

# Senior Scope

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

Vol. 2, Issue 8

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August 2020

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## Together Again: Memory Café Reunites

For a brief moment this summer, it was easy to forget about the global pandemic and breaking news alerts as a small group gathered in Marion to enjoy the weather and each other's company.

Patrons of the Waterfront Memory Café gathered outside the Benjamin D. Cushing Community Center on July 22 for their first in-person meeting since the coronavirus shuttered Marion's Council on Aging. While the group stayed in touch this spring over the video conferencing platform Zoom, the excitement that afternoon was palpable as the group mingled.

Linda Jackvony, program coordinator at the Marion Council on Aging, said the pandemic had initially canceled the program outright, but she would call members to check in. When it became apparent that the COAs would remain closed for the long term, the group eventually transitioned online in May.

"The first [Zoom meeting] was pretty funny. We looked like the Brady Bunch with bad hair," said Jackvony. "We all needed haircuts. We had a lot of laughs."

The concept of a memory café was initially developed in Europe nearly 20 years ago before slowly taking hold in America over the past decade. The gatherings provide



Christine and John Gallagher, masked and dancing during the Waterfront Memory Café's first in-person gathering since the global pandemic shut down the Marion Council on Aging to the public. While the memory café met online through Zoom since May, the group was happy to meet outside, beneath a colorful tent on the COA's front lawn.

a supportive network for those affected by memory loss and their caregivers. Memory cafés adhere to a loose schedule, which could include activities, guest speakers or music.

"It's something they look forward to," said Jackvony. "The pandemic has been tough, especially for people with dementia. Even on Zoom, we've noticed a difference in some of them. They're very quiet."

This summer, the Marion COA has been slowly reopening, offering

more programs for the public exclusively outdoors beneath a large, yellow tent, which is adorned with strips of colorful plastic table cloths. Several garden boxes are set off to one side, and as members arrived that afternoon, they passed through to check on the green beans.

Joan Asker, who volunteers at the memory café, said that Zoom provided a nice opportunity to catch up and connect, but everybody was

*Continued on page 12*

## Churches Team Up to Form Food Bank

Lyn Dillies is used to making magic happen. The award-winning illusionist has dazzled audiences for years – most notably, she's made headlines for her show, "Your Vote is Magic!," a campaign teaching audiences the virtues of voting in which she conjures an elephant and a donkey out of thin air.

Now with theaters around the country closed on account of the coronavirus, her traveling show has been placed on hiatus. And yet she's still performing incredible feats, albeit offstage.

Dillies, along with her friends, family and neighbors, has transformed Smith Mills Christian Congregational Church in Dartmouth into a hub for food distribution.

What started back in March as a modest means to supply nearby senior housing with some extra paper products has turned into an extensive food bank, including a



Lyn Dillies (center) arranges boxes of food at Smith Mills Church, which has become a food distribution hub.

drive-through "grab and go" event on Tuesday nights.

The first grab and go event started on July 7, but by that point,

the group had been helping out South Coast citizens for months. Initially, the church was distributing another hard-to-find staple of the crisis: toilet paper. The church happened to have a surplus of toilet paper in stock, and they reached out to Dartmouth's senior housing communities to keep them supplied.

The church wanted to do more for its neighbors, so they began assembling food packages.

"The amount of people in need kept growing," said Dillies, who now coordinates food distribution at the church.

The effort quickly gained momentum, and several other churches joined together with Smith Mills to form a group they

*Continued on page 9*

# Coastline Seeks Community Members for OT Program

Coastline is seeking members of the community interested in taking part in a program that pairs college students with individuals who have dementia.

In the fall of 2019, students enrolled in Bristol Community College's occupational therapy assistant program were given a unique opportunity to apply the skills they had been learning in the classroom out in the community. The pilot program, which happened through a partnership between BCC and Coastline, tasked students with working one-on-one with a client living with dementia.

The partnership had initially derived from Coastline's volunteer-driven program called Caregiver Companion and Support Services, which is funded through the Massachusetts Council on Aging.

Coastline and BCC will continue their partnership this fall and are currently seeking a new group of people with dementia to join the students.

Occupational therapists often work with people with disabilities or injuries to overcome barriers. They assess clients and, drawing from a wide knowledge base, help them find ways to better execute

activities of daily living.

Last year, students worked with clients by engaging them with recreational pursuits. Students were responsible for developing a plan for their clients that would help them perform these activities with greater ease. The project provided an opportunity for clients to socialize with a younger generation and afforded caregivers temporary respite.

Students were also given extensive dementia training, which made them more aware of the ways that memory loss impacts daily activities as well as the ways it impacts caregivers and family members.

This year the program will be modified to accommodate the ongoing COVID-19 pandemic, with students relying heavily on video conferencing to connect with clients rather than entering clients' homes.

If you are interested in taking part in this project, you can reach Patricia Geggatt-Midurski, who operates Coastline's Caregiver Companion program, directly by calling 508-742-9116 or 774-510-0174 or by emailing pmidurski@coastlinenb.org.

# Letter from the Editor

I think by this point in 2020, we've all learned to be a little more resilient. The ongoing pandemic has not been easy for anyone, and I hope you've managed to find some joy this year, wherever you can find it.

Fortunately, it appears that because Massachusetts residents were committed to caution in the early days of the crisis, we've been able to slowly return to something resembling normalcy. This has meant that many gatherings now take place outdoors or at "drive-through" style events. The cover stories this month feature one of each.

At the Marion Council on Aging, the Waterfront Memory Café reunited at an outdoor gathering – a first since the pandemic started back in March. A newly formed food bank, which came about by way of a collaboration between several local churches, is hosting a weekly "grab and go" event for those who need help accessing food.

While we had to stand far apart and hide our faces behind masks, it was nice to get out and socialize again after a long, solitary spring.

If you can, get outdoors this summer while the nice weather lasts. Whether or not Massachusetts will see a second wave of the

virus and require another round of restrictions is anyone's guess. So now is the time to head out if you can.

But be warned: While social distancing and covering your face will help stop the spread of COVID-19, neither of those steps will keep the ticks at bay. I found that out the hard way this month after finding a large rash on my leg. In what was assuredly the fastest trip to urgent care in my life, the nurse practitioner walked into the exam room, took one look at the red ring that had formed on my calf, and immediately prescribed me antibiotics.

Believe me, you do not want Lyme disease right now. About half of those who contract Lyme will experience flu-like symptoms, and spiking a fever during the pandemic means you will be unable to enter many public spaces. I'm fortunate in that I appear to have caught the rash before any other symptoms could emerge.

Take it from me, though: before heading out to enjoy the weather or an outdoor event, buy some tick repellent, and use it.

Stay safe, and be well.

Best, *Seth Thomas*, Editor

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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 Freda St. Marie-Johnson
GNB Community Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes
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	Natasha Franco Luisana Paez-Espinal
Immigrants' Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Janice Cote

# Senior Scope

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

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## Donations for August 2020

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

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## A Redesigned Benefits Portal That Works for You

By Delia De Mello  
Social Security



Delia De Mello,  
Social Security

We are excited to tell you about our redesigned retirement benefits portal at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement). Keeping you informed about our products and services, and helping you prepare for making decisions that will affect your benefits is very important to us.

Preparing for retirement is one of the most important decisions you can make.

Our website has helped millions of people get ready for and apply for retirement. But we heard your feedback that you also want to:

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We made our redesigned retirement benefits portal more user-friendly and easier to navigate, whether you are ready to learn about, apply for, or manage your retirement benefits. You'll find the new portal eye pleasing, informative, and

optimized for mobile devices. We also improved how we list our information on search engines to make it easier for you to find outside our website.

The new Retirement Benefits portal is just the first of several steps we are taking to improve your experience on our website. Visit our new retirement benefits portal today at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement) to learn, apply and manage your retirement benefits and subscribe to receive retirement information and updates.

And, finally, a reminder: Scammers are taking advantage of the COVID-19 crisis.

The Inspector General of Social Security, Gail S. Ennis, is warning the public about fraudulent letters threatening suspension of Social Security benefits due to COVID-19-related office closures. We will not suspend or discontinue benefits because our offices are closed to the public for in-person service.

