

Senior Scope

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

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Volunteers Prepare NB Students for School Year

During the final days of summer, with the start of the academic year merely weeks away, a group of volunteers in New Bedford were busy packaging books, board games, and school supplies inside bright blue bags, which will be delivered to young students this fall at no cost to the recipients as part of the Book-Rich Environments Initiative.

The initiative started in 2017 through a partnership with the federal government, a variety of nonprofits and publishing companies in an effort to bring books and literacy tools to public housing authorities. New Bedford was one of about 40 communities in the country selected to receive hundreds of books.

“It’s been an amazing experience for us, for the participating organizations and for the kids who receive the books,” said Esperanza Alejandro-Berube, the resident services manager at the New Bedford Housing Authority.

In a typical year, the New Bedford Housing Authority is joined by the city’s library and numerous local agencies to distribute the books to families at several in-person events held throughout the summer.

This year, the group packaged the books in blue, canvas bags –



The Book-Rich Environments Initiative provides free books and literacy tools to children throughout the nation. On Aug. 26, a group of volunteers worked together to assemble kits for about 1,200 New Bedford students. Coastline’s Foster Grandparent Program volunteers joined the effort. From left: Patricia Victor, Lorraine Silveira, and Sharon Vargas.

or “learning kits” as they called them – and planned to make door deliveries to about 1,200 families.

On Aug. 26, about two dozen masked volunteers representing numerous children’s organizations worked together to assemble these learning kits at the community center on Caroline Street. Long rows of tables were piled high with books, school supplies and information for families. The New Bedford Housing Authority was able to purchase many of the extra supplies

through funding from Senator Mark Montigny’s Children’s Equality and Empowerment Fund.

“They’re going to get sidewalk chalk games, board games and different literary activities for the kids to do at home with their parents, which is great because some of the parents are going to be part-time teachers this year,” said Bethany Coito, the youth services librarian at the New Bedford Free Public Library.

Continued on page 2

COVID-19 Accelerates Food Insecurity

The ongoing COVID-19 crisis has strained the country’s food supply chain and driven unemployment, leaving many families around to nation with little money to spend on food. As a result, Americans have increasingly turned to food pantries for relief.

But, as highlighted extensively at this year’s SouthCoast Food Security Summit, food banks are struggling to accommodate demand. With confirmed COVID cases lingering in the tens of thousands each day across the nation, food security advocates are encouraging the public to consider federal relief programs, like SNAP, that have long been underutilized.

The SouthCoast Food Security Summit, an annual event hosted by UMass Dartmouth’s Leduc Center for Civic Engagement, brings together local and state advocates for a wide-ranging discussion on food access.

This year’s summit, which was held online, focused primarily on the impact of the pandemic.

The evening included remarks from State Senator Mark Montigny and guest panelists from the Marion

“Over a million of our fellow residents are struggling to afford food. That has significantly increased – almost doubled – since before the COVID crisis.”

—Erin McAleer,
 President of Project Bread

Institute’s SouthCoast Food Policy Council. The keynote speaker was Erin McAleer, the president of Project Bread, a state-wide, anti-hunger organization.

McAleer said that, according to the latest data from the state, one in six people are food insecure,

including about one in five children.

“Over a million of our fellow residents of the Commonwealth are struggling to afford food. That has significantly increased – almost doubled – since before the COVID crisis,” said McAleer.

“Food insecurity” is largely considered an economic condition. It’s defined as being unable to consistently access affordable, nutritious food. Prior to COVID, McAleer said food insecurity in Massachusetts was around 9.3 percent. As of July, that number rose to 16.6 percent, and it’s projected to increase.

In any given year, there are a myriad of obstacles that could prevent someone from being able to afford nutritious food. In Massachusetts, the cost of living is high. Rent, childcare, and health

Continued on page 9

Volunteers continued...

Coito has been providing a similar, “to-go” service at the library this summer while the building remained closed to the public. New Bedford’s library, and many of the local libraries throughout the area, have been offering a curbside pickup option, where patrons can call ahead, provide some details about their child or grandchild’s interests, and the librarians will assemble a to-go package for the young reader.

Coito, while grateful for all the volunteers who joined this year’s book distribution effort, said she’ll miss the opportunity to interact with students at the outdoor events, which were canceled due to COVID-19.

“It’s more exciting when we get to do this out in public,” said Coito. “It’s worth it to see how excited they get to receive a free book.”

As one group of volunteers packaged books, volunteers from Coastline’s Foster Grandparent Program filled sandwich bags with markers for the kits in a separate room. Alejandro-Berube said the Foster Grandparents have supported the Book-Rich Environments Initiative for years. This year, the project was especially meaningful for the Foster Grandparents considering that COVID has



Volunteers fill bags with books and literary activities on Aug. 26.

disrupted classrooms, as well as their ability to interact with students face-to-face, since March.

“You worry about the kids and wonder about how they’re doing,” said Sharon Vargas, as she organized boxes of markers.

With classrooms around the South Coast starting remotely or with limits on who or how many students can enter the schools, the Foster Grandparent volunteers will be spending the start of this school year supporting students from afar, like writing letters or joining them online. Vargas said that contributing to the Book-Rich Environments Initiative gave her the ability to support students despite COVID-19.

“This is so nice,” she said. “It feels like we’re doing something purposeful for the children.”

Letter from the (Former) Editor

Ruth Bader Ginsburg didn’t behave like older women are supposed to behave. That’s why young women related to her, according to Jeffrey Rosen, author of a biography of the late Supreme Court Justice.

When I heard this on television a few days ago, I just had to speak up. Since Ginsburg passed away late last month, the airwaves and social media have been saturated with commentary about the “Notorious RBG.” There’s certainly no doubt RBG deserves every honor and accolade she received. Only the second woman to be appointed to the Supreme Court, she broke barriers and continued to overcome personal and professional challenges until her death at 87.

Not only was RBG a legal trailblazer, in her later years she became a celebrity, the subject of books, movies and comedy skits. According to comments from younger people in the media, she became a pop culture darling in her 80s because she was outspoken, passionate and continued to work beyond the typical retirement age. In other words, she didn’t behave like an older woman, they said.

How are older women supposed to behave? Wear frumpy clothes, stay home and knit, or watch television all day? I was hoping

RBG had defeated that stereotype of aging with its discriminatory attitude toward elders, painting them as feeble and mentally deficient. Maybe I was wrong.

RBG fought passionately for equal treatment of women, especially in the workplace. But it isn’t only young women who want to be treated equally, so do older women whether they are employed or not. We don’t want to be patronized and treated like “little old ladies.” By the way, older men don’t appreciate being viewed as “old geezers” either.

We may be aging, but most of us are still independent and fully functioning adults, with our mental capacities intact. Even if we forget a word now and then or suffer from some physical affliction, it doesn’t mean that we should be dismissed and relegated to the sidelines. We’re not “has beens,” and we don’t want to be treated that way.

Ruth Bader Ginsburg said, “Real change, enduring change, happens one step at a time.” A lifetime of experience has shown us the truth of that statement. Let’s hope small steps will soon bring society to a more positive view of older adults. That’s a change we would all welcome.

