

# Senior Scope

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

Vol. 2, Issue 9

Published by Coastline Elderly Services, Inc.

September 2020

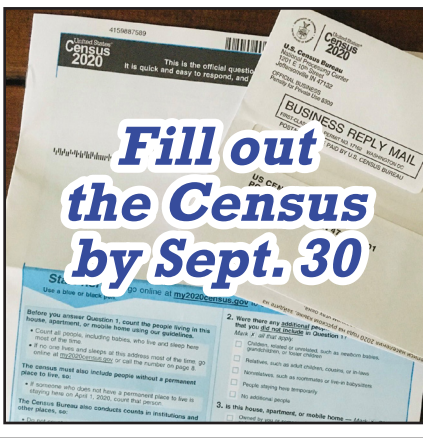
## Inside



NB Art Museum, page 12

- Donations ..... 2
- Letter from the Editor ..... 2
- Andrus Award ..... 2
- Social Security ..... 3
- Travel Order ..... 3
- Update ..... 4
- NB Wellness Initiative ..... 5
- Exercises ..... 5
- Census & Privacy ..... 6
- SHINE ..... 7
- Living Will ..... 8
- Trivia ..... 8
- Food Stand Cont. .... 9
- At the COAs ..... 10
- COAs cont. .... 11
- Dementia Directory ..... 11
- NB Art Museum. .... 12
- Census Cont. .... 12

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



## The Time to Fill Out The Census is Now

The 2020 Census offers more ways to complete the once-a-decade population count than ever before. Back in mid-March, the public began self-responding over the internet and over the phone – both options a first for the 230-year-old process. But COVID-19, much in the same way it disrupted nearly every other aspect of American life, upended the original census timeline.

“COVID has changed things rather dramatically,” said Jeff Behler, director of the U.S. Census Bureau’s New York Regional Office. “We should have started knocking on doors on May 13, and we should have been done with data collection at the end of July. Clearly, that couldn’t have happened when we couldn’t do it safely.”

Initially the U.S. Census Bureau had pushed its deadline for field operations from July 31 to Oct. 31. “Enumerators,” or census takers, only began knocking on doors in early August. But, around the same time, the bureau reversed course, announcing it intended to end field operations a month early.

This means that the deadline to fill out the 2020 Census is now Sept. 30.

U.S. Census Bureau Director Steven Dillingham wrote in a statement that the bureau was ending both field operations and



New Bedford Counts, the City’s census-counting effort, was here, there and everywhere this summer in an effort to count people ahead of the new deadline for the 2020 Census, which is now Sept. 30. On Aug. 22, the group visited Market Basket before heading over to West Beach. Pictured from right: Lynn Coish, Algenys Martinéz, and Jose Da Cunha.

self-response options at the end of September in an effort to keep with original deadline of Dec. 31, when the census is required by law to provide its data to the president.

The Trump administration had asked Congress for a deadline extension back in April, but the effort eventually stalled in the Senate. With lawmakers divided on the issue, the Census Bureau pressed forward with its plan to meet its original December deadline.

Census workers are now tasked

with counting the remaining households, many of whom belong to groups that are considered “hard to reach,” such as young children, non-English speakers and renters. Nearly four out of 10 households had yet to be counted by mid-August.

For those who have yet to self-respond, you can expect a visit from an enumerator. Field workers have received COVID training and will be wearing a mask (regardless of

*Continued on page 12*

## Mobile Farm Stand Goes Virtual

Coastline’s Foster Grandparent Program volunteers typically meet throughout the summer, but this year the group wasn’t able to gather together on account of the ongoing pandemic. Now, with local school districts leaning toward an online reopening at the start of the upcoming academic year, it appears that opportunities for the grandparents to meet may remain sparse.

But on Aug. 14, the volunteers were able to reconnect at the Wamsutta Club, which made its parking lot available for the group to meet outdoors in a space large enough to allow social distancing. The Foster Grandparents weren’t the only ones to regroup following a lengthy quarantine. Coastal Foodshed’s Mobile Farm Stand made its return

as well.

The mobile farm stand, now in its third year, had to radically reinvent itself during the COVID era. Last year, the traveling

did operations at the farm stand. To ensure the project continued serving customers, the farm stand shifted to online sales.

In just two weeks, the market had completely reestablished itself on WhatsGood, an online farmers market platform, which is available as a website and a smartphone app. The shopping experience is similar to buying groceries online. Before adding an item to your digital shopping cart, the website will display the farm and location from where the item was sourced.

Stephanie Perks, the director of Coastal Foodshed, said that when the virtual market initially opened this spring, it was bombarded with customers.

*Continued on page 9*



Coastline’s Foster Grandparent Program volunteers had their first-ever masked meeting outside the Wamsutta Club.

shop made regular weekly stops throughout New Bedford and at a variety of events. When the farmers market closed in March, so, too,



# AARP Massachusetts Awards Long-Time Coastline Volunteer

George Smith has been selected by AARP, the nonprofit organization for people 50 and older, to receive the 2020 AARP Massachusetts Andrus Award for Community Service – the Association’s most prestigious and visible state volunteer award for community service.

AARP Massachusetts selected Smith for his remarkable service and his extraordinary commitment to improving the lives of others throughout the Commonwealth. His efforts have greatly benefited his community, supported AARP’s vision and mission, and inspired other volunteers.

Known for his incredible energy and warm personality, this life-long resident of New Bedford has made a tremendous difference in the lives of New Bedford’s citizens, the elderly and the disabled, by setting a sterling example of what retirement can look like by devoting his time and energy to volunteering in the community.

Smith volunteers for the New Bedford Age-Friendly Steering Committee, MA Senior Action Council, the New Bedford Council on Aging and Coastline Elderly Services, among many others. The award will be formally presented to



George Smith, speaking at a Coastline event during the spring of 2019.

Smith on a future date.

“This award acts as a symbol to the public that we can all work together for positive social change,” says State Director of AARP Massachusetts Mike Festa. “AARP has long valued the spirit of volunteerism and the important contributions volunteers make to their communities, neighbors and the programs they serve.”

Recipients across the nation were chosen for their ability to enhance the lives of AARP members and prospective members, improve the community in or for which the work was performed and inspire others to volunteer.

# Letter from the Editor

Years from now, when I look back on the COVID-era, I think what I’ll remember most is the whirlwind that was the first two weeks of March 2020. On March 5, I was out reporting on the first story that would have appeared in the April edition of *Senior Scope*. I was at the New Bedford Art Museum downtown, and the museum was hosting a tour for folks with memory loss and their caregivers.

I had seen a string of features in the press about similar art tours popping up throughout the country, and I was interested in writing on the subject.

At the time, I had no idea that about a week after that tour, I’d be in the public library directly across from the museum as Mayor Jon Mitchell declared a state of emergency, and everything – the library, the museum, *Senior Scope* – would shut down.

When I saw an announcement that the museum was reopening, I was immediately brought back to the world before COVID, and I wanted to check in to see how things had changed in the gallery.

Back in March, after speaking with some of the group members who toured the museum, I was planning to write about how interactive experiences, like

viewing art together, can help those who feel isolated become more connected.

It will likely be a while before the museum can host group tours again, but for now the space – with its limits on capacity to 6 people every 30 minutes – means you can bring the people in your “pod” and connect over art. You can read that report on the back page.

Finally, I want to direct your attention to the announcement from AARP Massachusetts to the left of this column and offer my congratulations to George! The AARP is planning to formally award its Andrus Award recipients at a future date, and I hope to tune into the virtual event and cheer him on.


