

Senior Scope

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

Vol. 3, Issue 2

Published by Coastline Elderly Services, Inc.

December 2020

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Canine Companion Lends an Ear

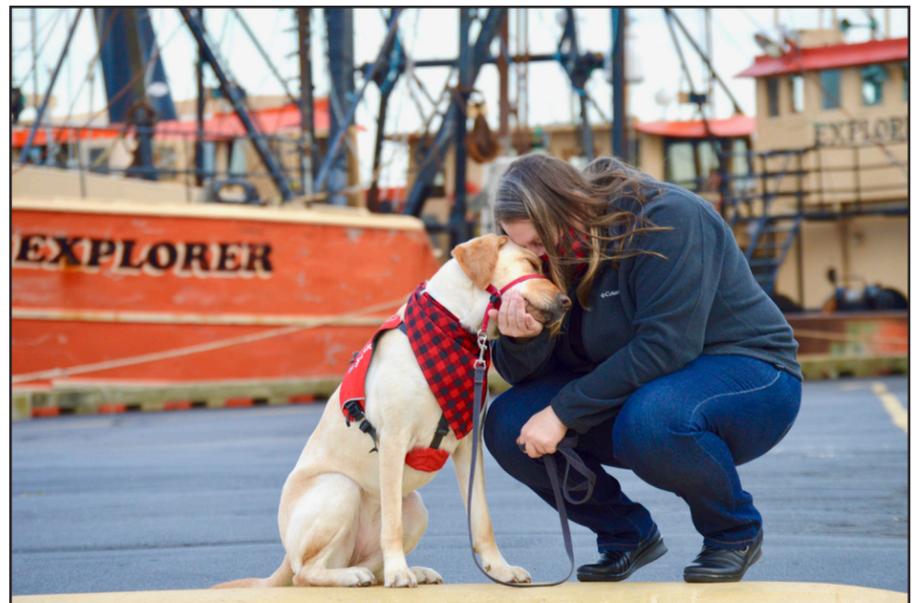
As Zoey trots through downtown New Bedford, she acts like a typical, two-year-old Labrador retriever. She's curious and will stop to sniff the grass as she passes through Custom House Square. But, when she's equipped with her red vest and a gentle leader, Zoey is at work, ensuring that her owner remains safe as she navigates the streets.

Zoey, along with her owner, Michelle Walton, are graduates of NEADS World Class Service Dogs, a nonprofit based in Princeton, MA, that trains dogs to assist their owners with daily activities and to mitigate their partner's disability. In addition to being a constant companion since graduating earlier this year, Zoey has assisted Walton hear the environment around her.

For Walton, this new addition to her life has been a game changer.

Walton has moderate, progressive hearing loss, which she first began to notice in her 40s. About 15 years ago, when she was working as a medical transcriptionist, she found herself needing to increase the volume of recordings in order to dictate notes.

A few years later, she had taken a job as a pharmacy tech at a CVS. Not long after accepting the position, a colleague approached Walton, letting her know that she had called her name several times



After about 15 years of navigating a moderate, progressive hearing loss that began in her 40s, Michelle Walton acquired a service dog named Zoey from the nonprofit NEADS World Class Service Dogs. While service dogs may not be the right fit for everyone, for Walton, Zoey has made her feel like she "got her life back."

without receiving a response. Walton was totally unaware, and concluded that it was time to have her hearing checked.

Walton went for a hearing test, and she said her audiologist was surprised. By age 45, Walton was wearing hearing aids.

According to the latest edition of "A Modern Guide to Hearing Loss," a resource guide published by the Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH), the average time

between a person first noticing their hearing loss and actually reaching out for help or seeking treatment is seven to 10 years.

Hearing loss is relatively commonplace. The MCDHH estimates that one out of every five Americans over the age of 12 has a hearing loss, or more than 1.3 million residents of Massachusetts. Everyone experiences hearing loss differently, at different times of their life and for different reasons.

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South Coast Honors Veterans From a Distance

At the beginning of November, COVID-19 cases began to surge throughout the country. Veterans Day, which is typically marked by parades and public ceremonies, looked like it would drift by without much fanfare. However, communities throughout the South Coast were undeterred and recognized veterans as best they could given the circumstances.

Several of the local Councils on Aging typically celebrate by serving big meals and hosting guest speakers. This year, they offered food to go and thanked veterans from the safety of their cars.

On Nov. 7, the Rochester COA's kitchen was buzzing with activity as meals were cooked and

packaged throughout the morning. The kitchen has been less active during COVID. The COA's popular



The Rochester Council on Aging provided a drive-through meal for about 50 people in celebration of Veterans Day.

a regular customer, he became a volunteer, helping the crew wash dishes. For Veterans Day, he became a chef.

"I think it's important to take any opportunity to help someone, especially veterans," said Gately. "Before I was even born, they were putting themselves in harm's way so that I could have a good life. That's something that means a lot to me."

Even without the breakfast program, the Rochester COA has remained focused on food. Cheryl Randall, the director of the Rochester COA, said the center has been hosting small gatherings for coffee and conversation, and they have regularly delivered boxes of food

breakfast program, which draws large crowds, has stopped serving.

Matt Gately, a 39-year-old veteran, first became connected to the Rochester COA through its breakfast program. After becoming

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Dr. Michael Rocha Receives Patriot's MVP Award

On Oct. 30, the New England Patriots Foundation honored 26 individuals with the Myra Kraft Community MVP Award. The list of honorees included Dr. Michael Rocha, a cardiologist with Hawthorn Medical Associates and the founder of the New Bedford Wellness Initiative. Rocha is also a frequent contributor to *Senior Scope*.

The award, initially called the Community Quarterback Awards, is given to those whose volunteerism positively impacts their communities. The award was renamed in 2011 in honor of Myra Craft, a philanthropist and former president and director of the New England Patriots Charitable Foundation. Myra was married to Robert Kraft from 1963 until her death in 2011.

The Foundation typically will honor MVP award recipients during a ceremony held at Gillette Stadium. This year, due to COVID-19, the celebration was held online.

As part of the designation, Robert Kraft and the New England Patriots Foundation will donate a total of \$275,000 to nonprofits of the recipients' choosing. Twenty-five organizations will receive \$10,000 grants in the names of the recipients, and one grand-prize



Dr. Michael Rocha speaks during a Coastline event in October 2019.

winner will receive a \$25,000 donation in their name.

The Foundation will make a \$10,000 donation to the Boys & Girls Club of Greater New Bedford in honor of Dr. Rocha. Prior to the pandemic, the New Bedford Wellness Initiative operated out of the Boys & Girls Club, where the agency held regular classes, most of which occurred on Sunday mornings. The free classes promote health and well-being. Those classes have since migrated online, and participants can tune in over Facebook.

"This year has been incredibly challenging for so many families, but it has also been difficult for nonprofits," said Robert Kraft during the ceremony. "Volunteers are the lifeblood of these charitable organizations."

Letter from the Editor

I had read earlier this year something along the lines of "it's not easy to live through history." I think as we approach the end of 2020, we can all agree that this has been a tough one. There are reasons to be encouraged, though.

Science and human ingenuity were pushed to the brink this year, and we may have a record-setting vaccine sooner than expected. We may even have multiple vaccines available.

I've been inspired by that encouraging news, and I'm glad to see that this turbulent year appears to be ending on a high note. In a similar fashion, I wanted *Senior Scope's* final issue of 2020 to feature some positive stories.

My colleague at Coastline, who, after experiencing progressive hearing loss for about 15 years, pursued a service dog for hearing. She said that decision changed her life. I'm delighted that Michelle allowed me to share her story.

