

# Senior Scope

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

Vol. 2, Issue 7

Published by Coastline Elderly Services, Inc.

July 2020

## Inside



Huttleston  
Marketplace, page 12

- Donations..... 2
- Letter from the CEO ..... 2
- Update from Coastline ..... 3
- Social Security ..... 3
- Update ..... 4
- NB Wellness Initiative..... 5
- Self-Monitoring..... 6
- COVID continued..... 7
- Mental Health cont ..... 8
- Trivia ..... 8
- SNAP Online ..... 9
- Stretching..... 10
- At the COAs..... 10
- COAs cont..... 11
- Dementia Directory..... 11
- Huttleston Market..... 12
- Grab 'n' Go..... 12

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



## Managing Mental Health During COVID-19

Massachusetts has been slowly reopening since Memorial Day. But, as many residents attempt to find normalcy and reacquaint themselves with friends whom they haven't seen in months, directives from the state caution older adults that the safest place for them is at home in isolation.

This extended period of isolation will help shield older people from the threat of COVID-19, but too much time alone can impact overall health. According to the National Institutes of Health, social isolation has been linked to a higher risk for a variety of health conditions, including high blood pressure, heart disease, and a weakened immune system, as well as mental health issues, like anxiety, depression, and cognitive decline.

Since the early days of the outbreak in the U.S., a local group, the South Coast Community Response Corps, has brought together a variety of agencies, organizations and individuals that are focused on basic needs and support services.

Reverend David Lima, who has been leading weekly meetings for the Response Corps, said some of the participating agencies – even those that aren't necessarily tied to mental health services – expressed worry that their clients were struggling with anxiety brought on



Natalia Mariano, a Red Cross worker, distributed masks on May 30 during New Bedford's "NB Mask" project. The city offered free masks to citizens across three weekends in late spring to help slow the spread of COVID-19. As the pandemic continues, managing mental health in addition to physical health remains critical.

by the pandemic.

"It's tough for most of us to think we need a counselor or to ask others for assistance with something that's going in the mind rather than in the body," said Lima. "We all have moments of anxiety, depression or isolation. But COVID has taken that to another level."

According to a recent health survey by the Kaiser Family Foundation, in the month of May, nearly 40 percent of U.S. adults reported that COVID-related stress

had negatively impacted their mental health, including 12 percent who said it was having a "major" impact.

"Things have changed since the pandemic," said Darcy Lee, the executive director of the Samaritans of Fall River/New Bedford. "More people are calling because of the isolation that they're feeling. Having to be away from others initially caused a lot of distress in people."

*Continued on page 8*

## State Reopens Amid Protests; Cases Climb Throughout U.S.

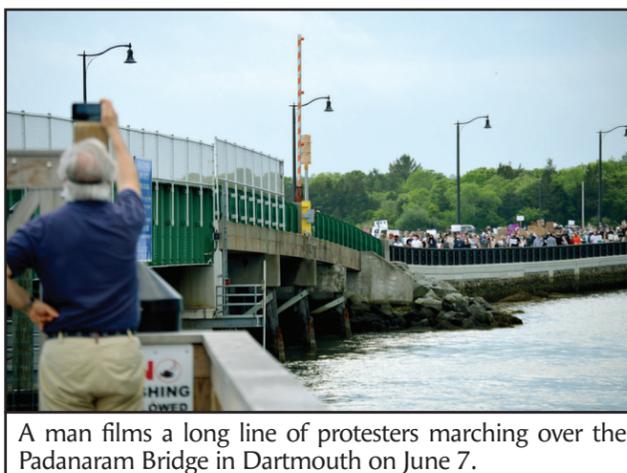
Citizens of the Commonwealth slowly emerged from quarantine starting on May 18 as part of Governor Charlie Baker's four-part phased reopening plan. As residents cautiously returned to malls and restaurants in Massachusetts, the coronavirus continued to impact other parts of the U.S. and nations throughout the world.

By the final week of May, there was little sign that SARS-CoV-2, the virus that causes COVID-19, was slowing its march across the globe. As the nations that were affected early on in the crisis began to slowly lift quarantine restrictions, cases began to surge in Latin America and South Asia.

At the same time, the public's attention was suddenly diverted to a

different, but in many ways related, story in the United States.

George Floyd, a black man from Minnesota, was killed on Memorial Day after police pinned him to the



A man films a long line of protesters marching over the Padanaram Bridge in Dartmouth on June 7.

ground during an arrest. Video footage of the event, depicting Derek Chauvin, a white officer, blocking Floyd's airway for nearly

nine minutes, prompted public outrage, and protests were organized in Minnesota the following day.

Floyd's death quickly gained traction in the press, and anti-racist demonstrations and protests against police brutality spread across the country. The movement garnered international attention, and during the first half of June, demonstrations had been held everywhere from New Bedford to the streets of London, Tokyo and Tehran.

The widespread public outrage was not contained to Floyd's death, however. Throughout the first few months of the pandemic, COVID-19 had emphasized the ways that systematic racial inequality has

*Continued on page 7*

## A Message from Coastline's CEO, Paula Shiner

To the Coastline community,

As my final day with Coastline approaches, I wanted to reflect on the past nine years leading the company and thank everyone for making Coastline what it is today. I am very proud to have led this wonderful organization and to have worked alongside a team that is truly committed to the mission of caring for our community.

Whether you are a staff member, a volunteer, a member of one of our boards, or a community partner, I want to thank you for believing in our work. We would not be successful without your dedication, commitment, and support.

Our work feels more important than ever, and that's partially due to the fact that an estimated 10,000 Americans turn 65 every day. Perceptions about seniors and what it means to age have also changed.

Today's seniors are interested in living fruitful lives. They want to stay active and healthy. They want to remain in their homes and in their communities. They want to direct their services. They want to combat ageism and continue to contribute to society, whether through work or volunteering. They use social media and participate in intergenerational activities, including raising



Paula Shiner, Chief Executive Officer of Coastline, retired at the end of June after serving in the role for nine years. During her final week, she received a Congressional citation, signed by U.S. Rep. William Keating, for her decades working in the home health industry. Justin Lees, Coastline's Chief Financial Officer, became Coastline's CEO on July 1 (See page 3).

grandchildren.

They do not consider themselves to be "old" and are proving it in many ways. I'm happy to see these changing perceptions because I myself am a senior.

I'm also honored that I was able to take part in these shifting attitudes by being part of the "Age-Friendly" movement. New Bedford was the third city in the Commonwealth to be accepted by the AARP's Network of Age-Friendly States and Communities, and the City continues to be recognized for its ongoing work to advocate for

older adults. It is important work that I hope will continue for many years to come.

As we look ahead to the future, there is clearly much more work to be done to combat ageism and to ensure that seniors are living the lives they deserve. The ongoing global pandemic has disproportionately impacted older adults, and I hope their specific social and economic needs are considered as we work toward a "new normal."

I could never have predicted that my last four months at Coastline would be spent addressing a

pandemic. Thankfully, we have been able to get through this difficult time by working together.

This public health crisis has been an experience that will forever change the way we live and work. I am so impressed with Coastline's staff and how they managed to care for consumers and caregivers while also dealing with the challenges of being home with children or being on the frontline delivering meals.

I hope that I have been able to lead the organization by example. I know I'm leaving behind a very strong and committed leadership team and staff, and they will ensure the long-term success of Coastline. They will care for our community for many years to come.

Finally, I would like to reinforce the words I have been repeating for the past nine years to our consumers, caregivers, and citizens throughout the South Coast: If you need help, information, or guidance, just call Coastline at 508-999-6400.

I wish everyone the very best in health and happiness.

Sincerely,

*Paula Shiner*

**Paula Shiner**

*Chief Executive Officer, Coastline*

1-800-AGE-INFO  
www.800ageinfo.com  
1-800-243-4636

**Mass Options**  
massoptions.org  
844-422-6277  
844-422-MASS



### 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



Published by Coastline Elderly Services, Inc. with  
Title III funds from the Executive Office of Elder Affairs

**Paula Shiner, CEO Coastline**  
**Seth Thomas, Editor**  
**Ann McCrillis, Managing Editor**  
**Philip Beard, Distribution**

For further information on advertising rates,  
please call: 508.742.9104  
or e-mail: sthomas@coastlinenb.org

**Senior Scope at Coastline**  
1646 Purchase Street,  
New Bedford, MA 02740

**To our readers:** We are able to publish the Senior Scope newspaper through the support of grant funders, such as the Massachusetts Executive Office of Elder Affairs, our advertisers and donors. As the publisher, Coastline is not responsible for the content of third party advertising.

## 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 July 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.

#### In Memory Of:

In memory of parents, Armand & Margaret Andrade, and grandson, David.

