

Senior Scope

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

Vol. 3, Issue 1

Published by Coastline Elderly Services, Inc.

November 2020

Inside



Andrus Award, page 12

- Donations 2
- Letter from the Editor 2
- COVID-19 Update 2
- CNN Expands 3
- Social Security 3
- Update 4
- NB Wellness Initiative 5
- Posture 5
- Breast Cancer 6
- Flu Shot Cont 7
- Caregivers Month 8
- Trivia 8
- Marion Welcomes Baker .. 9
- At the COAs 10
- COAs cont 11
- Dementia Directory 11
- Andrus Award 12
- NBSO Cont 12

■ Los Articulos en Español Página 6

■ Os Artigos em Português Página 6



It's Time to Get the Flu Shot

The influenza season officially began in October, adding yet another element of danger to a year marked by a different respiratory illness, COVID-19. But it's not too late to receive the flu shot if you have yet to do so.

This year, public health officials have tried creative workarounds to administer the flu vaccine while abiding by social distancing protocols put in place during the pandemic. Communities throughout the country have tried outdoor, "drive-through" clinics, where patients can simply dangle their arms from their car windows and receive the shot without having to enter a pharmacy.

By late October, the Town of Dartmouth and Walgreens had offered several of these clinics, where hundreds of people from around the South Coast were vaccinated in school parking lots.

"The ideal time to get a flu shot is the end of October," said Dr. Christian Pope, a Dartmouth Board of Health-appointed advisor from Hawthorn Medical Associates. Pope was on-site during a drive-through clinic at the Dartmouth High School on Oct. 18.

"It takes a few weeks to mount an immune response, and we know the flu season peaks in January and February and lasts through May,"



Coastline held a flu clinic for employees and their family members on Oct. 14. Stephanie Silva (left) comforts her daughter, Harper (center), as she receives the flu shot from Emily Cassista (right), a CVS pharmacy manager. With COVID-19 cases surging across America, health experts are urging the public to get the flu shot to prevent a "twindemic."

he said. "But it's not too late. If November is your first opportunity to get a vaccination, it's better late than never."

Pope said that older adults are among those who need the vaccine the most. While each flu season will vary in terms of severity, the Centers for Disease Control and Prevention (CDC) notes that those age 65 and older typically bear the greatest burden. Older adults experience the majority of seasonal flu-related deaths and hospitalizations.

The annual seasonal flu vaccine is the best line of defense, and it has been shown to reduce the risk of complications associated with influenza. It's still possible to get the flu even after being vaccinated. However, studies have shown that the vaccine can help lessen the severity of illness.

A CDC-supported study from 2018, which tracked data from four flu seasons, found that those who were vaccinated lowered their risk

Continued on page 7

For NB Symphony Orchestra, the Show Goes On

The new season of the New Bedford Symphony Orchestra has officially started. And while theaters are still shuttered around the nation on account of COVID-19, the organization has spent the spring and summer learning how to record and share music with an audience despite the pandemic.

The organization was impacted by the coronavirus almost immediately. They had scheduled a performance at the Zeiterion Performing Arts Center on March 14, which had already been canceled by the time the president declared a state of emergency on March 13.

Since then, the NBSO has reconfigured how it functions. Major concerts are offered online and

musicians perform on social media or don masks and venture into the community at small pop-up events.



Violinist EmmaLee Holmes-Hicks and cellist Peter Zay perform at the New Bedford Farmers Market on Oct. 8.

While most organizations spent the early days of the pandemic figuring out how to host meetings on Zoom, NBSO had to figure out how to produce and share videos. But the learning curve was quick.

By March 20, their first performance was on the internet.

"It was different to transition to virtual performances," said Coney Sousa, director of marketing and public relations for NBSO. "We had to figure out Facebook Live, and the musicians had to figure out the recording."

"We've learned along the way, we've been tweaking things, and we've done the best we can," she said.

Violinist EmmaLee Holmes-Hicks said her first virtual performance was a low-tech affair: just a microphone plugged directly into her cellphone. Since then, she's invested in new audio and video equipment to achieve a better quality recording. It helps that

Continued on page 12

Greater NB Communities Enter High-Risk Category

During the month of October, the towns of Dartmouth, Fairhaven, Acushnet, Mattapoisett and Rochester were designated as “high-risk” communities as part of the state’s COVID-19 tracking effort. Those communities joined New Bedford, which had entered the high-risk category in September. The designation means those communities have a rate of eight cases per 100,000 people.

“COVID remains a serious risk, and folks need to take precautions to protect themselves, their loved ones and their neighbors,” Governor Charlie Baker said during a press conference on Oct. 20.

The governor’s Stop the Spread Initiative, which offers free COVID-19 testing in select cities and towns throughout the state, has expanded into 18 communities, including New Bedford, and has been extended through December. The state is also launching a free drive-through testing site in Revere. More than 2.5 million residents of Massachusetts have been tested at least once.

Across the nation, the pandemic is entering a “third surge.” America’s case count spiked in the spring throughout the Northeast,

then decreased slightly. By July and August, the number of confirmed cases surged again, this time in the South. On Oct. 23, the U.S. set a single-day record with 85,000 confirmed cases, largely in the Midwest and Mountain West.

Meanwhile, millions of people across Europe are facing tightening restrictions as many countries endure a second wave of the coronavirus. Some nations, including Italy, Germany, France and Spain implemented curfews. Ireland entered a second national lockdown. Non-essential businesses were ordered to shut down and residents were mandated to stay within a five-kilometer radius of their homes, save for essential trips.