I also was able to connect with Rhonda Fazio, who hosts food demonstrations in the area. She tags along with the New Bedford Farmers Market and Coastal Foodshed's Mobile Market to teach shoppers about what they can do with the ingredients on sale. I met her briefly more than a year ago,

and I always thought she would be a fun person to interview.

Coastal Foodshed is trying to move her food demos online, and I was her first student during a trial run of those classes. I was not an ideal test subject. I barely have any cooking skills, nor do I have a well-stocked pantry, complete with all the herbs and spices she used during the class. However, socializing for over an hour with Rhonda and the Coastal Foodshed crew was awesome.

It's been a lonely year, to say the least. While every company under the sun is trying to figure out how they can offer content online and through Zoom, not everyone feels comfortable with the technology. However, Zoom does allow you to call in with your phone, and it may be worth checking out that feature. I mention this because there are so many of us who feel isolated these days.

Cooking a meal together, even if that means distancing in two separate kitchens behind two laptops, made me feel better. For a moment, I actually forgot about everything that happened in 2020. And I could not ask for a greater gift.

Best,
Seth Thomas, Editor

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SHINE Counselors in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 South Main St., Acushnet	508-998-0280	Patricia Midurski Heather Sylvia
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Jane Jacobsen 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	Jan 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

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For further information on advertising rates,
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Senior Scope at Coastline
1646 Purchase Street,
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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 December 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.

For Prayers Answered:

Thank you St. Jude and Sacred Heart of Jesus for prayers answered.

—E.S.
\$10

In Memory:

In memory of my mother, Bertha Rose.

—Jacqueline Rose
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In memory of my aunt, Edna Perry.

—Jacqueline Rose
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MLAC to Oversee Statewide COVID Eviction Legal Help Project

The Massachusetts Legal Assistance Corporation will manage a new COVID Eviction Legal Help Project to provide urgently needed legal assistance in pandemic-related eviction cases.

The project will expand the capacity of existing legal aid organizations to provide essential help to income-eligible tenants facing eviction due to COVID-19 and to landlords who are income-eligible owner-occupants of two- and three-family homes.

MLAC will oversee the delivery of services through contracts with the Massachusetts Law Reform Institute, the Volunteer Lawyers Project, and six regional legal aid organizations across the state: Community Legal Aid, De Novo, Greater Boston Legal Services, Northeast Legal Aid, and South Coastal Counties Legal Services.

The program is part of the Baker-Polito Administration's Eviction Diversion Initiative, to support tenants and landlords facing financial challenges caused by the pandemic. The goal of this initiative is to keep tenants safely in their homes and to support the ongoing expenses of landlords after the Commonwealth's pause of evictions and foreclosures expired on Oct. 17.

The COVID Eviction Legal Help Project will provide referrals, legal information, assistance, and

legal representation in all sittings of the Massachusetts Housing Court, including the lawyer for the day program, to preserve or achieve housing stability. When possible, it will also provide legal assistance in District Courts with high-volume summary process caseloads and to prevent the termination of subsidies prior to court to avert eviction.

MLAC will partner with Massachusetts Law Reform Institute and the Volunteer Lawyers Project to develop two initiatives:

- Rapid recruitment and training of lawyers and paralegals for temporary, fulltime paid positions with regional legal aid organizations across the Commonwealth to provide support and legal representation at all stages of the eviction process, including assistance prior to a court filing, and
- Rapid expansion of the pool of pro bono attorneys who are available to provide support and legal representation to income eligible landlords and tenants, at all stages of the eviction process, with support, training, and supervision from attorneys experienced in landlord-tenant law.

For more info, visit mlac.org. South Coastal Counties Legal Services provides free legal services to eligible clients. SCCLS has offices in New Bedford, Fall River, Brockton, and Hyannis. Their intake line is 800-244-9023.

Social Security Benefits Increase in 2021

By Delia De Mello
Social Security



Delia De Mello,
Social Security

Nearly 70 million Americans will see a 1.3 percent increase in their Social Security benefits and SSI payments in 2021. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the COLA helps to offset these costs.

January 2021 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2021 will be higher. The retirement earnings test exempt amount will also change in 2021. You can read our press release for more information at www.ssa.gov/news/press/factsheets/colafacts2021.pdf.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees.

Want to know your new benefit amount sooner? You can securely view and save the Social Security COLA notice online via the Message Center inside my Social Security in early December without waiting for the mailed notice.

If you don't have an account yet, you will have needed to create an account by Nov. 18 to receive the COLA notice online this year. *my Social Security* account holders can opt out of receiving a mailed COLA notice and other paper notices that are available online. You can choose text or email alerts when there is a notice in Message Center by updating your Preferences at www.ssa.gov/myaccount/opt-out.html so you always know when we have something important for you.

Even if you missed the deadline, you can still sign up for or log in to your personal account today at www.ssa.gov/myaccount. Choose email or text under "Message Center Preferences" to receive courtesy notifications. This way you won't miss your online COLA notice.

You can find more information about the 2021 COLA at www.ssa.gov/cola. For other questions, you can contact the Social Security Administration office in New Bedford at 866-964-7413.



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Update

Needs Survey

Coastline will be mailing a Needs Assessment Survey to select individuals throughout its coverage area this November. This survey asks the recipient about their needs and concerns. This data, which is confidential, will be gathered in an "Area Plan," a document that helps Coastline focus on the needs of older adults in our community. The data is also used by the State to help determine funding for services in the Commonwealth.

This survey is intended for those who are age 60 or older. If you are caring for someone who is over the age of 60, we would love to hear about your needs as well. Coastline will also be posting this survey online. If you did not receive a paper copy of this letter in the mail in November, you are welcome to fill out the survey online at coastlinenb.org.

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: Dec. 14, 10 a.m. to noon at GNBCHC, 399 Acushnet Ave., New Bedford, MA 02740.

The 2021 dates are as follows: Jan. 11, Feb. 8, March 8, April 12, May 10, June 14, July 12, Aug. 9 and Sept. 13.

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.

The Community Health Center has put out a call for volunteers who can help bag items for contact-free pickup. Volunteers can work from 9 a.m. to noon or just an hour to help out. To volunteer, call Joyce Dupont.

'Grandparents Raising Grandchildren' Update

Due to the increase in COVID-19 cases in the Greater New Bedford region, Grandparents Raising Grandchildren will be offering services over the telephone only. To make an appointment, please call Brenda Grace at 508-996-0168. Her days off are Tuesdays and Wednesdays. You can also call after 5 p.m. on work days.

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.

Family Caregiver Support Group

Join Coastline and the Dartmouth Council on Aging at its Family Caregiver Support Group, which is now being held on Zoom. The group will meet every other Thursday from 10:30 a.m. to noon. For more info about the support group, contact Stephanie Gibson at 774-510-5209.

Portuguese Memory Café Returns

The Portuguese Memory Café, which has been held at Project Independence, will resume virtually this November. The group will meet online from 1 to 2:30 p.m., beginning Nov. 13. The group will meet every other week. For more information, contact Natasha Franco at Natasha.Franco@Newbedford-Ma.gov or 508-979-1693.

Coastal Foodshed's Virtual Market

Shop online from Saturday at 8 a.m. to Monday at midnight. Deliveries occur on Wednesday from noon to 5 p.m. Credit/Debit accepted for online purchase only. SNAP/EBT/HIP accepted for pre-order online only; payments upon pickup. Pick-up happens on Wednesdays from 2 to 5 p.m. at Coastal Foodshed's Food Hub, 38 Blackmer St, New Bedford. Delivery Area: Acushnet, Dartmouth, Fairhaven, Marion, Mattapoisett, New Bedford, Rochester. More info at: coastalfoodshed.org.