– Jeannine Wilson

Retired Senior Scope Editor

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SHINE Counselors in the Greater New Bedford Area

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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
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
PACE, Inc. 166 William St., New Bedford	508-999-9920	Ginny DeSilva Linda Pavao Freda St. Marie-Johnson
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

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Check out the latest issue or view our archives.

coastlinenb.org/news/seniorscope/

Donations for October 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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Coronavirus Claims More Than 200,000 American Lives

Throughout the summer, as the coronavirus surged throughout the Midwest and the South, the Northeast, where confirmed cases remained relatively low, experienced something of a calm in the storm.

Then, on Sept. 3, New Bedford Mayor Jon Mitchell posted a video to Facebook alerting residents there had been two isolated outbreaks in the city: at the Savoy Nursing & Rehabilitation Center and the Iglesia Pentecostal Levantate y Anda church. The following week, in the state's weekly coronavirus report, New Bedford was moved into the "red" category in its color-coded map, meaning the city was seeing more than eight cases per 100,000 during a two-week reporting period.

The mayor posted a follow-up video on Sept. 10, where he said that 17 patients and eight staff members had been infected in the nursing home.

"The folks there have taken a number of steps to get their arms around the matter, including the care for the patients in the facility. We're more concerned about the other cluster," he said.

The outbreak at the church, he said, was attributable to one person who traveled from out of state and didn't quarantine or receive a test upon returning to Massachusetts.

"He went to a Sunday service

and infected a whole lot of people. We're concerned about the size of the outbreak, which at this point is up to at least 40 people," Mitchell said.

By the third week in September, America had passed another grim milestone in the pandemic: 200,000 deaths, the highest number of deaths of any nation in the world. This year COVID-19 is on track to becoming the third leading cause of death in America, behind heart disease and cancer.

By the end of September, governments across the globe had begun imposing new restriction measures to fight back a second wave of the virus. Israel became the first country to enter a second national lockdown on the eve of Rosh Hashanah, the Jewish New Year. U.K. Prime Minister Boris Johnson warned of new restrictions as a second wave in the United Kingdom was "inevitable." And protestors took to the streets of Madrid to air their grievances of a partial lockdown in Spain that would impact about 850,000 people.

By Sept. 28, the world had seen more than 33 million confirmed cases, according to John Hopkins University, and the global death toll surpassed one million.

The state's "Stop the Spread" testing campaign has been extended through Oct. 31. For the complete schedule, call 2-1-1 or visit: mass.gov/info-details/stop-the-spread.

Social Security Experts Can Answer Your Important Questions

By Delia De Mello
Social Security



Delia De Mello,
Social Security

There are many online resources about Social Security, so it is important that you come to us as the first place for answers. You can find many of the answers about our programs and services on our Frequently Asked Questions page at faq.ssa.gov.

We feature our most-asked questions at the top of the page to help you find answers to the most common questions quickly. A summary of a few questions are below. Visit our website for more information.

Are Social Security services affected by COVID-19?

All local Social Security offices will be closed to the public for in-person service. However, we are still able to provide critical services.

What should I do if I receive a call from someone claiming to be a Social Security employee?

If there is a problem, we will mail you a letter with your Social Security number. Generally, we will only contact you if you have requested a call or have ongoing business with us.

How do I change or correct my

name on my Social Security number card?

If you legally change your name because of marriage, divorce, court order or any other reason, you must tell Social Security so you can get a corrected card. You cannot apply for a card online. There is no charge for a Social Security card.

This service is free.

How do I apply for a new or replacement Social Security number card?

You can use a my Social Security account to request a replacement Social Security card online (some restrictions apply). If you cannot apply for a card online, you will need to show the required documents. We need to see different documents depending on your citizenship and the type of card you are requesting.

You can also browse by topics like: disability, Social Security payments, retirement and Medicare.

You can visit our publications library at www.ssa.gov/pubs for detailed information on nearly all of our topics. We make each publication available in text, audio, and downloadable formats.

For more updates during the pandemic, follow us on Facebook at: facebook.com/socialsecurity.



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Update

Open Enrollment

The Open Enrollment period is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. The enrollment period is from Oct. 15 to Dec. 7.

People with a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

For those who do want to make changes, connect with a SHINE Counselor. See page 2 of *Senior Scope* for SHINE contact info.

Help and Hope Southcoast

This local public health campaign is bringing discussion and awareness to the stigma associated with mental health. 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.

'Grandparents Raising Grandchildren' Returns

Grandparents Raising Grandchildren, the monthly support group will be meeting on the third Tuesday of the month from 6 to 8 p.m. The group will be meeting at GRG President Brenda Grace's back yard, located at 119 Parker St. in New Bedford. Anyone who is interested in attending, please call 508-996-0168. Masks will be available for attendees.

The group also depends on donations for its annual scholarship program benefitting the grandchildren of program participants. Checks can be made out to Grandparents Raising Grandchildren Inc., and mailed to 119 Parker St., New Bedford, MA 02740. Grandparents Raising Grandchildren is partly funded by Coastline and the Executive Office of Elder Affairs.

'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 on Mondays from 10:30 to 11:30 a.m. Participants can access the classes using Zoom or over the phone. For more info, contact Lisa at 508-326-0353 or email lycslp@gmail.com. Funding provided in part by a grant from 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.

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: Oct. 5, 10 a.m. to noon at GNBCHC, 399 Acushnet Ave., New Bedford, MA 02740.

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.

Coastal Neighbors Expands Into Westport

In early September, Coastal Neighbors Network expanded its services to Westport. For the last three years, the organization has been focused on Dartmouth residents. But after exploratory conversations with the Westport community, it was determined there was a need. Applications are now being accepted for both sustaining and service membership for older residents who wish to live safely and comfortably in their own homes.

Coastal Neighbors Network is a membership-based, non-profit that provides one-to-one services and group events—as well as a breadth of information and support – so Dartmouth and future Westport members can stay connected to their community and live comfortably. In addition to membership services, Coastal Neighbors volunteers also participate in broader community support such as neighborly check-ins, food deliveries and mask-making when needed.

For more information, visit them online at coastalneighborsnetwork.org.

Household Hazardous Waste Drop-Off Day

Household Hazardous Waste Drop-off Day will take place on Oct. 24 from 8:30 a.m. to noon at the Crapo Hill Landfill, 300 Samuel Barnet Boulevard, New Bedford. For directions, visit gnbrmdistrict.org. The event is open to New Bedford, Dartmouth, and Freetown residents only. Proof of residency is required.

Masks required. Materials must be placed in the trunk, pickup truck bed, or back of SUV. Materials will not be accepted from seats of vehicles or handed to staff. Containers will not be returned to participants including gas containers and storage totes. Stay in vehicle. Anyone exiting a vehicle will be asked to leave. No latex paints. Examples of accepted waste include oil-based paints, paint thinner, pesticides, gasoline, and kerosene.