Johnson & Johnson made headlines in October after a volunteer taking part in its late-stage vaccine trial fell ill. Following a brief pause – as well as a “thorough evaluation” of the volunteer’s health, the drugmaker announced the trial would resume after finding no evidence that the vaccine candidate caused the illness.

For the most up-to-date schedule of COVID-19 testing in New Bedford, visit: mass.gov/info-details/stop-the-spread.

Letter from the Editor



A view from last year’s Veterans Day parade as it made its way through New Bedford.

The pandemic has impacted nearly every major holiday in 2020. Easter came and went, I photographed a small service from afar on Memorial Day, and I didn’t see a single firework on July 4th. I imagine during the next few weeks, families all over the nation will be having a tough conversation about Thanksgiving and Christmas, and whether any of us can safely gather indoors for a meal.

As I was finishing up this issue of the paper, my mother called to discuss the holiday season. Out of an abundance of caution, we decided to skip them this year.

But even though we may not be able to gather and celebrate as we did in 2019, we can still pick up the phone and check in with one another.

In the same vein, this Veterans Day, even if we can’t personally attend a parade or a gathering, we can still thank those who served for their commitment to our country.

To those who have served, I thank you for your dedication and for the sacrifices you have made for others.

Last year, I had the opportunity to attend New Bedford’s Veterans Day parade, where the streets were lined with people of all ages cheering on the procession as it passed. I hope that next year, we’ll be able to gather again and give our veterans the recognition they deserve.

Best, *Seth Thomas*, Editor

Mass Options
massoptions.org

844-422-6277
844-422-MASS



SHINE Counselors in the Greater New Bedford Area

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

Subscribe to Senior Scope

You can have a full year’s subscription (12 issues) of the print edition of *Senior Scope* delivered to your door for only \$12.

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



Visit Senior Scope online.

Check out the latest issue or view our archives.

coastlinenb.org/news/seniorscope/

Donations for November 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.

Year-to-Date: \$300

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

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

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

My name: _____

My address: _____

You may list my name in a future issue (Your address will never be published)

Do not list my name; I am an anonymous donor

Donating in honor of:

In memory of For prayers answered In thanks

Senior Scope



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

Justin Lees, CEO Coastline
Seth Thomas, Editor
Ann McCrillis, Managing Editor
Philip Beard, Distribution

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

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

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

CNN Expands Services into Westport



The Dartmouth-based Coastal Neighbors Network celebrated its expansion into Westport during an outdoor gathering on Oct. 7. The Town of Dartmouth and State Senate also provided citations honoring Kate Fentress (center) for her years supporting members of the community. From left: Dr. Steve Kiechel, Kate Fentress, Andy Pollock.

Amid the radiant fall foliage dotting the Westport River, members of the Coastal Neighbors Network (CNN) gathered on Oct. 7 to celebrate the organization's expansion into Westport. It was CNN's first in-person gathering since the early days of the pandemic.

CNN, which is entering its fourth year, is a Dartmouth-based nonprofit that connects members with volunteers and services in an effort to help its members age in their own homes. During the pandemic, the organization implemented a "buddy system" to keep its members connected, which it typically provides through regular events and gatherings.

"Part of what we're doing is trying to create community," said Kate Fentress, the Board Chair of CNN. "We had a lot of activities before COVID – picnics, potlucks

with music, a croquet tournament, things like that. I think it will be fun to have some new people participate in those things and bring new ideas."

CNN is part of the national "village" movement, a network of localized grassroots organizations that provide neighbor-to-neighbor support. CNN currently has about 100 members and 70 volunteers. With about 10 Westport residents signed up so far, the group hopes to help their members navigate the uncertainty that the pandemic will add to the upcoming winter.

"Loneliness and social isolation are such a big issue. We try to provide social events, Zoom educational events or just a friendly call," said Andy Pollock, the executive director of CNN.

For more information, visit: coastalneighborsnetwork.org.

How to Replace a Missing Social Security Card Online

By Delia De Mello
Social Security



Delia De Mello,
Social Security

If you need to replace your lost or misplaced Social Security card, our online application makes getting a replacement card easier than ever. Requesting a card replacement online is available if you live in the District of Columbia or one of the 45 states that can verify state ID information for us.

If you're only requesting a replacement card and you're making no changes, you may be able to use our free online service.

All you need to do is create a personal my Social Security account at www.ssa.gov/myaccount and meet certain requirements. Opening a personal my Social Security account is easy, convenient, and secure. We protect your information by using strict identity verification and security features.

Once you have a personal account, simply follow the instructions to request a replacement Social Security card.

You can apply for a replacement card online, if you meet all of the following requirements:

- Are a U. S. citizen age 18 or older with a U.S. mailing address (this includes APO, FPO, and DPO addresses).

- Are not requesting any changes to your card (including a name change).
- Have a valid driver's license or state-issued identification card.

In many cases, you may not need a replacement card; often, simply knowing your Social Security number is enough.

But if you do need a replacement card, please visit our website at www.ssa.gov/ssnumber to find out if you can take advantage of this convenient online service.

While on our website, you can also visit our publications library at www.ssa.gov/pubs for detailed information on a variety of other Social Security topics. We make each publication available in text, audio and downloadable formats.

Learn more about how Social Security is responding to the ongoing COVID-19 pandemic by visiting: ssa.gov/coronavirus. Generally, due to the COVID-19 pandemic, you can only enter our offices if you have an appointment. If you believe you qualify for an in-person appointment, call your local office. New Bedford's SS Office number is: 866-964-7413.

