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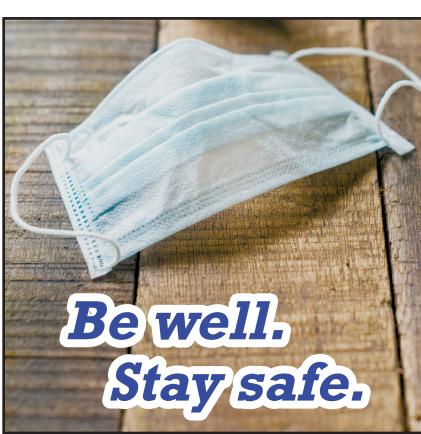
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Society Grapples with Global Pandemic

In the early days of 2020, reports warned of a mysterious new illness spreading in central China. Three months later, Mayor Jon Mitchell declared a state of emergency in the City of New Bedford.

"The virus is coming, if it's not already here," he said during a press conference on March 13.

In the days that followed, store shelves were stripped bare as grocers competing with the public's demand for paper products, cleaning supplies and food. Governors across the nation ordered the public to self-isolate, prompting businesses to shutter, schools to migrate online, and citizens to remain home save for necessary trips to the grocery store or pharmacy.

The virus is called SARS-CoV-2. The disease it causes is called COVID-19. Its composition is similar to that of the severe acute respiratory syndrome (SARS) virus, but this new coronavirus has spread faster and sickened more people than SARS. By the time this issue of *Senior Scope* was sent to the printer on May 28, there had been more than 5.7 million cases worldwide and at least 350,000 deaths.

Word of the new virus first surfaced on Dec. 31, 2019, when Chinese health officials reported dozens of patients experiencing respiratory illness to the World



After weeks of isolating indoors, the public cautiously emerged from quarantine by the end of May. The Town of Dartmouth canceled its annual Memorial Day parade in favor of a brief, lightly attended ceremony at the Elm Street Cemetery. A man plays "Taps" in the distance as masked participants salute the flag.

Health Organization (WHO). A majority of the cases were tied to a single seafood market in the city of Wuhan, the capital of China's Hubei Province.

In the weeks that followed, the virus had spread outside of China, with cases confirmed in Japan, South Korea and Thailand. The first case in America, a man from Washington State who had traveled to Wuhan, was reported on Jan. 21. Two days later, Wuhan restricted travel ahead of the busy Chinese New Year holiday season.

By the end of January, with about 7,700 confirmed cases worldwide, WHO declared a global health emergency in an effort to sound the alarm that the virus may spread to countries with weak health care systems. Just 25 days later, there were approximately 80,000 confirmed cases and 2,600 deaths globally, and the CDC warned that America should prepare for the inevitable spread of COVID-19.

WHO officially declared

Continued on page 7

Meals on Wheels Shifts Exclusively to Home Delivery

By the end of March 2020, the public had been buried in several weeks' worth of rapidly updating information about the new coronavirus. As researchers scrambled to better understand the scope of the threat, one fact that public health experts agreed on almost immediately was that COVID-19 was especially threatening to older adults and those with underlying health conditions.

Grocery stores and supermarkets were quick to respond by allotting early morning hours exclusively to those populations. While these modifications made stores safer for seniors, panic-buying cleared shelves and uncertainty about the exact nature of the virus made shoppers wary of entering public spaces. And for some, simply

affording food was out of reach.

The nonprofit Feeding America, in its most recent annual report on senior food access, found that nearly 5.3 million adults age 60 and above are food insecure, meaning



George Gray of the Mashpee Wampanoag Tribe was one of many recruits who helped deliver meals during the crisis.

those people have limited access to nutritious food because they cannot afford to buy it. Moreover,

the report found that food-insecure older adults are more likely to be living with chronic health conditions, putting them at greater risk for severe complications from COVID-19.

Paula Shiner, CEO of Coastline, said that ensuring food access has always been a major priority for Coastline, but the pandemic amplified those concerns. Coastline manages the Meals on Wheels program in the South Coast, from Dartmouth to the Tri-town area. Last year the agency served about 430,000 meals, either at congregate meals sites, like the local councils on aging, or through its home-delivery service.

On March 16, social distancing

Continued on page 9

Letter from the Editor

At the start of the COVID-19 pandemic, *Senior Scope* was placed on hiatus as we monitored the situation. News unfolded quickly back then, and as a monthly paper, it would have been impossible to stay on top of all the developments.

But, as I write this at the end of May, we now know more about the nature of the virus and the threat it poses to society, and I hope this paper can help point you to some resources in the community.

You are not in this fight alone. If you have questions about what services are available to you, here are a few options:

Call Coastline at 508-999-6400 (dial 4 to reach Coastline's Information & Referral Department).

Call your local council on aging. The local COAs are closed to the public, but they are still fielding calls. Find your nearest COA on page 10 and 11.

Call your local SHINE counselor, who can help you sign up for services. Counselors are listed on page 2 of every issue of *Senior Scope*.

Stay safe, and be well.

Best, *Seth Thomas*, Editor

Part of our mission at Coastline is to support our community as best we can. While the past two months have been undoubtedly challenging, Coastline has managed to do just that. The vast majority of our programs and services have continued unabated, and that's in large part due to the dedication and adaptability of our staff, our volunteers and our frequent supporters.

However, even in the early days of this crisis, it became clear that the Coastline community wasn't the only group concerned for our neighbors. Numerous agencies and members of the public reached out, wondering how they could pitch in. It was something of a role reversal: our community was eager to support us.

We received offers through our website, social media, emails, and text messages. People began asking how they could contribute their time or supplies or make monetary donations.

I wanted to take a moment to ensure that these contributions are recognized because, not only has this additional support gone a long way to help our consumers, it has been extraordinary and humbling to see so many people driven to help others during this national crisis.

Thank You for Supporting Coastline



Ed Caron, Assistant Deputy Director of the Acushnet Emergency Management Agency, and Donna Lake, EMA Pet Sheltering Coordinator, helped deliver meals during the pandemic. Numerous new drivers and volunteers have supported Coastline's response.

We have received numerous donations of personal protective equipment, including medical masks, hand sanitizer, hand-sewn masks assembled on kitchen tables, and plastic face shields produced from 3D printers. Numerous outside organizations now support our Meals on Wheels program, joining us as temporary drivers. Our nutrition staff has worked hard to make sure these new drivers are prepared to deliver in the morning.

Those who regularly take part in Coastline's volunteer-driven programs have found inventive ways to continue their work. Schools will remain closed for the rest of the school year, yet many of the Foster Grandparent volunteers

keep in touch with students, whether through Zoom or through handwritten letters.

I am grateful to see all these displays of support for our consumers and the work that we do at Coastline. To all of those who recently joined our team, and to those volunteers who continue to help others in our neighborhoods, thank you for reaching out, for contributing your talents and time, and for believing in our mission.

Sincerely,

Paula Shiner

Paula Shiner
Chief Executive Officer, Coastline

Subscribe to Senior Scope

You can have a full year's subscription (12 issues) of the print edition of *Senior Scope* delivered to your door for only \$12.

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

Donations for June 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

In appreciation of *Senior Scope*.

— Rita Macomber

\$13

— Anonymous

\$25

For Prayers Answered

Thank you Blessed Mother/St. Jude.

— C.P.