This award reaffirms something that many South Coast citizens know to be true: George Smith is a great guy. Though George is retired, he remains one of the hardest working people I’ve ever met, and his commitment to volunteerism and to his community is admirable. Thanks for all you do, George.

As summer winds down, stay safe and be well. (And, please, buy some tick repellent!)


Best, *Seth Thomas*, Editor

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 ½ 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 Ann Raymond
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
Immigrants’ Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira
Marion Council on Aging 465 Mill Street, Marion	508-748-3570	Connie Heacox
Mattapoissett Council on Aging 17 Barstow Street, Mattapoissett	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
PACE, Inc. 166 William St., New Bedford	508-999-9920	Ginny DeSilva Linda Pavao
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Janice Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-758-3781	Denise Dupuis Carla Marcelino Sandra Spoor



# Senior Scope

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

**Justin Lees, 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 September 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 Thanks:**  
In thanks of *Senior Scope*.  
\$25  
— Diane Bissonnette

**In Memory:**  
In loving memory of my parents, William & Eleanor V. James.  
\$25  
— Marylou Davis

In memory and thanks for the Boswells, Janine, Gerry & Michael.  
\$25  
— Patricia Martins

This month: \$75  
Year-to-Date: \$300

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

☐ \_\_\_\_\_



## Rhode Island Added to Mass' Travel Order

For Massachusetts residents looking to take a road trip before summer's end, the list of destination options is growing shorter. In early August, Governor Baker added Rhode Island to the list of states with travel restrictions in reaction to a recent uptick in COVID-19 cases within that state.

Massachusetts residents who travel to Rhode Island will have to quarantine for 14 days upon return or produce a negative COVID-19 test result. If the test result has not been received prior to arrival, residents must quarantine until they receive a negative test result.

All visitors entering Massachusetts, including returning residents and those who do not meet an exemption, are required to fill out an online travel form, which is available on the Massachusetts Department of Public Health website. Failure to fill out the form or comply with the travel orders could result in a \$500-per-day fine.

You do not need to fill out the form if you meet the criteria for some exemptions, which include:

- Traveling between Massachusetts and a lower risk state. (Connecticut, Maine, New Hampshire, New Jersey, New York and Vermont)
- Commuting to work or school
- Patients seeking or receiving medical treatment
- "Transitory travel," which the

state defines as people passing through Massachusetts to connect to their "airplane, bus or train, or to stop at a highway rest stop."

The state's website has an extensive question and answer section that explores some specific traveling scenarios. Look for it under the header "Potential Other Traveler Scenarios" at this website: [mass.gov/info-details/covid-19-travel-order](https://mass.gov/info-details/covid-19-travel-order).

According to a state report published on Aug. 22, Massachusetts has had 115,850 confirmed cases and 8,690 deaths among confirmed cases. By the end of August, there was a rare glimmer of hope: the number of new reported cases across the nation appeared to be leveling off following a summer surge.

After cases spiked in the South and Midwest throughout June and July, *The New York Times* reports that states leading the recent decrease in new cases have implemented local mask mandates and reversed or halted reopening plans, shuttering bars, restaurants and gyms – a signal that restrictions are effective.

By the last full week in August, the United States had about 5.7 million cases and 176,800 total deaths, according to data from Johns Hopkins University. Around the globe, there have been approximately 23,462,700 cases and 809,600 deaths.

## When Should You Start Receiving Social Security Benefits?

By Delia De Mello  
*Social Security*

We're often asked, "What's the best age to start receiving retirement benefits?"

The answer is: there's not a single "best age" for everyone. The most important thing is to make an informed decision.

Base your decision about when to apply for benefits on your individual and family circumstances.

Would it be better for you to start getting benefits early with a smaller monthly amount for more years, or wait for a larger monthly payment over a shorter time frame? The answer is personal and depends on several factors, such as your current cash needs, your current health and your family longevity.

You should also consider plans to work in retirement and other sources of retirement income. Most importantly, study your future financial needs and obligations, and calculate your future Social Security benefit.

We encourage you to weigh all the facts carefully before making the crucial decision about when to begin receiving Social Security benefits. This decision affects the monthly benefit you will receive for the rest of your life and may affect



Delia De Mello,  
Social Security

benefit protection for your survivors.

### SSA's New Retirement Portal

Our new retirement portal is more user-friendly and easier to navigate, whether you're ready to learn about, apply for or manage your retirement benefits.


The redesigned portal will make it easier for you to find and read about retirement benefits, with fewer pages and clearer information. We condensed and rewrote most of the pages to make them easier to understand.

The portal is compatible for use on mobile devices so you can learn and do what you want from wherever you want.

Our retirement webpage has information including:

- Retirement Publications
- Benefit Calculators
- Retirement benefits estimates
- Full retirement age information
- Spouse benefits

You and your loved ones can access all of these resources at [www.ssa.gov/benefits/retirement](https://www.ssa.gov/benefits/retirement). More improvements to Social Security's website are planned for later in 2020 as the agency seeks to improve the public experience at [www.socialsecurity.gov](https://www.socialsecurity.gov).




## 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

## 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



# Update

## Matter of Balance Classes Online

Coastline will be offering a FREE workshop online beginning Sept. 22, to kick off Falls Prevention Awareness Week. This workshop is designed to reduce fear of falling, empower seniors to be proactive in learning tips to avoid fall risks, grow in self-confidence, and increase strength and flexibility through specific exercises. The workshop will run twice a week from 10 a.m. to 12:30 p.m. on Tuesdays and Thursdays, from Sept. 22 through Oct. 13.

Technology is available for those who do not have access. For more information, please contact Rachel Fouts at 774-510-5224.

## Help and Hope Southcoast

This local public health campaign is bringing discussion and awareness to the stigma associated with mental health. To reach this goal, Help and Hope Southcoast plans on increasing access to services and is 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).

## '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](mailto:lycslp@gmail.com). Funding provided in part by a grant from Coastline and the Executive Office of Elder Affairs.

## '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. 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.

## You Can Still Donate Textiles During COVID

Gather your textile items, bag these items and visit one of the drop-off locations in Fairhaven. All donations help fund the Town of Fairhaven's hoarding remediation workshops. Bins are located at: The Fairhaven Fire Department, 146 Washington St.; Fairhaven Council on Aging, 229 Huttleston Ave.; North Fairhaven Improvement Association, 267 Adams St.; Happy's Landing, Goulart Memorial Drive (West Island).

You can donate clothing, linens, footwear, stuffed animals and accessories.

## Legal Services

South Coastal Counties Legal Services continues to provide services to clients during these challenging times. Their offices remain closed; however, intake hours have been extended to Monday through Thursday, 9 a.m. to 2 p.m. To apply for services, call 1-800-244-9023 or fill out an online inquiry at [sccls.org](http://sccls.org).

SCCLS is partially funded by Coastline and the Executive Office of Elder Affairs.

## NB Farmers Market Summer Schedule

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. (Masks and social distancing required at all markets.)

## 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. Next market: Sept. 14, 10 a.m. to noon. at the Time Square building parking lot, 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).

## Help Name a Room in the New Coastline HQ

Coastline has been working toward a new headquarters in New Bedford. The building, which is still under construction, will be located on Acushnet Avenue. This new space will enable us to better serve our community by providing the public with one central location to meet and discuss your needs.

We're excited to introduce you to the new space once it opens, which will likely happen early next year. As we put the finishing touches on the project, we've been brainstorming some potential names for our new conference rooms. We would like our main conference center to be named after our home, New Bedford, and we're seeking your input.