— Joan St. Onge  
\$25

#### For Prayers Answered:

Thank you, St. Jude and Sacred Heart of Jesus.

— Anonymous  
\$10

#### In Thanks:

In support of *Senior Scope*.

— Anonymous  
\$25

**This month: \$60**  
**Year-to-Date: \$208**

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

Yes, I want to support Senior Scope. My voluntary donation in the amount of

\$ \_\_\_\_\_ is enclosed. (Checks paid to: Coastline.)

My name: \_\_\_\_\_

My address: \_\_\_\_\_

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:

In memory of  For prayers answered  In thanks

## Coastline Announces New Chief Executive Officer

Coastline Elderly Services, Inc., has named a new Chief Executive Officer. Justin Lees, who had worked previously as the nonprofit's Chief Financial Officer for the past 8 years, will become the CEO effective July 1. He will replace Paula Shiner, who retired on June 30 after leading the agency since 2011.



Justin Lees, Coastline's new CEO.

“Under Paula’s leadership, we’ve been able to accomplish a lot on the fiscal, technology and facilities aspects of Coastline,” said Lees. “I am looking forward to taking over at the strategic level and continuing to move the agency forward.”

During the past decade, demographics began to shift in the country. Starting in 2011, the oldest members of the baby boomer generation turned 65, according to the Pew Research Center. An estimated 10,000 Americans were projected to turn 65 every day from Jan. 1, 2011 through 2030.

To ensure that Coastline remained on top of these trends, Shiner was instrumental in establishing the Age-Friendly New Bedford project, along with officials in the City of New Bedford. The city continues to receive recognition for its ongoing efforts to advocate for older adults.

“Coastline is fully prepared to accommodate the growing population of older adults in the South Coast,” said Lees. “In fact, we have experienced an uptick in the number of people we serve since the outbreak of COVID-19, and we have not slowed down at all. I am prouder of Coastline’s work now more than I have ever been, and am excited to assume my new role while harnessing that energy.”

“On behalf of the Board of Directors, I’m delighted to announce that Justin has agreed to lead Coastline,” said Rita L’Etoile, President of Coastline’s Board of Directors. “In his time with the agency, he has displayed a tireless commitment to our mission of caring for the community.”

Lees was chosen for the role after an extensive selection process, which occurred through the first half of the year. He earned an undergraduate degree in accounting from University of Massachusetts Dartmouth and a Master’s in Public Administration with a Concentration in Civic and Nonprofit Leadership from Bridgewater State University.

In his previous role at Coastline, Lees was responsible for managing the budget, monitoring more than 25 service contracts, overseeing technology upgrades, and he was the point person for all capital projects.

## Social Security Redesigns Online Benefits Portal

By Delia De Mello  
*Social Security*



Delia De Mello, Social Security

The Social Security Administration announced the first of several steps the agency is taking to improve the public’s experience on its website. The newly redesigned retirement benefits portal, at [www.socialsecurity.gov/benefits/retirement](http://www.socialsecurity.gov/benefits/retirement), will help millions of people prepare for and apply for retirement.

“We are working hard to continue improving our website to provide people with clear, helpful information and easy access to our online services,” said Andrew Saul, Commissioner of Social Security. “Our new retirement portal is more user-friendly and easier to navigate, whether someone is ready to learn about, apply for, or manage their retirement benefits.”

The redesigned portal will make it easier for people to find and read about Social Security retirement benefits, with fewer pages and condensed, rewritten, and clearer information. The portal also is optimized for mobile devices so people can learn and do what they want from wherever they want, and the portal now includes the ability to subscribe to receive retirement information and updates.

Click on [www.socialsecurity.gov/benefits/retirement](http://www.socialsecurity.gov/benefits/retirement) to find out how to Learn, Apply, and Manage retirement benefits, and learn how to create a personal my Social Security account online.

More improvements to Social Security’s website are planned for later in 2020 as the agency seeks to continuously improve the public experience at [www.socialsecurity.gov](http://www.socialsecurity.gov).

As we continue to navigate the ongoing pandemic, be aware that there are scammers who will take advantage of the current situation and try to trick you out of your money and personal information. Don’t be fooled.

If you receive calls, emails, or other communications claiming to be from the U.S. Treasury Department, the Internal Revenue Service, the Social Security Administration, or another government agency offering COVID-19 related grants or economic impact payments in exchange for personal financial information, or an advance fee, or charge of any kind, including the purchase of gift cards, please do not respond. These are scams.

Visit Treasury’s website if you suspect economic impact payment fraud.

Caring for you in your neighborhood—it’s what we do best



Dental care at no cost to you



\$305 towards eyeglass frames



YMCA membership or \$55 per month for gym membership



Nurse Care Manager to coordinate your care



Up to \$400 a year for health-related items



Transportation to and from your doctor appointments\*



Senior Whole Health  
A MAGELLAN COMPANY

We speak your language

Join today! Call 1-888-566-3526 (TTY 711)  
[www.seniorwholehealth.com/SNP](http://www.seniorwholehealth.com/SNP)

Senior Whole Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Senior Whole Health (HMO SNP) and Senior Whole Health NHC (HMO SNP) are Coordinated Care Plans with a Medicare Advantage contract and a contract with the Commonwealth of Massachusetts/EOHHS MassHealth program. Enrollment depends on annual contract renewal. H2224\_2019\_77906\_M Accepted 9/24/2019 \*Limitations may apply

# 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 [lyeslp@gmail.com](mailto:lyeslp@gmail.com). Funding provided in part by a grant from Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs.

## Libraries Offering Curbside Pickup

Many South Coast libraries are offering curbside pickup. Contact your local library for instructions. Curbside pickup hours vary, so be sure to ask about times of service. You can see what's available by visiting [www.sailsinc.org](http://www.sailsinc.org) and searching for your local library.

- **Acushnet Public Library:** 508-998-0270 or email [acuholds@sailsinc.org](mailto:acuholds@sailsinc.org).
- **Dartmouth Public Libraries:** Southworth Branch, 508-999-0726; North Branch: 508-999-0728.
- **Elizabeth Taber Library (Marion):** Call 508-748-1252.
- **Joseph Plumb Mem. Library (Rochester):** Call 508-763-8600 or email [info@plumblibrary.com](mailto:info@plumblibrary.com)
- **Mattapoisett Free Public Library:** Call or email the staff at [mfpl@sailsinc.org](mailto:mfpl@sailsinc.org).
- **The Millicent Library (Fairhaven):** Call 508-992-5342 or email the staff at [illfhv@sailsinc.org](mailto:illfhv@sailsinc.org).
- **NB Public Library:** Call 508-991-6275.

## Common Ground: A Common Mosaic

For the next three years, the New Bedford Whaling Museum will be collecting and sharing the stories of the community – in their own words. Through writing, audio, video, and other means of recording, community members are going to have the opportunity to lend their voice to the collective story of Greater New Bedford. The initiative will culminate in an exhibition that shares the lived experiences of the enduring and evolving communities of the area.

From its beginnings as a part of Wampanoag territory to its early Azorean and Cape Verdean immigrants, and more recent Central American and Caribbean immigrants, the common thread throughout New Bedford's history has been migration and its ethnic and cultural diversity – the heartbeat of this port city. Like a mosaic, this exhibition will highlight how the diverse identities and individual stories intersect to create a singular picture of New Bedford – finding the common ground.

Lend your voice to a collection of the lived experiences as a member of the community of Greater New Bedford. Stories collected here might be shared by the Common Ground project and could end up in the final exhibition planned for 2022. Email your written story to: [stories@whalingmuseum.org](mailto:stories@whalingmuseum.org).

## NB Farmers Market Summer Schedule

The New Bedford Farmers Market's three locations will return this summer. If you plan on attending any of the markets this summer, you will be required to wear a mask and practice social distancing. All forms of payment are accepted at these markets, including SNAP/HIP.

The Brooklawn Park Farmers Market will be held Mondays from 2 to 6 p.m. Opening Day is June 29. Closing day is Oct. 26. The market is located inside Brooklawn Park on the Acushnet Ave side near the duck pond. Free parking is available on-site.

The Custom House Square Farmers Market will be held on Thursdays from 2 to 6 p.m. Opening day is July 2. Closing day is Oct. 29. The market is located downtown at Custom House Square on Barkers Lane. Free 30-minute parking is available on-site, but it's limited.

The Clasky Common Farmers Market will be held on Saturdays from 10 a.m. to 2 p.m. Opening day is July 11. Closing day is Oct. 31. The market is located inside Clasky Common Park (known to locals as Common Park) on Pleasant St. in the middle of the park. Free parking is available on-site.