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. 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

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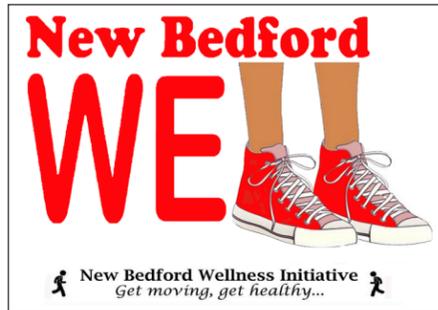
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Your Health

Radical Rest: Yoga Nidra for Managing Stress



By Carly Baumann

New Bedford Wellness Initiative

“Problems cannot be solved by the same level of awareness that created them.” — Albert Einstein

Overwhelmed by stress related to the global pandemic and concerns about its impact on our health, stability and families, we attempt to force solutions, thinking, “I need to figure it out.”

It’s all the thinking that keeps us on the hamster wheel of tension. Certainly, we need to make plans and take actions, but we also need to relax. To break the momentum of stress, we must balance the excess tension that has been built up in our bodies and minds.

Thousands of scientific studies have shown the benefits of meditation to reduce stress and anxiety, promote emotional health, improve the attention span, combat age-related memory loss and decrease blood pressure. However, traditional meditation can also be difficult. From



Yoga Nidra, a form of guided meditation, can help reduce stress. The New Bedford Wellness Initiative offers a free Yoga Nidra program on Thursday nights.

physical pains while trying to sit up straight, to finding a space free of distractions – we often get so caught up in the process, we never reach the point of quieting the mind and experiencing those benefits.

Yoga Nidra, or yogic sleep, is an ancient sleep-based meditation technique that is completely guided. All you need to do is lie down or sit comfortably and listen to the instructions.

Using the biological process of sleep that your body already knows how to do, you are guided to progressively let go of your thoughts. Using breath and body awareness techniques, you shift through brain wave states to enter deep levels of

meditation, effortlessly.

So why not just curl up and take a nap? Unlike ordinary sleep, in Yoga Nidra you enter this sleep state while awake and aware. As we are released from the grip of our thoughts, Yoga Nidra balances the nervous system for a profound relaxation response.

Yoga Nidra has the power to shift your perspective in the waking state, so that you can more easily notice your thoughts and reactions and remain calm, without getting caught in them.

It is said that 45 minutes of Yoga Nidra is as restorative as three hours of sleep. An ongoing practice can reduce the symptoms of stress, insomnia and sleep disorders, PTSD

and trauma, habits and addictions, and depression and anxiety.

Experience Yoga Nidra Thursday evenings from 7 to 7:45 p.m. with New Bedford Wellness Initiative’s free online programming offered through the Facebook page. Just be prepared with your computer or phone in a space where you can lie down or sit comfortably still.

A weekly calendar of virtual sessions includes yoga and pilates, meditation, nutrition, hypnosis and Qigong. Tune in live by visiting the New Bedford Wellness Initiative Facebook page at the time class is offered, or go to the Videos link to view the archived sessions at the times that work best for you. You do not need a Facebook account to view the content.

Carly Baumann is a certified Yoga Instructor and I AM Yoga Nidra Facilitator for New Bedford Wellness Initiative.

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](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, which is now meeting in-person.

Strategies to Prevent Falls and Injuries

Falls are the leading cause of unintentional injuries and hospitalizations for older Americans. In Massachusetts alone, about 900 residents age 65 and older visit an emergency room every week due to a fall. But what’s predictable is also preventable.

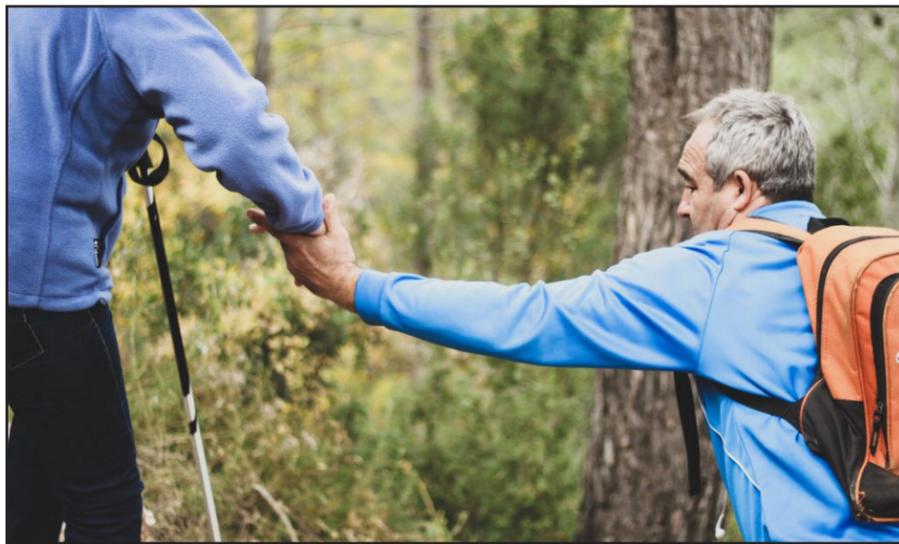
Around the first day of autumn, the National Councils on Aging hosts Falls Prevention Awareness Week, an opportunity to reexamine the subject and take proactive steps to reduce the chance of falling.

In October, Rachel Fouts, the community program manager at Coastline, will be hosting an online, evidence-based course on the subject called “Matter of Balance” that blends group discussion with strength and flexibility exercises.

She said one of the goals of the course is to provide a place for people to talk openly about their concerns. Those who have fallen in the past may find it especially helpful.

“Folks have mentioned that they don’t want to make a big deal out of [falling] or burden anyone, so they keep it to themselves,” Fouts said. “But in doing that, you’re not dealing with it in a sense.”

Without directly addressing the issue, she said, fear can become a motivator. People who fall may withdraw from normal activities or become less active, which can lead to more falls. But, through group discussion, participants can better



Coastline will be hosting an online, evidence-based course called “Matter of Balance” this October. The eight-session class will incorporate group discussion and exercises meant to boost strength, balance and flexibility. Call 774-510-5224 to register.

examine the risks in their lives.

In years past, participants would gather to take the course in-person, but this year the Matter of Balance class will be held online. Participants will meet for eight sessions, the first two of which will focus on group discussion. Seated exercise will be introduced starting with the third session. (See the Resources box for more details.)

“If you have a fear of falling or if you’ve fallen already, this program is a way to commit to caring for yourself,” said Fouts.

Outside of the class, the National Councils on Aging and the Centers for Disease Control and Prevention recommend the following tips to help prevent falls.

Assess your Health: Discuss your risk of falling with your doctor and review your medications. Ask about any side-effects that could increase your risk of falling, and tell your doctor if you have fallen since your last check-up, even if you were uninjured in the fall. Your eyes and ears also help maintain balance, so have your vision and hearing checked annually. Getting enough sleep and reducing the amount of alcohol you consume can help prevent falls.

Exercise Programs: In a typical year, older adults are encouraged to attend an exercise class that helps improve balance, strength and flexibility. The COVID-19 pandemic has shuttered

many councils on aging and gyms throughout the region. However, many of the classes typically hosted at our local senior centers are being filmed and broadcast on public access television.

Safety at Home: There are several modifications you can make to your home to lessen your chances of falling. Keep walkways and stairs well-lit and clear of clutter, and remove any throw rugs or area rugs that can be easily moved with your foot. Consider having grab bars installed in the tub or shower and near the toilet. When standing up from a chair, do so slowly.