Send us your ideas! We would like the name of the conference center to reflect some aspect of New Bedford's history, geography, citizens or culture. We will need your submissions by Sept. 15. Either email *Senior Scope* at [stthomas@coastlinenb.org](mailto:stthomas@coastlinenb.org) or leave a voicemail at 508-742-9104.

The winner will receive a year's subscription to *Senior Scope* (we'll deliver the paper to your home), a tour of the building at some future date and a \$25 gift card to Sunrise Bakery! We will also announce the winner in a future issue, and *Senior Scope* is planning a feature about the new building once it's ready to welcome the public.

## Coastline/BCC Program Seeks Participants

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

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 help them find ways to better execute activities of daily living.

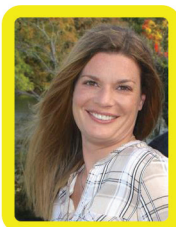
This year the program will be modified to accommodate the ongoing COVID-19 pandemic, with students relying heavily on video conferencing to connect with clients rather than entering clients' homes. If you are interested in taking part, you can reach Patricia Geggatt-Midurski, who operates Coastline's Caregiver Companion program, directly by calling 508-742-9116 or 774-510-0174 or by emailing [pmidurski@coastlinenb.org](mailto:pmidurski@coastlinenb.org)

**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



Hearing Instrument  
Specialist  
LIC # 275

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



## 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.



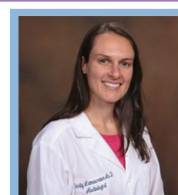
**(508) 997-1205**  
TDD# 800-439-2370



**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)



# Your Health

## Modern Tech Meets Qigong, the Traditional Chinese Way to Stay Fit



By Marcia and Steve Rath  
New Bedford Wellness Initiative

With the advent of COVID-19, many aspects of our lives have changed, and we have begun to take social distancing, frequent hand-washing and wearing masks in stride. But places that help keep people healthy, like gyms, fitness centers, and yoga studios, remain closed.

In New Bedford, Dr. Michael Rocha, along with Julie Fostin, Deb Days-Fraire and other dedicated volunteers, pushed to figure out a way to keep the New Bedford Wellness Initiative (NBWI) alive and well.

Enter Facebook Live and the internet streaming of all varieties of NBWI classes – yoga, meditation, hypnosis, nutrition and even Qigong, the ancient Chinese way to keep fit.

For those not familiar with Qigong (pronounced “Chee Kung”), it is a modern word for an ancient Chinese exercise practice. The simple and easy energy exercises use movement, stillness, alignment, meditation and abdominal breathing to promote a strong body and relaxed mind.

Moreover, the stillness and



Qigong incorporates breathing, postures and meditation to improve mental and physical health. While the New Bedford Wellness Initiative’s Qigong class (pictured above) no longer meets in person, classes have since moved online.

motion created in these exercises enhances ease of movement, strengthens endurance and gives an overall sense of wellbeing.

A variety of exercises and meditations have been offered through NBWI’s live streaming platforms so that people can choose which movements best suit their needs.

Individual movements can be incorporated into everyday activities, thereby providing a natural practice within ordinary movements. Or, a more formal Qigong form, such as the Rejuvenation Form, can be practiced in parts or in its entirety in an exercise session. Your body and mind will lead you to what is needed.

After practicing any of these

exercises, or even just following along by watching, you will begin to feel warmth and strength gathering within you. Know that you have awakened a healing energy that flows throughout your body, bringing a smile to your face.

Qigong can be practiced almost anywhere, almost anytime. We now know the “anywhere” includes people from Massachusetts, Florida, California, Rhode Island, Utah, Maine, Colorado, Great Britain, and China, to name some of the places where NBWI’s Qigong Moments classes have been live streamed.

And, you can even practice in your pajamas if you like!

Such is the wonder of Monday, Tuesday and Wednesday mornings at 8 a.m. with Qigong Moments

and Meditation. Or, you can watch the videos anytime you’d like. Just check out the New Bedford Wellness Initiative page on Facebook. Qigong – simple, and easy to learn and do.

From now through Sept. 18, we are teaching the Rejuvenation Form (Sitting and Standing) for overall wellness and longevity. And then, in celebration of National Breast Health Awareness Month, Marcia will be teaching “Wu Ming Qigong Exercises for Breast Health,” which will take place Monday through Friday at 8 a.m. from Oct. 5 until Oct. 30.

Marcia and Steve Rath, authors of “Qigong for Wellbeing in Dementia and Aging,” live in South Dartmouth, MA, and Stuart, FL. They have been teaching Qigong part-time for the New Bedford Wellness Initiative since 2016. Now, through the ‘miracle’ of technology, Marcia has been offering Qigong practice multiple times a week live from Stuart, FL, because, in the Age of COVID, she cannot get back to Massachusetts just yet.

### Resources

For more updates from the New Bedford Wellness Initiative, visit them online at nbewell.com or follow them on Facebook at 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, which is now meeting in-person.

## Sit-to-Stands: An Essential Exercise for the COVID-Era

By Cam Bergeron, CSCS  
Cam’s Conditioning & Rehab

There are many different types of exercise programs, but from my experience, one program stands above the rest: “sport-specific” training.

Just because it’s called sport-specific training doesn’t mean it has anything to do with sports. During athlete sports conditioning programs, the instructors choose exercises that mimic the movements the athletes use in their sport.

When I am developing programs for personal training or for groups, I always consider sport-specific conditioning. Everyone has their own goals and imbalances, and it’s the instructor’s job to choose the correct exercises to help them achieve their goals. When it comes to the classes I teach at senior centers, I like to capitalize on exercises that will transfer into my students’ daily lives.

The best way to describe this concept is by explaining the difference between squatting exercises and sit-to-stands. When it comes to squatting, the motion can be very tough to keep proper from. This could be due to lack of strength or maybe some injuries in



Without using the support of his hands, Cam Bergeron stands up from a chair. Practicing this maneuver can help with everyday life. [Image from Dartmouth Community Media]

the body.

A sit-to-stand starts off with the person sitting on the chair, standing up without using hands, then sitting back down. Independence is my main objective with sit-to-stands. When an individual needs help standing up, it puts a toll on them. My goal is for this never to happen.

Once you master a sit-to-stand there are a few ways to make the exercise tougher. Lower the height of the object you’re sitting on and

increase weight. I’m a firm believer in lowering the height of the object before you add weight. My reasoning for this is this same sport specific idea.

If you are physically able to sit-to-stand easily off multiple surfaces around your house, that’s great. But you also want to acclimate yourself to other objects that you may come in contact with. Someone else’s couch, chair or toilet may be lower than yours.

I am consistently challenging a client of mine that has a neurological disease with lower sit-to-stands. She went on a cruise last year and was talking to another woman in her beach chair. As she was finishing their conversation, she popped out of her beach chair perfectly. The lady she was speaking with was a personal trainer and was impressed how my client just got up out of a low beach chair without issue.

The woman said “Wow, that’s impressive! Half of my clients can’t even do that.”

These are the types of stories I love to hear. There is nothing better than helping individuals increase their functionality.

Sit-to-stands are one of the most basic exercises to keep us functional and independent. I

suggest performing at least 10 sit-to-stands daily. Just remember: if you can easily do 10 repetitions, then try lowering the height of your object. If you have two surfaces that are at vastly different heights, then add a pillow/book/etc. to the lower surface. That way you are going lower, but not too low.

Here is some guidelines for sit-to-stands.