\$10

For prayers answered.

— Anonymous

\$5

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

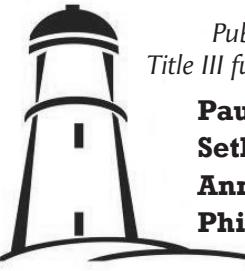
Do not list my name; I am an anonymous donor

Donating in honor of:

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Senior Scope



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Be Wary of COVID-19 Scams

As information – and misinformation – about the global COVID-19 pandemic spreads, scammers and cybercriminals are taking advantage of the situation. Below are some of the scams that federal agencies have reported.

Rampant Misinformation

During a time of crisis, when news is rapidly developing, it can be easy to fall victim to misleading or false information. Know where information is sourced. For reputable information about the pandemic, visit the Centers for Disease Control website or the WHO website – both of which have dedicated sections for updates related to the COVID-19 outbreak.

For updates from within the state, visit the Massachusetts Department of Public Health online.

False Claims

The Federal Trade Commission (FTC) and the U.S. Food and Drug Administration (FDA) have recently issued warnings to several companies claiming that their products, such as teas or essential oils, will cure or prevent the spread of COVID-19. No such product exists, according to the FDA.

The FDA also warns consumers to be wary of ads for test kits. On May 8, the FDA approved one home test kit, which requires a doctor's order. But the majority of test kits being advertised have not

been approved by the FDA, and aren't necessarily accurate.

Scammers may try to sell bogus products through email, texts or social media posts. The FTC urges you to exercise caution if you see an ad online or on social media that claims to prevent or treat COVID-19.

Additionally, many consumers will receive relief checks as part of the federal response to the pandemic. The Federal Communications Commission notes that no one will call or text you to verify your Social Security number, credit card number, or bank account details in order to "release" the funds. The government will not ask you to pay anything up front to receive this money.

'Phishing' Emails

Scammers will try to trick you into giving them sensitive information, such as your Social Security number, your bank account number or your password. In email exchanges, the scammer may prompt you to click on a link (which you should not click on) or open an attachment (which you should not open).

The FTC advises the public to be on the lookout for emails from scammers claiming to be from the Centers for Disease Control and Prevention or claiming to be an expert on COVID-19 who has information to share. If these emails include attachments or links, do not click on them.

Social Security Offices Closed, Still Offer Phone & Online Service

By Delia De Mello

Social Security



Delia De Mello,
Social Security

All local Social Security offices have been closed to the public for in-person service. This decision protects the population we serve and our employees during the COVID-19 pandemic. However, we are still able to provide critical services.

Our secure and convenient online services remain available at www.socialsecurity.gov. Local offices will also continue to provide critical services over the phone. We are working closely with the Centers for Disease Control and Prevention (CDC), state and local governments, and other experts to monitor COVID-19 and will let you know as soon as we can resume in-person service. If you need help from Social Security:

- First, please use our secure online services at www.socialsecurity.gov/onlineservices. You can apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card (in most areas), print a benefit verification letter, and much more – from anywhere and from any of your devices. We also have a

wealth of information to answer most of your Social Security questions online, without having to speak with a Social Security representative in person or by phone.

- If you already have an in-office appointment scheduled, we will call you to handle your appointment over the phone instead. If

- you have a hearing scheduled, we will call you to discuss alternatives for continuing with your hearing, including offering a telephonic hearing. Our call may come from a PRIVATE number and not from a U.S. Government phone. Please remember that our employees will not threaten you or ask for any form of payment.

- If you cannot complete your Social Security business online, please call our National 800 Number at 1-800-772-1213 (TTY 1-800-325-0778). Our National 800 Number has many automated service options you can use without waiting to speak with a telephone representative. A list of automated telephone services is available online at www.socialsecurity.gov/agency/contact/phone.html.

In fulfilling Social Security's mission, when we reopen offices to the public, we will provide a safe environment for both the people we serve and our employees.

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Update

'Brain Builders' Online and by Phone

Buzzards Bay Speech Therapy has moved their Brain Builders course online. The class helps participants improve memory, word-finding, thinking skills and socialization. Participants can access the classes using the Zoom app or over the phone.

For more information and to find out how/when to connect with the classes, contact Lisa at 508-326-0353 or email lycslp@gmail.com. Funding provided in part by a grant from Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs.

Portuguese Feast Canceled for 2020

All City of New Bedford events featuring groups of 10 or more people have been canceled through Labor Day (Sept. 7) as a precautionary measure during the ongoing COVID-19 pandemic. This includes New Bedford's popular Feast of the Blessed Sacrament, originally scheduled for July 30 through Aug. 2.

'Buried in Treasures' Canceled

All "Buried in Treasure's" workshops are currently canceled due to precautionary measures against the COVID-19 pandemic. These canceled workshops include the groups at the Domino's Pizza in New Bedford and the Saturday group held at Millicent Library in Fairhaven.

Please visit the Fairhaven Board of Health's website at www.fairhaven-ma.gov/board-health for updates.

Happy Father's Day!
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Drop-Off Days Update

The Household Hazardous Waste Drop-off Day that was scheduled this spring for New Bedford, Dartmouth and Freetown residents has been canceled. Below are some tips to help residents handle certain items.

There are many items NOT accepted at Household Hazardous Waste Day that you may be able to take to your transfer station such as motor oil, antifreeze, fluorescent light bulbs, TVs and propane tanks. New Bedford residents with questions about what is accepted at your transfer station, please call 508-979-1520. Dartmouth residents, call 508-999-0740.

Visit gnbrmdistrict.org, the Greater New Bedford Regional Refuse Management District's website, to confirm that the fall event is taking place. For more information, contact the Greater New Bedford Regional Refuse Management District's recycling office by email at marissa@gnbrmdistrict.org or by phone at (508) 979-1493.

Through June 30, Dartmouth residents may bring clean white boat wrap to the Dartmouth Transfer Station, 976 Russells Mills Road, to be recycled. Call 508-999-0740 with questions.

Acushnet Art Show Canceled

Acushnet's Annual Art Show, scheduled for June 6 and 7 has been cancelled for this year. The committee apologizes for any disappointment this may cause.

RMV Extends License Expiration Dates

All Class D and Class DM driver's licenses, ID cards, and Learner's Permits that have expired or are expiring between March 1, 2020 and August 31, 2020, will have an extension applied to the current expiration date.

Driver's licenses, ID cards, and Learner's Permits that expired or will expire in March, April and May 2020, will now expire in September 2020 and do not need to be renewed at this time.

Driver's licenses, ID cards and Learner's Permits that will expire in June have been extended until October 2020

Driver's licenses, ID cards and Learner's Permits that will expire in July have been extended until November 2020

Driver's licenses, ID cards and Learner's Permits that will expire in August have been extended until December 2020

The specific expiration date typically coincides with an individual's birth date. For essential services visit: www.mass.gov/info-details/rmv-covid-19-information.

Free Masks to New Bedford Residents

The MaskNB initiative, a partnership with American Red Cross and Joseph Abboud, will provide masks to any city resident who wants one, at no cost, at a series of drive-through distribution events.