Free Holiday Concert

The Tri-County Symphonic Band will be streaming its holiday concert this year for free online. The concert is scheduled for Dec. 13 at 1:30 p.m. The performance will feature groupings from the band as well as some special family performances from the community. The Tri-County Symphonic Band will also bring back some recorded material from previous December concerts, all with an upbeat holiday flavor.

Visit tricountysymphonicband.org for more information or visit them on Facebook at [facebook.com/TriCountySymphonicBand](https://www.facebook.com/TriCountySymphonicBand). Concerts will also be held in February, March and June.

'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.

Christmas Day Meal Canceled

The Christmas Day meal, typically served at the Holy Name of the Sacred Heart of Jesus Church in New Bedford, has been canceled this year. Deliveries will not be happening this year, either. Event organizers are hopeful to hold this event next year.

Free Class for Caregivers

"Powerful Tools for Caregivers" is a six-week educational program designed to help take care of you while you're caring for a loved one. You will benefit from this class whether you are helping a parent, spouse, friend, or someone who lives at home, in a nursing home, or across the country.

The course will be held once a week from January 19 through February 23, 2021, from 10 a.m. to noon. The program is provided at no cost by Coastline. iPads are available to borrow. The program will meet once a week via Zoom for six weeks and covers the following topics: taking care of you; reducing stress; communicating feelings; communicating in challenging situations; learning from our emotions; mastering decisions.

For more information or to register, please call Stephanie Gibson at 774-510-5209 or email her at sgibson@coastlinenb.org.

Tree Disposal

New Bedford residents, once your Christmas tree has been undecorated, here are ways in which it can be properly disposed.

Christmas tree collection: ABC Disposal will pick up real Christmas trees from Jan. 11 to 15. During this week only, residents may place trees at the curb by 7 a.m. the weekday after trash and recycling collection. Please note, if your trash is usually collected on Friday, Christmas trees will only be collected along your route on Jan. 11. If your trash is usually collected on Mondays, Christmas trees will only be collected along your route on Jan. 12, and so on.

Christmas tree drop-off: Starting on Dec. 26, Christmas trees can be brought to the following locations:

- E Rodney French Blvd, beach parking lot, between Hudson Street & Seymour Street, ends Jan. 15.
- Brooklawn Park, near Pony League Field, enter at Irvington Street, ends Jan. 15.
- Shawmut Avenue Transfer Station, 1103 Shawmut Avenue, open Monday, Wednesday, Friday, noon to 5 p.m. and Saturday, 7:30 a.m. to 3 p.m. The Transfer Station will be closed on Dec. 25 and Jan. 1.

If you have questions, please contact the recycling office by phone at 774-503-0254 or by email at Marissa@gnbrmdistrict.org.



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It's Time to Celebrate the Stars

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ONLINE: communitynurse.com/honorees



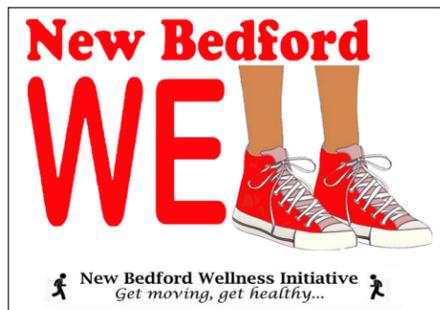
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Walk of Stars
Honoring and Remembering the Stars in our Community

Your Health

Finding Gratitude During an Uncertain Time



By Jonathan Felix

New Bedford Wellness Initiative

Practicing gratitude can be transformative. This simple practice gives me the lift I need to rise above daily sufferings and weather the uncertainties of 2020.

Gratitude is attentional. We direct attention to our blessings. This intentional practice counters the brain's negativity bias, which refers to the tendency to focus on unpleasant thoughts, emotions, interactions or traumatic events.

This attentional focus affects our impressions, memory, decisions and biochemistry. The negativity bias confers advantages (caution, prudence and planning may stem from it), but when negativity becomes the dominant way of seeing, it can contribute to mental distress and physical dis-ease.

I learned this as a young man growing up in poverty. With eyes of gratitude, I saw that even in the most blighted neighborhoods, flowers bloomed, birds sang, children played, the sun warmed our skin. The most resilient among us offered proof that peace, love, and happiness were not contingent on income, education,



Jonathan Felix, who teaches meditation throughout the region, recommends tracking things you are grateful for in the days ahead to stay grounded during these trying times.

status, or circumstance. True peace and joy could be cultivated from within. Gratitude promoted its growth.

I made gratitude a habit, enumerating things for which I was thankful. In the beginning of my experiment, I listed the obvious: food in my belly, a roof over my head on rainy days, clothes on my back and shoes on my feet. Paved roads, homes built to code, indoor plumbing, a reliable electric grid, clean tap water, free public education, sanitation and waste disposal, public libraries, the right to criticize and challenge government officials, and peaceful transfers of power were blessings many took for granted.

Practicing gratitude improved my moods. This habit, when applied, lessened the intensity and duration of

my despair. As my practice deepened, I found myself grateful for my sadness and anger, my failures and frustrations. For behind these were needs to be seen, to be respected, to be understood. Empathy grew out of pain. Because I suffered, I could stand in solidarity with those who felt defeated by despair and frustration. There was beauty in it!

Over time, my gratitude deepened. The simplest things delighted the soul. One of the greatest gifts for which I was most grateful was the most humble and unassuming; it was literally right under my nose.

The breath was a gift. All other blessings came courtesy of the comings and goings of the breath. I did not create it. I was breathed into and gifted with life. I could rest in its rhythm and constancy. Life danced

within. Each breath could bring me back into the present moment.

Although, by the standard of those who equated wealth with material assets, I was "poor," I felt grateful for what I had, and, as my practice deepened, so too did my contentment. I needed very little to be happy.

I encourage you to give this a try. Daily, for the next month, find 10 things for which to be grateful. Write them down or count them off on your fingers. The practice is simple, yet powerful. Don't take my word for it; experiment for yourself.

Jonathan Felix is the Director of Academic Technology at Friends Academy. He teaches meditation throughout the South Coast. He is the Mindfulness Coordinator for the New Bedford Wellness Initiative and offers free meditation retreats and sessions. For a schedule of upcoming events, please visit: mrfelix.org.

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 popular Walk with A Doc program continues to meet in-person at Buttonwood Park. Visit the Initiative's Facebook page for future updates and for info on safety protocols.