If you receive a suspicious call, text, or email – hang up. Do not return unknown calls, texts or emails.

To read more fraud advisories or to report a suspected Social Security scam, visit the Office of the Inspector General website at: [oig.ssa.gov](http://oig.ssa.gov).

## Preparing for Hurricane Season During a Global Pandemic

There is one annual event that the global pandemic did not cancel: hurricane season.

The National Oceanic and Atmospheric Administration (NOAA) is predicting this year's hurricane season could be a busy one, forecasting a likely range of 13 to 19 named storms (winds of 39 mph or higher), of which 6 to 10 could become hurricanes (winds of 74 mph or higher).

The Atlantic hurricane season runs from June 1 through Nov. 30, with the heaviest amount of activity occurring from late August through September. According to NOAA, an average hurricane season produces 12 named storms, six of which become hurricanes.

"Social distancing and other CDC guidance to keep you safe from COVID-19 may impact the disaster preparedness plan you had in place, including what is in your go-kit, evacuation routes, shelters and more," said Carlos Castillo, acting deputy administrator for resilience at FEMA, during a press conference in the lead up to the 2020 hurricane season.

"Natural disasters won't wait, so I encourage you to keep COVID-19 in mind when revising or making your plan," he said.

The Centers for Disease Control (CDC) recommends that you give yourself extra time to prepare supplies of emergency food, water,

and medicine, suggesting that the public purchase these items online, through curbside pick-up, or via drive-through windows if possible to limit trips to stores. As with other hurricane seasons, the CDC also recommends preparing a "go kit" in the event that you need to evacuate your home. This kit should include items like bottled water, non-perishable food, prescription medications and a first-aid kit.

However, this year you should consider adding items to the kit that can help protect yourself from COVID-19, such as hand sanitizer, soap, and two cloth face coverings for each person in your household who is over the age of 2. Face coverings should also not be used by people having trouble breathing, or who are unconscious or unable to remove the mask without assistance.

Many of the communities in the South Coast are utilizing the CodeRED Alert System to quickly deliver messages to citizens during an emergency. Depending on your preferences, alerts can be delivered to you via a phone call, text message, an email or a combination of all three.

To sign up for the CodeRed system, visit [www.onsolve.com/landing/sign-up-for-codered-emergency-alerts](http://www.onsolve.com/landing/sign-up-for-codered-emergency-alerts). For information on shelter locations or disaster assistance programs, call the state's non-emergency helpline at 2-1-1.

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# Update

## 'Brain Builders' Online

Buzzards Bay Speech Therapy has moved its Brain Builders course online. The class helps participants improve memory, word-finding, thinking skills and socialization. Classes will be held this summer on Mondays from 10:30 to 11:30 a.m. Participants can access the classes using the Zoom app or over the phone. For more information, 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.

## Wellness Wednesdays

Join health and wellness expert Jeff Costa for this summer series on well-being, including coaching, conversation and active practice. This event is free and preregistration is required. Wellness Wednesdays will be happening at Custom House Square, 21 Barkers Lane in New Bedford, on Aug. 5, 12 and 19 at 4:30 p.m.

The first 20 people who register will receive a delicious grab-and-go dinner from a local eatery as well as a complimentary gift card to Market Basket.

This event is hosted by the South Coast LGBTQ+ Network. Visit the Network on Facebook to register at: [www.facebook.com/SCLGBTQNETWORK](http://www.facebook.com/SCLGBTQNETWORK).

## Common Ground

For the next three years, the New Bedford Whaling Museum will be collecting and sharing the stories of the Greater New Bedford community. Stories collected 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).

## '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.



## Community Coalition Launches Campaign

Since the beginning of the COVID-19 pandemic, a group of local community organizations have been meeting to strategize response efforts for those most vulnerable in our communities. Having identified mental health as a critical need for many, these organizations have come together, with the generous support of \$25,000 grant from the South Coast Community Foundation, to create a campaign in effort to end stigma and strengthen mental health, aptly named Help and Hope Southcoast.

This campaign will bring discussion and awareness to the forefront around the stigma that is too often associated with mental health. To reach this goal, this group plans on increasing access to services and inspiring the community to check in with one another when they see people in need. The program is designed to bring all partners to the table with one voice of "Help and Hope." Visit them online at: [www.helphopesouthcoast.com](http://www.helphopesouthcoast.com).

## NB Farmers Market Summer Schedule

If you plan on attending any of the markets this summer, you will be required to wear a mask and practice social distancing.

The Brooklawn Park Farmers Market will be held Mondays from 2 to 6 p.m. Closing day is Oct. 26. The market is located inside Brooklawn Park on the Acushnet Avenue side.

The Custom House Square Farmers Market will be held on Thursdays from 2 to 6 p.m. Closing day is Oct. 29. The market is located downtown at Custom House Square on Barkers Lane.

The Clasky Common Farmers Market will be held on Saturdays from 10 a.m. to 2 p.m. Closing day is Oct. 31. Held inside Clasky Common Park on Pleasant St. in the middle of the park.

## Chicken BBQ

Dartmouth Memorial #9059 VFW Auxiliary is hold its annual chicken barbecue on Aug. 16 at 1 p.m. Includes half a chicken, potato salad, corn on the cob, garden salad and watermelon.

Tickets are \$18 per person and can be purchased at the VFW, 144 Cross Road, North Dartmouth. Take-out containers will be available.

## Moratorium on Evictions Extended to Oct. 17

This summer Governor Charlie Baker extended the moratorium on evictions and foreclosures. The moratorium was set to expire on Aug. 18, but has since been extended to Oct. 17. According to a release from the state, the law has allowed tenants and homeowners impacted by COVID-19 to remain in their homes during the state of emergency. The law suspends residential foreclosures. It does not relieve tenants or homeowners of their obligation to pay rent or make mortgage payments. The law also prevents landlords from sending notifications to residential tenants that threaten eviction and limits court actions on non-essential evictions. Tenants are strongly encouraged to continue to pay rent, and homeowners to make their mortgage payments, to the extent they are able.

## United Way of GNB Pop-Up Market

The United Way of Greater New Bedford and Sid Wainer & Son are partnering to distribute free, fresh food boxes to families struggling to afford produce due to COVID-19. Program made possible with the USDA. Boxes are distributed on a first-come, first-served basis and are intended for households of three or more.

- **Aug. 3:** St. Julie Billiard Parish, 494 Slocum Road, North Dartmouth.
- **Aug. 10:** Acushnet Elementary School, 800 Middle Road, Acushnet.
- **Aug. 17:** East Fairhaven Elementary School, 2 New Boston Road, Fairhaven.
- **Aug. 24:** Freetown Elementary School, 43 Bullock Road, East Freetown
- **Aug. 31:** Our Sisters' School, 145 Brownell Ave, New Bedford

## 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).

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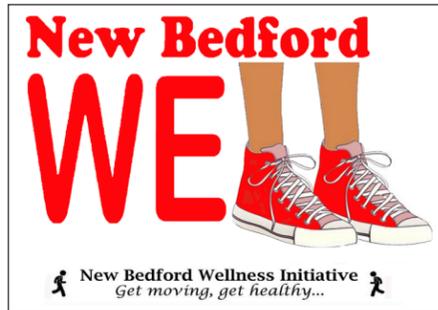
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# Your Health

## Providing a Wellness Program During a Pandemic



By Deb Fraine  
New Bedford Wellness Initiative

I recall a phone call from Dr. Michael Rocha in mid-March. He said that we have to find a way to stay connected and provide mindfulness, yoga, nutrition and kids programming for the New Bedford Community – even if we couldn't gather at our usual meeting spot, the Boys & Girls Club of Greater New Bedford.

As we prepared for the pandemic, our community would need support and tools to continue practicing self care and managing stress now, more than ever.

We set to work contacting yoga, meditation, hypnosis, Qigong and nutrition instructors. Some were new to the New Bedford Wellness Initiative program; some had been previously teaching on Sunday mornings at the Boys & Girls Club. So many instructors were willing to help out their community in this time of need.