Under the MaskNB distribution plan, interested residents in each of the City's six Wards will have an opportunity to obtain free cloth face masks (distribution for Wards 1 and 2 occurred in May). Distribution will occur at New Bedford High School, 230 Hathaway Boulevard, on the following dates from 10 a.m. to 2 p.m.:

- Ward 3: Saturday, June 6
- Ward 4: Sunday, June 7
- Ward 5: Saturday, June 13
- Ward 6: Sunday, June 14

Additional dates may be announced based on available supplies. Residents should arrive at the main vehicle entrance of New Bedford High School, located at 230 Hathaway Boulevard, and remain in their vehicles as Red Cross volunteers hand out masks based on their requests. Residents are asked to limit their mask requests to those in their household and/or any elderly or vulnerable neighbors (who have been advised against leaving their homes).

South Coast Pride to be held Online

In previous years, South Coast Pride has been held at Buttonwood Park. This year, the festivities will be moved online. Visit the South Coast LGBTQ Network's website for more details at www.sclgbtqnetwork.org or follow the group on Facebook at facebook.com/SCLGBTQNETWORK.

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 10 a.m. to noon. Dates include: June 8, July 13, Aug. 10 and Sept. 14. The market has temporarily moved to the Time Square building parking lot, located at 888 Purchase Street.

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.

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Your Health

Reflections from the Frontlines of COVID-19

The following letter from Dr. Michael Rocha was first published by the New Bedford Wellness Initiative on April 23. Due to the pandemic, the Wellness Initiative's Sunday morning classes, which are typically held at the Boys & Girls Club of New Bedford, are on hiatus. The Walk with a Doc program has also been suspended until further notice.

However, the Wellness Initiative still maintains a regular rotation of classes that can be livestreamed over Facebook. View the classes and follow the group by visiting www.facebook.com/NewBedfordWell or by visiting www.nbewell.com, where you can sign-up for the Initiative's newsletter.

By Michael Rocha, MD
New Bedford Wellness Initiative

I would like to open this letter with some personal reflections on the frontline. It has been a privilege to work alongside some amazing people at St. Luke's Hospital in New Bedford, MA.

There was amazing courage on display on every floor – ICU, Knowles, Century, Crapo, Maternity, PCU, Wilkes, Bourne and the floors that I didn't round on this past week.

The entire spectrum of emotions was seen during this week. Real superheroes were on the job and



Signs of the times: Positive messages, many thanking the nation's health care workers, started popping up on lawns throughout the South Coast shortly after the pandemic began.

were working together to help our community. No capes, just masks and yellow gowns.

I am grateful to all the patients that I had the opportunity to participate in your care but also sorry that you could not see my face because of this nasty virus. The masks and visors made it harder for us to hear each other. Yellow is not my favorite color, and I haven't worn scrubs five days in a row since I was a cardiology fellow. Please forgive me for my attire. Rest assured that I deeply cared about each and every one of you and your families.

There is no way to capture what a hospital looks and feels like in words or pictures at this time. It would be a wonderful story, but we want our photographers to be safe and stay home. We will have to settle for amateurs and iPhones. My apologies to the pros.

To the public, this is real and don't underestimate this tiny virus' ability to harm you. It does not care how much money you make, your religion, your race and it sometimes doesn't care about your age.

Please do everything that you can at this time. Trust science and let kindness and compassion be your

compass. Heed what health care has been saying. Social distance, wash your hands as if your life depends on it, wear a mask in public and don't touch your damn face. This is serious. People are dying. Please save lives.

If you think you have mild COVID symptoms which is still mainly the case, call your doctor and you will have to quarantine. We can't have everyone in the emergency department all at once.

But if you feel your symptoms are severe, such as you are very short of breath, call 911. Let them know your symptoms so the EMTs can protect themselves with PPE.

All of health care loves you, and we are all answering our calling. This is not a job or profession; we do this because we are here to help ease suffering, bring peace and foster healing. Our hearts are all broken with the enormous suffering that we are experiencing, but we keep showing up to help as many as we can. Each and every day we will be there.

I love you all and look forward to a better world after we are past these difficult times. To all the superheroes that I worked with, a deep bow of gratitude and respect. This will pass.

Be Well,
Michael Rocha, MD

No Gym Necessary: Stay Safe by Exercising at Home

By Cam Bergeron, CSCS
Cam's Conditioning & Rehab

COVID-19 has affected our entire population in some way shape or form. During this time we all need to do our best to take safety precautions. Since we are no longer able to come in close contact with each other, our favorite exercise classes are now out of reach. Or are they?

Many exercise instructors like myself are turning to a different method to deliver their classes to participants. Online video communication services like Zoom, Skype, and FaceTime are helping instructors still run their classes for the individuals who love them. I've had great success instructing fitness classes and one-on-one personal training with these services.

Participants can still greatly benefit from online classes as long as they continue to prioritize safety. Remember to listen to your body. If a certain exercise doesn't feel right or hurts: don't do it. Just sit that one out and wait for the next.

These workouts can help you improve balance, coordination, flexibility, mobility, posture, strength, bone density and more. If you have been exercising regularly, it's important to stick to it so that your progress is not lost. Even exercising just once a week will help you maintain or improve your body's function.

Even with minimal space or equipment, you can still perform exercises that will help improve your balance, mobility, posture and flexibility.

Here are some easy exercises you can do at home.

Opposite Knee Push (2 sets of 10 reps)

- Lying on back, knees bent, feet flat on floor, arms out by your side.
- Lift right knee towards chest, push on front of RIGHT knee with LEFT hand.
- Push as hard as possible for one second, then release, and alternate sides.
- After first set is complete, lie legs out straight for 15 seconds, then return to starting position for set two.

Knee Pulls (2 sets of 10 reps)

- Lying on back, knees bent, feet flat on floor, arms out by your side.
- Pull one knee to chest until stretch occurs in leg/butt/lower back.
- Hold for one seconds at mild discomfort, release and switch legs.
- After first set is complete, lie legs out straight for 15 seconds, then return to starting position for set two.

Knee In, Kick Up (2 sets of 10 reps)

- Lying on back, knees bent, feet



Cam Bergeron recently recorded one of his exercise classes for DCTV. The program can be viewed on Channel 18 in Dartmouth and on DCTV's website.

- flat on floor, arms out by your side.
- Draw one knee to chest and slowly kick leg upward.
- Straighten leg until mild discomfort. Stretch occurs behind the leg.
- Bend the knee and drop your foot back on the floor; alternate sides.
- After first set is complete, lie legs out straight for 15 seconds, then return to starting position

for set two.

Sit to Stand (2 sets of 12 reps)

- Seated on chair, toes straight, chest up, look slightly up.
- Stand up, and squeeze the butt, then return to start position.

Single Leg Stance (2 Sets of 30 Seconds Each Leg)

- Stand near a wall, counter, chair or any sturdy object.
- Lift left knee off the ground as high as you can with a 90 degree bend in the knee and ankle.
- Right leg should have a slight bend in the knee, abs tight, squeeze the butt, and chest up.
- Focus in front of you at a non-moving point.
- Start off with as many hands and fingers needed touching a sturdy object and as you balance see if you can take off some fingers or hands to make you work more.

While the councils on aging may be closed to the public, many COAs have teamed up with their local cable access channels to provide the public with exercises classes. Tune into your local public access channel or visit them online.

Cam has partnered with the Dartmouth COA and DCTV to record an exercise class, which you can view on channel 18 in Dartmouth and online at www.town.dartmouth.ma.us/dartmouth-community-media.