1. Start off with a chair you can comfortably stand up from
2. Sit about halfway forward on the chair
3. Toes straight, feet flat
4. Chest up, head looking straight forward
5. Breath out and stand up
6. Squeeze the butt upon standing
7. Lower yourself back down slowly, breathing in
8. Repeat

[Notes: Knees should stay parallel with each other, they shouldn’t dive in. Do not round the back while performing the motion.]

Dartmouth Community Media (DCTV) has been airing Cam’s exercises classes, which you can access for free on the station’s website and YouTube channel: town.dartmouth.ma.us/dartmouth-community-media.



# Vamos manter-nos unidos enquanto separados durante estes tempos difíceis!

Suas respostas ao Censo de 2020 estão seguras e protegidas pela legislação federal. Suas respostas são utilizadas apenas para a produção de estatísticas – elas não podem, de forma alguma, ser utilizadas contra você. Pela legislação, todas as respostas às pesquisas em domicílios e empresas da Agência do Censo são mantidas em sigilo completo.

Responder ao censo ajuda as comunidades a receberem as verbas de que precisam e também ajuda as empresas a tomarem decisões amparadas por dados que fazem a economia crescer. Os dados do censo afetam a nossa vida diária, fornecendo informações para que decisões importantes sejam tomadas com relação a verbas para serviços

e infraestrutura na sua comunidade, incluindo atendimento médico, centros para idosos, empregos, representação política, estradas, escolas e empresas. Mais de US\$ 675 bilhões em recursos federais são enviados aos estados e comunidades locais todos os anos, com base nos dados do censo.

Por lei, suas respostas não podem ser utilizadas, de forma alguma, contra você por nenhum órgão governamental ou tribunal: não podem ser utilizadas pela Agência Federal de Investigação (FBI), nem pela Agência Central de Inteligência (CIA), nem pelo Departamento de Segurança Nacional (DHS) e nem mesmo pela Agência de Imigração e Alfândega dos EUA (ICE, na sigla

em inglês). A legislação exige que a Agência do Censo mantenha as suas informações em sigilo e utilize as suas respostas apenas na produção de estatísticas.

Conforme o Título 13 do Código dos EUA, a Agência do Censo não pode divulgar nenhuma informação identificável sobre indivíduos, domicílios ou empresas, nem mesmo para agências de imposição da lei. A lei declara que a informação coletada só pode ser utilizada para propósitos de estatísticas, e nenhum outro fim.

Ma maneira fácil de nos ajudarmos uns aos outros é através do preenchimento dos Censos de 2020. Ao fazer isso, você garante que New Bedford receba o financiamento que merecemos para moradia, assistência

médica, SNAP, escolas, planejamento de resposta a emergências e outros serviços importantes em que todos confiamos. Você pode concluir seu censo de qualquer lugar! E certifique-se de que todos os que vivem em sua casa, mesmo que não sejam parentes, sejam contados - e, como sempre, as crianças também contam!

Mais informação disponível em [newbedford-ma.gov/census](http://newbedford-ma.gov/census) ou [facebook.com/nbcounts](https://facebook.com/nbcounts). Partilhe esta informação com familiares e amigos!

Responda online, pelo telefone ou por e-mail. Toda a informação é confidencial. Visite-nos em: [my2020census.gov/](http://my2020census.gov/) para preencher os seus Censos. 844-474-2020.

[Adapted from information from census.gov and NB Counts]

# ¡Mantenganos unidos mientras nos mantenemos separados nestos tiempos difíciles!

Sus respuestas al Censo del 2020 están seguras, a salvo y protegidas por la ley federal. Sus respuestas se pueden usar solamente para producir estadísticas—no se pueden usar en su contra de ninguna manera. Por ley, todas las respuestas a las encuestas sobre hogares y empresas que realiza la Oficina del Censo de los EE. UU. se mantienen completamente confidenciales.

Responder al censo ayuda a las comunidades a obtener los fondos que necesitan y ayuda a las empresas a tomar decisiones basadas en datos que hacen crecer a la economía. Los datos del censo influyen en nuestra vida diaria, aportando información para tomar decisiones importantes

sobre el financiamiento de servicios e infraestructura en su comunidad, incluyendo atención médica, centros para personas de la tercera edad, empleos, representación política, carreteras, escuelas y negocios. Más de \$675 mil millones de fondos federales se distribuyen a los estados y a las comunidades locales basándose en los datos del censo.

La Oficina del Censo está obligada por ley a proteger toda la información personal que se recopile y a mantenerla en estricta confidencialidad. La Oficina del Censo puede usar sus respuestas solo para producir estadísticas. De hecho, cada uno de los empleados de la Oficina del Censo presta un juramento para

proteger su información personal de por vida. Sus respuestas no se pueden usar para fines del cumplimiento de la ley o para determinar su elegibilidad personal para beneficios del gobierno. Por ley, sus respuestas al censo no pueden ser usadas en su contra de ninguna manera por ninguna agencia del gobierno ni tribunal— ni por el Buró Federal de Investigaciones (FBI), ni por la Agencia Central de Inteligencia (CIA), ni por el Departamento de Seguridad Nacional (DHS), ni por el Servicio de Inmigración y Control de Aduanas de los EE. UU. (ICE). La ley exige a la Oficina del Censo mantener confidencial su información y usar sus respuestas solo para producir

estadísticas.

Al hacerlo, se asegura de que New Bedford reciba los fondos que merecemos para escuelas, programas de almuerzos, atención médica, beneficios de SNAP y otros servicios importantes en los que todos confiamos. Y asegúrese de contar a todos los que viven en su hogar, y recuerde: ¡los niños también cuentan! Hay más información disponible en [newbedford-ma.gov/census](http://newbedford-ma.gov/census) o en [facebook.com/nbcounts](https://facebook.com/nbcounts).

Responda en línea, por teléfono o por correo. Toda la información es confidencial. Visitar: [my2020census.gov/](http://my2020census.gov/) para completar su censo. 844-468-2020. [Adapted from information from census.gov and NB Counts]





# 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

4499 Acushnet Avenue • New Bedford, MA 02745 • 508.995.6900



# SHINE Program Prepares for Open Enrollment with New Recruits

Nearly two dozen people spent a large part of this summer navigating the complex world of Medicare coverage. The group was learning the ins and outs of health insurance to become SHINE counselors, who act as guides for those becoming Medicare-eligible.

SHINE (or “Serving the Health Insurance Needs of Everyone”) provides free health insurance information, counseling and assistance to Massachusetts residents. The program, which is administered by the Executive Office of Elder Affairs, is operated by a mix of volunteers and employees stationed at various agencies, such as councils on aging and Coastline. And this summer, 23 people took part in an extensive training program to become counselors from the South Coast to Cape Cod.

“Our counselors go through a lot of training,” said Regional SHINE Director Christie Rexford, who’s based in Middleborough. “We’re unbiased, and we can give you an idea of all of your options so you make the best choice for you. And it’s free.”

The program, which typically revolves around in-person meetings, was forced to switch to a remote model because of COVID-19, which Rexford said was particularly challenging considering how much copying, printing and faxing is involved. Even this year’s SHINE counselor training had to take



SHINE counselors can help you navigate the complex world of Medicare. In addition to helping you sign up for coverage, they can help walk you through the online Plan Finder tool on medicare.gov. See page 2 for a list of local SHINE counselors.

place exclusively over the video conferencing platform Zoom.

Still, SHINE pressed forward with training, ensuring the new crop of counselors would be ready ahead of the busy Medicare open enrollment period, which takes place every year from Oct. 15 to Dec. 7.