Dr. Rocha requested two classes per day, and we set out to do just that. Most days in the months of March, April and May, we were able to host more than two classes per day, all through Facebook Live,



The New Bedford Wellness Initiative, unable to host classes during the early months of the pandemic, switched to online classes through Facebook. This summer, the Initiative is meeting in-person again with a yoga program and the "Walk with A Doc" program, both held at Buttonwood Park in New Bedford.

which enabled us to film and share videos.

Participants were supportive as well, with their Facebook comments, likes and "hearts." Some students attended nearly every virtual class.

One of the surprising aspects of virtual programming is that some participants were joining us from other states, even other countries.

One participant from Southern California credited the virtual yoga and meditation class with helping her to recover from a serious skiing accident in February. She said that the program helped her to regain her confidence and physical strength.

We will continue to host virtual yoga, meditation, hypnosis and nutrition classes via Facebook

Live on the New Bedford Wellness Initiative's Facebook page throughout the summer.

We are saddened by the loss and illness that this devastating virus has brought; though, we are thankful that it did not reach the numbers of patients that were initially predicted.

COVID-19 cases have significantly decreased in our area, and Massachusetts' COVID-19 regulations now allow for outdoor activities.

The New Bedford Wellness Initiative has returned with its regular "Walk with A Doc" series, a nationwide wellness program. Walk with a Doc is held every Saturday morning at 9 a.m., weather permitting. The walk starts in

front of the Buttonwood Park Zoo entrance.

Outdoor yoga is held on Wednesday evenings at 6 p.m. in the Buttonwood Arboretum near the green house.

Social distancing, masks, hand hygiene and participant sign-ins are required for both activities. Participants in yoga, with mats placed 10 to 12 feet apart, have the option to take off their masks only when practicing yoga.

The safe social connection that these outdoor activities provide are another effort to keep our community connected in the spirit of wellness.

The exchange of kindness between participants, teachers and directors of this program has been quite remarkable. Although we may not return to the Greater New Bedford Boys & Girls club anytime soon, the heart of the New Bedford Wellness Initiative is alive and well. We welcome your participation either online at the New Bedford Wellness Initiative Facebook page or at Buttonwood Park.

### Resources

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

Look for the Initiative's "Live Streaming Schedule" for a list of classes being offered throughout the week. The "Weekly Wellness Walk" flyers provide updates on the Walk with A Doc program.

## Strengthen and Stabilize Your Legs with Mobility Drills

By Cam Bergeron, CSCS  
Cam's Conditioning & Rehab

Our bodies like movement. When we sit around day after day, the mobility of our joints and the flexibility of our muscles decreases. But there are some simple exercises you can perform at home that can help you stay active.

Staying in the same position causes the muscles to adapt to that position. Sitting in a chair for long periods of time, for example, can cause the shoulders to draw forward, the upper back to round, and the hamstrings and quadriceps to shorten. And poor posture can lead to other issues, like increasing your chance of falls.

Moving around will keep the body functional, blood circulating properly and will even help the digestive track. Here are a few mobility exercises you can try at home. Safety is key, so if you do not feel comfortable performing these movements in open space then walk along side of a wall or kitchen counter.

### High Knees

1. Walking forward while bringing one knee as high as possible with each stride



Cam Bergeron performs a "Carioca" move, in which you move side-to-side, crossing your legs over one another. Use a wall or kitchen counter for balance.

2. Chest up, shoulders back, slight bend in knees, toes straight forward
3. 10 reps each side moving forward then 10 reps each side moving backwards

### Butt Kicks

1. Walking forward while bringing one heel towards butt with each stride
2. Chest up, shoulders back, slight bend in knees, toes straight forward
3. Knee does not come up, it only

- bends so heel can travel towards butt
4. 10 reps each side moving forward then 10 reps each side moving backwards

### Side Steps

1. Take a wide step to the side with your left leg, then step in with the right so feet are side by side
2. When 10 reps are completed, switch and take 10 wide steps with your left leg
3. Chest up, shoulders back, slight bend in knees, toes straight

forward

### Sobriety Test

1. Walking on an imaginary line heel to toe
2. Heels and Toes should touch against each other with each step
3. 10 reps each side moving forward then 10 reps each side moving backwards
4. Chest up, shoulders back, slight bend in knees, toes straight forward

### Carioca

1. Standing in front of a long empty wall, railing, etc
2. Stand on the far left side facing the wall
3. Cross left foot in front of right foot and then bring right foot back around so feet are side by side again
4. Cross left foot behind right foot and then bring right foot back around so feet are side by side again
5. The pattern is: foot in front, side by side, foot behind, side by side
6. Take about 10 steps moving to the right (5 in front / 5 behind) then 10 steps moving to the left

## Steps to Help Prevent the Spread of COVID-19 if You Are Sick

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Do not leave your home, except to get medical care. Do not visit public areas. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better. Stay in touch with your doctor. Call before you get medical

care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency. Avoid public transportation, ride-sharing, or taxis.

As much as possible, stay in a specific room and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face

covering.

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash these items thoroughly after using them with soap and water or put them in the dishwasher.

Clean and disinfect high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a cloth face covering and wait as long as possible after the sick person has used the bathroom.

## Si está enfermo, prevenga la propagación del COVID-19

Si está enfermo con el COVID-19 o cree que podría tener el COVID-19, tome las siguientes medidas para cuidarse y para ayudar a proteger a otras personas en su casa y comunidad.

No salga de casa, excepto para conseguir atención médica. No visite áreas públicas. Descanse y manténgase hidratado. Manténgase en contacto con su médico. Llame antes de conseguir atención médica. Asegúrese de conseguir atención médica si tiene dificultad para respirar o si tiene algún otro signo

de advertencia de una emergencia, o si cree que es una emergencia. Evite el servicio de transporte público, vehículos compartidos o taxis.

En la medida de lo posible, permanezca en una habitación específica y lejos de las otras personas y mascotas en su casa. Además, debería usar un baño aparte, de ser posible. Si es necesario que esté cerca de otras personas o animales dentro o fuera de la casa, use una cubierta de tela para la cara.

No comparta platos, vasos, tazas,

cubiertos, toallas o ropa de cama con otras personas que estén en su casa. Lave bien con agua y jabón estos artículos después de usarlos o póngalos en la lavadora automática de platos.

Limpie y desinfecte las superficies de contacto frecuente en su "habitación para el enfermo" y el baño. Deje que otra persona limpie y desinfecte las superficies en las áreas comunes, pero no su habitación ni su baño. Las superficies de contacto frecuente incluyen los teléfonos, los

controles remotos, los mesones, las mesas, las manijas de las puertas, las llaves y los grifos del baño, los inodoros, los teclados, las tabletas y las mesas de cama.

Si un cuidador u otra persona necesitan limpiar y desinfectar la habitación o el baño del enfermo, deben hacerlo solamente según sea necesario. El cuidador o la otra persona deben usar una cubierta de tela para la cara y esperar tanto como sea posible después de que el enfermo haya usado el baño.

## Previna o contágio de COVID-19 caso esteja doente

Se estiver doente com COVID-19 ou se supor que possa ter COVID-19, siga os passos abaixo para se proteger e ajudar a proteger as outras pessoas em sua casa e na sua comunidade.

Não saia de casa, exceto para obter cuidados médicos. Não visite espaços públicos. Descanse e mantenha-se hidratado(a). Mantenha-se em contacto com o seu médico. Estabeleça contacto telefónico antes de receber cuidados médicos.

Certifique-se de que recebe cuidados médicos se sentir dificuldade em respirar ou se tiver quaisquer outros sinais de aviso de emergência ou se achar que é uma emergência. Evite os transportes públicos, boleias ou táxis.