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



Surprenant & Beneski, P.C.

Strategic Planning for Your Peace of Mind

ESTATE PLANNING • ELDER LAW

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



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

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

Because some of the best moments happen at home

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



For seniors 65+ with MassHealth

1-855-833-8124 | TTY: 711



BOSTON MEDICAL CENTER

HEALTHNet PLAN

SENIOR CARE OPTIONS

Update

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 into 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. Be on the lookout for the survey in the month of November on Coastline's website, coastlinenb.org.

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. See page 2 for a list of local SHINE counselors, who can help you through this process.

'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. 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.

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.

Scavenger Hunt

The Dartmouth Lions Club will be hosting a treasure hunt ahead of the holiday season! Registration for the event is required and costs \$10. Send your name and email to Dartmouth Lions c/o PO Box 70877, Dartmouth, MA 02747. Participants will receive a list of 10 clues via email on Dec. 1. These clues will direct folks around town to select locations, and participants will be tasked with photographing the location and a special orange item at these locations and sending them to the Lions Club in the correct order.

Those who accurately complete the treasure hunt will be in the running for a \$100 gift card to a Dartmouth Restaurant. The hunt begins Dec. 1 and participants will have two weeks to complete the task. The Orange items will disappear at 5 p.m. on Dec. 14. For questions or to register, contact the Lions Club at dartmouthlions@comcast.net

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.

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.

Family Caregiver Support Group

Join Coastline and the Dartmouth Council on Aging at it's 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.

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 Libraries and Select City Depts Open

The Lawler and Wilks branches of the New Bedford Free Public Library system and several city offices opened on Oct. 13 with limited hours. The Lawler and Wilks library branches will be open Tuesdays and Thursdays from 2 to 6 p.m., and Mondays, Wednesdays, Fridays, and Saturdays from 10 a.m. to 2 p.m. Limited browsing, with social distancing, and grab-and-go book pickup will be offered at the libraries.

The Health Department, Veterans' Services Department and Licensing Board offices will reopen from 9 a.m. to 1 p.m., Monday through Friday, following other City offices' limited hours. Also open: the Treasurer's Office, City Clerk's Office, and Elections Office, all Monday through Friday from 9 a.m. to 1 p.m.

RMV Senior Hours

The RMV is extending its designated Wednesday appointment hours for customers 75 years of age or older through November and December. The service is offered at the 17 following locations: Brockton, Danvers, Fall River, Greenfield, Lawrence, Leominster, Martha's Vineyard, Nantucket, New Bedford, North Adams, Pittsfield, Plymouth, Revere, South Yarmouth, Springfield, Watertown and Worcester.

The senior hours are held on Wednesdays (hours vary by location) for customers 75 years of age or older whose driver's license or ID card expire in September, October, November and December including customers whose licenses or IDs were originally extended earlier this year and are expired. Reservations can be made online by visiting: mass.gov/orgs/massachusetts-registry-of-motor-vehicles.



SENIOR LIVING MADE EASY

At Whaler's Cove, our goal is to help residents stay safe, active, and involved while supporting independence for as long as possible. We offer a wide range of living options and services to manage the challenges and promote the joy of retired living!



WHALER'S COVE

Call 508-997-2880 today with code Fall20 and receive a rent credit of \$1,000. Offer only applies to non-subsidized units. Offer valid until 11/30/2020.

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

Now Accepting Applications*

Bedford Towers

62+ Senior Living Community

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

231 Middle St., New Bedford
508.992.9603 | PeabodyProperties.com



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

Professionally managed by:



NOMINATE YOUR STAR

Walk of Stars

Honoring and Remembering the Stars in our Community

Help us lift up the South Coast by showcasing the wonderful people in our community.



COMMUNITY NURSE HOME CARE
Visiting Nurse | Hospice | Private Care | Wellness

We Bring Caring Home

www.communitynurse.com/stars

Your Health

'Walk with a Doc' Program Continues with COVID Precautions



By Dr. Michael Rocha
New Bedford Wellness Initiative

The Walk with a Doc (WWAD) program is back in person every Saturday at Buttonwood Park starting near the Zoo entrance at 9 a.m.! Local doctors start each walk with a health discussion with much of the recent focus on current topics, such as COVID-19 and the flu.

We walk two miles around the perimeter of the park. People can walk at their own pace and only as far as they feel comfortable. The park benches are great for a break, if you need it, and the loop we take is easy to shorten the length of your walk. We are all wearing cloth masks with hand sanitizer available. We are socially connected but maintaining 6-foot physical distance as we walk. We will continue indefinitely outside as weather permits this year.

We are super excited to announce our group's participation in the Walk with a Doc Walk Challenge 2020 Kilimanjaro from Nov. 14 to 28. We want you to join us and trekkers from around the world to virtually climb the 44 miles of Mount Kilimanjaro.



On Saturday mornings, the Walk with a Doc Program provides a chance for people to socialize and exercise. The program continues with special considerations for COVID-19.

Virtual base camps with WWAD physicians will provide encouragement on the virtual trail. We will be able to connect with one another locally and with chapters and doctors from all over the world! Go to <https://walkwithadoc.org/challenge/> to learn more.

For these 14 days in November, we will virtually trek Kilimanjaro by engaging in physical activities of our choice (walk, swim, run, garden – we don't care, just move). Participants can take to streets, trails, safe spaces or in their homes and log activity on a virtual platform to show their progress.