Advisory Regarding Face Coverings and Face Masks

From the Massachusetts Department of Public Health

There are many things that you can do to help protect yourself and others from becoming infected with COVID-19. People who show no symptoms of illness may still be able to spread COVID-19. A face covering may help prevent you from spreading COVID-19 to other people.

A face covering can include

anything that covers your nose and mouth, including dust masks, scarves and bandanas. Do not use health care worker masks, such as the N95 masks. It is important that you wear these face coverings or masks in situations where it is difficult to maintain a social distance of six feet from others. For example, in a pharmacy or grocery store.

When you wear a cloth

mask, it should: Fit snugly but comfortably against the side of the face; be secured with ties or ear loops; include multiple layers of fabric; allow for breathing without restriction; and be able to be laundered and machine dried without damage or change to shape.

When putting on and taking off a mask, do not touch the front of it, you should only handle the ties or ear straps, and make sure you wash

the cloth mask regularly.

Wash your hands or use hand sanitizer after touching the mask. Cloth masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance. Practice social distancing at all times by remaining 6 feet away from others when you have to leave your home.

Consejos para Cubrirse la Cara y para el Uso de Mascarillas de Tela

Hay muchas cosas que puede hacer para ayudar a evitar que usted u otras personas se contagien con el COVID-19. Las personas que no presenten síntomas de la enfermedad igualmente pueden transmitir el COVID-19. Cubrirse la cara puede ayudar a evitar que usted contagié con el COVID-19 a otras personas.

Una cubierta para la cara puede ser cualquier elemento que cubra su nariz y su boca, incluyendo las mascarillas para polvo, las bufandas

y las bandanas. No use las mascarillas que usan los trabajadores de la salud, como las N95. Es importante llevar mascarillas o cubrirse el rostro en situaciones en las que es difícil mantener el distanciamiento social de seis pies (2 metros) de otras personas como, por ejemplo, en una farmacia, tienda o en un supermercado.

Al utilizar una mascarilla de tela, considere lo siguiente asegúrese que se ajuste bien pero que se adapte con comodidad a los

costados de la cara; asegúrese que esté bien sujetada o enlazada en las orejas; utilice varias capas de tela; asegúrese de que se pueda respirar sin impedimento, y; verifique que se pueda lavar y secar en la secadora sin que se dañe o se deforme.

Al colocarse o quitarse una mascarilla, no se debe tocar el frente de la misma, solo deben tocarse los nudos o los lazos para las orejas. Asegúrese de lavar la mascarilla de tela con regularidad. Lávese las manos o utilice un desinfectante de

manos luego de tocar la mascarilla.

Las mascarillas de tela no deben colocarse a niños pequeños menores de 2 años de edad, a ninguna persona que tenga dificultades respiratorias o que haya perdido el conocimiento, a alguien que tenga una incapacidad o que no pueda quitarse la mascarilla sin asistencia.

Mantenga el distanciamiento social en todo momento y permanezca a 6 pies o 2 metros de distancia de los demás cuando deba salir de su hogar.

Boletim sobre coberturas para o rosto e máscaras de pano

Há muitas coisas que você pode fazer para ajudar a evitar que você e outras pessoas se infectem com a COVID-19. Mesmo as pessoas que não apresentam nenhum sintoma da doença podem ser capazes de transmitir a COVID-19. Uma cobertura de rosto pode evitar que você transmita a COVID-19 a outras pessoas.

Uma cobertura de rosto pode ser qualquer coisa que cubra sua boca e nariz, incluindo máscaras contra pó,

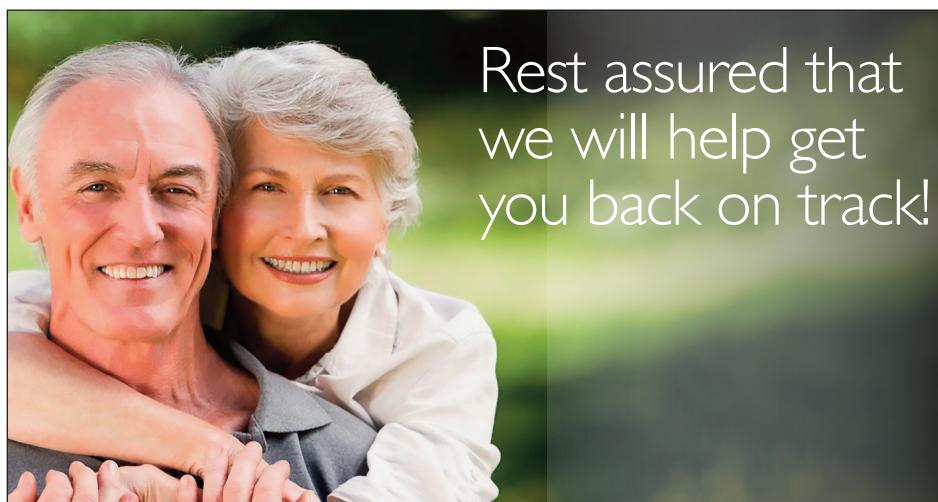
xales e bandanas. Não use máscaras que os funcionários dos serviços de saúde precisam, como as máscaras N95. É importante que você use uma cobertura de rosto ou máscara em situações em que é difícil manter uma distância social de 6 pés (2 m) de outras pessoas. Por exemplo, em uma farmácia ou supermercado.

Quando usar uma máscara de pano, ela deve: Ser justa, mas confortável, e cobrir os lados do rosto; ser presa com amarras ou

laços que prendam atrás das orelhas, ter várias camadas de tecido; permitir respirar sem restrições, e; devem poder ser lavadas e colocadas em secadoras sem que sejam danificadas ou percam seu formato. Quando colocar ou retirar uma máscara, não toque na parte da frente da máscara. Você deve tocar somente nas amarras ou no elástico das orelhas, e não deixe de lavar a máscara regularmente. Lave suas mãos ou use álcool gel depois

de tocar na máscara. Máscaras de pano não devem se colocadas em crianças com menos de 2 anos, em pessoas que têm dificuldade de respirar, ou estejam inconscientes, incapacitadas ou, que por qualquer outra razão, não consigam tirar a máscara sem ajuda.

Pratique o distanciamento social o tempo todo, permanecendo a uma distância de 6 pés (2 m) de outras pessoas, quando tiver de sair de casa por motivos essenciais.



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COVID-19 continued...

COVID-19 a pandemic on March 11, and President Donald Trump declared a national emergency two days later, freeing up federal funds for states. The first COVID-related death in Massachusetts occurred on March 19, as confirmed cases across the globe exceeded 200,000.

The virus transfers primarily between people in close contact through airborne, respiratory droplets produced from sneezes, coughing or talking. The majority of patients will display mild symptoms, which can include fever, cough and shortness of breath. Some people may never develop symptoms. Most of those infected will recover on their own.

However, COVID-19 can cause serious illness and may cause difficulty breathing. Older adults and those with underlying health issues, such as diabetes, lung disease and heart problems, are more likely to develop serious illness.

Complicating the matter are reports of asymptomatic transmissions – people who carry and spread the virus to others, but never develop symptoms themselves. According to the CDC, the extent of asymptomatic transmissions is not yet fully known.