Tanto quanto possível, mantenha-se numa divisão específica e distante de outras pessoas e de animais de estimação, em sua casa. Também deve usar uma casa de banho separada, se disponível. Use uma máscara de pano

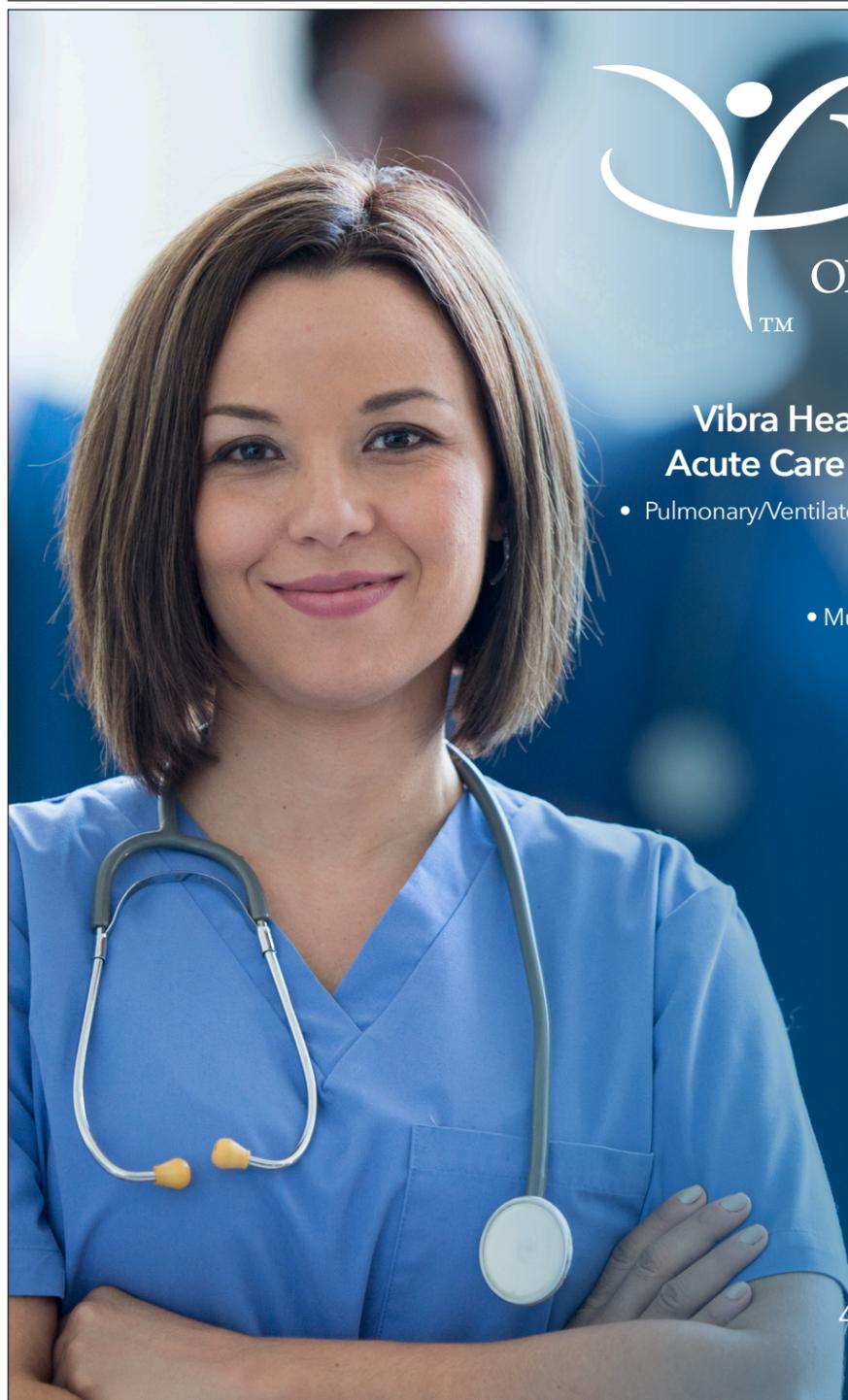
caso precise de estar perto de outras pessoas ou animais ou fora de casa.

Não partilhe pratos, copos, taças, talheres, toalhas ou lençóis com outras pessoas em sua casa. Lave bem estes objetos depois de os usar, com água e sabão ou coloque-os na máquina de lavar louça.

Limpe e desinfete as superfícies de grande contacto no seu quarto e casa de banho "de doente". Permita que outra pessoa limpe e desinfete

superfícies em espaços comuns, mas não no seu quarto e casa de banho. As superfícies de grande contacto incluem telefones, comandos à distância, bancadas, mesas, maçanetas, louça sanitária, sanitas, teclados, tablets e mesas de cabeceira.

Se um cuidador ou outra pessoa tiver de limpar e desinfetar o quarto ou casa de banho de uma pessoa doente, este deverá fazê-lo à medida da necessidade.





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

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## SRTA Buses are Still Available for Critical Trips

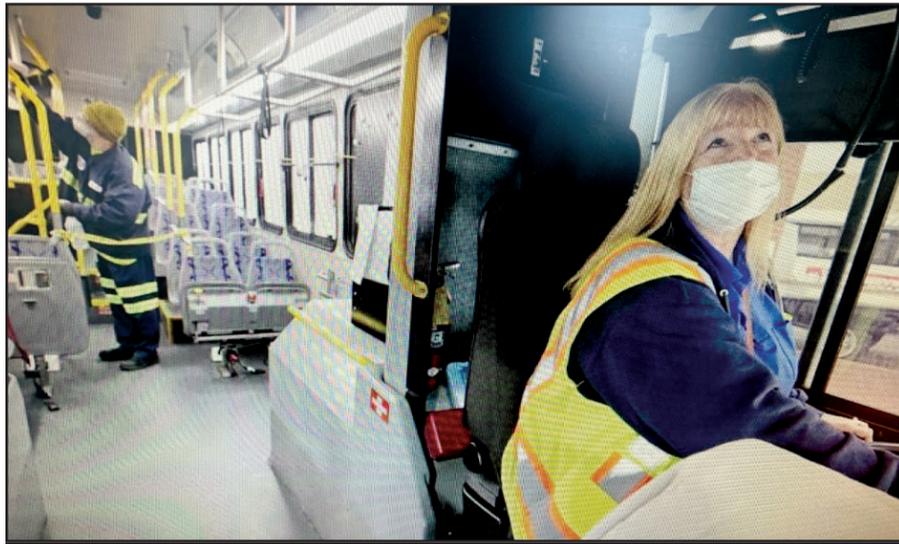
The Southeastern Regional Transit Authority (SRTA), who operates the bus system in the Greater New Bedford region, continues to offer bus rides through the pandemic, though on a limited basis. Below are the latest updates from SRTA, including how it's managing services during the pandemic and steps they have taken to ensure the safety of riders and drivers.

### SRTA is providing transportation for critical trips only.

SRTA continues to offer bus services for the public, though on a limited basis and with an emphasis on safety. At this time, SRTA is providing transportation for critical trips only, which are defined as work-related, vital appointments, or necessary shopping trips. All riders must be traveling to a critical, essential destination.

All riders are required to exit the bus at the end of the route, or your stated destination, and may not re-board the same vehicle for a return trip. Multiple or consecutive round trips are not permitted and riders who appear to be loitering will be asked to deboard.

Riders are strongly encouraged to wear a medical or cloth mask that covers the nose and mouth, as recommended by the Centers for Disease Control, while on board a SRTA vehicle. Visit [cdc.gov](http://cdc.gov) for a tutorial on making your own



To ensure rider safety, SRTA is sanitizing high touch points in buses throughout the day at terminals and during layovers. The buses are also given a deep clean every night. For updates, visit SRTA on Facebook or call SRTA's office line at 508-999-5211.

cloth face cover and important information on how to wear a face cover.

Riders are asked to follow social distancing guidelines while riding the bus and to maintain proper spacing when seated.

For your health and the health of others, if you are feeling sick, have a cough, fever, or other flu-like symptoms, do not ride the SRTA bus.

### Trips are limited, but fares have been waived.

At this time, the bus fare for essential, critical trips has been waived. SRTA will continue to waive bus fares for essential, critical trips until further notice.