## 'Grandparents Raising Grandchildren' Update

Grandparents Raising Grandchildren, the monthly support group that typically meets at New Bedford City Hall, will be on hiatus for the foreseeable future in light of the ongoing pandemic. However, grandparents in need of support and information are encouraged to call Brenda Grace at 508-996-0168.

The group also hosts an annual scholarship program benefitting the grandchildren of program participants. The scholarship fund is dependent on donations from the community. Last year, the organization awarded four local students with scholarships. Call Brenda for more info on how you can contribute to the scholarship program.

Grandparents Raising Grandchildren is partly funded by Coastline and the Executive Office of Elder Affairs.

## Women's Center Still Providing Care

The Women's Center is still providing support, care and services. The Women's Center's rape crisis and domestic violence hotline is operating 24/7. All services are accessible 24/7 by calling the hotline: 508-999-6636.

Intake and one-on-one counseling, advocacy, referrals, and support services are available by phone in English, Spanish, and Portuguese from 9:30 a.m. to 4:30 p.m.

Medical advocacy/hospital response is being offered via phone to all hospitals in our area. Shelters are open, but currently full. There are some limited hotel room placements available for emergencies, accessible through our hotline. Police, court, and legal advocacy and assistance with orders of protection are provided by phone. All services are free and confidential.

## 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: July 13, Aug. 10 and Sept. 14. The market has temporarily moved to the Time Square building parking lot, located at 888 Purchase St.

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.

Follow the health center on Facebook for updates regarding the mobile market: [www.facebook.com/gnbchc](http://www.facebook.com/gnbchc).



## AFFORDABLE CAREFREE LIVING

- Enjoy a spacious apartment,
- restaurant style dining,
- daily social activities,
- weekly housekeeping & laundry services,
- 24 hour emergency response service, and so much more!

Call 508-997-2880

for more information!

Whaler's Cove Assisted Living  
114 Riverside Avenue  
New Bedford, MA 02746



Now Accepting Applications\*

## Bedford Towers

62+ Senior Living Community

- 1 & 2BR Apts./ 2 & 3 BR Townhouses
- Modern appliances
- Wall-to-wall carpeting
- Window shades
- Washer/dryer hook-up (townhouses)
- Air-conditioning
- Emergency call system
- Grand community gathering space
- Laundry care-suite (apartments)
- Basketball court / Playground
- Professional, on-site management & 24-hour emergency maintenance

231 Middle St., New Bedford  
508.992.9603 | [PeabodyProperties.com](http://PeabodyProperties.com)

\*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Info contained herein subject to change w/o notice.

Professionally managed by:



## Looking for a career?

Do you need a profession that provides a good working environment with a great work-life balance and allows you to make a difference?

If so, visit:

[www.coastlinenb.org](http://www.coastlinenb.org)  
for employment opportunities.

## PROJECT INDEPENDENCE

Serving adults with medical needs for more than 35 years

### Adult Day Services

Karen A. Maciulewicz, M.S. R.N.C.

250 Elm Street,

New Bedford, MA 02740

Phone: 508-997-1441

Fax: 508-997-5594

[www.piadhc.org](http://www.piadhc.org)

Caregiver Grant Funded by Title III-E  
of O.A.A. Sponsored by Coastline Elderly



## We are here FOR YOU

AND YOUR HOME CARE NEEDS



COMMUNITY NURSE HOME CARE

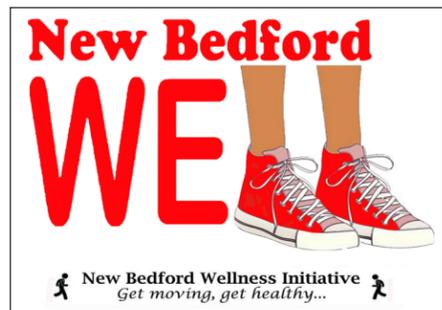
Visiting Nurse | Hospice | Private Care | Wellness

*We Bring Caring Home*

508-992-6278 | [www.communitynurse.com](http://www.communitynurse.com)

# Your Health

## COVID Chat with Dr. Rocha and Dr. Bromage



Dr. Michael Rocha recently interviewed Dr. Erin Bromage, a Comparative Immunologist and associate professor of Biology at UMass Dartmouth, about the ongoing pandemic. According to a release from UMass, Bromage “researches the evolution of the immune system and the immunological mechanisms responsible for protection from infectious disease.”

In early May, Bromage published a blog post on his website, titled “The Risks – Know Them – Avoid Them,” that explained some of the dense scientific concepts about COVID-19 in plain language. The post has since received more than 18 million views, and Bromage has been interviewed by a variety of major press outlets.

Rocha spoke with Bromage on June 14 during a Facebook Live event, which was hosted by New Bedford Guide on behalf of the New Bedford Wellness Initiative. During their conversation, the two discussed everything from the ethics of reopening the economy to safety measures consumers should consider while shopping.

The following features Bromage’s remarks during that interview, broken down by topic and edited for clarity. The full discussion can be viewed on New Bedford Guide and the New Bedford Wellness Initiative’s respective Facebook pages.

### **Bromage, on the rise in case numbers around the U.S.**

You hear in the news that there are [some] states that have increasing cases, and that seems worrisome. But in almost half of those states, the increase in cases is coming from testing. The more you test, the more cases you find.

Testing and every extra person we pull out of circulation – that’s one less transmission chain. We shouldn’t be jumping all over the states that have increasing numbers because of increasing testing.

The ones that we really need to focus on are the [states] whose testing is staying flat, but the number of positives they’re getting per test is increasing. When we look at Texas, Arizona, California, even Washington, they’re all increasing, and it’s not because of increased testing. There is something going on there.

### **Will the protests lead to outbreaks?**

There’s almost no doubt that, with the protests, there’s going to be enhanced community spread, but we’re not going to see that for two weeks, possibly four. We will know

when those 3,000 people go home and infect their household or their workplace, and the 3,000 becomes 10,000.

While the protests themselves got my attention, [the number of new cases] may be masked in the general increase because we have people moving around with each new phase.

### **Masks are going to be the new normal for a while.**

The data keeps streaming in that mask use is really important for lowering transmission chances. It’s not a one-shot wonder, but it’s going to go a long way to regain more of what we lost, just from wearing an extra piece of clothing.

### **How time and space factor into an infection.**

Being infected is not a single step. It can happen in multiple, different ways. If I was face-to-face with you having a conversation, every time you speak, you’re puffing out respiratory droplets straight out at me. While I can’t see them, they are there. They can land in my eyes. I can breathe them in. That could be enough of a dose to [become] sick.

It can happen from a brief encounter – a sneeze, a cough, a ten-minute conversation with somebody – but it can also be spending an hour or two in a room with somebody who’s infected.

### **On feeling safe during the reopening.**

When I walk into a store, I look at the employees and I look at what they’re wearing, how seriously they’re taking it, and how their employer has looked after them. I went into one of the bigger box stores the other day, and I saw at least half a dozen customers without masks on, so I walked out and went to a different store.

In Texas this past week, five of their restaurants that opened closed for another two weeks because they had outbreaks inside their restaurants. Why? Because they didn’t have the [personal protective equipment] – they didn’t have what they needed to be safe.

### **The safety vs. economy debate.**

You have to address the biology to fix the economy. [In] Texas, you had restaurants rushing in fix the economy, but they didn’t focus on the biology of transmission. Any business needs to look at protecting their employees. If you protect the employees, then you’re protecting customers.

### **Reducing harm as the public continues to go out.**

We know from sex education



Dr. Michael Rocha

Erin Bromage

Dr. Michael Rocha and UMass Dartmouth associate professor Dr. Erin Bromage discussed the pandemic on New Bedford Guide on June 14. Bromage has been interviewed by a variety of news outlets, including *The New York Times*, BBC, NBC and CNN. You can view the entire conversation online on New Bedford Guide’s Facebook page or YouTube channel.

campaigns and drug-use campaigns that an abstinence-only policy doesn’t work. If you go on an abstinence-only policy, [people] don’t have the tools or resources to protect themselves.

It’s the same thing with an infectious disease. If we say, ‘Stay home, stay home, stay home!’ and that’s the only message that we have, some get locked away in the house, and some go out without the toolkit they need to keep themselves safe.

I’ve taken the harm reduction approach. We would prefer that you stay home, but if you are going to [go out], here are some strategies that you have so that you don’t become a statistic.

### **On the most at-risk populations.**

Japan tracked clusters – large expanses of infections – and more than half of them started from people that were 20 to 29 years old. [Infections] started in that age group and then they went from that age group – who was very mobile, has lots of contacts, those contacts then had contacts – and then it ended up hitting [an older] population. Lots of people ended up sick and dying.