Locally, I will be leading three of our scheduled Saturday WWAD walks at Buttonwood Park on Nov. 14, 21 and 28, with the option to

extend our usual two miles to four miles on those days to help us reach our personal goals of 44 miles.

You can register to be part of our New Bedford Wellness team at <https://walkwithadoc.racery.com/r/kilimanjaro/#racers-g@newbedfordwellness>.

You can also find a link on the New Bedford Wellness website at www.nbewell.com and on our Facebook page and group.

There is a \$35 registration fee to participate, which includes a virtual digital race bib and a certificate of completion with other options to help support WWAD.

Let's get people moving again and inspire healthy living in New Bedford. Being active, connecting with others and being knowledgeable

about health are as critical now as they've ever been in light of the COVID-19 pandemic. We can show the rest of the world what we are made of in New Bedford as one of the most active WWAD chapters.

The Walk Challenge 2020 sounds like a lot at 44 miles, but we have two weeks to complete it AND almost any physical activity counts!

I can't say enough amazing things about Dr. David Sabgir and his team of Bryan Romey and Rachael Habash in Columbus, OH at WWAD for their commitment to being a force for health change. I am grateful that we are part of this wonderful organization here in New Bedford.

Dr. Michael Rocha serves as Director of Heart Failure Services at St. Luke's Hospital and Director of Echocardiography Laboratory at Hawthorn Medical. He has interest in preventive cardiology and is the director of the 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.

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.

Help Improve Your Posture with Simple Stretches

By Cam Bergeron, CSCS
Cam's Conditioning & Rehab

As we head into the colder months, we'll likely find ourselves staying indoors for longer stretches of time. The longer we sit, the less likely we are to maintain proper posture. And that can begin to impact our bodies, and, potentially, could increase our chances of falling.

When proper posture is not maintained, the shoulders round forward, the chest tightens, and the upper- and mid-back begin to round forward. This rounding of the upper spine can also cause arching in the lower back. Taken together, these changes may cause pain throughout the body. This pain is due to improper body alignment.

When an individual is rounding forward, they are putting a lot of pressure on the front of their vertebral disk. Being rounded over for a prolonged period of time causes the intervertebral disk to push backward. When this occurs, the disk rubs up against your nerves. That's when pain occurs.

Maintaining proper posture keeps the spine at a neutral position (even pressure on each intervertebral disk), meaning the nerves are not irritated by the disks. Just because you have improper posture does not mean that you



A simple chest stretch, performed in a doorway, can help elongate the chest and help you stand up taller. Dartmouth Community Media (DCTV) has produced fitness shows.

cannot improve it. There are many exercises that can help you stand up taller.

The main exercises to help round the upper back are chest stretches and upper-back exercises, which cause retraction on the shoulder blades.

As stated above, chronic rounding causes the chest to tighten up. When these muscles tighten, they hold the body in a forward position. The shoulder blades also become "lazy" and lose activation.

When this occurs, the upper back rounds even more.

Performing a chest stretch elongates the chest and helps the individual stand up taller without rounding forward. This stretch can be easily done daily at a door way.

Rowing exercises can also help increase strength in the back. When the upper back is strong, you will stand up much taller, which keeps the spine align correctly and helps prevent pain throughout the body.

You can perform these exercises multiple times per week to help keep your upper body in check.

Below are instructions for the chest stretch and rowing exercise.

Chest Stretch (45 seconds)

1. Standing in a door way, chest up, knees slightly bent, feet straight forward arms by your side, palms forward, stomach tight
2. Raise both arms up to the side until hands reach shoulder height (elbows should have a slight bend in them) and touch the wall / outside of door
3. Bring one leg forward and lean forward until a stretch occurs in the chest / front of shoulders
4. Hold for 45 seconds
5. This stretch can be done like a "T" as shown or you could also raise arms up higher to create a "Y" or also can be done with arms straight up like and "I"

6. Each one of these positions will stretch different fibers

Seated Rows (Reps: 20)

1. Seated in a chair, chest out, arms extended out straight at shoulder height with palms facing each other (starting position)
2. Holding bands or weights in your hands (not showed in picture)
3. Bend elbows and move hands to armpits
4. Squeeze shoulder blades together
5. Extend arms back out to starting position
6. Can be done seated or standing
7. If using weights, hold hands in neutral grip (palms facing one another)
8. If using bands (preferred method). Wrap band around a sturdy object

Resources

Dartmouth Community Media (DCTV) has recorded several exercise classes with Cam, and they 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.

Screening is Critical to Treating Breast Cancer

Breast cancer is the second most common cancer among women, behind skin cancer. While there are many factors that can contribute to a breast cancer diagnosis, a person's risk increases with age. According to the National Cancer Institute, female breast cancer is most commonly diagnosed between the ages of 55 and 64.

Breast cancer can occur in both

women and men, though the vast majority of those diagnosed are women. About 1 in 8 women will be diagnosed with breast cancer at some point in their lives. For men, the lifetime risk is about 1 in 833.

There are some risk factors for breast cancer that you cannot change. According to the Centers for Disease Control and Prevention (CDC), those factors include age, genetic mutations

and having a family history of breast cancer.

However, being physically active, limiting alcohol intake and maintaining a healthy weight can minimize your risk.

Because so many women and men do not show symptoms of breast cancer, screening is critical. The American Cancer Society notes that regular screening is the most reliable

way to detect cancer at an early stage, when breast cancer is easiest to treat. Screening recommendations differ slightly between leading agencies.

Generally, women age 55 and older can receive a mammogram every year or every other year. Talk with your doctor to determine what your risk factors are, and he or she can help guide you to what preventive measures are most appropriate.