Safety Outdoors: Be on the lookout for cracks in the sidewalks or changes in the terrain. Be mindful of wet or icy surfaces. Take your time when crossing the street. Be sure to remember your mask if you plan on walking in heavily populated areas where social distancing may prove difficult. Make sure you are wearing well-fitting shoes with non-skid soles.

Resources

Coastline’s Matter of Balance course will be held online this October. The exact date is to be determined. Coastline will be able to provide a limited number of electronic devices for those who do not have access.

To register for the class or for more information, contact Rachel Fouts at 774-510-5224.

Chronic Diseases and COVID-19: Staying Healthy

If you have a chronic disease, you are more likely to experience serious complications if you get COVID-19. One of the most important things you can do if you have a chronic disease – especially if you are 65 or older or have a disability – is to take good care of your health.

Diabetes: Monitor blood sugar regularly and keep taking all medications following your provider's instructions. Keeping blood sugar in

control can lower risk of complications from COVID-19.

Heart Disease: Keep taking your heart medications following your provider's instructions. Lowering your stress level can also help keep your heart healthy. Try deep breathing, get 6-8 hours of sleep, try to eat a healthy diet, and exercise when you can.

High Blood Pressure: High blood pressure increases risk for

complications from COVID-19. Monitor your blood pressure at home and keep taking all medications following your provider's instructions.

Cancer: Cancer and cancer treatments can weaken the immune system which makes it harder to fight COVID-19. It is especially important for you to avoid unnecessary contact with others, so talk to your provider about having oral medications

shipped to you, to avoid a trip to your provider's office or the pharmacy.

If you have any chronic disease, take these healthy steps:

- Talk to your provider about the safest way to schedule your healthcare appointment.
- Focus on healthy eating and regular exercise to control stress and stay healthy.
- Quit smoking and/or vaping, even if you have tried quitting before.

Doenças Crônicas e a COVID-19 - Permanecendo com saúde

Se tem uma doença crônica, você tem maior probabilidade de sofrer complicações graves, se pegar COVID-19.

Diabetes: Monitore o seu nível de glicose no sangue regularmente e continue a tomar todos os seus medicamentos de acordo com as instruções de seu médico. Manter a sua glicose sob controle pode ajudar a reduzir o risco de complicações decorrentes da COVID-19

Doença cardíaca: Continue a tomar os seus medicamentos para o coração, de acordo com as instruções do seu médico. Reduzir o seu nível de estresse também pode ajudar a manter a saúde do seu coração. Experimente fazer respirações profundas, dormir 6 a 8 horas por noite, comer uma dieta saudável e fazer exercícios quando puder.

Pressão alta: A pressão arterial alta aumenta o risco de complicações decorrentes da COVID-19. Monitore

sua pressão arterial em casa e continue a tomar todos os seus medicamentos de acordo com as instruções de seu médico.

Câncer: O câncer e os tratamentos de câncer podem enfraquecer o sistema imunológico e isso torna mais difícil para o corpo combater a COVID-19. É especialmente importante que você evite contatos desnecessários com outras pessoas.

Se você tiver alguma doença crônica,

tome as seguintes medidas de saúde:

- Converse com seu provedor sobre a maneira mais segura para marcar sua consulta de saúde.
- Concentre-se em alimentação saudável e exercícios regulares para controlar o estresse e permanecer com saúde.
- Pare de fumar ou de praticar vaping, mesmo se já tiver tentado parar antes.

Enfermedades Crónicas y el coronavirus (COVID-19) – Mantenerse saludable

Si usted padece de una enfermedad crónica, es más probable que experimente complicaciones graves si se contagia del coronavirus.

Diabetes: Revise su nivel de azúcar en la sangre con regularidad y siga tomando todos los medicamentos de acuerdo con las indicaciones de su proveedor. Mantener el nivel de azúcar en la sangre bajo control puede disminuir el riesgo de complicaciones causadas por el coronavirus.

Enfermedad cardíaca: Siga

tomando sus medicamentos para el corazón siguiendo las instrucciones de su proveedor. Reducir el nivel de estrés también puede ayudar a mantener su corazón saludable. Haga respiraciones profundas, duerma entre 6 y 8 horas, mantenga una dieta saludable y haga ejercicio cuando pueda.

Presión arterial elevada: La presión arterial elevada aumenta el riesgo de complicaciones por el coronavirus. Revise su presión arterial en su hogar y siga tomando

todos los medicamentos de acuerdo con las indicaciones de su proveedor.

Cáncer: El cáncer y los tratamientos para el cáncer pueden debilitar el sistema inmune, y eso hace que sea más difícil combatir el coronavirus. Es muy importante que evite el contacto innecesario con otras personas. Hable con su proveedor para que le envíen los medicamentos orales por correo y así evitar ir al consultorio de su proveedor o a la farmacia.

Si usted tiene alguna enfermedad crónica, tome las siguientes medidas para cuidar su salud:

- Hable con su proveedor sobre la manera más segura de programar su cita de salud.
- Enfóquese en la alimentación saludable y en el ejercicio regular para controlar el estrés y mantenerse sano.
- Deje de fumar y/o vapear, incluso si ya lo ha intentado antes.

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- 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.

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What the MA Housing Moratorium Does for Tenants, Homeowners

By Andrew Bardetti
South Coastal Counties
Legal Services

On April 20, 2020, Governor Charlie Baker signed into law “An Act providing for a moratorium on evictions and foreclosures during the COVID-19 Emergency.” Also known as the “housing moratorium,” this law stops any non-essential evictions from starting or moving forward. On July 21, 2020, Governor Baker extended the housing moratorium until October 17, 2020.

What does this law do, and what happens when the housing moratorium ends?

The law defines a non-essential eviction as an eviction for (1) not paying your rent; (2) as a result of foreclosure; (3) for no fault or no cause; (4) or for any cause that does not involve either (a) criminal activity that may impact the health and safety of others or (b) lease violations that may impact the health and safety of others.

This means that while the Massachusetts moratorium is in effect, landlords may not file new eviction cases and the Housing Court will not hear cases filed before April 20, 2020 unless they involve a matter of health and safety.

Also, a landlord may not send any notices to tenants asking them to move out during the moratorium.



In addition, a tenant cannot be moved out without a court order. This means a landlord cannot lock a tenant out of their apartment or otherwise physically remove them from the home or apartment. This is true even when the moratorium is over.

Tenants are still responsible for paying rent. If you do not pay your rent, then your landlord may sue you after the housing moratorium ends to evict you and/or collect the unpaid rent.

There are organizations which may be able to help you with back rent. These include NeighborWorks Housing Solutions at 781-422-4204, Catholic Social Services at 508-674-4681; and People Acting in Community Endeavors (PACE) at 508-999-9920.

In addition to the Massachusetts

housing moratorium, the Centers for Disease Control and Prevention (CDC) also issued an eviction moratorium. The CDC moratorium lasts until December 31, 2020 and may only prevent evictions for non-payment of rent if you fill out a specific form and send it to your landlord.

As of the date of this article, the Massachusetts housing moratorium has stronger protections than the CDC moratorium. If the Massachusetts moratorium ends, and you are struggling to pay rent, you may wish to learn more at www.masslegalhelp.org/covid-19/housing or by contacting an attorney.