Getting Ready for the Holidays? Be Mindful of Your Back

By Cam Bergeron, CSCS

Cam's Conditioning & Rehab

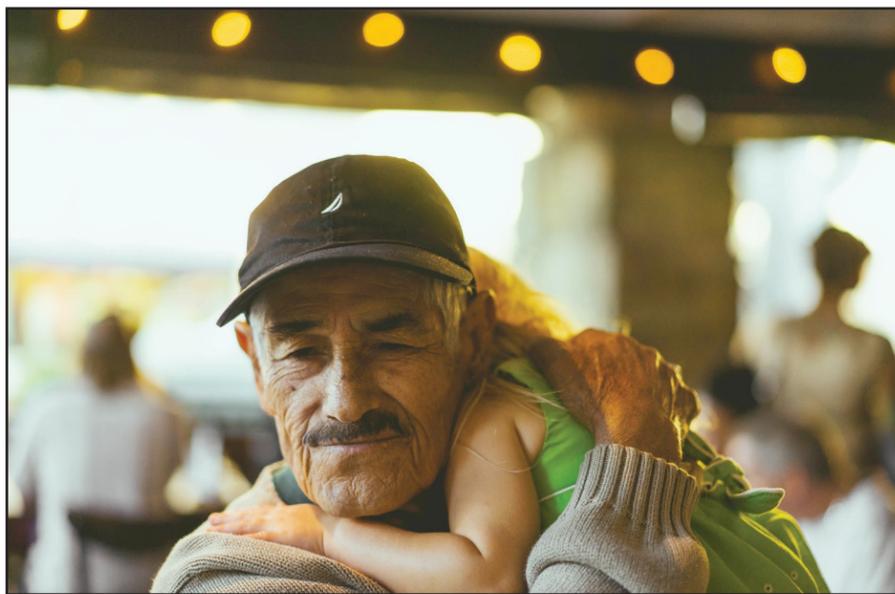
During the holiday season, you may find yourself picking up heavy objects. Whether you're moving a bag of leaves, lifting a grandchild or hoisting a honey roasted ham out of the oven, it's a good idea to be mindful of your body's alignment before picking up an object.

Lifting improperly can cause neck, mid-back, or lower-back pain. Try to maintain a "flat back" while lifting heavy objects. Having a flat back means that your vertebrae, or the bones of your spinal column, are stacked on top of each other. A flat back distributes pressure on the intervertebral discs evenly.

When you lean forward and round your back, it creates pressure on the front of the disc and in a sense pushes the disc backward. Our spine is created with these discs to help us lean forward, back and side-to-side.

But, when we lift heavy objects, it puts a big strain on the back, and that could cause an injury, especially if you're using your back to lift the object instead of the legs and hips.

The most important thing to consider is your stance. A narrow stance (when your feet are closer together) makes it difficult to pick



Don't forget your back this holiday season. There is a proper way to lift, whether you're lifting a grandchild, a heavy tray out of the oven or a bag of leaves.

up an object with a flat back. The space between your feet is limited, so you're forced to lean forward to grab the object. This will cause rounding of the back.

There is a safer way to lift an object. I'll use picking up a child as an example. Stand with a wide stance (your feet should be spaced apart a little more than shoulder width), toes straight, and chest up. This wide stance will increase your range of motion.

Have the child come closer to you, in between both feet. Now you

don't have to go down *and* lean forward to grab the child. You *only* have to move straight down.

Once the child is close to you, slowly move your torso straight down, bending your legs and keeping your chest up. Keep moving straight down until you can grab the child without rounding your back.

After the child is secure in your hands, tighten your abdominal muscles, and use your legs, hips, and butt to stand back up. Breathing out while standing back up will help. Remember to go slow and

stabilize yourself with your feet.

Putting the child down is just as important as picking them up. Make sure you use a wide stance, toes straight, and keep your chest up. Don't round your back to put the child down. Bend at the knees and hips.

Staying aware of how your body is positioned during activities will help you avoid injuries. And remember to go slow. Taking a couple more seconds to analyze how you're going to complete the activity is better than being laid up on the couch with back pain for days!

Resources

Dartmouth Community Media (DCTV) has recorded several exercise classes with Cam, which are airing on DCTV in Dartmouth and are available everywhere on the web.

View the videos online by visiting DCTV's YouTube channel at www.youtube.com/c/DartmouthCommunityMedia.

Visit DCTV online at: www.town.dartmouth.ma.us/dartmouth-community-media.

Many COAs around the area have recorded exercise classes with their local cable access channels. Check your local cable access channel or call your COA.

Taking Care of Sick People with COVID-19 Illness at Home

Having a Sick Person in the home: Many people who get sick with coronavirus (COVID-19) can be safely cared for at home. If possible, have the sick person stay in one room, or physically away from other people in the household. Keep them at least 1 metre (an arm's length) away from others.

Wearing a mask: Have the sick person wear a mask, or cloth face

covering, when they are around other people, including family members. Caregivers should wear a mask, or cloth face covering, and disposable gloves when touching any items used by the sick person.

Washing your hands: Wash your hands often with soap and water for at least 20 seconds before and after caring for the sick person, before preparing and eating food, before and

after wearing gloves, and after using the toilet.

Disinfect surfaces: Clean frequently touched surfaces, or items in the house with soap and water every day. Then, use a diluted chlorine solution to disinfect.

Take the sick person to the nearest health facility if they get worse or if they have any of the following symptoms: trouble breathing,

confusion, chest pains.

- Call 2-1-1 or use live chat for non-emergency questions and help
- Sign up for text message alerts: Send COVIDMA to 888-777
- Call Crisis Counseling Assistance Program: (888) 215-4920
- Domestic violence and sexual assault: Call SafeLink at (877) 785-2020.

Cuidar de pessoas doentes com COVID-19 em casa

Ter uma pessoa doente em casa: Muitas pessoas que adoecem com coronavírus (COVID-19) podem ser assistidas em segurança em casa. Se possível, a pessoa doente deve ficar numa divisão da casa ou fisicamente distante das outras pessoas que vivem nessa casa. Manter pelo menos 1 metro (a distância de um braço) entre essa pessoa e outras.

Usar máscara: A pessoa doente deve usar máscara ou um pano que cubra o rosto, quando estiver perto de

outras pessoas, incluindo familiares. Os prestadores de cuidados devem usar máscara ou um pano que cubra o rosto, bem como luvas descartáveis quando tocarem em artigos usados pela pessoa doente.

Lavar as mãos: Lave as mãos com frequência com água e sabão durante pelo menos 20 segundos antes e depois de cuidar da pessoa doente, antes de preparar e ingerir alimentos, antes e depois de usar luvas e depois de usar a casa de banho.

Desinfetar superfícies: Limpe as superfícies ou artigos da casa tocados frequentemente com água e sabão, todos os dias. Depois, use uma solução de cloro diluído para desinfetar.

Leve a pessoa doente para as instalações médicas mais próximas se o seu estado piorar ou se apresentar algum dos seguintes sintomas: Dificuldade em respirar, Confusão, Dor no peito.

- Ligue para 2-1-1 ou use o chat

ao vivo para perguntas não emergenciais e ajuda

- Inscreva-se para receber alertas de mensagens de texto: Envie COVIDMA para 888-777
- Chamada Programa de Assistência Crise Aconselhamento: (888) 215-4920
- Violência doméstica e agressão sexual: Ligue para a SafeLink em (877) 785-2020 ou acesse o chat ao vivo da SafeLink.

Cuidar a una persona enferma en casa

Ayude a satisfacer las necesidades básicas: Ayude a la persona enferma a seguir las instrucciones de cuidado y medicamentos de su médico. En la mayoría de los casos, los síntomas duran pocos días y las personas se sienten mejor después de una semana. Pruebe si los medicamentos de venta sin receta médica ayudan a la persona a sentirse mejor. Procure que la persona enferma beba mucho líquido y descanse. Ayúdela con las

compras de comestibles, a surtir sus medicamentos y acceder a otros artículos que puedan necesitar. Evalúe recurrir a un servicio de entrega a domicilio de los artículos siempre que sea posible. Cuide a sus mascotas y limite el contacto de la persona enferma con sus mascotas siempre que sea posible.

Esté atento a los signos de alarma: Tenga a mano el número de teléfono del médico de la persona que cuida. Si el estado de la persona

empeora, llame a su médico. Para emergencias médicas, llame al 911 y dígame al operador de despacho que la persona tiene o podría tener COVID-19.