We’re seeing that there is an important role of 20 to 40 year olds in this [outbreak] because they seem to have much less severe [symptoms] than most other people and go about daily business longer.

They are the ones moving it around, and it’s hitting nursing homes, gymnasiums, meatpacking facilities throughout the country. We’re up to 40,000 infected workers in meat houses. Nearly 700 have died. These are young, fit people who are in conditions that are perfect for transmissions and getting a high dose of the virus.

We know that the younger you are, the less severe [symptoms] that you have. But that doesn’t mean that you don’t have a role in this.

### **Why we shouldn’t be solely focused on fatality rates.**

We know the mortality [rate], and we know it’s not very risky for people under 50. But we also know

that people under 50 have it pretty rough. And we know that the lungs get beaten up pretty badly.

When we look at the data from SARS from 2003, some of those people that were infected with SARS took in the vicinity of five to seven years to regain lung function.

I think that’s part of the reason why we are protecting schools and protecting workers. Death isn’t the only measure. Quality of life – if you can’t enjoy a breath of fresh air because your lungs don’t work – that’s also important.

It’s not about fear, and I’m not trying to make people stress out. But we don’t know enough to confidently say, ‘Let this just run through the 20 year olds, and we’re fine.’

### **Every decision is a calculation.**

We all have a part in this right now. It’s up to us to keep Massachusetts going and keep it open. It’s the choices that we make that will make a big difference.

Understand what this virus is and does, and modify your behavior to try to limit your chances of being exposed. The big [opportunities for exposure] are face-to-face conversations and indoor settings with lots of people for extended periods of time. They’re the things you need to avoid.

And, if we do that, we bring the reproduction rate of the virus way down and we can cruise along with this until we can get a good treatment or vaccine.

### Resources

To watch the interview between Cardiologist Dr. Michael Rocha and Biologist Dr. Erin Bromage, visit New Bedford Guide on Facebook at [www.facebook.com/watch/?v=276764826846491](https://www.facebook.com/watch/?v=276764826846491)

For more updates from the New Bedford Wellness Initiative, visit them online at [nbewell.com](http://nbewell.com) or follow them on Facebook.

You can read Dr. Bromage’s viral blog post, as well as other posts, online at: [www.erinbromage.com/post/the-risks-know-them-avoid-them](http://www.erinbromage.com/post/the-risks-know-them-avoid-them).

## Tips for At-Home Quarantine or Self-Monitoring

[Source: Mass. Dept. of Public Health]

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

1. Stay home from work, school and away from public places.

2. Monitor for symptoms and take your temperature twice daily. If you develop symptoms or a fever, then call your health care provider immediately.

3. Get rest, stay hydrated and exercise if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.

4. If you have a medical appointment, call the health care provider ahead of time and tell them that you have been exposed to COVID-19.

5. For medical emergencies, call 911 and notify the dispatch

personnel that you have been exposed to COVID-19.

6. Take everyday actions to prevent the spread of germs. Clean your hands often with soap and water for at least 20 seconds, or an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Cover your cough/sneeze. Avoid touching your eyes, nose and mouth.

7. As much as possible, stay in a

specific room and away from other people and pets in your home. Use a separate bathroom, if available.

8. Avoid sharing personal items with other people in your household, like dishes, towels and bedding.

9. Clean all surfaces that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

For more information, call 2-1-1.

## Consejos para la cuarentena en casa y la autoevaluación

Si le han indicado hacer cuarentena o autoevaluar sus síntomas en casa por posible contacto con COVID-19:

1. Quédese en su casa, no vaya a trabajar, a la escuela, ni a lugares públicos.

2. Vigile sus síntomas y tome su temperatura dos veces al día. Si desarrolla algún síntoma o tiene fiebre, llame a su proveedor de cuidados de la salud inmediatamente.

3. Si es posible, descanse,

manténgase hidratado y haga ejercicio. Si puede hacer ejercicio, hágalo en su casa o en el patio. Evite los lugares donde pueda tener

contacto con otras personas.

4. Si tiene una cita médica, llame al proveedor de cuidados de la salud antes de ir y dígame que usted estuvo expuesto al COVID-19.

5. Para emergencias médicas, llame al 911 y avise al personal que atiende el llamado que usted estuvo expuesto al COVID-19.

6. Tome precauciones todos los días para evitar la propagación de gérmenes. Limpie sus manos frecuentemente con agua y jabón por al menos 20 segundos, o use un desinfectante de manos a base de alcohol que contenga como mínimo 60% de alcohol. Cúbrase la boca al toser o estornudar. Evite tocarse los ojos, la nariz y la boca.

7. Si es posible, quédese solamente en una habitación de la casa y manténgase alejado de otras personas

y mascotas en su hogar. Use un baño separado, si tiene uno disponible.

8. Evite compartir objetos de uso personal como platos, cubiertos, toallas o ropa de cama con otras personas de su hogar.

9. Limpie todas las superficies que se tocan con frecuencia, como encimeras, mesas y manijas de puertas. Use aerosol o toallitas de limpieza según las instrucciones de las etiquetas.

Para más información, o llame al 2-1-1.

## Dicas para fazer quarentena em casa e automonitoramento

Se você foi instruído a fazer quarentena ou automonitoramento em casa por causa de um possível contato com a COVID-19:

1. Fique em casa, não vá ao trabalho, à escola ou a lugares públicos.

2. Monitore seus sintomas e tire sua temperatura duas vezes por dia. Se apresentar algum sintoma ou febre, ligue para seu provedor de cuidados de saúde imediatamente.

3. Descanse, mantenha-se

hidratado e exercite-se, se possível. Se conseguir fazer exercícios, faça exercícios em sua casa ou no quintal. Evite locais onde possa entrar em contato com outras pessoas.

4. Se tiver uma consulta médica, ligue para seu provedor de cuidados de saúde com antecedência e diga a ele que você foi exposto à COVID-19.

5. Em emergências médicas, ligue para 911 e notifique o atendente de que foi exposto à COVID 19.

6. Tome precauções todos os

dias para prevenir a disseminação dos germes. Lave as mãos frequentemente com água e sabão por no mínimo 20 segundos, ou use um álcool gel higienizador com pelo menos 60% de álcool. Cubra o nariz e a boca ao espirrar ou tossir. Evite tocar seus olhos, nariz e boca.

7. Fique o máximo possível em somente um quarto e longe de outras pessoas e animais domésticos de sua casa. Use um banheiro separado, se puder.

8. Evite compartilhar itens pessoais com outras pessoas da casa, como pratos, toalhas e roupa de cama.

9. Limpe todas as superfícies que são tocadas frequentemente, como balcões, tampos de mesas e maçanetas. Use sprays para limpeza doméstica ou lenços umedecidos desinfetantes, de acordo com as instruções do rótulo.

Para obter mais informações, ou ligue para 2-1-1.



Rest assured that we will help get you back on track!

### Specialty Acute Care Services include:

- Complex Wound Care
- Multi-System Complications
- Medically Complex
- Cardiac Services
- IV Therapy
- Renal Failure/Dialysis

We are dedicated to providing you with the specialized care you will need on the road to recovery after a serious medical condition. Our team of physicians, nurses and therapists will help you every step of the way, from a seamless transfer from the hospital to your transition back home.

- Both are family owned and operated skilled nursing facilities
- We are Joint Commission Accredited and Medicare Certified
- We accept most HMO's, Medicare and Commercial Insurance

Member, Southcoast Physician's Network - PostAcute Care Program  
**SIPPICAN** 123 bed skilled nursing facility  
 15 Mill Street, Marion, MA  
 (508) 748-3830  
 Healthcare Center

102 bed skilled nursing facility  
 314 Marion Road, Middleborough, MA  
 (508) 947-8632  
**NEMASKET**  
 Healthcare Center

www.facebook.com/WhittierHealthNetwork | www.whittierhealth.com  
 MEMBERS OF THE WHITTIER HEALTH NETWORK: DEDICATED TO YOUR WELL-BEING



218 Shove St., Fall River, MA 02724 • 508-679-6185  
 prnafc@gmail.com • www.PRNAFC.com

### DID YOU KNOW MASSHEALTH OFFERS:

#### For Caregivers:

- ❖ Get paid up to \$1,643/month stipend to care for Masshealth Standard or Commonwealth members living with them
- ❖ Ongoing caregiver training
- ❖ CPR Certification
- ❖ Monthly monitoring by PRN's Registered Nurse and Licenced Social Worker

#### For Clients:

- ❖ Personalized care plans to meet your medical needs
- ❖ Monthly visits by R.N. and/or case manager
- ❖ Clinical nursing and social needs assessments by our professional staff
- ❖ Assistance in navigating healthcare benefits, appointments, referrals, etc.