### What measures are being taken to keep passengers safe?

SRTA is especially focused on safety. SRTA buses are sanitized nightly after service, and high touch points are sanitized throughout the day at terminals during layovers. Touch points within the terminals are also being sanitized regularly.

Bus fare has been temporarily suspended, in part, to eliminate a major touch point that typically all customers touch.

### SRTA will provide face masks to customers.

In accordance with Governor Baker's executive order, SRTA requires that customers wear a face mask while riding public transit.

For those customers that do not have a mask, SRTA will provide you with a mask. There is a limited supply of masks on hand, so riders are asked to be respectful of other customers and only take a mask if you are unable to provide one of your own. If you need a mask, just ask.

### What measures are being taken to keep drivers safe?

To keep drivers safe, SRTA has reduced service to limit the number of drivers interacting with the public daily. On buses with two doors, riders are asked to board from the rear doors to help maintain a safe distance between passengers and drivers.

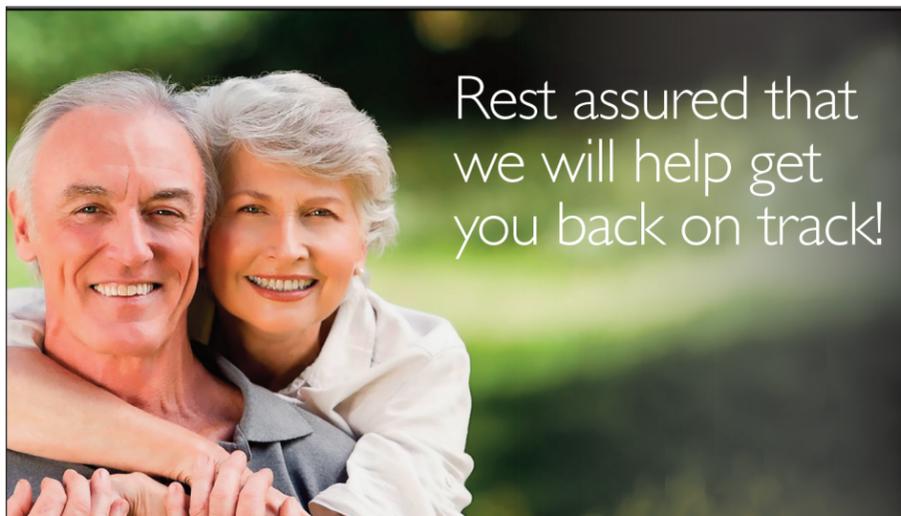
The wheelchair securement seats have been reserved for only when a mobility device needs to be boarded through the front doors. Bus fare has been waived to help limit contact between drivers and passengers.

### Where can I find up-to-date information about SRTA services?

The SRTA website is your best resource to stay up-to-date on changes to service due to COVID-19.

Follow SRTA on Facebook at: [www.facebook.com/SRTAabus](http://www.facebook.com/SRTAabus).

You can call SRTA's office line at 508-999-5211 during normal business hours, Monday through Friday, 8 a.m. to 4 p.m.



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

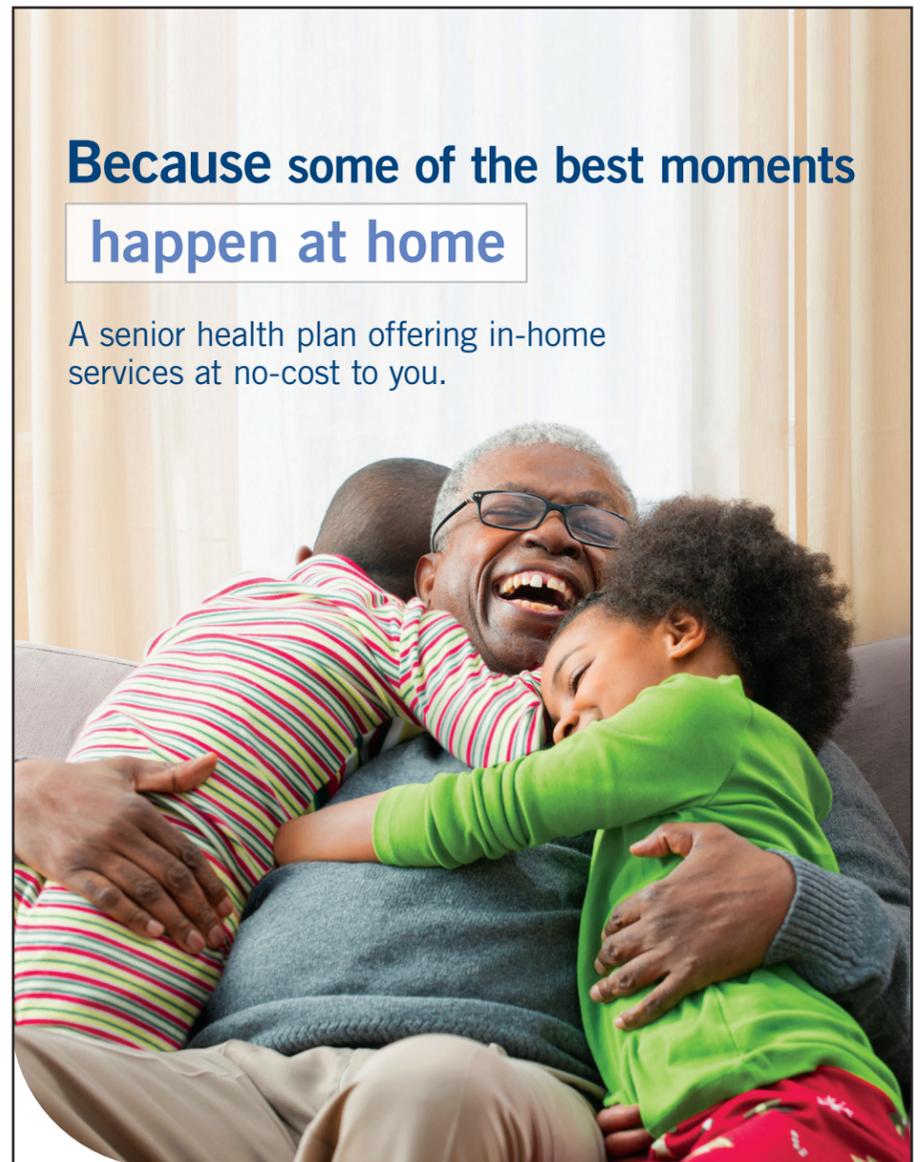
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A team from Seven Hills parked outside Our Lady Of Guadalupe Parish on July 23 to offer free testing. Free tests are available throughout New Bedford through Aug. 14.

## Free COVID-19 Testing in New Bedford Through Aug. 14

Massachusetts has launched a testing program in eight communities throughout the state, including in New Bedford. The “Stop the Spread” project kicked off on July 10 and will be in effect through Aug. 14. The state will be monitoring data from other towns and cities and expand into those communities should the need arrive.

The program launched in Chelsea, Everett, Fall River, Lawrence, Lowell, Lynn, Marlborough, and New Bedford, and state officials are encouraging residents of these eight communities to get tested – even if you are not showing symptoms – in an effort to stem the spread of COVID-19. Testing will be provided at no cost and is open to everyone. You do not have to be a resident of one of the eight communities to be tested.

“Collectively, these communities make up approximately nine percent of the Massachusetts population, but have seen twenty-seven percent of the Commonwealth’s positive tests in the past two weeks,” said Baker during a press conference on July 8.

During that two-week span, from the end of June through the beginning of July, Baker said the statewide positive test rate had been fewer than two percent. But in those eight communities, eight percent of the tests were positive. (Baker added that the figure included some individuals who had multiple positive tests.)

“We’re launching this program where the prevalence of COVID-19 is above the statewide average, and where we’ve seen a decrease in testing volume since April,” he said. “Increased testing within these communities will help stop community transmission.”

“It’s important that everyone in these eight communities take advantage of the free testing to help stop the spread of the virus,” said Marylou Sudders, Secretary of Health and Human Services. “Getting tested is a loving gesture. It protects your family, friends and neighbors from COVID-19.”