Due to the pace at which the virus spreads, COVID-19 has proven itself capable of overwhelming health care systems. On Feb. 20, there were three confirmed cases in Italy. By March 22, that number ballooned to about 59,000 cases.



Store shelves lay bare on March 14, just one day after President Donald Trump declared the pandemic a national emergency. Stores would compete with consumers for weeks as COVID-19 spurred panic-buying of paper products, food, pet supplies and other essentials.

From mid-March through May, hundreds of Italians died daily.

"If Italy's experience shows anything," *The New York Times* wrote on March 21, "it is that measures to isolate affected areas and limit the movement of the broader population need to be taken early, put in place with clarity, then strictly enforced."

As researchers raced to develop a vaccine and find an effective treatment for the infected, governments across the globe went to great lengths to "flatten the curve," or slow the spread of the virus to ensure that hospitals could handle the surge of patients seeking medical treatment at one time.

To achieve this goal, the public was tasked with taking collective action, namely by practicing better hygiene, like frequent hand washing, and avoiding close

physical contact by standing 6 feet apart from one another in public, and spending the bulk of any given day isolating indoors.

As the virus spread across America, the CDC recommended wearing face coverings in places where social distancing would otherwise prove difficult, especially inside stores.

The businesses that remained open were adapting, too, by limiting the number of shoppers at any given time, erecting plastic barriers between employees and the public, and enforcing social distancing by marking floors with tape to maintain 6-foot gaps between customers.

Controlling the outbreak also meant pausing the economy for months. In America, unemployment rates skyrocketed as states implemented restrictions on which businesses could remain open.

From mid-March to the end of May, about 40.7 million people filed for unemployment – or about one out of every four American workers.

A recent survey from the Federal Reserve System revealed that 39 percent of American households earning less than \$40,000 a year reported a job loss in March.

"The scope and speed of this downturn are without modern precedent, significantly worse than any recession since World War II," said Federal Reserve Chairman Jerome Powell during a recent online event hosted by the Peterson Institute for International Economics. "We are seeing a severe decline in economic activity...and already the job gains of the past decade have been erased."

Emerging from the quarantine has proved to be a complicated matter, especially because the virus can linger. On April 8, Wuhan lifted its 76-day lockdown. By early May, six new cases were detected, prompting the Chinese government to respond with mass testing for the city's 11 million residents.

On May 18, Governor Baker announced a multi-step plan that aims to gradually reopen the state (more details described in a separate article below). Each phase of the reopening loosens restrictions, allowing for more businesses to reopen. However, the plan warns that if conditions worsen in the weeks ahead, "the entire Commonwealth may need to return to an earlier phase."

Massachusetts Strives for 'New Normal' with Phased Reopening

While the reality of masks and social distancing will remain a part of everyday life for quite some time, Governor Charlie Baker offered guidelines on May 18 that intend to return society to "a new normal."

On March 10, as COVID-19 spread throughout the nation, Baker declared a state of emergency in the Commonwealth. About two weeks later, Baker took that a step further by ordering non-essential businesses to close and issuing a stay-at-home advisory for Massachusetts residents. Groups of 10 or more were prohibited, prompting countless events to be canceled throughout the year.

That policy remained in place through May 18, when Baker announced a strategy to reopen the state through a four-part "phased" reopening.

Each phase of the plan is expected to last a minimum of three weeks, with the potential of lasting longer. More businesses and activities will gradually reopen, so long as the state has made progress on certain public health criteria, including increasing its testing and contact tracing capabilities. By taking a phased approach, officials hope to prevent a "second wave" of the virus from overwhelming the health care system.

Throughout every step of the plan, Massachusetts residents are urged to continue to wash their

hands frequently, practice social distancing, and wear a mask where social distancing is not possible. Residents should monitor how they feel on a daily basis and remain at home if they are feeling ill.

The first phase of the plan allows for manufacturing and construction businesses to return. On May 25, office spaces, salons, pet grooming companies and car washes were allowed to reopen, albeit with restrictions.

It should be noted that the policy reinforces that staying at home is still the safest option. All residents are advised to leave home only for health care, worship, and permitted work, shopping, and outdoor activities. People over the age of 65 and people who have underlying health conditions are advised to remain at home except for trips to the grocery store or for health care needs.

Some states that had loosened restrictions earlier in the year are now modifying their statewide approach to a county-by-county basis. Texas, which began loosening its restrictions on May 1, saw a large spike in cases after it concentrated testing on meat processing plant workers. On May 18, Texas Governor Greg Abbott announced that five counties in the state, which were largely centered around those meat plants, would delay entering the second phase of reopening.



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A view of the Greater New Bedford Community Health Center's mobile market back in early spring, prior to COVID-19. The market continued serving the public throughout the COVID-19 crisis and recently changed locations to the Time Square building parking lot on Purchase Street in New Bedford.

GNBCHC Mobile Market Carries On Through Crisis

Originally billed as a “rain or shine or snow” event, the mobile market managed by the Greater New Bedford Community Health Center can now claim that it will remain open in the event of inclement weather – or a global pandemic.

The monthly mobile market, which provides free produce to the public, has been in operation in New Bedford for a little over a year. Back in March, just days after the market celebrated its one-year anniversary, the severity of the COVID-19 pandemic was beginning to take shape in America.

The health center’s parking lot, where the market had been previously held, transformed into a COVID-19 testing site, and the mobile market switched locations in May to the parking lot of the Times Square building on Purchase Street. The health center received additional support and manpower from the United Way of Greater New Bedford to stay operational.

“We couldn’t cancel the food market. It’s too important,” said Joyce Dupont, the health center’s Director of Wellness.

The monthly market now requires that customers wear masks and practice social distancing. But, despite the countless cancellations brought on by the coronavirus, the outdoor market remained open for those who rely on the service.

The project is made possible through a collaboration between the Greater New Bedford Community Health Center, the United Way of Greater New Bedford and the Greater Boston Food Bank. Each customer will receive about 30 pounds of fresh produce. The health center distributes to nearly 300 people a month and any leftover produce is donated to the Salvation Army.

There are no income guidelines to take part in the market, and that’s by design. Dupont said the Greater Boston Food Bank wanted to ensure the market was for everyone. Customers may encounter a patient standing in line next to a doctor.

The market initially opened in the City because the health center identified food insecurity as a “huge need” in the community. Moreover, they found that many of their patients are living with diabetes or hypertension. By offering free

produce, the center hopes to encourage the public to modify their eating habits, which in turn could reduce the rate of chronic disease in the patient population.

“A lot of families can’t afford fresh produce,” Dupont said. “Having access to fresh fruit and vegetables will help improve their lives.”

This spring, the center was trying out a new approach to food distribution. Dupont said that after she joined the Age-Friendly New Bedford project, she realized that many older citizens wouldn’t be able to take advantage of the market because they are unable to attend.

The center worked with the New Bedford Housing Authority and the New Bedford Council on Aging to deliver food to various housing locations, including Olympia Towers, Car Barn Apartments and King Village Apartments.

Another option is door delivery. Volunteer Martin Bentz, Outreach Coordinator at the Islamic Society of Southeastern Massachusetts, made a few door deliveries for those who were unable to travel to the market themselves.

“It’s a rewarding experience to be able to help, and I wish I could do more,” said Bentz. “If more people called and asked for the service, I’d be happy to deliver.”