Finally, the housing moratorium also provides protections for owner-occupied one-to-four family residential properties. You may

ask your lender for “forbearance,” which means to “pause” your mortgage payments for reasons related to COVID-19, and your lender must put you in a mortgage forbearance program.

The program can last up to 180 days, and no additional fees, penalties, or interest should accrue during this time. However, any missed payments may be added to the end of the loan. Your lender should also not add any negative reports to your credit score.

This information is provided by South Coastal Counties Legal Services (SCCLS) which provides free legal services to eligible clients.

There are no income criteria for adults age 60+ but individual representation is prioritized to those with the greatest economic and social need. SCCLS has offices in New Bedford, Fall River, Brockton, and Hyannis. For more information, please call our intake line at 800-244-9023.

Resources

For questions about the eviction moratorium or other legal questions, contact South Coastal Counties Legal Services' intake line at 800-244-9023.

For other legal resources, contact Coastline at 508-999-6400.

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Community Plan

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.

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Avoid the 'Twindemic' and get a Flu Shot this October

While less than half of Americans receive the flu vaccine in a typical year, health experts are warning that 2020 is not the time to skip the shot.

With tens of thousands of Americans diagnosed with COVID-19 each day, and with flu season beginning in October, the two respiratory illnesses could strike simultaneously in what many in the media are referring to as a “twindemic.”

If COVID and flu cases spike simultaneously, it could overwhelm the health care system, leading to shortages of hospital beds or another nationwide shortage of personal protective equipment.

According to the Centers for Disease Control (CDC), influenza is detected year-round in the U.S., but the peak of activity, the flu season, starts in October and ends in May. Cases typically peak between December and February.

The CDC estimates that, between Oct. 1, 2019 and April 4, 2020, as many as 740,000 Americans were hospitalized and 62,000 people died from the influenza. COVID-19, which has killed nearly 200,000 Americans this year, has similar symptoms to the flu, and that could make it more challenging for medical professionals to diagnose which illness is affecting a patient.

The distinction is important because there is a standard treatment

for influenza. While most cases of the flu are mild and require bed rest, flu can be treated with prescription antiviral drugs.

The flu vaccine is available right now in your community. You can call your local pharmacy, health department, council on aging or your doctor for help finding your nearest option. To prepare for demand, the state announced that the Department of Public Health purchased about 28 percent more doses than in a typical year.

It has been widely reported that the flu season throughout the Southern Hemisphere, which is used to predict trends for America's flu season, has been especially mild. Health experts believe the low case count is attributable to the “new normal” under COVID-19, including mask wearing, social distancing and travel restrictions.

Whether or not America will experience a similarly mild flu season is up for debate. America did not implement strict restrictions on international air travel as some nations in the Southern Hemisphere did. America is also in the process of reopening. In a recent livestreamed interview with the Journal of the American Medical Association, CDC Director Robert Redfield said that this fall, “nothing can be more important than to try to increase the American public's decision to embrace the flu vaccine with confidence.”

Highlights from the New Bedford Age-Friendly Initiative

Since its formation in 2015, the Age-Friendly New Bedford initiative has brought together New Bedford residents, city departments and nonprofit agencies from throughout the South Coast to improve our community for residents of all ages.

The partnerships created within the Age Friendly network provided the strength and flexibility required to work through the many challenges the COVID-19 crisis has

brought to our region.

The Age-Friendly partners have provided extensive food relief, transportation and wellness checks. They have distributed personal protective equipment, conducted COVID screenings and been a source of information to community residents.

Below are some of the accomplishments from the second year of the project's action plan.



Housing

Goal: Support stable housing for older adults

Successes: Housing guide finalized • PPE delivery to housing • CodeRED sign-ups • Eviction counseling • Wellness calls



Outdoor Spaces & Buildings

Goal: Include residents of all ages in parks planning and programming

Successes: Additional programs offered to older adults • Completion of Rec Plan • Bike NB Pedal Party



Transportation

Goal: Improve public knowledge of and access to cost-effective transportation

Successes: Map of bus lines from senior housing completed • Info available in Spanish and Portuguese • Transportation education fun day



Community Supports & Health Services

Goal: Optimize health and wellness in the community, increase access to fresh foods

Successes: Dementia training and caregiver support • Increased home-delivered meals • Food security screening tools adopted at Community Health Center • Distribution of fresh produce to residents



Social Participation

Goal: Promote a network of inclusive social opportunities for older adults

Successes: Dementia friendly business support • Wellness calls to isolated seniors • LGBTQ bereavement group • End-of-life education program



Civic Participation & Employment

Goal: Connect older adults to employment resources and volunteer opportunities

Successes: Meals on Wheels volunteer recruitment • Census participation • Monthly career advice with MassHire



Communication & Info

Goal: Increase awareness of existing community resources.

Success: **Successes:** Senior Scope publishes COVID alerts • Coastline Facebook page connects public to community resources • Communication guidance from MABVI

Get involved:

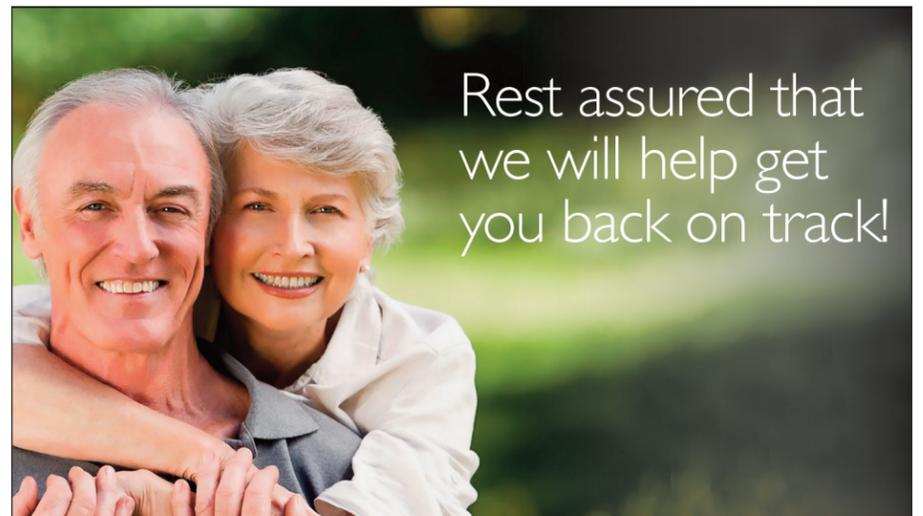
We're always looking for volunteers from the community who can share time and ideas. Contact Christine Sullivan at **508-742-9132** or **csullivan@coastlinenb.org** for more information.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- Which artist painted "The Last Supper"?
A.) Michelangelo B.) Raphael
C.) Leonardo da Vinci D.) Picasso
- Which TV host is also a Tony Award winner?
A.) James Corden B.) Jimmy Fallon
C.) Johnny Carson D.) Jay Leno
- During which war did the TV show "M*A*S*H" take place?
A.) WWI B.) WWII C.) Vietnam D.) Korean War
- What was the LAST contiguous (lower 48) state to join the Union?
A.) California B.) Utah C.) Oregon D.) Arizona
- Who was the first actor to portray James Bond in the movies?
A.) Sean Connery B.) Roger Moore
C.) Pierce Brosnan D.) Barry Nelson
- What is the world's tallest tree?
A.) Aspen B.) Oak C.) Redwood D.) Mountain Ash
- What was America's FIRST major fast food chain?
A.) McDonald's B.) Wendy's C.) White Castle D.) Taco Bell
- Which Founding Father helped establish the United States Postal Service?
A.) Alexander Hamilton B.) John Jay
C.) Benjamin Franklin D.) John Quincy Adams
- What was Milton Hershey's first big product?
A.) Caramels B.) Candles C.) Mustard D.) Bagels
- Hawaii was the first state to ban what?
A.) Solar Panels B.) Billboards
C.) Raising chickens D.) Street lights

[answers listed on page 11]



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

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

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Nutrition

Food Insecurity continued...

insurance are expensive relative to other states, and wages have not kept pace, McAleer said.