By increasing testing in these hotspots, the state is also hoping to improve its contact tracing efforts. Massachusetts launched a statewide contact tracing program back in April called the Contact Tracing Collaborative. In its opening month, state officials said that only 60

percent of those they called picked up the phone.

Should you test positive for COVID-19, either the Contact Tracing Collaborative or your local board of health will contact you to provide support and resources. Contact tracers will ask you about those whom you may have come in contact with and reach out to those individuals to encourage them to be tested and self-quarantine. Information – including your name – will not be shared throughout this process.

Calls from the Collaborative will appear as “MA COVID Team” on your caller ID, and they will come from the ZIP codes 833 or 857. Your local board of health will appear via a local number.

The Centers for Disease Control (CDC) notes that contact tracing is critical to stop the spread of COVID-19.

The CDC’s website warns that “if communities are unable to effectively isolate patients and ensure contacts can separate themselves from others, rapid community spread of COVID-19 is likely to increase to the point that strict mitigation strategies will again be needed to contain the virus.”

New Bedford’s free COVID-19 testing will happen at the Greater New Bedford Community Health Center (508-742-3807) or through the Seven Hills Behavioral Health Van (508-996-0546). The van’s schedule updates weekly, so be sure to check out the state’s official “Stop the Spread” website for the most recent schedule. More details are listed below.

### Resources

**Greater New Bedford Community Health Center**  
874 Purchase St., 508-742-3807.  
Monday through Friday  
8:30 a.m. to 4:30 p.m.  
Walk-up or by appointment.  
All languages.

**The Seven Hills Behavioral Health Van** will be making stops throughout the City, Monday through Friday. This is a walk-up service. English, Spanish and Portuguese services available. Call Seven Hills for more info at 508-996-0546. The van’s schedule changes weekly. Find the most up-to-date schedule by visiting [www.mass.gov/info-details/stop-the-spread](http://www.mass.gov/info-details/stop-the-spread).

## Trivia

### FOR YOUR ENTERTAINMENT – KIM CAMARA

- Which word has a Greek root that means sleep?  
A.) Demagogic    B.) Hypnagogic  
C.) Pedagogue    D.) Analog
- At what event might you see a CAVALCADE ?  
A.) Christening    B.) Parade  
C.) Auction    D.) Reunion
- What does a “mummer” say?  
A.) Nothing    B.) “Excuse me?”  
C.) Your name    D.) Lies
- Which celestial body is known as both the morning star and evening star?  
A.) The Moon    B.) Saturn  
C.) Jupiter    D.) Venus
- Which continent holds 90 percent of Earth’s fresh water ?  
A.) Antarctica    B.) Asia  
C.) North America    D.) South America
- Why are most tennis balls yellow?  
A.) They are easy to see in TV  
B.) They reflect the sunlight  
C.) It was the inventor’s favorite color  
D.) It was the only color available for the first batch ever made
- What is the word Lego short for?  
A.) “Play Well” in Danish    B.) Legion of Toys  
C.) “Blocks of Fun” in German    D.) Le Grande object
- Who was the first woman to circumnavigate the globe?  
A.) Jeanne Baret    B.) Nellie Bly  
C.) Bessie Coleman    D.) Amelia Earheart

[answers listed on page 11]



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# Nutrition

## Food Bank continued...

call Dartmouth United Outreach. The group, which also includes volunteers unaffiliated with the churches, now delivers food to senior housing and to families throughout the South Coast.

On July 21, the third time the group hosted a “grab and go” event, about 10 volunteers prepared for people to begin lining up their cars in the parking lot at 5:30 p.m. to receive boxes of food. Forty minutes before the event was scheduled to start, volunteers were already hoisting boxes into vehicles.

The Dartmouth-based church is just one of many locations around the country now offering food on a large-scale. The COVID crisis has especially strained food banks – and not just because of the increase in demand.

As consumers began picking store shelves clean, manufacturers and grocery stores were less able to donate their excess stock or manpower to food pantries. Back in April, the nonprofit Feeding America, which operates a network of 200 food banks nationwide, projected it would need an additional \$1.4 billion to cover costs through the summer.

Through a partnership with the Salvation Army, Dartmouth United Outreach receives hundreds of boxes of non-perishable food items,



On July 21, Dartmouth United Outreach hosted its third “grab and go” food distribution event, which provides free boxes of food to anyone who needs it.

and the group adds more to these boxes from their own stock. Dillies and her friend, Jackie Vangel, use the money they receive from financial donations to shop for these extra items.

The inside of Smith Mills Church now has a “clean room,” where the outside of food packages are sanitized and volunteers inspect expiration dates. The main hall of the church is lined with tables piled with food and other supplies.

“When we first started it, we were running strictly on monetary donations and people dropping off non-perishable donations,” said Vangel. “Now that we’re getting these Salvation Army boxes, we look to see what’s in them, and we

try to add to them.”

Dillies said Dartmouth United Outreach volunteers put their hearts and souls into the project for the public they serve.

“There are folks who are really struggling – and not just because of the safety issues, but financially as well,” said Dillies. “Lots of people are living paycheck to paycheck.”

As unemployment ballooned in America, so too did food insecurity. A recent report from *The New York Times* that compiled state data on Supplemental Nutrition Assistance Program (SNAP) enrollment found that more than 6 million people – a 17 percent increase – had enrolled in the program in the first three months of the pandemic.

“We’re concerned because if there’s another surge of COVID, I think we’re going to get busier,” said Dillies. “For the folks who are relying on us, we want to make sure they’re guaranteed a bag every week no matter what happens. We’re in it for the long haul until this pandemic is over.”

## Resources

Smith Mills Christian Congregational Church, located at 11 Anderson Way in Dartmouth, offers free food at its Grab & Go event on Tuesdays from 5:30 to 7 p.m. You do not have to preregister, but masks are required. Food items are distributed until the church runs out.

PACE: Call 508-999-9920 for info on how to access PACE’s food bank. Food is distributed outside of PACE’s main office at 166 William St. in New Bedford. Hours: Monday through Friday, 10 a.m. to 2 p.m.

See page 4 for details on the Greater New Bedford Community Health Center’s mobile market and the United Way of Greater New Bedford’s pop-up market schedule for August.

Call Coastline at 508-999-6400 for more information about Meals on Wheels or follow Coastline on Facebook for more resources: [www.facebook.com/CoastlineNB](http://www.facebook.com/CoastlineNB).

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# Councils on Aging

## 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.

**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.

**Transportation:** The COA is offering transportation for personal errands for well clients starting Aug. 17. Only two individuals and the driver can be on the bus at any one time. All vehicles will be disinfected before and after each use. Personal errands include hair appointments, pharmacy trips and banking only. Van drivers will be taking the temperature of all passengers. Passengers utilizing COA transportation will be required to check in with their name, phone number and address for contact tracing purposes. Passengers will be required to wear a clean face covering over their mouth and nose. COA van only; the electric car is not available for transportation. Call for more information.

**Strong Women, Strong Bones:** Mondays and Wednesdays at 9 a.m. No drop-ins; participants must make a reservation. Class is weather dependent.

**Toe Nail Care:** By appointment only. Toe nail care is \$30/per person, cash or check paid directly to the vendor. Call from the parking lot when you arrive and a staff member will let you know when to enter the building.

**Free Produce Program:** This program is sponsored by the USDA Farm to Families Program and the Acushnet COA in conjunction with PACE. Every Thursday in August (RAIN OR SHINE) 9 a.m. at the Acushnet COA. One box per family. Contactless pick-up, masks required. NO early birds please.

**Pop-Up Mobile Market:** Aug. 10 from 5:30 to 7 p.m. at Acushnet Elementary, 800 Middle Road. Boxes are distributed on a first-come, first-served basis and are intended for households of three or more.

**Visiting Dental Hygienist:** The Public Health Dental Hygienist provides dental cleanings, screenings, oral health, information, and education. Services have resumed at the Acushnet COA. The next dates are Aug. 7 and Sept. 8. Contact Holly for an appointment at 774-766-7238.