Cuándo buscar servicios médicos de emergencia: Esté atento a los signos de advertencia de emergencia* del COVID-19. Si alguien presenta alguno de estos signos, busque atención de servicios médicos de emergencia de inmediato: Dificultad para respirar, dolor o

presión persistente en el pecho, confusión, incapacidad de despertarse o permanecer despierto, coloración azulada en los labios o el rostro.

- Llame al 2-1-1 o use el chat en vivo para preguntas y ayuda que no sean de emergencia
- Regístrese para recibir alertas por mensaje de texto: Envía COVIDMA al 888-777
- Llame al Programa de Asistencia de Consejería en Crisis: (888) 215-4920





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Hearing Loss continued...

For Walton, her hearing loss was beginning to impact more than just her job.

“I used to be an avid walker, and I would walk by myself,” Walton explained. “But people or bicyclists would try to pass me, and I wouldn’t hear them until they were right up on me. It became a safety issue.”

She also described her hearing loss as an isolating experience because it impacted her everyday communication skills. Hearing a one-on-one conversation inside a packed restaurant can become impossible. And hearing aids, which can be cost prohibitive, only go so far. They will not bring your hearing back to 100 percent of their function, she said.

Further compounding the issue was her sleep apnea. At night she would sleep with her hearing aids out and a noisy sleep apnea machine strapped to her face. Her family worried and began to question whether she would be able to hear a fire alarm should it go off while she slept.

Walton first reached out to DEAF Inc., which offers programs and services to assist those with hearing loss. It was there where she was referred to NEADS.

NEADS trains service dogs through an extensive program and matches them with people who have hearing loss or physical disabilities. They also work with veterans who have PTSD or individuals with



As Zoey, a service dog for hearing, walks through downtown New Bedford, she stays alert to her surroundings. Zoey is working whenever she’s wearing her vest and gentle leader, a type of head collar that leaves the dog’s mouth free to open, but makes it easier to walk the dog, especially for those who have limited arm strength.

autism or other developmental disabilities. The service dogs, which are mostly black and yellow Labrador retrievers, are purpose-bred to assist humans, and their training starts early.

“Their socialization begins as early as three days old,” said Katy Harrison Ostroff, the manager of client services at NEADS. “That’s critical because we’re teaching them that the environment is a wonderful place. When something drops, that’s okay. You can’t have an anxious service dog in public. That wouldn’t work.”

The dogs will slowly be introduced to obedience task work as they age, and part of the dogs’ training incorporates plenty of opportunities to engage with the public. Zoey’s training was on full display as she walked through New Bedford. She remained friendly and calm when approached by another dog, but would respond immediately to oral commands.

A video on NEADS’ website demonstrates how the dog would operate at home. When the doorbell rings, the dog will pace back and forth between the owner and the door, providing them enough context to understand the doorbell has rung. Should the fire alarm go off at night, the dog will leap onto the bed and nudge the owner awake.

NEADS’ hearing dogs may not be appropriate for everyone. While they’ve received extensive training, they are still a two-year-old, 50-to-75 pound dog that requires daily exercise. That involves playing fetch with the dog for 30 to 40 minutes every day, whether that happens in an enclosed yard, on a lead or in the home.

“It has to happen, especially for hearing dogs,” Ostroff explained. “They are sound-sensitive. Their brains are working all the time. You need to be able to give them that physical release.”

Through donations and grants,

NEADS is able to match veterans, like Walton, with dogs without asking the client to fundraise. For civilians, they’re asked to fundraise \$8,000 on behalf of NEADS. The agency has a dedicated staff person who helps clients in that process. NEADS has its own web-based donation platform to help streamline donations and can offer assistance for those who may not feel comfortable navigating the technology.

Ostroff said the motto at NEADS is: “right dog, right client, right time.” While the intake process, and subsequent training for the owner, is extensive, Walton has been able to achieve a level of independence that she felt like she was beginning to lose.

“I feel so much better,” she said. “I feel like I got my life back.”

Walton said that for those who suspect they may be experiencing hearing loss, getting an exam is an important first step.

The MCDHH recommends reaching out to your primary care doctor as soon as possible if you suspect that you’re experiencing hearing loss or have experienced an additional drop in your hearing. Your doctor may refer you to a hearing specialist. Many of the local councils on aging work with audiologists who provide exams.

“You don’t know what you’re missing,” Walton said. “Go out and get your hearing tested. The audiologist will work with you. They will try to find some place that can help you.”

Resources

If you suspect you are experiencing hearing loss, there are numerous resources available to you. Start by talking to your primary care doctor or by calling your local COA or Coastline to learn about audiologists in the area.

MCDHH has a comprehensive guide on hearing loss. Visit mass.gov or <https://bit.ly/35TxNUO>.

Visit DEAF Inc. online at deafinonline.org. The New Bedford office can be reached at 508-858-5178 (or TTY: 508-990-1382).

NEADS is online at nears.org. Call 978-422-9064 to learn more.



Michelle Walton and Zoey walk through New Bedford. The Massachusetts Commission for the Deaf and Hard of Hearing recommends reaching out to your primary care doctor as soon as possible if you suspect that you’re experiencing hearing loss.

COVID Resources for Personal Care Attendants and PCA Consumers

If you are taking part in MassHealth’s Personal Care Attendant (PCA) program, whether you’re working as a personal care attendant or you’re a consumer enrolled in the service, there are several resources available to you that have been established in response to the ongoing COVID-19 pandemic.

Obtaining Personal Protective Equipment: The 1199SEIU PCA Union PCA Union is offering mask and gloves for PCAs, which can be requested online at www.bit.ly/ppe1199 (English) or www.bit.ly/ppe1199spanish (Spanish). This supply of personal protective equipment is intended for PCAs

working as part of the MassHealth PCA Program.

Provider Support Line: There is a new Long Term Services and Supports (LTSS) Provider Support Line, which is intended for consumers who receive MassHealth PCA Services and who have received a positive COVID-19 test or a presumptive diagnosis. Through this support line, consumers or their representatives can request personal protective equipment if they have a documented case of COVID-19 or a presumptive diagnosis by a physician or nurse practitioner.

To request PPE, consumers or their representatives, call 1-844-368-5184 (toll free).

Durable Medical Equipment: MassHealth can provide non-sterile gloves (one box of 100, four boxes a month) through the Durable Medical Equipment (DME) program when universal precautions are necessary during personal care. No prior authorization is needed unless you require more than four boxes. For a list of providers, visit: bit.ly/2H7GK3j.

There are two ways eligible MassHealth Members can get non-sterile gloves through their Durable Medical Equipment benefit:

1. MassHealth Members can contact their health care provider to initiate a DME order with the provider of their choice. The

prescribing provider will need to provide the DME provider with a completed prescription and additional documentation demonstrating medical necessity.

2. MassHealth Members can contact a MassHealth DME provider of their choice to initiate a DME order. Your health care provider will need to provide the DME provider with a completed prescription and additional documentation demonstrating medical necessity.

For more information about MassHealth’s response to COVID-19, or for additional support, please contact the Customer Service Center at 800-841-2900 / TTY: 800-497-4648



For more info on the Medicare Savings Program, visit medicare.gov or call your local SHINE Counselor. For an application, contact MassHealth's Customer Service line at 800-841-2900.

The Medicare Savings Program Helps Eligible Medicare Members

By Andrew Bardetti, Esq.
South Coastal Counties
Legal Services

For low-income Medicare members, three Medicare Savings Programs (MSPs) are available in Massachusetts.