**Preferred AFC helps people live in the community where they feel comfortable. Adult Foster Care is a program sponsored by MassHealth to help people with daily living difficulties continue to live in warm, loving homes. Our professional staff will make sure all your medical and social needs are met.**

**Let us help you care for a loved one.**

Accredited by The Council on Accreditation

COVID-19 continued...

created disparate health outcomes for African Americans.

The APM Research Lab, in a June 10 report that compiled mortality data in the 43 states where it was available, concluded that African Americans were dying at twice the rate of white Americans. The COVID Tracking Project found that, while African Americans make up about 13 percent of the U.S. population, they account for 24 percent of all deaths – or at a rate “nearly two times higher than their population share.”

Complicating this research is the fact that, throughout the crisis, many states were reporting incomplete information. A little over a week after the protests began in Minnesota, Robert Redfield, the director of the Centers for Disease Control and Prevention, addressed the absence of data.

“I personally wanted to apologize for the inadequacy of our response,” Redfield said during a House Appropriations subcommittee hearing on June 4. “The data is the roadmap. It’s fundamentally the first key step that we need to do to address the health disparities.”

On the same day, the Trump administration established requirements for states to report more complete demographic data on those tested, including race, ethnicity, sex and age.

The protests alarmed some public health experts, who



Anti-racist demonstrations and protests against police brutality spread across the country in early June. The protests came at a time when data showed the pandemic was disproportionately impacting African Americans. The CDC promised more complete data moving forward. Pictured: A large crowd gathered on Padanaram Bridge on June 7.

believed the country was risking further spread of COVID-19. But there were some early signs that reopening measures in general were leading to more cases.

On June 12, the CDC issued new guidance for gatherings, whether it’s a protest or a backyard barbecue, and warned that “the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.”

“I know people are eager to return to normal activities and ways of life,” Redfield said. “However, it’s important that we remember that the situation is unprecedented and that the pandemic has not ended.”

By the second week of June, about 20 states, mostly in the

South and Midwest, were seeing an increase in cases, some of which was attributed to an overall increase in the number of tests performed. But in some states, including Arizona, Texas and Florida, the number of positive cases increased along with the increase in testing. On June 16, those three states reported their highest single-day increase in new cases.

As the public wearily walked the tightrope between reopening the economy and flattening the curve of new infections, researchers at the National Bureau of Economic Research (NBER) declared that the U.S. was in a recession, ending a historic 128-month period of economic expansion.

“The committee recognizes that the pandemic and the public health response have resulted in a downturn with different characteristics and dynamics than prior recessions,” the NBER wrote in a release. “Nonetheless, it concluded that the unprecedented magnitude of the decline in employment and production warrants the designation of this episode as a recession.”

Toward the end of June, as Massachusetts restaurants were given the green light to allow indoor seating, governors in other states were urging residents to stay vigilant about wearing masks and to limit trips outside their homes. Governor Roy Cooper of North Carolina extended the second phase of its reopening plans for three more weeks.

According to data compiled by John Hopkins University, by June 24, there were more than 9.3 million confirmed cases worldwide, nearly 4.7 million of which had recovered. The virus has left more than 479,000 people dead. In the U.S. alone, there were more than 2.3 million confirmed cases, 647,000 of which had recovered, and nearly 122,000 deaths.

“In the first month of this outbreak, less than 10,000 cases were reported to WHO. In the last month, almost 4 million cases have been reported,” said World Health Organization Director-General Tedros Adhanom Ghebreyesus during a media briefing on June 24. “We expect to reach a total of 10 million cases within the next week.”



## Surprenant & Beneski, P.C.

*Strategic Planning for Your Peace of Mind*

ESTATE PLANNING • ELDER LAW

35 Arnold Street, New Bedford, MA 02740 • 508-994-5200  
336 South Street, Hyannis, MA 02601 • 508-427-1102  
45 Bristol Drive, Easton, MA 02375 • 508-427-5400



Surprenant & Beneski, P.C. warmly welcomes you to share your goals for yourself, your loved ones and your legacy. With your goals in mind, using appropriate strategies for you, we will create a comprehensive estate plan that protects you, your family and your assets. Partners, Dan Surprenant and Michelle Beneski, are Certified Elder Law Attorneys by the National Elder Law Foundation. This makes our team uniquely qualified to help you prepare for life’s unknowns and provide you with peace of mind. We proudly serve Southeastern Massachusetts, Cape Cod and the Islands and are here to help you protect what means the most to you.

MEDICAID PRE-PLANNING & CRISIS PLANNING  
ESTATE TAX PLANNING • SPECIAL NEEDS PLANNING  
POWERS OF ATTORNEY • WILLS • HEALTH CARE PROXIES  
HIPAA AUTHORIZATIONS • BLOODLINE PLANNING

# Got one or both of these cards? Get more.



Get more benefits than you’re currently getting from Original Medicare and MassHealth with the **UnitedHealthcare® Senior Care Options (HMO D-SNP)** plan. It combines your doctor, hospital and prescription drug coverage into one plan for a **\$0 plan premium**.

**Call today to enroll or get answers to your questions.**



**Anthony Nieves-Roman**  
Licensed Sales Agent

**1-857-222-2143, TTY 711**  
anthony.nieves-roman@uhc.com



**UnitedHealthcare®**  
Community Plan

[UHCCommunityPlan.com/MA](http://UHCCommunityPlan.com/MA)

UnitedHealthcare SCO is a Coordinated Care plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in the plan depends on the plan’s contract renewal with Medicare. This plan is a voluntary program that is available to anyone 65 and older who qualifies for MassHealth Standard and Original Medicare. If you have MassHealth Standard, but you do not qualify for Original Medicare, you may still be eligible to enroll in our MassHealth Senior Care Option plan and receive all of your MassHealth benefits through our SCO program.

H2226\_190905\_095352\_M  
UHCSCO\_190905\_095352\_M

CST28498\_H2226-001

*Mental Health continued...*

“They’re afraid to be out there in the world because COVID is still a threat,” she said.

The Samaritans of FR/NB field about 1,400 calls a year from people who are experiencing loneliness, depression or suicidal thoughts. Trained volunteers answer calls on a local, toll-free line, the Samaritans’ statewide line, and the National Suicide Prevention Lifeline.

Volunteers are specially trained in crisis management and suicide prevention and serve as compassionate, non-judgmental listeners. Lee said that anyone can call if they are in need of emotional support.



Lawn signs emblazoned with positive messages have become a common sight during the pandemic, reminding others that everyone is feeling uneasy.

“Some people call just to unburden themselves. Maybe they’re having a stressful day, and they just want to speak to someone who won’t judge them. Others call because they are suicidal and they need services related to that. It’s a broad spectrum of calls that we receive,” she said.

Even as the state reopens, mental health problems persist. Looking at data from the first week in June, in which 355 people called the Samaritans, compared to the first week in May, the number of people who were reporting feelings of loneliness and depression had gone up by about 10 percent. About 65 percent of callers were experiencing anxiety and stress, a 21 percent increase compared to the first week in May.

“The number of callers who reported that they were suicidal went up; however, the number of times that we’ve had to send rescue has decreased,” Lee said. “So people are feeling suicidal with regards to the pandemic. But, by calling our hotline, our volunteers have been able to get them to a place where they feel safe to themselves again.”

The Samaritans also offer a check-in service called KARE Calls, in which a volunteer will call senior clients weekly. Lee said the service helps participants from feeling lonely, and the calls enable people to share thoughts and feelings.

“Mental health is as important as someone’s physical well-being, said Lee. “While people may feel like they can’t share how they feel with a family member or friend for fear that the person would say ‘you need to get over that’ or ‘I’ve heard that before’ – our volunteers

will never say that. They are here to listen.”

Melissa S. Ahaesy, M.Ed, a licensed mental health counselor who specializes in elder mental health, said she has reinforced to her patients that they are not alone in the way they’re feeling.

“Everyone feels alone right now. We’re all feeling lonely and out of sorts,” said Ahaesy.

She said her older clients have a tendency to downplay feelings of anxiety and depression, often repeating the refrain ‘I’m fine,’ even if that’s far from the truth.

“They’ve been raised to not ‘bother’ people. But, when they say they’re fine, they don’t get that extra phone call from a grandchild,” she cautioned.

Throughout the crisis, she has found that many clients have been glued to the TV, watching a constant stream of COVID news alerts, which has only increased their anxiety. After a spring spent quarantined indoors, she has been encouraging clients to turn off the TV and head outside for a walk or sitting with a friend outdoors (all while practicing social distancing and while wearing a mask).

Creating a schedule for yourself – even if it’s marking your calendar with simple activities like going for a walk, cooking something new, or calling a friend – can help break up the day and give you something to look forward to.