Exames Regulares são Essenciais para Tratar o Câncer de Mama

O câncer de mama é o segundo câncer mais comum entre as mulheres, perdendo apenas para o câncer de pele. Embora existam muitos fatores que podem contribuir para o diagnóstico do câncer de mama, o risco de uma pessoa aumenta com a idade. De acordo com o Instituto Nacional do Câncer, o câncer de mama feminino é o tipo mais comum diagnosticado entre as mulheres de 55 e 64 anos de idade.

O câncer de mama pode ocorrer tanto em mulheres quanto em

homens, embora a grande maioria dos diagnosticados sejam mulheres. Cerca de 1 em cada 8 mulheres serão diagnosticadas com câncer de mama em algum momento de sua vida. Para os homens, a probabilidade é de 1 em cada 833.

Existem alguns fatores de risco para o câncer de mama que não podem ser mudados. De acordo com o Centro de Controle e Prevenção de Doenças (CDC), esses fatores incluem idade, mutações genéticas e ter histórico de

câncer de mama na família.

Contudo, estar fisicamente ativo(a), limitar o consumo de álcool e manter um peso saudável podem minimizar seu risco. Devido ao fato de que muitas mulheres e homens não têm sintomas de câncer de mama, exames preventivos regulares são essenciais. A Sociedade Americana do Câncer declara que exames preventivos regulares são a forma mais confiável de detectar o câncer em um estágio inicial, quando o

câncer de mama está mais fácil de ser tratado. Recomendações de exames preventivos variam levemente entre as principais instituições. De um modo geral, mulheres de 55 anos de idade ou mais podem fazer uma mamografia todo ano ou a cada dois anos. Converse com seu(sua) médico(a) para determinar quais são seus fatores de risco, e se ele(a) pode ajudá-lo(a), dando orientações sobre os métodos preventivos mais apropriados.

La detección es crítica para tratar el cáncer de mama

El cáncer de mama es el segundo cáncer más común entre las mujeres, después del cáncer de piel. Aunque hay muchos factores que pueden contribuir al diagnóstico de cáncer de mama, el riesgo de una persona aumenta con la edad. Según el Instituto Nacional del Cáncer, el cáncer de mama femenino se diagnostica con mayor frecuencia entre los 55 y los 64 años de edad.

El cáncer de mama puede ocurrir tanto en mujeres como en

hombres, aunque la gran mayoría de los diagnosticados son mujeres. Alrededor de 1 de cada 8 mujeres serán diagnosticadas con cáncer de mama en algún momento de sus vidas. Para los hombres, el riesgo de por vida es de aproximadamente 1 de cada 833.

Hay algunos factores de riesgo del cáncer de mama que usted no puede cambiar. Según los Centros para el Control y la Prevención de Enfermedades (CDC), esos factores

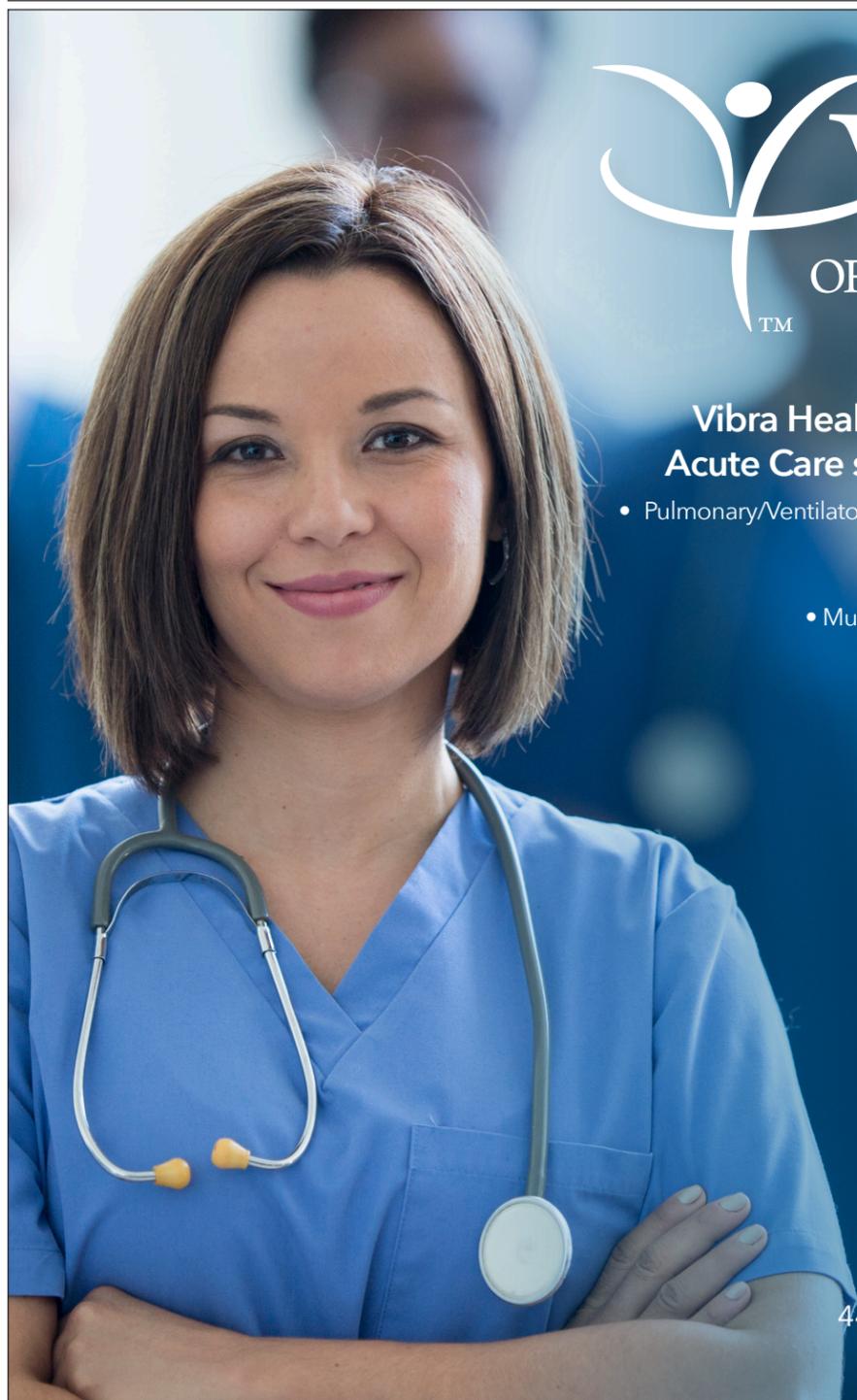
incluyen la edad, mutaciones genéticas y tener antecedentes familiares de cáncer de mama.