“As an example, an individual who’s earning minimum wage in Massachusetts would have to work eighty hours a week in order to afford a two-bedroom apartment anywhere in the state,” she said.

The latest report from the Federal Reserve on the economic well-being of U.S. households showed that a sizable minority of adults are struggling to keep up with the cost of living.

When the Federal Reserve surveyed adults in October 2019, 30 percent of respondents said they were unable to pay their monthly bills or were one “modest financial setback away from failing to pay monthly bills in full.” One crisis event, like a medical emergency or an unexpected car repair bill, could leave little extra money for groceries.

For many, COVID-19 was that unexpected crisis, prompting the public to turn to food pantries around the nation.

“The local food pantries are doing incredible work to meet this huge demand, but the reality is that they’re not set up to feed one in six households in Massachusetts. The scale of this crisis is too large,” said

McAleer.

As the demand at food pantries and charities surged, Project Bread, which operates a resource hotline, has been directing the public to more sustainable food relief programs that receive federal funding, like SNAP, WIC, school meal programs and Meals on Wheels. McAleer said that many of these programs continue to be underutilized, even during the pandemic.

During the panel discussion, Christine Sullivan, the Tufts Grant Coordinator at Coastline, said Coastline had “pushed a lot of food into the community” throughout the crisis.

“Coastline has been able to increase home-delivered meals by fifty percent, [and] deliver frozen meals, shelf-stable meals, sandwiches, liquid nutrition, boxes of produce, gift cards, and SNAP assistance,” said Sullivan.

Sullivan noted that older adults face numerous barriers to food access, which were only exacerbated by the pandemic. Reliable transportation options were greatly reduced. The state only began offering online SNAP purchases through Walmart and Amazon on May 29. And, generally, older adults have been urged to stay at home for their safety.

“We know that food insecurity leads to malnutrition. Malnutrition

leads to poor health outcomes,” she said. “For instance, malnourished older adults go to the hospital longer, have longer stays and incur larger costs.”

McAleer believes issues surrounding food insecurity are solvable, but the problem remains largely mired in politics. American hunger is frequently treated as a temporary problem, rather than a long-term crisis. For example, participation and spending on SNAP increased during the Great Recession of the late aughts. By 2014 spending on the program fell and continued to decline through 2018.

Advocates argue that reacting to emergencies rather than addressing the root causes of the problem, namely making food more affordable and accessible, sustains food insecurity. With limited funding for SNAP, cash-strapped families are forced to buy less expensive, less nutritious foods.

According to the nonprofit Feeding America, about 1 in 9 Americans – or 37 million people – did not have a reliable and sustainable way access to food in 2018. As the pandemic unfolds, that number is expected to increase.

Senator Montigny noted toward the end of the summit, that state funding is finite.

“There’s money floating around

for the biotech industry, but not to create small farms. It’s a policy choice that politicians make, and if you don’t register to vote and [fight] for your priorities, it doesn’t happen,” he said.

In the interim, Project Bread will continue to direct people toward federally guided programs.

“Food is a basic need, and not having access to it is an injustice,” said McAleer. “Right now, there’s a million households in Massachusetts facing food insecurity. People need to share their stories, break the stigma and reach out for help.”

Resources

Call Coastline at 508-999-6400 for more information about SNAP or about Meals on Wheels. Follow Coastline on Facebook for more resources: www.facebook.com/CoastlineNB.

For additional help signing up for SNAP, contact your local SHINE Counselor. A list of counselors is published on Page 2.

For more food resources in the South Coast, see Page 4. Visit coastalfoodshed.org for info about the Virtual Market.

Project Bread maintains a FoodSource Hotline at 1-800-645-8333.

You can apply for SNAP online at dtaconnect.eohhs.mass.gov/apply.

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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 1/2 South Main St., Acushnet, MA 02743.

Free Tech Sessions: Do you have questions about telehealth and how to have virtual appointments with your doctor? What is the app store and how do you use it? What exactly is Zoom? Have all these questions and more answered at the Acushnet Senior Community Center during our weekly Tech Talk Session. Free, but you must pre-register. Call 508-998-0280 for the complete schedule and to reserve your time slot.

Strong Women, Strong Bones with Karen: Join us Mondays, Wednesdays and Fridays through Oct. 30 at 9 a.m. for this one-hour outdoor class. Upbeat, go-at-your-own-pace activity for those living with osteoporosis or osteoarthritis. All participants must pre-register, no walk-ins allowed. A Title III program.

Zumba and Toning with Pati: Join us on Wednesdays from now through Oct. 28 at 10:30 a.m. for this low-impact, high-energy outdoor class. All participants must pre-register, no walk-ins allowed. Call 508-998-0280 for more information. This class is sponsored, in part, by the Southcoast Community Foundation.

Dance Fit with Ellie: Join us on Thursdays through Oct. 29 at 9 a.m. for this high-energy, fun exercise class. All activities take place under the pavilion located in the back parking lot of the Senior Community Center. All participants must pre-register, no walk-ins allowed. Call 508-998-0280 for more information.

Strength and Conditioning with Larry: Fridays at 11 a.m. through Oct. 30. Grab your water bottle and weights and join us to strengthen your core under the COA's newly constructed pavilion. All participants must pre-register, no walk-ins allowed. Call 508-998-0280 for more information. This class is sponsored, in part, by the Southcoast Community Foundation.

Resistance Bands with Pati: Every Tuesday through Oct. 27 at 10 a.m. \$5 per class. Must have a confirmed reservation to attend, 508-998-0280.

Toe Nail Care with Lisa: Available on Fridays by appointment.

Dental Care and Cleaning with Andrea and Teresa: Available monthly by appointment at the Senior Community Center. Please call 508-827-6725. A Title III program.

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.

Thrift Shop Returns: The shop will be open Tuesdays and Wednesdays from 9 a.m. to noon, with COVID-19 protections in place. Wear your mask, maintain 6 feet of distance and be aware that they will limit the number of customers in the shop at any one time. They are also accepting donations by appointment. See volunteers at the shop to make an appointment.

Trick of Treat Costume Parade: Drive through the Center parking lot on Oct. 30 from 1 to 3 p.m. dressed in your costume to pick up a trick-or-treat bag, and we will take your picture while you are right in your car! We'll be giving out three gift certificates. We'll share pictures and announce winners during the following Tuesday morning coffee Zoom chat. If you can't join the Zoom Coffee Hour, and you are a winner, we will notify you. Call the Center to sign up for the Costume Parade.