One of the new recruits, Ginny DeSilva, who works as a health access director at the New Bedford-based nonprofit PACE, printed reams of information to prepare for the final exam scheduled in late August.

“I have a new, great respect for SHINE counselors,” said DeSilva. “It’s a long training, and there’s tons and tons of material to study.”

She said that, for people who

are accustom to receiving health coverage through an employer, it can be easy to coast along, not thinking much about the intricacies of health insurance. But, three months before the month you turn 65 – when you can first sign up for Medicare – she recommends seeking help as soon as possible.

“When it comes to Medicare programs, they’re very complicated, and you definitely need someone who knows what they’re talking about to assist you,” she said.

During open enrollment, those on Medicare can make changes to their health plans and prescription drug coverage to better meet their needs. This year, meeting with a SHINE counselor will likely happen

remotely.

“We do have some outreach workers who have started to see people outside,” said Rexford.

The bulk of appointments, though, will happen over the phone or across email. For those who feel more confident with a computer, Medicare’s official website has a tool called the Medicare Plan Finder, which can help you compare coverage options and shop for plans. Rexford said SHINE counselors can answer questions about the Plan Finder if you need help using the service.

Before DeSilva had joined the training program, she said that she had benefited from the service back when it was time for her to sign up for Medicare. At the time, she scheduled a meeting with her coworker at PACE, who helped her through the process.

“I think it’s a program that’s definitely needed and helpful to a lot of people,” she said. “They need more SHINE counselors.”


### Resources

To reach a SHINE Counselor, contact your local COA or call the regional number, 1-800-231-1155.

A contact list of local SHINE counselors is published in every issue of *Senior Scope* on page 2.


See page 10 and 11 for COA updates about SHINE throughout the open enrollment period.

## 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



**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

## State’s ‘Stop the Spread’ Initiative Expands, Extends to Sept. 12

Back in July, the Commonwealth launched a COVID-19 testing program in eight communities where rates of the coronavirus were higher than the statewide average and where there had been a decline in testing since spring. Notably, the tests were free of charge.

That effort, which was initially scheduled to end on Aug. 14, has extended to Sept. 12 and has expanded into 17 communities. In early August, Governor Charlie Baker announced that the “Stop the Spread” initiative would now be happening in Agawam, Brockton, Chelsea, Everett, Fall River, Framingham, Lawrence, Lowell, Lynn, Marlborough, Methuen, New Bedford, Randolph, Revere, Springfield, Taunton and Worcester.

All residents of these 17 communities, including asymptomatic individuals, are urged to get tested at one of these locations. While these sites are being launched in these communities, they are open to all residents of the Commonwealth. Tests will continue to be free of charge.

According to the state, while Massachusetts has seen a decrease in COVID-19 cases and hospitalizations since May, there has been a slight uptick in certain communities this summer.

Separately, Baker also signed an updated order on gatherings, reducing the limit on outdoor gatherings from 100 to 50 people

(the limit on indoor gatherings will remain at 25 people). The order requires face coverings in instances where more than 10 people from different households congregate.

The second part of “phase 3” in the governor’s reopening plan has been postponed indefinitely.

Public safety officials, including state and local law enforcement, have the jurisdiction to enforce these orders, and event hosts in violation of these orders will be subject to fines or cease and desist orders.

### Resources

Greater New Bedford Community Health Center, 874 Purchase St., is offering testing by appointment or walk-up, Monday through Friday from 8:30 to 11:30 a.m. Call 508-742-3807.

The following agencies are offering testing at various locations throughout the City. Visit the state’s “Stop the Spread” website for the most up-to-date schedule at: [mass.gov/info-details/stop-the-spread](https://mass.gov/info-details/stop-the-spread).

- Seven Hills Behavioral Health Van: 508-996-0546.
- South Coast Health: 508-973-1919.
- Alert Ambulance Service Inc.: 401-654-4679.

New Bedford Counts, which helps residents fill out the 2020 Census, will be stationed at some of these events. Visit them on Facebook for their schedule: [facebook.com/nbcounts](https://facebook.com/nbcounts).





# What is a Last Will and Testament and Do I Need One?

By Brandon Walecka, Esq.  
*Surprenant & Beneski*

The coronavirus pandemic getting you thinking about preparing a Will? You may be worried about how your exposure to the disease or preexisting health conditions may make you more susceptible to COVID-19. The need for an estate plan is constant, but now more than ever, we seek the peace of mind that having our affairs in order can bring.

## What is a Last Will and Testament?

A Last Will and Testament is a legal document that communicates your final wishes pertaining to your assets – for example, what to do with your personal possessions, whether distributing to an individual, a group, or donating them to a charity(ies), and who is responsible for making the distributions.

## How a Last Will and Testament Works.

Typically, you write a Will, conforming to certain legal formalities, while you are alive. Upon your passing, if you owned assets solely in your name (without a beneficiary designation, joint owner or a trust), that asset will need to pass through a process called “probate” before being distributed.

## What is a Probate?

Probate is the name of the process of transferring the property of a deceased person to that person’s heirs or beneficiaries.

The Massachusetts Probate and Family Court, known as the probate court, oversees the process of transferring the property of the deceased person. There is a probate court in each Massachusetts county.

If the person dies without a Will this is known as an intestate probate. The person submitting such a filing as called a Personal Representative.

## Who is a Personal Representative (formerly known as Executor/ Executrix)?

A Personal Representative (PR) is a fiduciary who has assumed a series of important responsibilities and duties through the probate process. A PR has a duty of loyalty, impartiality, to preserve and account for estate assets. Selecting the right person to serve as PR upon your passing is critical and should not be taken lightly.

## When is a Probate Needed?

Generally, in Massachusetts, anytime the decedent individually

owns any real property or personal property valued at more than \$25,000 a full probate is needed. If the decedent owns less than \$25,000 in personal property, one car, and no real estate, a simplified process known as a “voluntary administration” can be done instead of a full probate.

## What Happens if You Die Without a Will?

If you die intestate—that is, without a Will—the state oversees the distribution of your assets, which it will typically distribute according to a set formula. Typically, property goes to a surviving spouse first, then to any children, then to extended family and descendants, following common law. If no family can be found, property typically reverts to the state.

This formula can have unexpected results.

In Massachusetts, if you are married and you die without a Will, what your spouse gets depends on whether or not you have living parents or descendants.

If you don’t, then your spouse inherits all of your intestate property. If you do, they and your spouse will share your intestate property in varying amounts based on the formula.

If you die without a Will in Massachusetts, your children will receive an “intestate share” of your property. The size of each child’s share depends on how many children you have, whether or not you are married, whether your children are also the children of your spouse, and whether your spouse has any children from a previous relationship.

Further complications may ensue if your children are minors, as the court will appoint a representative to look after their interests.

## A Properly Drafted Will Means Peace of Mind.

While obtaining professional advice when executing a Will is not a legal necessity, you should be aware that a Will must meet certain requirements as provided by state law in order to be valid.

The satisfaction in knowing that your estate plan will be distributed the way you intended. By executing a valid Last Will and Testament, you can save your family a great deal of stress, burden, and cost at an already difficult time.