Sin embargo, estar físicamente activo, limitar el consumo de alcohol y mantener un peso saludable puede minimizar su riesgo.

Debido a que muchas mujeres y hombres no muestran síntomas de cáncer de mama, la detección es crítica. La Sociedad Estadounidense del Cáncer señala que la detección regular es la manera más confiable

de detectar el cáncer en una etapa temprana, cuando el cáncer de mama es más fácil de tratar.

Las recomendaciones de detección difieren ligeramente entre las principales agencias. Por lo general, las mujeres de 55 años o más pueden recibir una mamografía cada año o cada dos años. Hable con su médico para determinar cuáles son sus factores de riesgo y él o ella pueden guiarle hacia las medidas preventivas más apropiadas.





VIBRA HOSPITAL

OF SOUTHEASTERN MASSACHUSETTS

Vibra Healthcare Specialty Acute Care services include:

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

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

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

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

vhmass.com

4499 Acushnet Avenue • New Bedford, MA 02745 • 508.995.6900

Flu Shot continued...

of being admitted to the ICU by 82 percent. Adults who were admitted to the ICU with the flu spent an average of four fewer days in the hospital if they were vaccinated.

Pope noted that the flu vaccine will not only protect you, it will help health care professionals who have spent the past year battling the COVID-19 pandemic.

“If we can limit the health care burden with patients visiting hospitals, emergency departments and physicians’ offices with the flu, we could spend more time and energy – as well as spare more personal protective equipment in the hospital setting – dealing with potential COVID cases,” said Pope.

“We also have to think about the workforce in critical services,” said Chris Michaud, Dartmouth’s director of public health.

“Getting the flu shot can help preserve the workforce. We know that a lot of employers are struggling right now to keep their doors open and to maintain employees,” he said. “Every business that we go into is saying the same thing: we need more people.”

Beyond drive-through clinics, local pharmacies are trying to streamline the flu vaccination process to ensure that customers do not need to linger inside public spaces. At CVS and Walgreens, customers can schedule an appointment online, completing any necessary paperwork ahead of time.



Jared Przybyszewski, a pharmacist with Walgreens, waits for cars to pull into Bishop Stang High School on Oct. 25. Dartmouth and Walgreens held several drive-through flu vaccine clinics this year to ensure the public could receive the flu shot safely during the pandemic.

“That has made people a lot more comfortable, knowing that all they have to do is walk into the store, sit down, get the shot and then leave. They don’t have to talk to anybody or touch anything. There’s limited exposure,” said Emily Cassista, a pharmacist and pharmacy manager at the CVS on Kempton Street in New Bedford.

For those who do not have access to the internet, you can call to set up an appointment. There will be additional paperwork, but you are not obligated to fill out the forms inside the store.

“We’ve had people come to the drive-through to pick up the paperwork,” said Cassista.

Rachel Tetreault, the pharmacy manager at the Walgreens in South Dartmouth, said her store is willing to meet people outdoors.

“We’re doing lots of shots in the parking lot,” Tetreault said. She said they have always provided the flu shot in the parking lot for certain people, but the service has expanded this year. “Some people don’t want to come in. But any way that we can get you the shot, we’re going to get it to you.”

This year’s flu season began to concern public health experts not long after the COVID-19 crisis was first taking shape in America. Over the summer, ahead of the academic year, the Baker administration

made the flu vaccine mandatory for all children 6 months of age or older to attend child care, pre-school, K-12 schools and colleges. To keep up with demand, the Baker administration ordered more vaccines than in a typical year.

However, the high-dose vaccine, which is intended for those age 65 and up, may not be available at every pharmacy. Cassista said there was a shortage of the high-dose vaccine at her CVS. Tetreault said she had plenty in stock at her Dartmouth-based Walgreens. So, if you are interested in the high-dose vaccine, call ahead.

Both pharmacists recommended that older adults receive a flu shot sooner than later, whether or not it’s a standard vaccine or the high-dose vaccine. They said another thing to consider is that it takes about two weeks for the flu shot to take effect and offer protection.

“I don’t think it’s worth delaying care to possibly run into the flu while you’re waiting for the high-dose vaccine,” she Cassista. “Just get the regular flu shot. It’s still going to help you.”