She also noted that now is the time to stock up on activities, such as puzzles, word searches or books, in the event that a second wave occurs this fall.

If you’re feeling like you’re not yourself or your routine is changing, you may want to consider counseling or talk therapy, she said. Other warning signs could include an unwillingness to get out of bed, a loss of appetite, frequent crying, irritability or feeling antisocial.

“There will be an end to it,” said Ahaesy. “But don’t be afraid to call people and let them know you’re lonely.”

### Resources

For help linking up with mental health services, call Coastline at 508-999-6400.

The South Coast Community Response Corps can be reached at 508-997-4515 or online at [southcoastcrc.org](http://southcoastcrc.org). You can find more info online at [southcoasthelpers.org](http://southcoasthelpers.org) or [gnbcares.org](http://gnbcares.org).

Samaritans of Fall River/New Bedford Local Toll-free hotline number is 866-508-4357 (HELP).

Samaritans Statewide Hotline & text is 877-870-4673 (HOPE).

National Suicide Prevention Lifeline (24 hours/day) is 1-800-273-8255 (TALK).

For more information about Kare Calls or Safe Place (a support group for survivors of suicide victims), please contact Darcy Lee at 508-679-9777 ext. 10 or email at [samaritansfrnb@gmail.com](mailto:samaritansfrnb@gmail.com).

Melissa S. Ahaesy, M.Ed, LMHC, can be reached at 508-536-8642.

Page 10 and 11 of Senior Scope lists services at the local senior centers. They remain closed or are limiting visitors, but many are offering outreach programs.

## Trivia

### FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What kind of instrument is the piano?  
A.) Brass B.) Woodwind C.) String D.) String and percussion
- 2.) At two years old, Tiger Woods appeared in a putting contest against what celebrity?  
A.) Bob Hope B.) Fred Astaire C.) Michael Jordan D.) Wayne Gretzky
- 3.) What state is home to the Crazy Horse Memorial?  
A.) Montana B.) South Dakota C.) New Mexico D.) Nevada
- 4.) What do you put in a tiffin?  
A.) Potted plants B.) Hot food C.) Thank-you cards D.) Electronic cables
- 5.) What was the original name of duct tape?  
A.) Duck Tape B.) Johnson’s Waterproof Tape  
C.) Miracle Tape D.) Duct tape
- 6.) What were the Marx Brothers’ stage names?  
A.) Groucho, Harpo, Chico, Kippo, and Zeppo  
B.) Groucho, Harpo, Chico, Gummo, and Zeppo  
C.) Groucho, Karlo, Chico, Gummo, and Zeppo  
D.) Groucho, Harpo, Chico, Gummo, and Peppo
- 7.) What was Jacqueline Kennedy’s maiden name?  
A.) Boucher B.) Bollard C.) Bouchard D.) Bouvier
- 8.) Who was the first African-American to be featured on a U.S. postage stamp?  
A.) Booker T. Washington B.) Harriet Tubman  
C.) Sojourner Truth D.) Martin Luther King, Jr.
- 9.) What was the original purpose of bubble wrap?  
A.) Football helmet liner B.) Toy C.) Surgical bandage D.) Wallpaper
- 10.) What was the name of Bob Ross’ TV show?  
A.) “Paint by Design” B.) “The Joy of Painting”  
C.) “Happy Little Accidents” D.) “Master Paint”

[answers listed on page 11]

## Because some of the best moments happen at home

A senior health plan offering in-home services at no-cost to you.



For seniors 65+  
with MassHealth

1-855-833-8124 | TTY: 711



BOSTON MEDICAL CENTER  
**HEALTHNet PLAN**  
SENIOR CARE OPTIONS

# Nutrition

## Purchase Food Online with SNAP at Select Retailers

Massachusetts residents who are enrolled in SNAP (the Supplemental Nutrition Assistance Program) can, for the first time, buy groceries online using their Electronic Benefit Transfer (EBT) cards. Customers can purchase SNAP-eligible foods at Amazon and Walmart’s websites and smartphone apps.

Federal rules generally prohibit online purchases with an EBT card. However, the online purchasing program, which launched in New York last year, came to the Commonwealth this summer to help consumers shop safely during the ongoing pandemic.

Data earlier this year from the U.S. Bureau of Labor Statistic’s monthly Consumer Price Index report confirmed what many shoppers had suspected: the pandemic was inflating the cost of groceries. In the month of April, the average consumer paid about 2.6 percent more for groceries, which was the largest one-month increase since 1974.

In May, the Baker-Polito Administration announced it would be investing \$56 million to combat food insecurity for some Massachusetts families and individuals as a result of COVID-19.

“While COVID-19 has had a statewide impact, some of our



Starting May 29, Massachusetts residents enrolled in SNAP can now buy eligible foods online, either on the Walmart or Amazon websites or smartphones apps.

communities and residents who have historically experienced food insecurity have been even more disproportionately impacted,” said Baker in a release. “Our goal is to use this funding to meet a greater demand for nutritional assistance among vulnerable populations and those struggling with the economic impacts of the pandemic.”

According to the state, applications for SNAP benefits have increased by 400 percent (or about 80,000 new households) since the beginning of the COVID-19 crisis.

The new program, which officially launched on May 29, only applies to Amazon and Walmart, but more retailers may be added in

the future.

SNAP-eligible food items include fruits and vegetables; meat, poultry, and fish; dairy products; breads and cereals; snack foods and non-alcoholic beverages. Customers cannot use SNAP benefits to cover the cost of delivery. You must pay for fees with another form of payment, like a credit card or gift card.

The state has released additional information highlighting the differences between the two retailers:

### Using SNAP via Walmart:

- *Is there a delivery fee?* Fees vary from \$7.95 to \$9.95. There

is an option to pay a flat fee of \$98 per year for all fees.

- *How do I get food?* Curbside pickup (available at the Walmart in Dartmouth) or delivery at some locations.
- *How do I know what is available?* At checkout, the payment screen will show what is SNAP-eligible.
- *How do I get help?* Visit [www.walmart.com/help](http://www.walmart.com/help).

### Using SNAP via Amazon:

- *Is there a deliver fee?* Free if you spend \$35 or more
- *How do I get food?* Delivery only.
- *How do I know what is available?* Look for “SNAP EBT Eligible” label next to the item’s name.
- *How do I get help?* [www.amazon.com/help](http://www.amazon.com/help).

### Resources

Check your eligibility for SNAP benefits and apply at [DTACnect.com](http://DTACnect.com).

For help signing up for SNAP, contact your local SHINE counselor. A list of counselors is listed on page 2 of every issue of *Senior Scope*.



# VIBRA HOSPITAL

## OF SOUTHEASTERN MASSACHUSETTS

**Vibra Healthcare Specialty Acute Care services include:**

- Pulmonary/Ventilator/Tracheostomy Services
  - Complex Wound Care
  - Multi-System Complications
  - Medically Complex
  - Cardiac Services
    - IV Therapy
  - Renal Failure/Dialysis

The road to recovery due to a serious medical condition can be a lengthy process that is seldom easy. But there is help along the way. **Vibra Hospital of Southeastern Massachusetts** is there to provide the specialized care you need right when you need it.

Beginning with a seamless transfer from the hospital, up until the time a patient is able to transition home, the Vibra team of dedicated physicians, nurses and specialized therapists are there every step of the way. Providing the kind of personalized care that makes a real difference. Helping patients with everything from relearning to walk, to breathing without a ventilator, while helping families to understand the process and the outcomes.

All with one goal in mind. **Getting patients back to better.**

**[vhmass.com](http://vhmass.com)**

4499 Acushnet Avenue • New Bedford, MA 02745 • 508.995.6900

## Stretching During Lockdown

By Cam Bergeron, CSCS  
Cam's Conditioning & Rehab

The quarantine has left everyone out of their element. Whether you are working from home or sitting at home, the body is changing.

More and more people are just not moving around as much as they should. The seated position shortens the muscles of your legs, chest, shoulders, torso and neck. The reason why the muscles become shortened is due to the fact that the body is stuck in the same position for hours on end.

Look at your chair. Most likely, the head rest is puffed out, which pushes your neck forward. The sides are also puffed out (mostly on recliners or end of couches), which rounds your shoulders and chest forward. Knees are bent (unless you are lounging on a recliner), which shortens the muscles of the legs. Either way, working in a chair or just sitting around all day has negative effects on the body. If you have experienced increased lower back pain or new back pain, this is due to inactivity.

Chronic sitting can lead to rounding of the lower spine. This causes your intervertebral disks to be pushed backward. When this happens the disk pushes against nerves and causes pain. Sitting properly can keep you safe from lower back rounding. Also, tightness in the legs pulls into the hips, which pulls into the lower back and may cause pain in the lower back.