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.

Blood Drive: Oct. 20 from 9 a.m. to 2 p.m. Please call 800-733-2767 or visit redcrossblood.org and enter: DARTMOUTH COA to schedule an appointment.

Drive-Thru Flu Vaccines: There are two Drive-Thru Flu Clinics coming up in Dartmouth this October. There is no residency requirement. No pets. Insurance card recommended. Please wear a short sleeve shirt to expedite the process. You will be required to wait 5 minutes before driving away. Clinic 1: Oct. 18 from noon to 3 p.m. at the Dartmouth High School, 555 Bakerville Road. Clinic 2: Oct. 25th from 12:30 to 3:00 p.m. at Bishop Stang High School & St. Julies Parish on Slocum Road (entrances will be prominently marked). Registration forms are available on the

Town website and at the COA. Call the Dartmouth Board of Health at 508-910-1835 or Rachel at Walgreens 508-990-3875 for info.

Clinics: Clinics are now open by appointment only. Visiting Dental Hygienist, please call 508-827-6725; 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. Diabetic Shoe Clinic: second Thursday of every month from 11 a.m. to 1 p.m. by appointment.

Classes online and on air: Numerous classes can be livestreamed or seen on DCTV Channel 18 and the DCTV website: www.town.dartmouth.ma.us/dartmouth-community-media. Classes are also available on YouTube.

Parkinson's Speech Therapy Program: This program starts with individual therapy sessions (done through Zoom, covered under a patient's insurance) and transitions to a weekly group session called the LOUD Crowd (paid for by grant) with other patients to practice communication skills (also through Zoom). The group sessions are offered at no cost to the patient. More information on Parkinson Voice Project can be found at www.parkinsonvoiceproject.org.

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

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. Due to social distancing guidelines set by the State, no appointments for SHINE will be held at the Fairhaven COA. However, SHINE counselors will be working from home in an effort to meet your Medicare informational needs. All correspondence between the senior and the SHINE counselor will be done over the phone and email, if possible. Exchange of paperwork can be done through the senior center by calling the senior center from the parking lot. Call the COA for an appointment at 508-979-4029.

Early Voting for Presidential Election: In-person early voting available at the Fairhaven COA. Use the left side door during the following dates and times: Oct. 17: 9 a.m. to 1 p.m.; Oct. 18: 9 a.m. to 1 p.m.; Oct. 19 to 23: 8:30 a.m. to 4:30 p.m.; Oct. 24: 9 a.m. to 1 p.m.; Oct. 25: 9 a.m. to 1 p.m.

Presidential Election: Nov. 3 from 7 a.m. to 8 p.m. Do you need a ride? Seniors who need transportation to the voting polls, call 508-979-4029 at least one day in advance. Polling locations are as follows. 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.

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.

The Dental Hygienist: Now scheduling appointments at the Fairhaven COA. Please call the hygienist directly for an appointment at 508-827-6725. 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.

Flu Shots: Walgreens will be administering flu shots for Fairhaven seniors 60 years and older at the Fairhaven Recreation Center on Oct. 13 from 2:30 to 3:30 p.m. and Nov. 19 from 2:30 to 3:30 p.m. Please call the Fairhaven COA for an appointment. Social distancing will be maintained and masks must be worn. Please bring health insurance cards with you.

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://www.facebook.com/marioncoa).

Soup's On: On Thursdays, Jody and Karen will be offering a selection of homemade soups. Seating is limited and reservations are a must. Getting soup to go will be an option, too. All reservations for dine-in or takeout must be made 48 hours in advance.

Continued on Page 11

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Soup is served at noon. Oct. 15: Smoky Chicken Corn Chowder; Oct. 22: Minestrone Soup; Oct. 29: Butternut Squash Bisque.

Halloween: Oct. 30 from 1 p.m. to 2 p.m. Drive up to get a bag of treats!

Festival of Trees: Nov. 28 to Dec. 11 at the center; opening reception on Nov. 28 from 1 to 3 p.m. Organizations, individuals and community groups are invited to sponsor and decorate a tree. Trees will be made available to participants. Raffle tickets will be sold, and on Dec. 11 at noon, winners will be drawn. Deadline for sponsorship is Nov. 6. Baskets can be donated up to Nov. 28 at 11 a.m.

Flu Clinic: Oct. 8 from 1 to 4 p.m.; 1 to 2 p.m. - seniors only. Drive-thru flu clinic. We are asking everyone to fill out the paperwork ahead of time if possible and bring it to the clinic with you. Flu forms will be on our website or you can pick one up at the Community Center. Call the COA at 508-748-3570 to pre-register. Please indicate if you want high-dose (65 years or older).

Library Pop-Up: Oct. 6 from 4 to 5 p.m. Meet the Elizabeth Taber Library staff and learn about their services. They will have items available for check out.

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.) Please call 508-748-3570 for info.

Election Day: Applications to request a mail-in ballot must be received by Oct. 20. Pick up an application at the Community Center or Town Clerk's Office. Vote early at the Town Clerk's Office from Oct. 19 to Oct. 30 during normal business hours. In-person early voting event at the Community Center on Oct. 20 from noon to 3 p.m. Vote in-person on Nov. 3 from 7 a.m. to 8 p.m.

Mattapoisett COA

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

Reopening Updates: Indoor classes may resume the week of Oct. 5, pending final approval from the Board of Health and Congregational Church. Classes will be held at Mattapoisett Congregational Church's Reynard Hall (a.k.a. Congo Hall); the COA and online through Zoom. All programs and/or locations subject to change. Each person must wear a facial covering, over their nose and mouth, at all times while indoors, including while exercising. The Mattapoisett COA's monthly newsletter, which is available online, outlines more in-depth policies for these classes. Call the COA to register at 508-758-4110.

(The class schedule below is subject to change.)

Classes at Congo Hall: Mondays – Strength & Balance at 10:30 a.m.; Tuesdays – Yoga at 8:30 a.m., Wednesdays – Strength & Balance at 10:30 a.m.; Fridays – Yo-Lates at 8:15 a.m.

Classes at the Mattapoisett COA: Thursdays – Barre at 8 a.m. and 9:30 a.m.

Classes on Zoom: Wednesdays – Dance Fit at 9 a.m.

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.

Painting Class: Fridays from 9:30 a.m. to 11 a.m. Space is limited. Mattapoisett residents 60+ have first priority; others will be placed on a wait list, pending availability. 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: Oct. 5 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.

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. Contact the New Bedford COA for more information at 508-991-6250.

Construction Underway: Renovation of the bowling greens, located at Hazelwood Park behind the Rosemary S. Tierney Community Center, is underway. The renovated greens will be available for the public starting in spring 2021. See page 12 for an in-depth look at the project.

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 townofrochesterma.com/council-aging. Facebook: [facebook.com/rochestercoa](https://www.facebook.com/rochestercoa).

Activities Resume: Activities strictly follow COVID-19 guidelines and are held outdoors when possible. Face coverings that cover your nose and mouth must be worn when indoors and when 6 feet of social distancing is not possible.