Dupont said that moving forward, she would like to identify more volunteers who can help run the market and its deliveries.

“The need is so great, and it takes a lot of manpower. We’re in desperate need of volunteers,” said Dupont. “The more seniors we can reach, the better.”

Resources

The Greater New Bedford Community Health Center’s next Mobile Market will be held on June 8 from 10 a.m. to noon at the Times Square building parking lot, 888 Purchase St. Pre-registration is strongly encouraged. Those who do not pre-register must wait until the end of the market to shop. To register, call Joyce Dupont at 508-992-6553 ext. 142.

Please leave the following info: Name, date of birth, number of people in household, ZIP code, and phone number.

Follow the health center on Facebook: facebook.com/gnbchc.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What childish game was an Olympic sport from 1900 to 1920?
A.) Mumblety-Peg B.) Tag
C.) Tug of War D.) Four Square
- 2.) What year did the Great Depression begin?
A.) 1914 B.) 1929 C.) 1930 D.) 1945
- 3.) What is the least rainy state in the U.S.?
A.) Arizona B.) New Mexico C.) Nevada D.) Utah
- 4.) What does the Roman numeral “D” represent?
A.) 50 B.) 500 C.) 5,000 D.) 50,000
- 5.) How many U.S. presidents have met Queen Elizabeth II?
A.) 4 B.) 8 C.) 10 D.) 12
- 6.) What is the only U.S. state without a straight line on its border ?
A.) Alaska B.) Hawaii
C.) California D.) South Carolina
- 7.) According to a recent YouGov survey, what is the most popular sandwich served in America?
A.) PB&J B.) Grilled Cheese
C.) BLT D.) Tuna Salad
- 8.) What U.S. president was known as the “Great Communicator”?
A.) Abraham Lincoln B.) Barack Obama
C.) Ronald Reagan D.) Theodore Roosevelt
- 9.) What animal did mankind catch the first common cold from?
A.) Camel B.) Dog C.) Gorilla D.) Horse
- 10.) What is the fastest sense ?
1.) Touch B.) Taste C.) Hearing D.) Sight

[answers listed on page 11]

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Nutrition

Meals on Wheels continued...

protocols prompted the local councils on aging to close to the public, and in the weeks that followed, Coastline's Meals on Wheels program saw nearly a 30 percent increase in demand for home-delivered meals. To meet demand, Coastline reached out to the councils on aging in the surrounding communities and put word out for volunteers and extra drivers.

"We would not have been able to increase the volume the way we have without the extra support," said Shiner. "When we needed them, they were there for us. I feel so honored and proud to be part of this community."

By taking on numerous volunteers and new drivers, Coastline was able to avert a suspension of service. Meals on Wheels programs throughout the nation experienced an increase in demand at the same time that volunteers and drivers were staying home for their own safety.

According to Meals on Wheels America, about 75 percent of the program's volunteers are age 55 and older. The average age of a volunteer is 62.

As the severity of the crisis unfolded, some Meals on Wheels programs were forced to temporarily suspend deliveries of hot meals.



Tiana Hernandez of STAT SouthCoast EMS loads a vehicle with meals prepared at the Rosemary S. Tierney Community Center on April 9. She was one of many drivers who assisted Coastline's Meals on Wheels program during the crisis, ensuring that the program did not have to suspend services.

Philip Beard, the Director of Coastline's Nutrition Program, said the new drivers were sourced from throughout the region, including volunteers from the councils on aging and the broader community, as well as drivers from the Acushnet Emergency Management Agency, STAT Southcoast EMS, the Mashpee Wampanoag Tribe and the New Bedford Council on Aging, among others.

"We really sense the importance of what we're doing," said Beard. "Everyone has been very supportive. And all the councils on aging have

been terrific. They've provided us with manpower, space and expertise."

Beyond meeting demand, Coastline was able to provide supplemental food items, such as snacks or sandwiches, as well as deliver extra shelf-stable and freezer-stable meals. Consumers who were identified as being especially at-risk to malnutrition and hunger were given additional food to store.

With the Councils on Aging closed to the public, Coastline's Nutrition Program has been occupying the centers during the week to prepare meals and organize

deliveries for the new drivers.

A few days a week, before starting her day working from home, Sue Oliveira volunteers at the Rosemary S. Tierney Community Center. She assembles meals alongside Coastline staffers before the drivers begin arriving around 9:30 a.m. to make deliveries in New Bedford.

Oliveira, who works as the Director of Risk and Compliance at First Citizens' Credit Union, said taking action to help others during this crisis has been rewarding.

"It makes me feel like I'm helping and contributing," said Oliveira. "On the days I volunteer, I don't have a headache. It's physically and mentally rewarding. There's nothing that will make you feel better."

Resources

For more information about Meals on Wheels, Coastline's Nutrition Program, or other Coastline services, call 508-999-6400 or visit coastlinenb.org and facebook.com/CoastlineNB.

The Southcoast Community Response Corps, formed in response to the ongoing pandemic, can help direct you to other local services and resources. Call 508-997-4515.

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The Importance of Health Care Documents

By Brandon Walecka, Esq.
Suprenant & Beneski

Like so many of you, I am doing my part to protect the health of our vulnerable community members and frontline workers during the COVID-19 pandemic by socially distancing. To stay in touch (and sane!), I have been connecting frequently with friends and family by telephone and videoconference. In these interactions, I have noticed that some of my friends and family are now thinking about the "what-ifs" in life that they avoided considering before the pandemic.

Luckily, it is not too late to execute proper estate planning documents to ensure that your wishes are respected and the proper people are appointed to handle your medical and personal affairs should a sudden illness strike.

Estate planning is as much about protecting yourself in life as it is about protecting your loved ones and your assets at your passing. Protecting yourself in life, does not need to be complicated; a few documents can make a big difference.

To be prepared, here are the personal and medical documents that everyone should have in place:

Health Care Proxy: A health care proxy (HCP) appoints an agent to make health care decisions for you when you can't do so for yourself, whether permanently or temporarily. It is only effective when a doctor determines and indicates in writing that you are not able to make medical decisions for yourself. Every HCP should have a primary agent and an alternate agent. Without this document in place, your family members might be forced to go to court to be appointed guardian, resulting in an ongoing, public, and costly process.

Personal Directive: Also known as Advance Directive or Living Will, this document, though not legally binding, provides guidance to your family, doctors and friends about what types of decisions you would like to be made for you if you cannot speak for yourself. It is the place for you to indicate if you would like extreme

measures taken to preserve your life (e.g., life support) or if you do not want your life extended through extreme measures. It also allows for you to indicate additional wishes like whether you would like to be buried or cremated and any special arrangements you would like related to your memorial services.

HIPAA Authorization: While the HCP authorizes your agent to act for you on health care matters when you are incapacitated, you may only appoint one person at a time. The Health Insurance Portability and Accountability Act (HIPAA) preserves the privacy of your medical information. It prohibits access to your medical information to anyone except yourself. This can make it very difficult for family members to assist you with medical issues such as insurance, finding out about test results, speaking to a doctor or pharmacy about a prescription, etc. It may be important for all of your family members to communicate with health care providers. A broad HIPAA authorization will permit medical personnel to share information with anyone and everyone you name, not limiting this function to your health care agent.