And for those who avoid the flu shot because they’re convinced it will make them sick?

“The flu shot’s not going to give you the flu,” said Tetreault. “For most people who say they get sick from the flu shot, it’s a coincidence with the cold season and the timing of the flu shot.”

“If something is preventable, prevent it,” she added.

Got one or both of these cards? Get more.

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

Call today to enroll or get answers to your questions.

Anthony Nieves-Roman
Licensed Sales Agent

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

UHCCommunityPlan.com/MA

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

H2226_190905_095352_M
UHCSCO_190905_095352_M

CST28498_H2226-001

Americans Have Increasingly Turned to Alcohol During COVID

A recent study confirmed what sales numbers had previously revealed: Americans have been drinking more during the pandemic.

The report, published by JAMA (The Journal of the American Medical Association) Network Open, surveyed about 1,500 people between the ages of 30 and 80 about their drinking habits. Researchers compared the participants’ self-reported drinking habits from April 29 to June 9 of last year and again from May 28 and June 16 of this year.

Overall, the report found there was a 14 percent increase in alcohol consumption compared to 2019, including a 17 percent increase for women. This translates into roughly one additional day of drinking for the majority of adults. Among women, there was also a significant increase in heavy drinking.

Heavy drinking is defined as five or more drinks for men or four or more drinks for women within a couple of hours. The Centers for Disease Control and Prevention recommends drinking no more than one drink a day for women or two drinks a day for men. A serving of alcohol is a 12-ounce beer, eight ounces of malt liquor, five ounces of wine or 1.5 ounces (or roughly one shot) of 80-proof liquor.

The study noted that, in addition to a range of negative physical health effects, “excessive alcohol use may lead to or worsen existing mental health problems, such as anxiety or depression, which may themselves be increasing during COVID-19.”

Additionally, excessive alcohol consumption impacts immune function, according to research from the National Institutes of Health. Chronic drinkers have weakened defenses, leaving them susceptible to infections, inflammation and pneumonia. This could especially impact older adults, who themselves are at greater risk for complications from COVID-19.

Back in May, the data analytics company Nielson reported that alcohol sales were on the rise in the early days of the pandemic, especially online sales. During the third week in March 2020, alcohol sales had increased by 54 percent over the same period last year. Online sales of alcohol during that same week had also increased by 262 percent compared to the year before.

“The inability to interact with others face-to-face has left many of us feeling isolated and depressed,” said Brittany Botelho, a home care manager with Coastline. “These feelings often lead us to consume more alcohol, placing us at risk for a myriad of health issues. If you find that you are having difficulty connecting to your community during this time, please reach out to us.”

You can contact Coastline by calling 508-999-6400.



Avoiding Burnout: Caregiving in a Pandemic

By Brandon Walecka, Esp.
Suprenant & Beneski

In recognition of November being National Family Caregiver Month, a time to celebrate the tireless contributions of caregivers, here are some tips and strategies to avoid caregiver burnout, a risk under any circumstances, but especially as you care for your loved one in these unprecedented times.

For many caregivers, balancing the COVID-19 pandemic along with every day needs of their loved one may give rise to stress, exhaustion, frustration, and feeling overwhelmed.

Sadly, you may also feel resentful towards family and friends who you feel have not offered enough help in caring for a loved one. Family and friends who have never been the primary caregiver may not know how hard the work is physically and emotionally. While others may want to help, they may not know what to do or how to offer help safely.

While it may be difficult to do, asking for help (if you have the option) may be in the best interest of the caregiver, care recipient, and all other family members. Help doesn't have to be expensive or time consuming; every little bit really does help. Consider the tips below to help you or a loved one get through a tough time:

Planning. Many caregivers find peace of mind after having developed a plan. Create a list of necessary grocery items, upcoming appointments, and chores to do around the house. Many family and friends need only a bit of direction on what would be most helpful. Where ever possible, work with friends and family to address issues in advance (e.g., coordinating how to get your loved one to appointments). Perhaps you can request someone help to shop for your loved one or identify someone who can, while practicing appropriate social distancing, provide your loved one with dinner or help around the house.

Get advice from an attorney. If you are a caregiver for a loved one, it is wise to plan in advance. The best time to talk to your loved one about estate planning is right now. You should encourage your loved one to speak with a qualified estate planning attorney to get certain legal paperwork in order (e.g. Durable Power of Attorney, Health

Care Proxy, HIPAA Authorization, Last Will and Testament, etc.). This is especially true if you are handling bill payments, helping with doctor's appointments, and other end-of-life issues. Encourage your loved one to get their affairs in order to help bring peace of mind.

When is it time for long-term care placement? Deciding to move your loved one into a nursing home or assisted living facility can be a difficult decision riddled with conflicting feelings of guilt, relief, anxiety, and grief. Meeting with an elder law attorney can help a family explore options and explain the complex Medicaid (MassHealth in Massachusetts) rules and regulations that are difficult to navigate. Do your due diligence when researching and selecting a facility – if possible, tour the facility. Enlist your loved one's input in the decision as early as possible. By planning well, you can continue to be there for your loved one and provide support as they adjust to their new home.

Let the loved one help. The care recipient can help, too. Giving the loved one a simple task like helping with basic chores, within their capabilities, are a great way to help the loved one contribute and inspire a sense of productivity.

How to help a loved one adjust to the "new normal." It may be challenging for a loved one with a cognitive impairment to be able to adapt to all situations. It's important to talk to the loved one and try to support and guide them through changes in their routine and activities due to the pandemic. If friends or family members are going to be visiting, perhaps consider talking about their visit in advance to prepare for the arrival of guests.