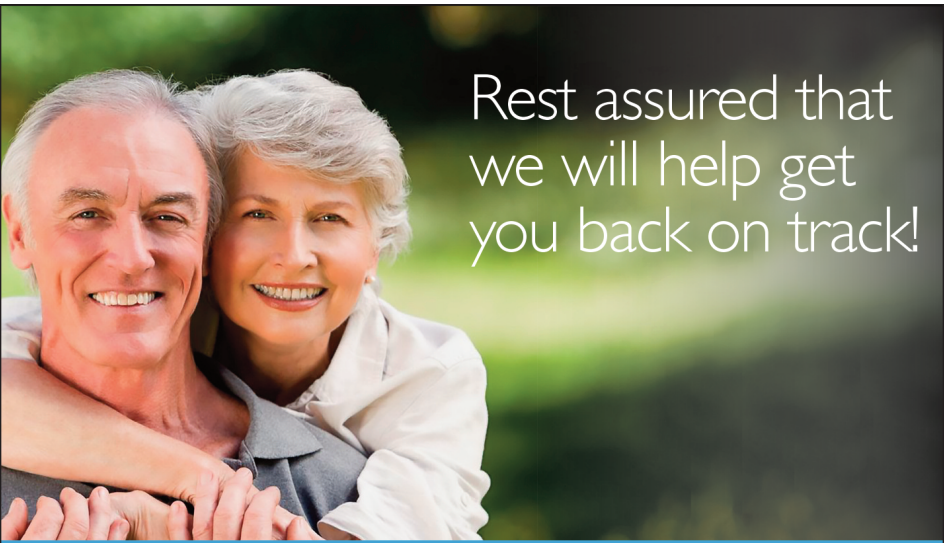
[More info on legal services on page 4.]

# Trivia

## FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What is the least rainy state in the U.S.?  
A.) Arizona  
B.) New Mexico  
C.) Utah  
D.) Nevada
- 2.) What can replace a peony?  
A.) Chrysler  
B.) Chrysanthemum  
C.) Chrysalis  
D.) Chronology
- 3.) Which term never appears in the Declaration of Independence?  
A.) United States of America  
B.) Independence  
C.) Government  
D.) Declaration
- 4.) What is a European art style from the 1920s?  
A.) Renaissance  
B.) Sepia  
C.) Impressionism  
D.) Dada
- 5.) Who uses a tool called a ripper?  
A.) Tailor  
B.) Plumber  
C.) Dog Trainer  
D.) Surfer
- 6.) What makes the sound of a susurrus?  
A.) Rooster  
B.) Waves  
C.) Xylophone  
D.) Car Horn
- 7.) What is another word for the “tails” of a coin?  
A.) Verdict  
B.) Verso  
C.) Vault  
D.) Vandal
- 8.) What does the Roman numeral “L” represent?  
A.) 50  
B.) 500  
C.) 1,000  
D.) 5,000
- 9.) Which one of these cereal mascots came first?  
A.) Tony the Tiger  
B.) Cap’n Crunch  
C.) Snap, Crackle and Pop  
D.) Toucan Sam

[answers listed on page 11]



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**  
Healthcare Center

123 bed skilled nursing facility  
15 Mill Street, Marion, MA  
**(508) 748-3830**

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



# Nutrition

**Farm Stand continued...**

The opening of the virtual market happened at time when public knowledge about COVID-19 was rapidly evolving and stepping foot inside a grocery store felt especially perilous. The new online market, however, was a place to shop safely, and it made door deliveries. (Plus, unlike the larger chain grocery stores, the virtual farm stand managed to keep flour, a COVID-era rarity, in stock.)

Customers can place an online order between 8 a.m. on Saturdays and 11 p.m. on Mondays, and the orders are delivered by Wednesday evenings. From 2 to 5 p.m. on Wednesdays, customers can pick up their order from Coastal Foodshed’s new location at 38 Blackmer St. in New Bedford.

Earlier this year, on account of the pandemic, Massachusetts enabled customers to use SNAP/EBT cards for online purchases at Walmart and Amazon. While smaller markets were not included in this new rule, Coastal Foodshed enables customers to order online and then pay using SNAP/EDT cards when they pick up an order at their office on Wednesdays.

Customers may also take advantage of the Healthy Incentives Program (HIP), which provides SNAP users with extra benefits when purchasing fresh fruits and vegetables. HIP can only be used



Dan King (center) and Stephanie Perks (right) of Coastal Foodshed brought the mobile farm stand to a Foster Grandparent Program event in August, the first time the mobile market had appeared since quarantine. The shop moved online this spring.

at farmers markets, farm stands and CSAs.

The mobile farm stand aggregates products – including produce, meat, maple syrup and honey – from farms throughout the region. Beyond its own virtual market, Coastal Foodshed launched a 12-week program during the pandemic aimed at keeping farmers’ businesses afloat. The Southcoast Farmer to Family Relief Program, which was funded as part of the SouthCoast Community Foundation’s COVID relief effort, helped bring local food into food pantries.

“The goal was to help people who needed it, but also to help

farmers who had lost markets,” said Dan King, who manages the mobile farm stand and virtual market. “A lot of farms lost direct-to-restaurant sales. The amount of farms that we work with now is greater than it was because their regular channels dwindled.”

With numerous agencies now offering free produce boxes as part of a wide-ranging COVID-relief effort, Coastal Foodshed is looking to identify locations where food remains hard to access.

“There are a lot of resources out there right now for food, so we have to go places where people are not getting food,” said Perks, adding

that Coastal Foodshed intends to keep the virtual market operational beyond the COVID era.

In the interim, the group was happy to see the mobile farm stand make its return for the Foster Grandparents.

“This event was great, getting back in the swings of things and interacting with customers – even with strange mask guidance and blue tape on the ground,” said King. “It’s still nice to provide the service again.”

**Resources**

To order from the farm stand online, either download the WhatsGood smartphone app or visit [sourcewhatsgood.com](http://sourcewhatsgood.com). Click on Massachusetts and search for “Coastal Foodshed Virtual Market.” Deliveries can be made to: New Bedford, Dartmouth, Acushnet, Fairhaven, Mattapoisett, Rochester and Marion. SNAP/EBT/HIP customers can make online orders, but will have to pick-up at 38 Blackmer St., New Bedford. Call for info: 508-259-2647.

For more food resources, including the NB Farmers Market summer schedule, see Page 4.

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).

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

**S | W | H**  
**Senior Whole Health**  
A MAGELLAN COMPANY



Dental care at no cost to you



Nurse Care Manager to  
coordinate your care



\$305 towards eyeglass frames



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



YMCA membership or  
\$55 per month for gym membership



Transportation to and from  
your doctor appointments\*

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



# 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.

**COA Exercise Classes:** With the cooler weather beginning to roll in, some exercise classes will resume at the COA. All classes will be held outside, weather permitting, and access to the building will still be prohibited. Masks and social distancing will be required. Please call for the schedule, 508-998-0280.

**Medicare Open Enrollment:** From Oct. 15 to Dec. 7. We are trying to devise some alternative ways of helping Medicare beneficiaries navigate the open enrollment period. We are hoping that for those who are tech savvy, we can hold a virtual appointment via phone and email. We will be able to do enrollments into new plans over the phone if necessary and mail you your confirmation. We will not be able to assist non-Acushnet residents. We will have information for nonresidents as to where they can find their local SHINE counselor. Contact the COA with questions.

**AARP Friendly Caller Program:** We may be isolated, but we don’t have to be alone. “AARP Friendly Voices” has trained AARP volunteers who will provide a call to say hello. To register, call AARP directly at 1-888-281-0145.

**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 date is Sept. 8. Contact Holly for an appointment at 774-766-7238.

**Annual Walk to End Alzheimer’s:** Walks will take place in your own community this year. Track your walk through the Walk Mobile app. There will still be an opening ceremony and Promise Garden ceremony through an online platform. Register at [www.alzwalkMANH.org](http://www.alzwalkMANH.org).