I often encourage that you to speak with your decision makers and provide them with copies of these documents. By having these conversations, it can ease the emotional burden on them and provide you with comfort that your intentions are understood and appreciated.

Further, you should provide copies to any of your health care providers (primary care physician, specialists, health insurance companies, etc.). If a medical incident sends you to the hospital, having copies of these documents readily available can make all the difference. As we have heard, in this time of COVID-19, no one is allowed to accompany you to the ER. These documents will help facilitate your care and ensure that your agent (and loved ones) are informed about your condition.

By executing these health care documents, you can save your family a great deal of stress, burden, and cost at an already tough time.

Councils on Aging

On May 18, Governor Charlie Baker announced a plan to gradually reopen the state. This issue of *Senior Scope* was published during the first phase of the plan, and as it stands now, the state is encouraging citizens to stay at home except for health care, worship, or permitted work, shopping, and outdoor activities. People over the age of 65 and people who have underlying health conditions are advised to remain at home except for trips to the grocery store or for health care needs.

This means that the South Coast's Councils on Aging will likely remain closed this June for regular activities, exercise classes and group meals. However, the COAs encourage you to reach out. If you have questions or would like to know what resources are available for you, contact your community's COA or your local SHINE counselor (SHINE contact info is listed on page 2). Furthermore, many of the COAs will continue to publish monthly newsletters with updates from around your community, many of which are available online at ourseniorcenter.com.

Acushnet COA

For more information, call the Acushnet Council on Aging at 508-998-0280. The center is located at 59 ½ South Main St., Acushnet, MA 02743.

Free Produce for Acushnet Residents in Need: The Acushnet Council on Aging, in conjunction with the Acushnet School Department, is proudly offering free produce for Acushnet seniors and families with school age children on alternating Thursdays (RAIN OR SHINE) at 9 a.m. (please DO NOT arrive early) at the Acushnet COA. The program will be available for Acushnet School families on Thursday, June 4 and 18. The program will be available for Acushnet seniors (age 60+) on June 11 and 25. Limited supplies available; one box per family. Contactless pick-up. Masks required. Proof of residence required. Proof of income eligibility not required, but this program is intended for those in need.

Toe Nail Care: While we will still be closed to the general public, we're very excited to announce that toe nail care with Lisa will resume the week of July 6. If your appointment was canceled in March/April/May we will be reaching out to you to reschedule. If you need an appointment please leave a message with the COA. Clients visiting the center will wear a clean face covering. Clients will be required to check in with their name, phone number and address for contact tracing purposes. Clients will not be allowed into the building until their appointment time. Please call from the parking lot when you arrive and a staff member will let you know when to enter the building. A "No Congregation" policy will be in effect; individuals must implement social distancing by maintaining a minimum distance of 6 feet from other individuals.

Dartmouth COA

For more information, 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.

Red Cross Blood Drive: Tuesday, June 16 from 10 a.m. to 3 p.m. Hosted by the Dartmouth Council on Aging. Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org. Call the COA for more info at 508-999-4717.

Learning through Retirement (Pilot Program): The Council on Aging is looking for 12 participants for a new pilot program sponsored by Dartmouth Community Television (DCTV) and the Dartmouth Council on Aging (DCOA). The program will partner 12 retired members of the community with local high school students and will consist of three components: a morning exercise, an intergenerational exchange between partners, and a review and scrutiny of the film contributions of Alfred Hitchcock. The target date is July 2020. The program will be held online. In order to be considered for this class, you must: apply by June 12, be retired with basic computer skills, and be able to commit to the program for the entire 6 weeks. Contact Nancy Miller (DCOA) at 508-999-4717 or Dr. Cynthia Marland (DCTV) at 508-984-1359 to apply and/or ask questions.

Center Exercise Classes Now Available on DCTV Channel 18: Four of our popular classes are now being offered through DCTV. Cam's Conditioning, Tai Chi with Joe Rebelo, Dance for Parkinson's and Osteo Exercise. DVDs of the Osteo class are also available through the Center. Tune into DCTV channel 18 on your TV, or visit: www.town.dartmouth.ma.us/dartmouth-community-media

Dartmouth COA Newsletter: The monthly newsletter is available on the Town website. You can also receive the newsletter by email or through regular mail. Call the center for details.

Continued on Page 11

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Fairhaven COA

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

Fairhaven Senior Talent Show: The 5th Annual Senior Talent Show has been postponed to a later date. The date is TBD. Contact Melissa Kurcharski at 508-330-4837 or email Melissa@fsuinc.com if you wish to perform.

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.

Masks: The Friends of the Marion Council on Aging have generously donated face coverings for those that may need one. Call the office to arrange to get one at 508-748-3570.

Transportation Services: Beginning June 1, the Marion COA will provide limited transportation services. Transportation to routine doctor's appointments: you will be seated at the farthest distance possible from the driver. Transportation to grocery stores: The number of passengers will be greatly reduced. To ensure that all who wish to shop will have the opportunity, we have increased the number of weekly shopping trips. The schedule is as follows (and can change without notice): Monday: Stop & Shop, Fairhaven; Tuesday: Market Basket, Plymouth; Wednesday: Shaws, Wareham; Thursday: Market Basket, Plymouth; Friday: Walmart or Aldi or Target, Wareham. We will begin picking up for these trips at 8:30 a.m. You must sign up in advance by calling the office at 508-748-3570, no more than 48 hours in advance. You will be limited to one trip a week. If you wish to make an additional trip, we can put you on a waiting list. Call for more information regarding safety protocols when accessing transportation services.

Food Options: The COA is implementing new and modified processes for assisting Marion's older adults with their food needs. In combination, these actions will provide a viable option for all current participants of the Community Center food bank. We recognize that the population we serve is extremely vulnerable to this virus. Furthermore, we understand there are some members of the community who will feel unsafe returning to a grocery store and do not have family members to assist them. To help support these individuals we will be offering a packaged box of groceries containing grocery staple items, some fresh as well as shelf stable that will be delivered weekly. Call for info.

Friendly Conversation Program: During this time of quarantine could you benefit from a friendly conversation? Reach out to us at 508-748-3570 and we will arrange this service. If you feel that you need professional help in navigating these uncertain times, we have a list of mental health professionals that we have compiled. Call the office and we can guide you in the right direction.

Meditation & Exercise Classes: For the time being, meditation classes will meet via Zoom. Call the center for info and for the Zoom link. The center will also be recording meditation and exercise classes and posting the videos on the Marion Public Service YouTube channel.

Mattapoisett COA

For more information, call the Mattapoisett Council on Aging at 508-758-4110 or go to mattapoisett.net/council-aging. The center is located at 17 Barstow St., Mattapoisett, MA 02739.

Food Services: The COA and its volunteers will continue to provide food shopping services to those who request it. If you are tight on funds, there are local pantries available. Call the COA for info.

Taxes: The state and the federal governments extended the tax filing deadline to July 15. There are many people who were scheduled to have tax returns prepared by AARP volunteers at the COA. The AARP Tax-Aide Foundation will resume its services as soon as they are allowed. All previously scheduled appointments will be honored. The COA will call you when the new dates for appointments are available. For more info, visit: <https://taxaideqa.aarp.org/hc/en-us>

Friendly Caller Program: Launched in March, the Friendly Caller Program is managed by the Mattapoisett Council on Aging's Outreach Coordinator. You can get one phone call or multiple calls in a week or in a month. Your choice! For info, call 508-758-4110.