Stepping & Stretching: Mondays and Thursdays at 9:30 a.m.

French Culture & Conversation: Thursdays at 10 a.m.

Coffee & Conversation: Mondays, Wednesdays and Fridays at 9 a.m.

Line Dancing: Tuesdays and Fridays at 11 a.m.

Health Appointments: By appointment with the Town Nurse.

Hairdressing Appointments: With Lynne by appointment only. Oct. 6 from 8:30 a.m. to 12:30 p.m. Please call for details.

Rides: We provide free transportation for Rochester residents. Please call for a ride with one of our friendly drivers at least 24 hours in advance so we can schedule a driver. Please contact the Senior Center at 508-763-8723 for more information or to make reservations for rides and/or events.

The Rochester Senior Center will be closed on Oct. 12 in observance of Columbus Day. Please contact the Senior Center at 508-763-8723 for more information or to make reservations for rides and/or events.

Dementia Directory

www.alzconnected.org

Memory Cafés (Call for updates)

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

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

Marion Waterfront Memory Café: Every Wednesday. 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.

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.

October 2020 Trivia Quiz Answers

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



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Community

New Bedford Breaks Grounds on Bowling Greens

In a year where the public has learned to accept cancellations, closures and delays, there was one project that never lost momentum: the restoration of the bowling greens at New Bedford's Hazelwood Park.

The project had gained so much momentum, in fact, that Mary Raposa, the director of New Bedford's Parks, Recreation and Beaches Department, had to wave down construction workers who were busy flattening the field so the mayor could deliver his remarks during a groundbreaking ceremony on Sept. 17.

One of the goals of the project was to attract casual and serious players alike. Once completed, the public will be able to lawn bowl and play croquet on the greens, and the space will be a destination for tournaments. The fields should be ready by next spring.

The bowling greens had initially opened in 1920, and lawn bowling remained popular in the City for decades. The public's interest eventually waned, and the sport was largely abandoned, save for one youth group, Youth Opportunities Unlimited, who for the past 16 years biked to the park to play. JoAnn Tschaen, who founded the kids' organization, first explored the possibility of restoring the greens.

It wasn't long before others took notice. Local organizers from the Friends of Hazelwood Park as well as the New Bedford Parks and Rec Department joined the effort. The project piqued the interest of groups outside the city as well, including the Marion Mallet Club and Bowls USA, a national organization that governs the sport in the States.

Part of the excitement stems from the fact that bowling greens are something of a rarity in the region. Alan Bell, who lives on the Cape, said that if he wanted to play, he would have to travel to West Hartford, Connecticut.

"It's to a sport where you can't

After it launched 100 years ago, the greens at Hazelwood Park could draw a crowd, even if most Americans hadn't heard of the sport. Jane Britto remembers playing in father/daughter tournaments with her father, Arnold "Arnie" Oliver, when the sport was at the height of

Preservation Committee, New Bedford Day Nursery, and Senator Mark Montigny's Children's Fund. More than \$180,000 came from private donations – \$100,000 of which came from one anonymous donor.

"We appreciate every last dime that came in," said Mitchell, to a masked crowd outside the Rosemary S. Tierney Community Center. "There's a lot to be said for the power of residents coming forward to do something important and government to be there with them to make it happen."

Next year, the public will be able to make reservations in the greens through the Parks and Rec Department, and there will be equipment available for those who don't have gear. The Friends of Hazelwood Park will manage tournaments, and funds from those tournaments will be used to maintain the greens.

Raposa said the Parks Department was especially interested in the project because many different kinds of people will be able to play on the greens.

"Lawn bowling and croquet are such accessible sports," said Raposa. "They're sports that youth and senior citizens can play together."

As the groundbreaking ceremony concluded – and the construction workers returned to their noisy machinery – Tschaen reflected on the project.

"I'm grateful that people, especially during these troubled times, can come together with a common vision and make life a little better in this city," she said.



City officials, community organizers and lawn bowling fans were among the crowd at the groundbreaking ceremony for the bowling greens at Hazelwood Park. The greens are being restored and will be ready for play starting in spring 2021.

just play anywhere; you have to have bowling-green quality grass to play on," he explained.

Bell, who's originally from Edinburgh, Scotland, began playing when he was 12, and he would head out to the greens to play about three or four times a week.

"It's a sport that requires a lot of skill to be at the top level," said Bell. "America doesn't know much about it, though. There's a lot of money in it in Europe, Australia, even in Canada. It's part of the Commonwealth Games."

its popularity in New Bedford.

"They had all sorts of tournaments and trophies for teams," said Britto. "It was quite busy. There used to be all kinds of people standing around, looking over the fence watching."

During the groundbreaking ceremony, which drew a crowd of lawn bowling aficionados dressed in white, New Bedford Mayor Jon Mitchell thanked the numerous contributors who funded the project, which cost just under \$400,000. Funding came from the Community

Town of Acushnet Builds Outdoor Structures for Public Gatherings

On a typical Friday in a typical year, Larry Bigos' exercise classes at the Acushnet Council on Aging could attract as many as two dozen participants. With indoor activities still on hiatus at the local COAs, Bigos' regulars haven't met in months.

That changed this fall when groups could finally gather again – albeit outside the facility, under a newly constructed pavilion. On Sept. 11, participants excitedly greeted one another as they settled in beneath the structure, which at the time was technically unfinished. Nevertheless, the crew seemed undeterred by the scaffolding running along the perimeter of the structure.

"It's great to do this again," said Larry Bigos, before beginning his hour-long class. "We're going on six months now, and after a while people's bodies start to deteriorate. We need our minds; we need our bodies. I'm glad to have the opportunity to start again outside."

Heather Sylvia, the director of the Acushnet COA, said she had priced out a rental tent as a temporary solution, but then Jim Marot, the town's building commissioner,



Tyler Camboia and Jim Marot stand in front of the new pavilion at the Acushnet Council on Aging, where classes will be held moving forward.

recommended a more permanent option.

The town was able to use funding through the CARES Act to buy supplies for the structure, which cost about \$8,000 – or less than half of what a four-month tent rental would have cost.

Construction started in August, and by the first week of September, the COA hosted its first class since March. By mid-September, the

center was offering classes five days a week.

Eight participants plus the instructor can fit comfortably beneath the pavilion. Everyone is situated six-and-a-half feet apart, and visitors are asked to wear masks and bring along their own equipment, water and weights.

"We missed our people. It's fabulous to see them again," said Sylvia, as a group of eager patrons

signed in and caught up before Bigos' Friday fitness class.

During the pandemic, the Acushnet COA had received Community Foundation funding, half of which helped the center distribute food over the spring and summer. The other half went to their group classes, which they're able to offer for free through October.

Marot designed the structure, and former graduates of Old Colony, Tyler Camboia and Miguel Sevasin, handled the bulk of the construction. During the summer, his crew worked on a similar project at the Acushnet Public Library. Marot said the library's new pergola was built with the same intention: to give the public a place to gather outdoors and to enable to library to connect with its patrons.

By the third week in September, the construction crew was back at the COA to stain the pavilion, giving the structure a rustic flair.

"It expands the capability of the council on aging, and now they could have classes inside and outside for at least eight months out of the year," said Marot. "It's a great facility, and we were happy to do it."