The best way to keep your body functional and to maintain good posture is to stretch daily. If you are seated for prolonged periods, the neck, shoulders, chest, abdominals, hips, and legs need to be stretched daily. These positions cause muscles to shorten. Stretching will elongate muscles and bring them back to their normal length. When your muscles are at normal length, they do not pull awkwardly on joints and cause pain.

### Chest Stretch (45 sec., each side)

Standing in a doorway, chest up, knees slightly bent, feet straight forward arms by your side, palms forward, stomach tight. Raise both arms up to the side until hands reach

shoulder height (elbows should have a slight bend in them) and touch outside of door. Bring one leg forward and lean forward until a stretch occurs in the chest/front of shoulders. Hold for 45 seconds.

### Seated Hamstring Stretch (12 reps each side)

Seated in a chair, chest out, shoulders back, with another chair/foot stool/etc. in front of you (starting position). Lift right leg and place it on the chair in front of you. Knee is straight. Bending at the hips, lean forward reaching towards right toe with left hand. Reach as far forward as you can until a stretch in the back of the lower back/thigh/knee/calf reaches mild discomfort. Only reach as far as you can keeping knee straight. Hold for one second, then return to start position. Alternate between sides until 12 reps per side have been completed. On the 12th rep, hold your stretch for 45 seconds.

### Quad Stretch (45 seconds each side)

Standing near a wall, chair, table, etc. Chest out, shoulders back, slight bend in knees (starting position). Bring one heel to butt and grab that foot with same sides hand. Pull heel to butt until stretch occurs in front of thigh and hold. Switch sides. If you are not comfortable doing this standing, it can be done side lying on bed/couch/floor. Lie on your side and pull the heel of your top leg to butt with same sided hand.

### Neck Stretches (45 seconds each direction and each side)

Seated on a chair, chest out, shoulders back, head facing forward (starting position). Grasp onto the chair with left hand. Look right until a stretch reaches mild discomfort in the left side of your neck. Hold for 45 seconds then return to start position. Look down to right armpit until a stretch reaches mild discomfort in the left side of the neck. Hold for 45 seconds and return to start position. Tilt head right ear to right shoulder until a stretch reaches mild discomfort in the left side of the neck. Return to start position. Switch grasping arm and proceed with all three stretches on the opposite side.

## Councils on Aging

### Acushnet COA

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

**IMPORTANT NOTE:** A "No Congregation" policy will be in effect any time patrons utilize the Acushnet Senior Community Center; individuals must implement social distancing by maintaining a minimum distance of 6 feet from other individuals. Our lending library remains closed. Water coolers and coffee stations are not available.

**Lovely Ladies News:** The Lovely Ladies Social Group which normally meets every Friday at 10 a.m. has decided to take a break for the remainder of 2020. This group will resume in 2021. Group leader Linda wishes everyone a safe and happy summer and fall season!

**Some Groups to Resume in July:** As the Acushnet Council on Aging begins a slow, phased reopening, group leaders will be contacted about resuming their programs as appropriate. No more than 20 people will be allowed in the building at one time during the month of July, including staff. Patrons will be required to wear a clean face covering, such as a fabric mask, scarf, or bandana, over their mouth and nose in accordance with CDC guidelines at all times. Groups to resume in late July include: Mondays: Nutty Knitters at 9:30 a.m. (starting 7/20); Tuesdays: French Cultural Club at 9 a.m. (starting 7/21); Thursdays: Needle Arts at 12:30 p.m. (starting 7/23).

**Medical Transportation Resumes:** Medical transportation for well clients will be available as of July 6, with only 2 individuals and the driver on the bus at any one time. All vehicles will be disinfected before and after each use. Van drivers will be taking the temperature of all passengers. Passengers will be required to wear a clean face covering. Transportation for personal errands, such as to the hair dresser, will resume at a later date.

**Visiting Dental Hygienist:** The Public Health Dental Hygienist provides dental cleanings, screenings, oral health, information, and education. Services will resume at the Acushnet COA in July. Contact Holly for an appointment at 774-766-7238. 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.

**Toe Nail Care with Lisa:** By appointment, will begin the week of July 6. 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. Please note that there has been an increase in the price of this service. Toe nail care is \$30/per person, cash or check paid directly to the vendor.

### 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](http://www.towndartmouth.ma.us).

**Pet Show and Tell:** We would love to meet you pet! Zoom with us on Tuesdays at 10 a.m. For more information or technical assistance, please contact the Center.

**Blood Drive Friday:** July 17 from 11 a.m. to 4 p.m. Please call 1-800-733-2767 or visit [redcrossblood.org](http://redcrossblood.org) and enter Dartmouth COA to schedule an appointment.

**YMCA Medicare Diabetes Prevention Program:** Starting date to be determined. This two-year lifestyle improvement program is for adults with prediabetes. Medicare B will cover all costs for those who qualify. For more information contact Nancy Miller at the Center 508-999-4717 or contact Lisa A. Rahn, YMCA Program Coordinator, at 508-996-9622 ex 131 [lrahn@ymca.org](mailto:lrahn@ymca.org).

**USDA Farm to Families Program:** Boxes of fresh produce will be distributed weekly while supplies last to all members of the Dartmouth Community in need. Pick up at the James M. Quinn School on Wednesdays from 11 a.m. to 1 p.m.

**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](http://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 Call the center for details.

Continued on Page 11

Don't miss out on life.  
Improve your hearing today!



AT HOME  
HEARING  
HEALTHCARE  
508-250-9324

- ◆ Hearing screening
- ◆ FREE hearing aid cleaning
- ◆ FREE video ear exam

For more info:  
[athomehearinghealthcare.com](http://athomehearinghealthcare.com)



Hearing Instrument  
Specialist  
LIC # 275



### Olympia Tower

Now Accepting Applications. Overlooking New Bedford Harbor and Buzzards Bay, Olympia Tower is now accepting applications for 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped or disabled persons who are 18 years old and over. Enjoy the convenient downtown location and feel secure in the friendly atmosphere. Rent based on 30% of adjusted income. Income requirements, please call for info.



(508) 997-1205  
TDD# 800-439-2370



Let the  
Hearing  
Doctor  
come to you!

### In-Home Hearing Services

- Hearing Tests
- Hearing Aid Repairs  
and Sales
- Wax Removal



Comfort of Home Audiology  
Dr. Kristy Lamoureux  
508-887-6283  
[www.ComfortOfHomeHearing.com](http://www.ComfortOfHomeHearing.com)

**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

**Transportation:** The Fairhaven COA has put one van on the road for in-town transportation only. The van will run Monday through Friday beginning at 8 a.m. with the usual Market Basket trips on Mondays and Thursdays. Van seats have been marked with an "X" where riders are asked not to sit respecting social distancing. Riders must have their temperatures taken before getting on the van and must wear a mask at all times while on the van. The van driver will sanitize the van before the next group of passengers are picked up. Please call if you want to schedule a ride at 508-979-4029.

**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.

**Drive-In Days:** It has been awhile since we have been together and we miss you! Stop by on our Drive-In Days to say hello and pick up a special treat. July 6 from 9 a.m. to 11 a.m.: Doughnuts & Coffee. July 27 from noon to 2 p.m.: Ice Cream.

**Community Blood Drive:** July 9 from 10 a.m to 3 p.m. at the center. Call 1-800-733-2767 or visit redcrossblood.org and enter MARION to schedule an appointment.

**Sheryl Faye presents:** Amelia Earhart Pioneer in Aviation: July 15 at 7 p.m. on Marion's Public Service YouTube Channel.

**Podiatry Clinic:** Dr. Erik Henriksen, D.P.M. will be at the Community Center on Aug. 7 to provide podiatry services. Please call 508-748-3570 to schedule your appointment.

**Dental Cleanings:** The Dental Hygienist Program provides clients with a public health dental hygienist that travels to the Marion COA. Services provided: dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment for July 21, call Holly Petruzzo, RDH, 774-766-7238.

**Transportation:** We continue to offer transportation to routine doctor's appointments. We request as much advance notice as possible, at least 48 hours. Transportation to grocery stores will follow the schedule set forth in June, with the possibility of changing to adjust to trends in requests. Monday: Stop & Shop, Fairhaven. Tuesday: Market Basket, Plymouth. Wednesday: Shaws, Wareham. Thursday: Market Basket, Plymouth. Friday: Walmart, Aldi or Target, Wareham.

**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.

**Mattapoissett COA**

For more information, 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. The COA will be closed to the public until further notice. A call-out will be made when we know of the reopen.