Tech Support: Did you know that you can video chat through Facebook Messenger, even if you don't have an iPhone or iPad? Do you know how to use FaceTime to "see" your friends and family? What is Zoom, and how do you

do it? How do you connect to YouTube channels for exercise or information? Maybe you would like to learn how to shop for groceries online or make any other purchases. We may not be able to help you with all your tech needs, but we will try our best to walk you through it on the phone. If you have an email account, email your questions to coadirector@mattapoisett.net or call.

Exercise Classes: Some of our instructors have recorded themselves instructing a class, which are available via the internet or cable TV. Visit www.orctv.org.

New Bedford Councils on Aging

The Rosemary S. Tierney Community Center and the Buttonwood Senior Center will remain closed to the public until further notice. For updates and assistance, contact the New Bedford Council on Aging at 508-991-6250.

Rochester COA

For more information, call 508-763-8723. The Rochester Council on Aging is located at 67 Dexter Lane, Rochester, MA 02770. Visit the website at rochestermaseniorcenter.com. Follow us on Facebook at: facebook.com/rochestercoa.

Call with Questions: The Rochester Council on Aging, while not open to the public, has staff available who can answer your questions. Rochester residents can call with general inquiries, questions about transportation for medical needs or questions about the availability of food services. Call 508-763-8723.

Dementia Directory

www.alzconnected.org

Memory Cafés (Call for updates)

Memory Cafés are supportive gatherings for individuals with memory loss and their care partner, family or friends. Due to the ongoing outbreak of COVID-19, many in-person gatherings and events have been canceled. Contact the cafés and support groups below for updates and information about reopenings. Visit www.memorycafedirectory.com/cafe-connect for a list of virtual memory cafés that you can access through video conference apps or over the phone.

Acushnet COA Memory Café: Thursdays from 10 to 11:30 a.m. Acushnet COA, 59 ½ 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 (Call for updates)

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. RSVP. **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

The trips that were scheduled this spring as part of New Bedford's Senior Travel Club program have been canceled as a precautionary measure. *Senior Scope* will provide updates from this program as they become available.

June 2020 Trivia Quiz Answers

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



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Community

Holidays Provide a Moment's Reprieve During Pandemic

Social distancing, the public's primary weapon in the fight against COVID-19, resulted in countless cancellations. Any gathering of more than 10 people had to be viewed as a potential pathway for disease to spread. Everything from New Bedford's Portuguese Feast, Germany's Oktoberfest, Spain's "running of the bulls" and even the 2020 Summer Olympics were all scrapped to avoid person-to-person transmission.

However, the restrictions inspired people to innovate and work around social distancing measures. Americans staged elaborate drive-by birthday parties. Families huddled around computer screens for online video chats. Musicians staged concerts from the safety of their balconies.

And some holiday celebrations carried on in the South Coast, albeit with some major modifications.

As Holy Week approached, it became clear that churches would not be prepared to open in time for the spring celebration, but Father David Lupo of St. Mary's Church in Fairhaven found a way to bring his congregation together. On Palm Sunday, Lupo donned a face mask and gloves and handed out disinfected palm leaves through a drive-through system in front of the church.

To ensure that parishioners could join together to celebrate



Fairhaven COA Director Anne Silvia (center) stands in front of dozens of bagged lunches, which were delivered to about 120 Fairhaven residents on Easter Sunday.

Easter, the church began streaming services over social media.

"It was not quite the same," said Lupo regarding this year's Easter Sunday service. "But after several weeks away, they were so happy to see the inside of the church again on Facebook. They yearn to be back and pray for things to go back to normal."

The church continued streaming Sunday services thereafter. And although the tithe plate may be gone, Lupo said parishioners have left envelopes in the church's mailbox to say thanks for the Facebook masses.

Anne Silvia, Director at the Fairhaven Council on Aging,

typically brings together a large crowd on Easter for a group meal. This year, however, she was able to bring the meal to the public.

In the lead-up to the holiday, the COA was approached by an anonymous donor who wished to purchase 100 meals from Max's Soda Bar. The thought was that, even if people couldn't gather for a meal at the senior center, they could at least have a meal delivered to their door. Silvia said she reached out to the individuals who usually attend the Easter celebration and promoted the event on Facebook.

"The phone did not stop ringing for three days," said Sylvia, who prepared 20 extra meals to

accommodate demand.

On Easter Sunday, about a dozen volunteers delivered the meals to nearly 120 Fairhaven residents. Silvia said that between Easter, regular meal delivery, and other special projects, "there's a lot of good people who have stepped up to volunteer."

Some holiday traditions pressed on despite a brief delay. For three decades, the Rochester Council on Aging has celebrated Arbor Day with Rochester Memorial School by gifting students with trees. A little over a month after Arbor Day, Lorraine Thompson, Outreach Coordinator at the COA, and longtime volunteer, Jill Bodeau, delivered about 80 Blue Spruce trees to the school.

Rochester COA Director Cheryl Randall-Mach said the trees, which are typically delivered in-person to the students, had to be distributed this year with social distancing protocols in mind.

"We certainly missed the stories and closeness of past distributions," Randall-Mach wrote. She said that one school staff member reported that their tree, received many years ago, was still growing in their yard.

"While this pandemic has impacted us all in many ways," she said, "it's inspiring to know that this special tradition was able to continue, for the beauty and enjoyment of all Rochester residents, for generations to come."

State Launches Contact Tracing Program to Halt Virus

As Massachusetts enters the first phase of its reopening plan, it also enters a new phase in the fight against COVID-19. To better understand where the virus is spreading – and to quell outbreaks before they occur – the state is working with local boards of health to launch a contact tracing program.

According to the Centers for Disease Control, contact tracing is a process by which trained public health workers will contact patients with a suspected or confirmed COVID-19 infection and help them recall all the people they have encountered since they may have become infectious. The staffers will then warn those people who may have been exposed.

The process is handled with patient confidentiality in mind. The contacts are only told that they may have been exposed to the virus, and they will not receive the name of the person who may have initially exposed them.

In Massachusetts, the process will be handled by the Community Tracing Collaborative, which was created by Governor Charlie Baker. Everyone who has tested positive will receive a call from the MA COVID Team. The team will ask questions about the person's recent contacts and follow up with those individuals, encouraging them to

get tested and to self-quarantine to avoid potentially spreading the virus further.

If the MA COVID Team contacts you, the call will come from one of two area codes: 833 or 857. Your caller ID may say the call is from the "MA COVID Team."

Calls will be made daily from 8 a.m. to 8 p.m. The MA COVID Team will not ask for social security information or health insurance information. During the phone call, a Case Investigator will ask you for a list of all the people and places you were within 6 feet of during the 48 hours prior to your symptoms. For those who do not have symptoms, include all contacts 48 hours prior to your diagnosis. The Case Investigator will also ask for the phone numbers of any people you identify so that they can be reached and notified about their exposure.

While the team may encourage you to inform your contacts about your illness, the state will not share your information. The MA COVID Team will call your contacts and tell them they have been exposed to COVID-19, but will not release your name. Likewise, the state will not share any information with immigration officials or ICE.

A Case Investigator will check in on you regularly to monitor your symptoms and needs.

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