**Senior Center Without Walls:** Senior Center Without Walls is a California-based program with classes and discussion groups that bring seniors together over the phone. Register by phone at 877-797-7299.

## 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 Sept. 15 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

**Coffee Talk:** Start your day with coffee and a virtual smile with our friends at the COA. We invite our friends to join the staff at the COA on Tuesday mornings at 10 a.m. via ZOOM starting Sept. 1. Zoom Meeting ID: 868 9154 1490; Password: 665252. Call us at 1-646-876-9923.

**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 [lrahn@ymca](mailto:lrahn@ymca).

**Lunch and Run:** Sept. 24 from 12:30 to 2 p.m. Drive thru BBQ Chicken, Paradise Rice and Dessert. Call to sign up 508-999-4717. Free.

**Fresh Produce Pick Up:** For Dartmouth families and/or seniors struggling to

access fresh produce. Wednesdays from 8 to 10 a.m. at the Quinn Elementary School while supplies last. Proof of residency required. No advanced sign-up.

**Clinics:** Clinics are now open by appointment only. Visiting Dental Hygienist on Sept. 15. Please call Holly at 774-766-7238; Hearing Clinic: last Thursday of the month from 10 a.m. to noon. Call COA for appointment; Podiatry Clinic: first Thursday and last Tuesday of every month. Call COA for appointment; Justice Bridge Legal clinic: last Wednesday of the month from 2 to 3 p.m. Call COA for appointment.

**Support Groups available on Zoom:** Alzheimer’s Support: every other Tuesday at 3 p.m. Contact Carolyn Greany at 508-304-4587; Widow Support Group: every other Friday at 10 a.m. Contact Linda Rose or Janet Rocha at 508-999-3255; Family Caregiver Support Group: 1st and 3rd Thursday from 10:30 a.m. to noon. Contact Stephanie Gibson for more information at 509-999-6400.

**Classes online and on air:** Numerous classes can be live streamed or seen on DCTV Channel 18 and the DCTV website: [www.town.dartmouth.ma.us/dartmouth-community-media](http://www.town.dartmouth.ma.us/dartmouth-community-media). Classes are also available on YouTube.

## 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 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 must wear a mask while on the van. The van will be thoroughly sanitized after each use. Volunteer medical transportation has not yet been resumed.

**Osteo Class:** Osteo classes are 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:** Classes are 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.

**The Dental Hygienist:** Now scheduling appointments at the Fairhaven COA. Please call the hygienist directly for an appointment at 774-766-7238. Provides dental cleanings, screenings, oral health, information and education.

**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.

**Health Awareness:** Supportive group for health and fitness awareness has resumed on Thursday from 9 to 10 a.m., weather permitting. Please wear a mask. The group will meet outside near the Bocce Court under the shady trees. All chairs will be properly sanitized before and after use.

**SHINE:** Medicare Open Enrollment will be available from Oct. 15 to Dec. 7. SHINE appointments arranged at the Fairhaven COA are for Fairhaven seniors only. Seniors from surrounding communities can call the Council on Aging in their Town for SHINE information. No appointments for SHINE will be held at the Fairhaven COA. SHINE counselors will be working from home. All correspondence between the senior and the SHINE counselor will be done over the phone and email, if possible. Call the COA for more info at 508-979-4029.

**State Primary Election:** Tuesday, Sept. 1 from 7 a.m. to 8 p.m. Polling Locations: Precinct 1 - Town Hall; Precinct 2 - Hastings Middle School; Precinct 3 - Hastings Middle School; Precinct 4 - Fire Station (meeting room); Precinct 5 - Recreation Center; Precinct 6 - Recreation Center. Do you need a ride? Seniors who need transportation to the voting polls, call 508-979-4029 at least one day in advance.

## Marion COA

Call the center at 508-748-3570. The center is located at the Benjamin D. Cushing Community Center, 465 Mill St., Marion, MA 02738. Like us on Facebook: [facebook.com/marioncoa](https://facebook.com/marioncoa).

**Drive-In Days:** Sept. 10 from noon to 1 p.m. Come enjoy an afternoon luncheon on the grounds of the Community Center or to go. On the menu: BLT sandwiches. Seating is limited. Please call to register at 508-748-3570.

Continued on Page 11



**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**  
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





**Now Accepting Applications**

**Melville Towers**  
508-993-3077  
[melville@peabodyproperties.com](mailto:melville@peabodyproperties.com)  
[www.peabodyproperties.com](http://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](mailto:cribeiro@bostonland.com)





**Special Event:** Sheryl Faye presents “Susan B. Anthony: Failure is Impossible.” Sept. 21 at 1 p.m. on Marion’s Public Service YouTube Channel. Visit [marionma.gov](http://marionma.gov) and scroll to the bottom of the page. Click on the YouTube icon under “Connect With Us.”

**Yard Sale:** The Friends of Marion COA is hosting a yard sale on Oct. 10 from 10 a.m. to 1 p.m. (Rain date: Oct. 11.; backup date: Oct. 12.) Now accepting donations. Cannot accept furniture. Only select electronic items and appliances are allowed. Please call 508-748-3570 for info.

**Transportation:** Offering transportation to routine doctor’s appointments. We request at least 48 hours advance notice. Transportation to grocery stores schedule as follows. Monday: Stop & Shop, Fairhaven. Tuesday: Market Basket, Plymouth. Wednesday: Shaws, Wareham. Thursday: Walmart, Wareham.

**Podiatry Clinic:** 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. To schedule your appointment, call Holly at 774-766-7238.

**Memory Loss Support Group:** Sept. 10 and 24 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. Held outside the COA; in the event of inclement weather, it will be held via Zoom. Call 508-748-3570 to attain login information.

**Waterfront Memory Café:** Wednesdays from 1 to 2 p.m. Weekly programming for individuals with Alzheimer’s or other memory loss, with their care partner, family or friends in a safe, supportive and engaging environment.

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:** The Mattapoisett COA is offering 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. In the event of inclement weather, the COA will call those who are registered. Indoor services will be restricted to one-on-one services. For those who want connection but don’t feel comfortable going out, we encourage you to register for the Friendly Caller program. Call the COA for info at 508-758-4110.

**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.

**Plein-Air Painting Class:** Begins Sept. 4. Fridays from 9:30 to 11 a.m. Instructor: Bernie Klim, Jr. Held outside the Mattapoisett COA. Space is limited to 10 people. Mattapoisett residents over 60 have first priority; others will be placed on a wait list, pending availability. Materials required. Call for more info.

**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:** Sept. 14 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.

(View the Mattapoisett COA’s newsletter online for more about policies related to outdoor classes. Register at 508-758-4110.)

**Strength & Balance:** Mondays and Wednesdays at 10:30 a.m. Free.

**Yoga:** Tuesdays at 8:30 a.m.

**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.

**Painting:** 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.

**Social Day:** The New Bedford Council on Aging’s Social Day Care Program has returned at the former Brooklawn Community Center, with a second location at the Rosemary S. Tierney Community Center opening soon. Contact the New Bedford COA for more information 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 [townofrochestermass.com/council-aging](http://townofrochestermass.com/council-aging). Facebook: [facebook.com/rochestercoa](https://facebook.com/rochestercoa).

**Flu Vaccinations:** Flu vaccinations for Rochester seniors are scheduled for September (as long as supply is available), by appointment only. Appointments for non-seniors will be scheduled at a later date. People being vaccinated will be COVID screened by telephone prior to their appointments. Vaccinations will take place outdoors when possible.