**Transportation Services:** New schedule begins July 6; call for times. Transportation services for groceries and errands. Reservations are required. No one will be allowed on the van without a reservation. Only three people are allowed on the van at a time. Please be considerate and plan your trips with a sense of purpose so that we may accommodate all scheduled individuals. Note: depending on request volume, passengers may be limited to one trip per week. Mondays: Fairhaven Shopping; Tuesday: Stop & Shop; Thursday: Market Basket.

**Masks:** If you have been using disposable masks, please consider switching to a washable, reusable mask. Due to the gracious donations of local sewers, the COA has a number of cloth face masks available while supplies last. Call or e-mail the COA.

**Friendly Caller Program:** The friendly person on the other end of the phone may be the boost you need! Respectful and confidential, enjoy a nice conversation; recall memories, express your feelings and hopefully, bring a smile to you. For Mattapoissett residents. Sign up for the Friendly Caller Program. You can get one phone call or multiple calls in a week or in a month. Your choice! Call Liz Leatham, Outreach Coordinator at 508-562-2788.

**Hearing Screening:** July 6, starting at 1:30 p.m. (by appointment). Free hearing screening, hearing aid cleaning and video ear exam. Service provided at the COA by a licensed Hearing Instrument Specialist. Appointment required. No

services will be provided for anyone with cold and/or flu-like symptoms. Masks are required at all times.

**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.

**Senior Tax Work-off Abatement Program:** The Rochester Senior Center is currently accepting applications for the Senior Tax Work-off Abatement Program. You must be age 60 or over to participate. This program can reduce property taxes up to \$1,000. To qualify, residents must own and occupy their principal residence. Household income can be up to \$47,000. To apply, call the Rochester Senior Center and leave a message, including your name and mailing address. An application will be mailed to you.

**Other Available Services:** Please feel free to call the Rochester Senior Center regarding nutrition resources, transportation needs, or just to say hello and catch up.

**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 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 (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. D | 2. A | 3. B | 4. B | 5. A  
6. B | 7. D | 8. A | 9. D | 10. B



**Nursing, CNAs, PT/OT, Activities, Meals, Transportation and MORE!**



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

Now Accepting Applications



**Melville Towers**

508-993-3077  
melville@peabodyproperties.com  
www.peabodyproperties.com  
850 Pleasant Street  
New Bedford, MA  
Hours: 8am - 4:30pm  
Monday - Wednesday - Friday

- 1 & 2 Bedrooms
- Beautiful Common Areas including community room, hair salon and laundry facility
- 24-Hour Emergency Maintenance
- On-Site Professional Management
- On-Site Parking
- Wide range of resident services programs and social activities

Housing for 62 yrs+ & handicapped & disabled person. Rent based on 30% of adjusted gross income.



Privately owned building in the North End of New Bedford. Taber Mill is now accepting applications for bright 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped and disabled persons who are 18 years old and over. Rent based on 30% of adjusted income. Income requirements, please call for more info.

217 Deane Street, New Bedford, MA 02746  
(508) 996-3111  
VOICE-TDD# 1-800-439-2370  
cribeiro@bostonland.com



# Community

## Following a Slow Start, Farmers Market Season Returns

Summer is back, and so is farmers market season. But with COVID-19 still posing a threat, this year's outdoor markets will have to be enjoyed from behind a face mask.

Huttleston Marketplace, now entering its third year, was established to help local small business owners sell their wares and to attract people to Fairhaven.

Much of the planning for this year's market season started prior to COVID. Chris Richard, Director of Tourism in the Town of Fairhaven, said some vendors had dropped out as the severity of the crisis took shape.

But the market will continue this year regardless — with a few extra considerations in mind on account of the pandemic. The booths are now spaced farther apart, masks are required for vendors and customers, and sellers are asked to regularly clean their areas and use hand sanitizer.

"Overall, I'm going to lose about a third of my available space, but at least we can still have the market," said Richard.

Back in late March, farmers markets were deemed an essential business as part of Governor Charlie Baker's response to COVID-19. That meant farmers markets were exempt from the limit on gatherings of 10 or more people.

The Huttleston Marketplace officially opened on June 6, while Massachusetts was still in the first phase of its reopening. The market was only allowed to sell food items at the time, and the crafters would have to wait for "phase two." By



Huttleston Marketplace, located next to Fairhaven High School, returned on June 6. The market initially opened during phase one of the reopening. By its second week, the state was in phase two, and Huttleston Market welcomed back more vendors.

the end of June, the market had expanded to more than 50 vendors, including food and crafters.

"Hopefully, next year we'll be able to go back to what we've always done," said Richard, during the opening day of the market. "I don't know if we're going to have too many people showing up because everyone has been cooped up for months, or if there's going to be too few people showing up to make it practical for the vendors."

Richard did warn that if customers are unable to practice social distancing or refuse to wear face masks while at the market, they will have to cancel the season.

Being an outdoor space with plenty of room, however, should give customers ample room to keep

their distance.

"Each week, we're going to be playing it by ear," he said. "So far, there hasn't been a single problem."

Roxanne Rupkus, owner of Roxanne's Garden Center, was there during the opening weekend selling plants and organic soap. Something new graced her table this year: cloth face masks, which she was selling for a friend.

She was happy to be back out at the farmers market, even it was a little different this year.

"I'm making money, and I'm going to be spending it here and there, so the money's flowing, which is what we need to do," she said Rupkis, in between selling potted daisies to shoppers. "Even if it isn't a lot, we're helping smaller

businesses survive in these tough times."

She said that in a normal year, she would have been selling pansies out of her Fairhaven-based greenhouse by March. When she finally opened her greenhouse to customers for Mother's Day, she had to follow similar rules like those found at the grocery store, including one-way aisles and requiring customers to wear personal protective equipment.

"It's different, but it's still happening," she said. "Now we're just more conscious of each other's space...and our germs."

Coastline distributes Senior Farmers Market Nutrition Program coupons to the South Coast councils on aging. Contact your local COA and ask about the coupons, which should be available by mid-July.

### Resources

Huttleston Marketplace is open on Saturdays through Sept. 12 from 10 a.m. to 3 p.m. The market is located on the lawn next to Fairhaven High School at 141 Main Street in Fairhaven. Everyone must wear a mask and practice social distancing. For a complete list of the market's health precautions, visit: [fairhaventours.com/huttleston-marketplace](http://fairhaventours.com/huttleston-marketplace).

While shopping, ask the individual vendors if they accept SNAP, WIC or Senior Farmers Market Nutrition Program coupons. Contact your local Council on Aging for more info on SFMNP coupons.

## Grab 'n' Go Lunch Provides Community Connection

While the local councils on aging continue to restrict visitors, the centers are still finding ways to stay connected with patrons. On June 11, a long line of cars snaked its way out of the Dartmouth Council on Aging parking lot — all the way to the traffic light at the corner of Rogers and Dartmouth Streets.

The center was hosting a grab and go lunch, the second since the pandemic started, which gave patrons of the COA a chance to see a friendly face, even if those friendly faces were concealed behind face masks.

Participants remained in their cars as staffers from the COA and Dartmouth Community Media (DCTV) placed to-go lunches and boxes of produce in participants' cars as they drove through the parking lot.

"We want everyone to know that we're still here and still connected," said Nancy Miller, the center's activity director. "A lot of people have said that they didn't realize how much this place meant to them. It was a big part of their day."

The first event, which was held in mid-May, drew a large crowd, she said. For the second round, they promoted the event on the center's newly updated Facebook page. Those who signed up received a



Cars lined up in the Dartmouth Council on Aging for the second Grab 'n' Go lunch event on June 11. The event will return in July.

goodie bag with clam cakes and chowder, which were donated from Cape Quality Seafood and Blount Fine Foods, along with some other takeaways.

The first grab and go lunch was such a big hit that it attracted the attention of local musicians. During the event in June, a group of ukulele players performed in the parking lot as patrons waited in line.

"We've all been talking about wanted to do something during quarantine, but we couldn't figure out how to do it," said musician

Jen Wallace, as five other ukulelists performed a rendition of The Drifters' 1964 hit "Under the Boardwalk." Wallace did concede that singing with a mask on wasn't ideal.

"We've stepped up our outreach a notch," said Amy DiPietro, the Dartmouth COA Director. "We've been assisting Coastline with the Meals on Wheels program, which has been great because it's enabled us to get out into the community more. We're meeting different people and catching some of their needs."



A group of musicians played ukuleles and sang for those who were waiting in their cars in line.

Since the early days of the pandemic, the COA has been working to transition to a virtual environment. DCTV has recorded several regular classes for the center and is airing the shows on their TV station and website. Some COA services, like providing essential transportation, never stopped during the pandemic.

"I don't know what the future holds," said DiPietro. "But we have to think outside the box and reach the people who are still socially isolated."