As a general overview of Medicare, Part A covers inpatient hospital stays along with nursing home and hospice care. Part B covers outpatient services, medical supplies and preventive services. Part D is prescription drug coverage.

While many people do not pay a monthly premium for Part A, all members pay a monthly premium for Part B along with other costs for all parts, such as deductibles and co-payments. If you qualify for an MSP, you can get help with these costs.

In Massachusetts, MassHealth administers the MSPs under the Senior Buy-In and Buy-In programs. Included in those two programs are three MSPs.

Senior Buy-In is the Qualified Medicare Beneficiary (QMB) MSP while Buy-In includes the remaining two: Specified Low-Income Medicare Beneficiary (SLMB) and Qualifying Individual (QI). All three MSPs would pay your Part B monthly premium for you, and qualify you for a low income subsidy for your Part D plan (known as Extra Help). Senior Buy-In would pay your Part A monthly premium (if you have one), pay Part A & B deductibles, and pay Part A & B co-payments. Buy-In would give you three months retroactive benefits in most cases.

To qualify for an MSP, you must meet certain countable income and asset limits in addition to having Medicare Part A and satisfying MassHealth immigration criteria. Countable income is your monthly gross income minus \$20 if it is unearned (such as Social Security).

If earned, then you determine your countable monthly income by deducting \$65 and dividing by two. You may qualify for Senior Buy-In if your countable income is less than 130% of the Federal Poverty Level (FPL) which is \$1,403/month for an individual or \$1,888 for a married couple.

You may qualify for one of the Buy-In programs if your countable income is no greater than 165%

of the FPL which is \$1,775/month for an individual or \$2,391/month for a couple. While the asset limits are \$15,720 for an individual and \$23,600 for a married couple, certain resources do not count such as your home, a car, and a burial account up to \$1,500.

While these limits are effective as of January 1, 2020, due to a system error, MassHealth has not approved some members for Senior Buy-In despite qualifying for these benefits. If you believe you should have qualified for these programs in the last year, you may want to contact MassHealth, your local Serving the Health Information Needs of Everyone (SHINE) counselor, or the Medicare Advocacy Project.

Also, if you are a CommonHealth member, you may want to seek legal assistance before applying for one of these programs as you may lose your CommonHealth benefits.

You may apply by using a Medicare Savings (Buy-In) Programs Application if you are not applying for other MassHealth programs. New or current MassHealth members should be approved for the appropriate Buy-In benefit though please note the system error mentioned above.

You can reach MassHealth's Customer Service Center by phone at 800-841-2900 to request an application. However, as there are several different programs with different requirements, you may want to call your SHINE counselor for assistance. You can find their phone number by calling MassOptions at (800) 243-4636. A list of local SHINE counselors is published on page 2 of every issue of *Senior Scope*.

This information is provided by South Coastal Counties Legal Services (SCCLS) which provides free legal services to eligible clients. Funding is provided, in part, by Coastline and the Executive Office of Elder Affairs. 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.

For more information on Medicare, as well as the Medicare Savings Program, visit medicare.gov.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What part of a computer does “QWERTY” refer to?
A.) Hard Drive B.) Keyboard C.) Mouse D.) Screen
- 2.) What do websites use to remember your preferences?
A.) Brownies B.) Biscuits C.) Cakes D.) Cookies
- 3.) What kind of pie traditionally uses Karo Syrup?
A.) Shepherd's Pie B.) Pecan pie
C.) Pumpkin pie D.) Chicken Pot Pie
- 4.) What is the only bug that can turn its head 180 degrees?
A.) Ant B.) Beetle C.) Housefly D.) Praying Mantis
- 5.) Which of the following is TRUE about mosquitos?
A.) They have radar sight B.) Only the females bite
C.) They hear with their feet D.) The only live 12 hours
- 6.) What is the MOST expensive substance on earth?
A.) Uranium B.) Platinum C.) Antimatter D.) Gold
- 7.) What is macaroni and cheese called in Canada?
A.) Kraft Dinner B.) M&C
C.) Cheesy Noodles D.) Cheddar Widgets
- 8.) What does “Nevada” mean in Spanish?
A.) Desert Jewel B.) Painted Desert
C.) Snow Covered D.) Promised Land
- 9.) What does the Roman numeral “L” represent ?
A.) 50 b.) 5,000 C.) 500 D.) 50,000
- 10.) Why are soccer balls black and white?
A.) They're harder to kick B.) To help color-blind players
C.) They are cheaper to produce D.) They're easier to see on TV

[Answers listed on page 11]

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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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Nutrition

Local Artist Rhonda Fazio Merges Food and Fabric

After spending more than an hour leading me through a pasta dish over Zoom, Rhonda Fazio's assessment was plain: "Seth, you're so high maintenance."

Prior to the pandemic, Rhonda would host live food demonstrations at the New Bedford Farmers Market or aside Coastal Foodshed's Mobile Market. She would piece together ingredients like a jigsaw puzzle using whatever local produce was on sale that day.

With the pandemic still raging, she and Coastal Foodshed plan to bring those cooking demos online, and I was her first and only student during a trial run in mid-November.

Rhonda and I planned to cook the same simple dish – some pasta tossed with sautéed veggies – over Zoom, and she would offer tips and tricks along the way. She was in her art studio in New Bedford. I had my laptop pointed toward my stove so Rhonda could keep an eye on my skillet. As I explained early on during the Zoom call, while I have fond memories of cooking with my grandmother as a child, it's a skill I never regularly used and clearly had lost. While Rhonda made cooking appear effortless, it turns out she has no formal training herself. And she, too, had learned the skill from her family.

"Something you should know



Over Zoom, Rhonda Fazio gave *Senior Scope* Editor Seth Thomas a crash course in cooking. Rhonda plans to host similar online classes through Coastal Foodshed.

about me is that I don't follow recipes – I make it up as I go," she said. "That comes from decades of watching people cook, like my mother and my grandmother."

Her cooking, however, draws influence from her work as an artist. Rhonda is a graduate of art history and textile design from UMass Dartmouth, and her art, much like her cooking, draws inspiration from agrarian societies. The dyes she uses in her textile work is sourced from nature, and the majority of the

ingredients she uses in her dishes are sourced from local farms.

Rhonda had opened her studio space, Interwoven Traditions, right as the pandemic was entering the country, and she's been unable to invite the public inside. But the online cooking classes with Coastal Foodshed, which the group hopes to make a regular production, will offer a peak inside the studio and provide practical tips for those who want to support the local economy without breaking the bank.

Which brings us back to the task at hand: dinner.

We started by sautéing a small, diced white onion in a skillet with two tablespoons of olive oil. After the onion began to brown slightly, we added about half a butternut squash.

We stirred. We talked. We laughed. We added small splashes of water throughout the process to help the squash cook.

Once the squash became tender, Rhonda added mushrooms and her secret ingredient: a dash of nutmeg. (Though Rhonda had emailed me the previous night with an ingredient list, I forgot to grab mushrooms at the store, nor do I own nutmeg or any spices beyond black pepper.)

"What adds flavor when you don't have all these ingredients?" Rhonda patiently offered. "One

thing you can do is sauté your onion down."

Cooking the onion until it starts to brown, when the natural sugars inside the onion caramelize, can add a sweetness to the dish, she explained. After the onions start browning, she recommends adding a bit of water to the dish and scraping the bottom of the pan.