**Annual Walk to End Alzheimer's:** The Walk is still happening this year on the originally scheduled date in all 12 MA/NH locations, but things will look a little different. Walks will take place in your own community. There will be an update to the Walk Mobile app, where you can track your walk through a virtual path and have opportunities to share your progress on social media. There will still be an opening ceremony and Promise Garden ceremony through an online platform. There will also be a drive-through Promise Garden. After registering you'll receive a package in the mail containing your Community Awareness Walk Flags. You can display these flags as soon as you get them and carry them with you when you walk. Register at [www.alzwalkMANH.org](http://www.alzwalkMANH.org).

## 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).

**Dartmouth COA Newsletter:** Did you know there are three ways to get the Council on Aging Newsletter? 1.) On the town's website: Perform a Google search for "Town of Dartmouth Council on Aging." Click the newsletter link on the left of this page. The newsletter will open in a new window where you can read it online or print it. 2.) Email: To receive the newsletter by email, please call us at 508-999-4717 with your email address. 3.) Regular Mail: To receive the newsletter by regular mail, please call us at 508-999-4717 to request to be put on our mailing list.

**Red Cross Blood Drive:** Hosted by the Dartmouth COA on Aug. 10 from 9 a.m. to 2 p.m. Please call 1-800-RED CROSS (1-800-733-2767) or visit [redcrossblood.org](http://redcrossblood.org) and enter: the DARTMOUTH COA.

**Pet Show and Tell via Zoom:** We would love to meet your pet! For questions or to receive an email invitation, contact Nancy at the center.

**Medicare Diabetes Prevention Program:** The DCOA is working with the YMCA to bring this program to the center. This two-year program is led by a lifestyle coach and empowers participants to make changes that will improve their overall health and reduce their chances of developing type 2 diabetes. Medicare Part B will

cover costs for those who qualify. For information call Nancy at the center, or Lisa Rahn, Program Coordinator for the YMCA: 508-996-9622 ext. 141 or email her at [Irahn@ymca](mailto:Irahn@ymca).

**Pop-Up Mobile Market:** Aug. 3 from 5:30 to 7 p.m. at St. Julie Billiard Parish, 494 Slocum Road, North Dartmouth. The United Way of Greater New Bedford and Sid Wainer & Son are partnering to distribute food boxes to families struggling to afford produce due to COVID-19. Program made possible with the USDA. Boxes are distributed on a first-come, first-served basis and are intended for households of three or more.

**Classes Now Available on DCTV Channel 18.** All classes can be livestreamed or viewed on demand on the DCTV website: [www.town.dartmouth.ma.us/dartmouth-community-media](http://www.town.dartmouth.ma.us/dartmouth-community-media). Classes are also on YouTube. Overview of the classes below:

- **From Watercolor Pencil to Watercolor Brush:** Six-class series with Artist Jane Bregoli. Participants explore the various methods of watercolor pencils and paint.
- **Mindful Movement Exercise Class:** Students focus on mobility, strength, balance and coordination in a mindful manner.
- **Mindful Movement for Movement Disorders:** The class is tailored for people with movement disorders such as Parkinson's, but can be enjoyed by anyone.
- **Zumba Gold Fitness Class:** Lower intensity Zumba.
- **Cam's Conditioning & Rehabilitation:** Teaches participants proper body mechanics and how to properly move to eliminate risk of falls.

## 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](http://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.

**Transportation:** The Fairhaven COA van will run Monday through Friday beginning at 8 a.m. for in-town shopping and errands as well as daily trips to Market Basket. All passengers will have their temperature taken before entering the van and all passengers must wear a mask while on the van. The van will be thoroughly sanitized after each use. Medical transportation has not yet resumed.

**Osteo Class:** Osteo class has resumed on Mondays, Wednesdays and Fridays from 8:30 to 9:45 a.m., weather permitting. The classes will take place outside near the Bocce Court under the shady trees. Please wear a mask. All chairs will be properly sanitized before and after use.

**Chair Yoga:** Chair Yoga has resumed classes on Mondays and Thursdays from 10:15 to 11:15 a.m., weather permitting. Classes will be held outside under the shady trees near the Bocce Court. The \$3 donation can be given directly to the instructor. Please wear a mask. All chairs and mats will be properly sanitized before and after use.

**Dental Hygienist:** The dental hygienist will resume appointments at the Fairhaven COA starting on Aug. 11. Please call Holly directly for an appointment at 774-766-7238. Safety protocols for COVID-19 will be in effect.

**Farmers Market Coupons:** Fairhaven seniors, 60 years old and older, can call the Fairhaven Senior Center to sign up for \$25 Farmers Market coupons at 508-979-4029. There is a limited number of coupons available and will be distributed on a first-come, first-served basis.

**Free Food:** Call the Fairhaven Senior Center at 508-979-4029 to see if you qualify for free food each month from the Greater Boston Food Bank.

**Pop-Up Mobile Market:** Aug. 17 from 5:30 to 7 p.m. at East Fairhaven Elementary School, 2 New Boston Road. The United Way of Greater New Bedford and Sid Wainer & Son are partnering to distribute food boxes to families struggling to afford produce due to COVID-19. Program made possible with the USDA. Boxes are distributed on a first-come, first-served basis and are intended for households of three or more.

*Continued on Page 11*

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**Marion COA**

Hours: Monday through Friday, 9 a.m. to 3 p.m. Like us on Facebook: [www.facebook.com/marioncoa](http://www.facebook.com/marioncoa). Call the center at 508-748-3570. The center is located at 465 Mill St., Marion, MA 02738.

**Reopening Updates:** We ask that you register for each program that you wish to attend by calling the office at 508-748-3570. On the day of the program, we ask that you check in with a staff member to confirm your attendance. For exercise classes, we will no longer be sharing equipment. We have some weights that we are offering, if you need them. These will be yours to keep as we will not be storing them here. For now we are requiring facial coverings, even if you are spaced 6 feet apart. If visiting the COA still does not feel like a safe option for you, many classes can be accessed on Marion's Public Service YouTube Channel.

**Transportation:** We continue to offer transportation to routine doctor's appointments. We request at least 48 hours advance notice. Transportation to grocery stores will follow the schedule set forth previously, 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 or Aldi or Target, Wareham.

**Drive-In Days:** Stop by on our Drive-In Days to say hello and pick up a special treat! Hot Dog Lunch: Aug. 5 from noon to 1 p.m. Milk & Cookies: Aug. 19 from noon to 1 p.m. Please call to register for these events at 508-748-3570.

**Podiatry Clinic:** Dr. Erik Henriksen will be at the Community Center on Aug. 7 to provide podiatry services. Call the COA to schedule your appointment.

**Dental Cleanings:** The Dental Hygienist Program provides dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment, call Holly at 774-766-7238.

**Memory Loss Support Group:** Aug. 13 and 27 from 1 to 2:30 p.m. This support group is appropriate for those in a caregiving role for loved ones afflicted with Memory Loss. This support group is being held outside at the Community Center, in the event of inclement weather it will be held via Zoom, please call the office at 508-748-3570 to attain log in information.

**Mattapoisett COA**

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

**Reopening Updates:** Beginning Aug. 10, the Mattapoisett COA will offer some outdoor programs. The decision to participate, or not, is based on your own personal decision. Preregistration is required to help us ensure there is adequate space. If you have any concerns, it is recommended that you consult your medical provider and/or take precautions for your own health. In the event of inclement weather, the COA will call those who are registered, either the night before or within an hour of the scheduled class time. Indoor services will be restricted to one-on-one services, such as dental hygienist, podiatrist, and hearing aid screenings. For those who want connection but don't feel comfortable going out, we encourage you to register for the Friendly Caller program. Anyone with concerns and/or suggestions about anything, please contact us.

**Transportation:** Reservations are required at least 48 hours in advance. Vans only. If you have difficulty walking up the steps of the van, let us know when you call. You may gain safe access via the lift in the back of the van. All passengers and the driver must wear a mask. Temperatures will be taken. Anyone with a temp. of 100 will not be permitted on the van. Vans will carry no more than three persons at a time. More details in the Mattapoisett newsletter. Call with questions.