**New Website:** The Town of Rochester has a new website, and the COA manage its own page on the site. The page contains current information, scheduled events and a calendar. It will also contain newsletters and forms in the future. It will eventually replace the Senior Center’s current website. Visit: [townofrochestermass.com/council-aging](http://townofrochestermass.com/council-aging).

**Stepping and Stretching with Larry:** Beginning Sept. 3, on Mondays and Thursdays from 9:30 to 10:30 a.m. This class will held outside, weather permitting. Participants will be limited if it moves indoors due to weather.

**The Greater Boston Food Bank:** Distribution on Sept. 9 from noon to 2 p.m. Participants can pick up their food in person at the COA. To receive food from this program, you must apply and be approved prior to the distribution day. Please call the COA for an application.

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 ½ 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.

September 2020 Trivia Quiz Answers

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



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:



Find Your Support WITH COMMUNITY NURSE HOME CARE



COMMUNITY NURSE HOME CARE

Visiting Nurse | Hospice | Private Care | Wellness

We Bring Caring Home

Visit our events page to find supportive Zoom sessions.  
[www.communitynurse.com/events](http://www.communitynurse.com/events)



# Community

## New Bedford Art Museum/Artworks! Returns with an Eye on Safety

Back in the first week of March, a small group of patrons were weaving through an elaborate art piece that was suspended from the ceiling of the New Bedford Art Museum/ArtWorks! gallery. The guided tour was for people with memory loss and their loved ones and featured lots of interaction.

Curator Jamie Uretsky would stop and ask open-ended questions about the vibrant contemporary art on display, and she would pass around various objects meant to simulate the textures featured in the works. This newspaper and a news crew from a Boston-based ABC affiliate were there to document how art appreciation can combat the social isolation that often burdens caregivers and those with memory loss.

And then, about a week later, the world changed. That story never appeared in this paper. The pandemic placed *Senior Scope* on hiatus, and New Bedford's downtown art museum closed its doors.

But this summer, following some extensive modifications to the way it operates, the museum has reopened to the public.

"We can't wait for people to come back and experience this space," said Ashley Occhino, the executive director of New Bedford Art Museum/ArtWorks! (NBAM).

While some museums around the state opened their doors in July as part of the third phase in Governor Baker's reopening plan, NBAM opted to hold off until mid-August to better prepare the space.

Arrows and signage now direct

patrons throughout the museum, a smaller gallery toward the back where social distancing would have proved difficult was closed, and even the museum's gift shop has been rearranged to create better flow.

To ensure the safety of its visitors, the museum now restricts

collection, among others. Exhibits and workshops have also migrated onto the museum's website, and their YouTube channel offers artist interviews.

And for the first time, the museum's gallery has dedicated large spaces to creating art.

Through the end of the year,

interact and do something with each other while they're here," said Occhino. "The materials you receive in that kit are yours to keep, and you can take them home with you."

The first pop-up studio is themed around portraiture, a nod to how the art form may look a little different in the era of mask mandates. The other studio will be based on the work of Soo Sunny Park. Both stations have places to sit and watch instructional "how-to" guides. Occhino hopes the interactive projects will give people an opportunity to unpack some of the stress that's come to define 2020.

"Let's be honest – it's been a long six months. We all have stuff we need to work through right now," said Occhino. "I want people to walk out of here feeling a little better about life."



New Bedford Art Museum/Artworks! Curator Jamie Uretsky (left) and Executive Director Ashley Occhino create portraits in one of two new pop-up studios inside the downtown museum. The museum reopened with limited capacity in August.

its capacity to six people every half hour, which means that families would effectively have the place to themselves.

The works on display back in March have been uninstalled and replaced with a selection from the members' show, a benefit exhibition that will support youth mentoring programs, and a room lined with pastorals from the New Bedford Free Public Library's

NBAM is encouraging the public to take a break from the endless stream of COVID news by relaxing in its newly assembled "pop-up studios." During the pandemic, NBAM secured a grant through New Bedford Creative to supply visitors with art kits – complete with paper, pencils and prompts to get your started – at no extra charge beyond general admission.

"It's a chance for people to

### Census continued...

local mask mandates) and will be following social distancing protocols.

"We also are giving our census takers small packages of masks that they can give directly to the respondent if they prefer to complete the interview with a mask on and they don't have one," Behler said.

Enumerators wear an official photo ID and carry a smartphone, both of which feature a U.S. Dept. of Commerce watermark. They will be carrying an official census bag as well. If you want to confirm an enumerator's credentials, you can call 212-882-7100, and the Census Bureau can verify that person's employment.

In New Bedford, where the self-response rate is around 57 percent (nearly ten percentage points below the state average), census workers have been joining other COVID-relief efforts, such as food banks or testing sites.

On Aug. 14, a long line of people standing 6 feet apart formed down North Street. Seven Hills Behavioral Health was offering free COVID-19 testing as part of Governor Baker's "Stop the Spread" campaign, and health care

workers swabbed citizens in the parking lot of the Boys & Girls Club of Greater New Bedford. Across from the testing site sat a New Bedford Counts booth, where city workers and an official census enumerator were encouraging those who arrived for a COVID test to fill out their census. In three hours, they collected data on 32 people.

Lynn Coish, census outreach coordinator for the City of New Bedford, stressed that the 2020 Census will determine the fate of funding for federal programs for the next decade.

"Being counted is about getting more for your family and community over the next ten years and paving the way for the next generation," said Coish. "Everything that's going on in the country right now is reason to fill out the census."

At the New Bedford Counts events, the group is always joined by an official enumerator, who uploads information directly to a protected database. Data collected in the census is protected by Title 13, a federal law that was enacted in 1954. Under Title 13, the U.S. Census Bureau cannot release data that would identify an individual or household. State or federal law enforcement, which includes the IRS, ICE, Homeland Security,

local housing authorities, and city governments, cannot access identifiable information.

Moreover, the enumerators themselves are obliged to take an oath of confidentiality. If they were to release any information that identifies a person or household, they will be fined up to \$250,000 and could face a prison sentence for up to five years.

"There's no citizenship question; there's no social security number required," said Coish. "It's a head count, and it's for demographics."

This "head count" is used in a myriad of ways. It determines the number of seats each state has in the U.S. House of Representatives. Massachusetts lost seats in three of the past four census counts, dropping from 12 congressional seats in 1980 to the current count of nine.

The data is critical in determining the state's share of billions in federal funding, which impacts hundreds of programs, including Medicaid, SNAP and Head Start programs, as well as funding for hospitals, schools, and roadways.

"Make sure that your grandchildren and great-grandchildren are counted, too," said Coish. "Because the census

provides funding for the next ten years, if those kids don't get counted, we won't have enough funding for schools."

And while the 2020 Census is often noted for being the first to be made available online, you do not need the internet to self-respond. You can simply pick up the phone.

"You're going to talk to a live person. They're going to be basically interviewing you over the phone, asking you the questions as if you were filling out the paper form," said Behler. "If for some reason you can't get through to a person, you can leave a message and a census representative will call you back."

### Resources

The deadline for the 2020 Census is Sept. 30. You can self-respond now online or by phone.

**Online:** [my2020census.gov](https://my2020census.gov)

**Phone:**  
844-330-2020 (English)  
844-474-2020 (Portuguese)  
844-468-2020 (Spanish)

For in-person events, visit New Bedford Counts on Facebook at [facebook.com/nbcounts](https://facebook.com/nbcounts).