Rhonda added about a tablespoon of butter to the sautéed veggies and a splash of white wine. Then we both added noodles, which we had both cooked prior to the class. I used spaghetti. Rhonda tossed in some penne. She recommends saving some of the pasta water to add to the dish as the noodles are incorporated to the pan.

I topped the dish with some grated Parmesan, and, much to my amazement, I had cooked something that was not only edible, it was actually delicious. After we cooked, we stayed on the line and ate together, which was the best part of the class.

You can check out Coastal Foodshed online at coastalfoodshed.org to learn more about their Virtual Market, which will be operating all winter, and to check out future classes with Rhonda Fazio. Coastal Foodshed can be reached at 508-259-2647. See Rhonda's textile work at dyermakerstudio.com.



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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.

Grab and Go Cookie & Coffee Day: Atria Fairhaven kicks off your holiday cheer with a Grab and Go Cookie & Coffee Day! This event is happening at the Acushnet Council on Aging on Dec. 10 starting at noon. Advanced registration required; limited to 50 participants. Call 508-998-0280 by Dec. 7 to reserve a spot.

Notes About Classes: All programs will take place, rain or shine, in the rear yard of the center under our newly constructed covered pavilion. Please dress appropriately for the weather. The building remains closed to the public. Drop-ins cannot be accommodated for any class or program due to social distancing guidelines. Class schedules and venue are subject to change.

Strong Women, Strong Bones with Karen: Join us Mondays, Wednesdays, Thursdays and Fridays 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 Mondays and Wednesdays at 10:30 a.m. and on Thursdays at 10:15 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.

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

Strength and Conditioning with Larry: Fridays at 11 a.m. 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.

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.

Holiday Drive-Thru Lunch: Dec. 22 from noon to 12 to 1:30 p.m. Jordan Pavia and Mr. & Mrs. Claus will be joining us! Sign up required. Dartmouth residents only.

Holiday Gift Basket Raffle: Mail in entry form can be found in the December newsletter! Drawing is Dec. 22.

The COA Newsletter: 1.) You can receive the newsletter on the town website: Google "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.) 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.

New "Student to Senior Show" is a collaboration with the DCOA, Dartmouth Community Media and Dartmouth High School. The first episode topic is Technology. Students and seniors will be filmed and asked the same questions to show differences in generations. A fun game show segment will follow! Watch it on Channel 18, Dartmouth's local Government station.

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.

New COA classes on Dartmouth Community Media: Zumba for beginners includes four basic, easy-to-follow classes. Self Defense and You: These classes detail how simple actions that we preform daily contribute to our ability to defend ourselves. Various aspects and considerations of self-defense are also addressed in this class.

New "Write On" Journaling Group: Prompted entries will express reflections on the 2020 pandemic, as well as other life experiences and history. For more information contact Nancy at the Center.

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.

Zoom Room at the Center: Make an appointment to get some help setting up your device for Zoom. If you do not have a device or internet to use, we can provide you with help and a laptop you can use while in our Zoom Room.

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. Zoom Meeting ID: 868 9154 1490. Password: 665252. Rather than entering the Zoom meeting with a computer, you can call us at 1-646-876-9923 and follow the telephone prompts.

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.

Transportation: Transportation is available to Dartmouth residents for medical appointments and other essential locations. Reservations are required. Please contact Angela at the Center for more information or to schedule a ride.

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.

Holiday Closing: The Senior Center will be open for calls half a day. Dec. 24 and 31. The Center will be closed on Dec. 25 and Jan. 1.

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: Preventive dental services are being offered by Mobile Dental Hygiene Services. We are excited to offer dental cleanings, exams, desensitizing treatments, denture care, temporary fillings and crown re-cements, if needed. Services are covered for anyone with MassHealth Standard/Medicaid and Senior Whole Health. We offer affordable rates for individuals without dental insurance, as well as grant funded services for eligible individuals. Please call 508-827-6725 to set up an appointment or with any questions. Smiles@mobiledentalthygiene.com.

Fuel Assistance Recertifications: For new applications, call Maria Grace at PACE at 508-999-4473. If you have any questions, please call Phyllis at the Senior Center at 508-979-4029.

Project Bread Foodline: Project Bread's FoodSource Hotline (1-800-645-8333) is able to provide SNAP application assistance over the phone and help you identify all of the allowable expenses such as housing and medical costs to ensure you receive the full amount of benefits that you are entitled to. They can also answer questions from current SNAP recipients, including using their SNAP funds to purchase groceries for delivery, navigating the Healthy Incentive Program (HIP), and providing information about other local food resources. The hotline is open Monday through Friday from 8 a.m. to 7 p.m. and Saturdays from 10 a.m. to 2 p.m. We are able to assist callers in 180 languages through our interpreter service. We also offer assistance through our TTY line at 1-800-377-1292. Clients are also encouraged to connect with us via our Live Chat featured on: www.gettingsnap.org.

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).

COVID-19 Update: Due to the recent increase in COVID-19 cases, all indoor and outdoor activities are on hiatus at the time. We are still open to individuals by appointment. Some of the drive-thru events, like soup to go and a planned drive-thru event to celebrate the new year are still on. More details on the next page.

Continued on Page 11

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EQUAL HOUSING OPPORTUNITY

Festival of Trees: This event, originally scheduled between Nov. 28 and Dec. 11, has been canceled due to COVID-19.

New Year's Grab & Go: Instead of gathering like we did last year, we will be a sumptuous feast Grab & Go-style. The menu will be meatloaf with home-style gravy, mashed potatoes and roasted carrots. We will be celebrating all week. You must call 508-748-3570 to register for one of the days. Also, we will have some surprises for everyone as well.

Soup's On: There is no meal that evokes such fond memories as a bowl of homemade soup. Now is a time when it's needed more than ever. On Thursday Jodi and Karen will be offering a selection of homemade soups. This month soups will be available as a Grab & Go option only. Soup is served at noon. A \$5 donation is suggested. All reservations must be made at least 48 hours in advance. Dec. 3: Stuffed Pepper Soup. Dec. 10: Lemon Chicken Orzo Soup. Dec. 17: Italian Sausage Zucchini Soup.

Tri-County Music Association: Dec. 8 at 3 p.m. The Tri-County Music Association, Inc. will be offering a virtual production that will include some holiday favorites from the past and some new surprises that will surely delight viewers. This year, the performance will be available over the internet. Visit TriCountySymphonicBand.org for log in 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 friend, in a safe, supportive environment. Call for details.

Memory Loss Support Group: Dec. 4 and 17 from 1 to 2 p.m. Hosted online by Community Nurse Home Care. Call 508-992-6278 for log in information.

Transportation: We continue to offer transportation to routine doctor's appointments. We request as much advanced notice as possible – at least 448 hours. Transportation to grocery stores will be accommodated on a case-by-case basis. Only one passenger will be allowed on the buses at one time.

Mattapoissett COA

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

Program Update: Programs and services are limited due to COVID-19. An "all call" will be made when programs/services resume in any form. Any updates and/or other information will be sent to anyone in our database via telephone, email; and anyone may find updates on Facebook, and the COA page on the Town's website. Such communication may relate to programs and services (start, halt, change, etc), but it may also relate to weather or safety issues. If any of your contact information has changed, please let us know so that we can update your information.

Exercise: Programs available via YouTube, cable television, and Zoom with local entities. Recommend calling a friend to do the class with you; you can both be on the phone and watching the same class and give each other some incentive. Contact the COA for resources.

Food: If you need groceries or other necessities, call the COA for assistance.

Medical Rides: Call 508-758-4110, no later than 48 hours ahead (earlier notification appreciated).