**Foot Care:** Offered the last Monday of the month by Dr. Alan Lechan, DPM. Cost: \$30 (some insurances accepted). Appointment is required.

**Free Hearing Screening:** Aug. 3 at 1:30 p.m. Appointment required. No services will be provided for anyone with cold and/or flu-like symptoms. Masks are required at all times.

(Classes listed below begin the week of Aug. 10. View the Mattapoisett COA's newsletter online for more about policies related to outdoor classes.)

- Zumba:** Will not be held in August.
- Strength & Balance:** Mondays and Wednesdays at 10:30 a.m. Free.
- Yoga:** Tuesdays at 8:30 a.m. with Tracy O. Clarke. \$5.
- Dance Fit:** Wednesdays at 9 a.m. with Ellie Higgins. Free.
- Barre:** Thursdays at 8 a.m. with Marsha Hartley. Free.
- Tai Chi:** Thursdays at 9 a.m. with Mary Beth Soares. Free.
- Yo-lates:** Fridays at 8:15 a.m. with Marsha Hartley. \$5.
- Paint & Draw:** Fridays at 9:30 a.m.

**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 [rochestermaseniorecenter.com](http://rochestermaseniorecenter.com). Follow us on Facebook at: [facebook.com/rochestercoa](http://facebook.com/rochestercoa).

The Rochester Senior Center remains closed. However, a very limited number of events may be scheduled. COVID-19 guidelines are in place for all activities and events held at the Rochester Senior Center; all participants must wear a face covering over their nose and mouth, and maintain social distance of 6 feet from other attendees who do not live in their household. If you are not feeling well, or have any cold-like symptoms, please stay at home. Participants must sign a COA Waiver of Liability Agreement. At this time, activities and events held at the Rochester Senior Center are available for Rochester residents. People are asked to provide their own face covering. The Senior Center has a limited supply, in case you forget your own. The Senior Center will sanitize areas used regularly. Sanitizing wipes and hand sanitizer are available for use while visiting the Senior Center.

**Dementia Directory**

[www.alzconnected.org](http://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](http://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. 1 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](mailto: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.

**August 2020 Trivia Quiz Answers**

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



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**Thursday | 2:30 p.m.**  
**July 30**  
**August 27**  
**September 24**

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# Community

## Project Independence is 'Looking Forward to a New Day'

In the initial days of the pandemic, staffers at Project Independence, much like the rest of the nation, assumed the chaos brought on by COVID-19 would subside within a few weeks.

"I told everyone that we were going to be closed for two weeks. I thought it was going to be like a little vacation. Little did I know the extent of the vacation," said Karen Maciulewicz, executive director of Project Independence.

The New Bedford-based adult day health care center, which on average hosts about 45 consumers a day, officially closed on March 20 in response to the crisis. Three days later, Governor Charlie Baker issued a stay-at-home advisory and ordered non-essential businesses to close.

"At the beginning, you think it's only going to be a couple weeks. Then a few more weeks. And some of the caregivers are struggling without additional help," said Maciulewicz.

Founded in 1982, the agency serves older adults and adults with disabilities in an effort to promote independent living and to prevent premature institutionalization. Its location on Elm Street provides a welcoming space for its participants to socialize. And, due to the nature of the work, adult day health care centers were shuttered early on in the pandemic to prevent the centers from becoming a hotbed of COVID.

Two weeks after closing its doors to its participants, Project Independence staffers returned to the office in an effort to provide assistance to their clients where possible. Staffers checked in over the phone and helped coordinate services. But, this process was not without its own set of challenges.

"A lot of nursing and social work is visual and observational,"

said Lori Lincoln-Viera, an LPN and the assistant program director at Project Independence. "Because we know our folks so well, we would see a decline in a given area."

Lincoln-Viera explained that because clients with dementia and cognitive issues are largely unable to communicate over the phone, the agency relies heavily on their clients' caregivers or family members for information. Some

Independence a few times a week. Gomes and her husband care for and live with her mother, who has dementia, and her mother-in-law.

"I would drive [Izzy] down in the morning, drop her off and then I would walk at the YMCA," said Gomes. "Do I miss it? Immensely."

Gomes said she's been looking forward to Project Independence reopening – not only because it will enable her to get back into her

Still, Lopes said she's thankful that Project Independence stayed connected with its clients, whether through phone calls or by delivering activity packets and newsletters to consumers in-person.

"They're going above and beyond. They're still there on the frontlines," said Lopes. "Those are my heroes."

"I've been having some community visits with some of our folks – always socially distanced with masks out in their yards or front porches," said Kim Pimentel, a social worker with Project Independence. "We've been trying to have some quick visits with a familiar face, even if it's from behind a mask."

This summer, the agency has been working toward its reopening, which is officially happening on Aug. 3. The center was recently upgraded with a new air filtration system, and staffers have received education about what they might expect regarding their clients' social and emotional needs when they return.

"We've heard from caregivers that there has been a progression of diseases – a loss of muscle tone or increased confusion for some folks with dementia," said Pimentel. "As we reopen, we're thinking about treating every interaction as an opportunity for assessment."

The physical space will also look different, with less tables and chairs as well as restrictions on the amount of clients they can accept at one time. Despite all the obstacles the pandemic has placed on the agency, Project Independence staffers feel this disruption has been an opportunity to pause, reflect and renew.

"It has forced us to slow down and look inside and figure out what's important," said Maciulewicz. "We're regaining our energy. We're looking forward to a new day."



Kim Pimentel, a social worker, and Karen Maciulewicz, the executive director of Project Independence, assemble activity packets for clients. The adult day health care center has stayed connected with clients throughout the pandemic.

of those who are able to speak on the phone have hearing issues. And because of these barriers, it can be difficult to communicate directly with clients about safety precautions during the pandemic, like social distancing and wearing a mask. The COVID crisis has also placed more work on the shoulders of the caregivers.

"It's more daunting," said Lincoln-Viera. "And [caregivers] are not able to get the respite they need. Most of our clients cannot be left alone."

Prior to COVID, Acushnet resident Brenda Gomes would bring her mother, Izzy, to Project

walking routine, but because her mom needs social interaction.

"My mom enjoys being around others," she said.

Deborah Lopes, who lives in senior housing in New Bedford, said she's been taking part in Project Independence's services for the past six years. She was initially referred to the program because she was having a hard time socializing with others due to her ongoing struggle with anxiety and depression. The pandemic has only compounded those issues.

"It's been horrible. I live alone, so it's hard," said Lopes. "When I'm there, I'm happier."



The Marion Council on Aging is offering a limited number of classes and programs this summer - all outdoors beneath a colorful tent. Some classes are airing on ORCTV.

### Marion COA continued...

anticipating seeing one another in person following a lengthy lockdown.

"These people have had such valuable lives. They've put so much work into their communities, their families and their professions," said Asker. "Now with Alzheimer's, they're used to thinking that they're just an Alzheimer's patient. But they're real people. Getting to know

them is a precious thing to me."

While Zoom may not be a perfect solution, Asker suspects that it was enough to keep the group together throughout the quarantine.

"We've gotten to know one another," she said. "Everybody is very close, very interested in each other."

Clearly, the group was very interested in dancing, too. Dave Valero, a musician who himself was happy to be returning to some sense of normalcy and to be booking



The Marion Waterfront Café, which has been meeting on Zoom, held its first in-person meeting during the pandemic on July 22. The group danced while wearing masks.

gigs in the reopening economy, performed for the group. Laura Roy was there to dance with her friends – even if she had to do so behind a mask, at a safe distance from others.

"Everybody's a little shy today; we're trying to stay away from other people. But this is wonderful," said Roy, motioning toward the crowd.

Roy said, at age 91, she was taking the pandemic seriously, and has been spending most her time at home. She wasn't nervous about

returning to the council on aging, though.

"I wasn't worried. I knew if they were going to put it on, they were going to do it right," she said, before returning to dance on the grass.

For more information on the memory café, call the Marion Council on Aging at 508-748-3570. ORCTV is airing some of the COA's classes. For more info, visit [www.orctv.org](http://www.orctv.org).