Medical Equipment: Always available, based on inventory. Contact the COA.

Friendly Caller Program: Benefit from a weekly call with a friendly voice! Call Liz at 508-562-2788 for more info.

Fuel Assistance: Mattapoissett COA is teaming with the local fuel assistance program through P.A.C.E. (People Acting in Community Endeavors) to offer filing assistance. One-on-one appointments are available on Tuesdays and Thursdays, by appointment, at the COA. At this appointment you will have direct phone access with a PACE representative to answer your questions and to ensure your application is complete and processed. Photocopies can be made of any necessary documents you must submit. Contact the COA to make your appointment by calling 5087584110 or email: coadirector@mattapoissett.net.

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.

Co-ed Adult Indoor Pickleball: New Bedford Parks & Recreation is offering indoor pickleball from Nov. 3 to June 10, 2021 at the McCoy Rec Center, 181 Hillman Street, New Bedford, MA 02740. Held Tuesdays and Thursdays. First session: noon to 1 p.m. Second session: 1:15 to 2:15 p.m. Limited to eight players per hour. Two courts are available. All players must be McCoy Rec Center Members and adhere to COVID-19 safety protocols. Masks must be worn at all times in the facility. Register online at: newbedfordma.myrec.com.

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/RochesterMass.

Holiday Meal: The Rochester COA will be distributing a holiday meal on Dec. 8 at noon. A ham dinner will be available for pick-up or delivery. Call the center for details and to register.

Board & Friends Meetings: The Senior Center Board Meeting will be held on Dec. 9 at 9 a.m. outside at the senior center. The Friends of the Rochester Senior Center meeting will follow at 10:30 a.m. These meetings will also be available on Zoom. For the online link, please call the Senior Center.

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.

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.

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.

December 2020 Trivia Quiz Answers

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

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Community

Local Artist Celebrates 100th Birthday with Parade of Friends & Family



Christine Bean reacts with joy as a parade of cars pass by her home in Dartmouth to celebrate her 100th birthday on Nov. 11.

With her family beside her, Christine Bean sat beneath a tent in her driveway and waved to a long line of cars passing by her home in celebration of her 100th birthday. A group of Christine's friends, family, and neighbors, as well as a group from the Dartmouth Council on Aging, met at the Dartmouth Middle School on Nov. 11 before driving past Christine's home, honking their horns and leaning out their car windows to wish her well.

An officer from the Dartmouth Police Department parked her cruiser long enough to hand deliver a bouquet of flowers. The officer said, "Happy birthday, sweetheart," before firing up the cruiser's sirens

in celebration.

Her son, Jim Bean, helped organize the drive-by party, meant to keep everyone safe and distant in the midst of a pandemic. The event was topped off with a Zoom call later that evening, allowing Christine's son who lives in Washington D.C. to take part.

Long before Christine became a centenarian, she was best known for her art. She had previously taught sewing classes at the Dartmouth Middle School before leaving that role in the late '70s to pursue painting. She became part of various art groups, and Jim said both his parents would travel often, each pursuing their passions.

"Every summer they would find an artist that she was interested in," Jim said. "She would paint all week, and he would fish all week. She has studied with many different artists."

She would eventually invite students to her home studio to pass on her knowledge.

"I still paint every Thursday, whether there's anybody there to paint with me or not," Christine said before the cars arrived and a line of well-wishers started honking. "For a long time, I've been painting with a friend, who would paint outside on my back porch. But now it's getting too cold for that."

She participated in the South Coast Artists Open Studio Tour well into her 90s. The Open Studio

Tour gave locals the opportunity to visit artists in their studios and watch them work on a piece and ask questions.

Her advice for aspiring artists?

"Find what you like to do and keep doing it," she said. "Either you'll improve, or you'll decide 'this isn't for me' and you can find something else."

As an example, she said she experimented with pastels for a time, before returning to watercolor. "Pastels are too messy," she

quipped.

During the birthday parade, a few passersby stopped to place gifts in a pile several feet away from Christine. A group of former neighbors arrived on the scene in custom T-shirts that spelled out "100."

Despite the pandemic and the restrictions it placed on her having a normal birthday party, Christine was delighted to be able to celebrate.

"It's wonderful to have a family like this," she said. "It's wonderful having my family all around."



Shari, Dana and Linda, Christine's former neighbors – and friends for more than 50 years – arrived at the scene with a custom sign and custom T-shirts that spelled out "100."

Veterans Day continued...

from the Greater Boston Food Bank throughout the pandemic. By Veterans Day, they were ironing out the details of food distribution during the holiday season.

Similar drive-through events happened ahead of Veterans Day at the Dartmouth and Fairhaven Councils on Aging.

"It's way too important to let it go by the wayside," said Anne Silvia, director of the Fairhaven Council on Aging, as she assembled to-go bags in the center's parking lot. "You can't forget our veterans."

Mac's Soda Bar had prepared pot roast dinners for vets, and students from LeRoy L. Wood Elementary School had prepared hand-drawn cards to be packaged with the meals. Every bag was topped off with a patriotic pin, previously made by Claire Geggatt from Acushnet.

In a normal year, the Dartmouth COA hosts a breakfast for vets, and the events draws a long list of guest speakers. This year, patrons were welcomed in the parking lot by COA staff, VFW members, the Dartmouth Friends of the Elderly, and Virginia Souza and Aggie Friar, who taught an exercise class for people with osteoporosis at the center. For the occasion, they were in the parking lot holding signs.

Souza said they had helped direct traffic during a prior drive-through event, giving them an opportunity to see their students.



Joseph Napoli, who served in the U.S. Army for 25 years in active duty, arrived at Marion's Veterans Day drive-through event in a military Jeep. He said he acquired the 1963 model Jeep in the '80s from Fort Devens after the military switched to Humvees.



Aggie Friar and Virginia Souza, who before the pandemic taught an exercise class for people with osteoporosis at the Dartmouth COA, held signs thanking veterans and offering positive messages during the center's drive-through event for Veterans Day.

While their class has not gathered since the beginning of the pandemic, the two have tried to stay connected to students, sending birthday cards and trying to visit when possible. The signs they held for Veterans Day offered encouraging words.

"We wanted to give them a

positive message," said Souza. "We don't want them to get depressed."

In Marion, the COA was stationed by the Old Landing Wharf Memorial. A speaking event, which had been previously scheduled at the site, was canceled to prevent a crowd from gathering. The COA

remained, however, to offer meals for veterans who drove past.

Smaller ceremonies honoring veterans happened in Dartmouth, Mattapoisett, and Fairhaven, many of which were recorded and broadcast on local cable access channels. In New Bedford, Mayor Jon Mitchell addressed a small crowd gathered in front of City Hall.

"On Armistice Day itself, people who came together in celebration at the time were wearing masks because that time coincided with the height of the Spanish Flu pandemic," Mitchell said. "It is especially poignant that people are taking the effort to be here today."

Had the Veterans Day parade occurred, Tony Enos, a veteran of World War II, would have been the grand marshal. This year, he was the keynote speaker. Enos said he was drafted into the army, but after his physical exam, he was able to choose his service. He signed up for the submarine service.

"When the war started, I was just a kid," Enos said. "We left the States on April 19th, 1944 and went to war."

He talked about the intensity of being part of the submarine service, which had the highest casualty rate of American armed forces during World War II. Losing focus, even when confronting a convoy of enemy ships, was not an option.

"The officer would come back and see if anybody was panicking," Enos said. "If you showed signs of panic, you were off the submarine service... if you survived."