Your life became very different when you became a family caregiver, and you should not be in it alone. Enjoy the time with your loved one. You can care for your loved one, attend to your daily activities, and do it safely.

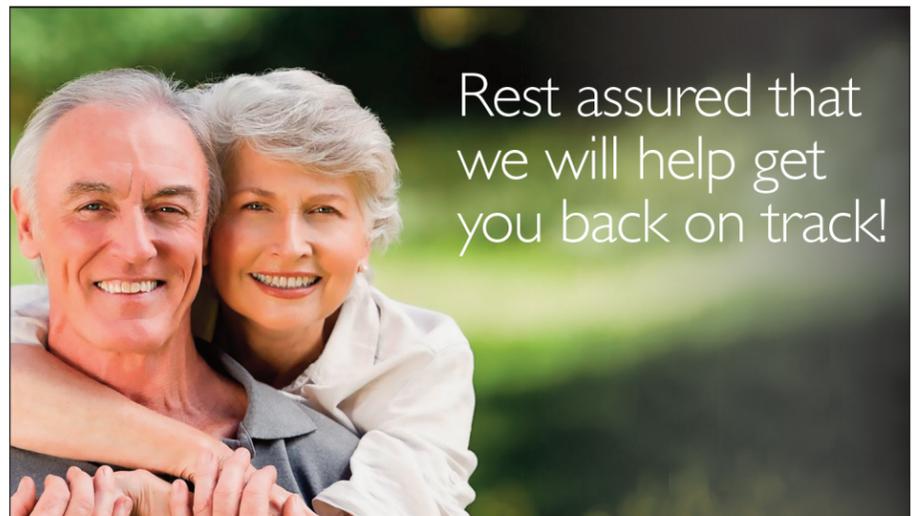
As always, there are wonderful local agencies that can help provide home-based assistance, such as Coastline Elderly Services, if you ever feel you need it. Research has shown that while caregiving can be accompanied by many challenges, it also can be deeply rewarding and meaningful. Remember, it can be done.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- Whose face is on the \$10 bill?
A.) Abraham Lincoln B.) Alexander Hamilton
C.) Benjamin Franklin D.) George Washington
- What is US paper currency made of?
A.) Polyester B.) Wood pulp
C.) Cotton & Plastic D.) Linen & Cotton
- Which candy bar tells consumers to "Gimme a Break"?
A.) Take 5 B.) Smarties C.) Toblerone D.) Kit Kat
- Where will you find the smallest bone in the body?
A.) Ear B.) Chest C.) Knee D.) Foot
- Where are new blood cells made?
A.) Lungs B.) Liver C.) Brain D.) Bone marrow
- What fast food restaurant had the catchphrase "Where's the beef?"
A.) McDonald's B.) Arby's C.) Wendy's D.) KFC
- Which cleaning product calls itself "the quicker picker-upper"?
A.) Pine Sol B.) Bounty C.) Swiffer D.) Clorox
- What is the most commonly broken bone in the human body?
A.) Collarbone B.) Big toe C.) Coccyx D.) Ribs
- Which feature is unique only to humans?
A.) Tonsils B.) Chins C.) Opposable thumbs D.) Fingerprints
- What is New York City's biggest store?
A.) Saks Fifth Avenue B.) Macy's
C.) Bergdorf Goodman D.) Nordstrom
- What is the cavity inducing treat invented by a dentist?
A.) Jawbreakers B.) Cotton Candy C.) Lollipops D.) Bubblegum

[answers listed on page 11]



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

Specialty Acute Care Services include:

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

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

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

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

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

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

Nutrition

Local Baker Expands Business Inside the Marion COA

Throughout the pandemic, as Americans spent more time indoors and less time in restaurants, amateur cooks took to making bread. For Melissa Sepulveda, baking is part of her heritage, and she has fond memories of her Sicilian grandmother cooking from scratch.

But last year, when life threw several challenges at Sepulveda, she found herself baking as something of a therapeutic escape.

Sepulveda was battling breast cancer, and her mother, Frances, was enduring health problems as well. She said her own prognosis was generally positive, and she had the cancer removed without chemotherapy or radiation. Still, at one point, the two were hospitalized at the same time.

Her mother passed not long after, and during her long recovery from cancer, Sepulveda turned to baking.

“I started to make bread, and it was therapeutic, almost meditative,” she explained. “But I was making so much of it, that I had too much for my family of four. So I would give it away on Facebook.”

Throughout the first half of 2020, this hobby slowly blossomed into a business. The pandemic significantly slowed the pace of her photography work, which she has done professionally for 20 years. At the



Since launching her business earlier this year, Melissa Sepulveda, the owner of Forno Bakery, has been working out of her residential kitchen where space is limited. To meet demand, she started utilizing the kitchen inside the Benjamin D. Cushing Community Center in Marion.

same time, her focaccia, biscotti and bread bowls were in high demand.

And so, Forno Bakery was formed. She now sells to shops and restaurants in her hometown, Marion, including the Marion General Store, Ripe From The Vine, Harriet’s Catering, and, most recently, Walrus & Captain. It wasn’t long before her new endeavor became too unwieldy to handle inside her own residential kitchen.

That’s when one of her clients

had mentioned the spacious, modern kitchen at the Benjamin D. Cushing Community Center.

Karen Gregory, the director of the Marion Council on Aging, said Sepulveda called her out of the blue one day, and the team at the community center approached Marion’s town administrator about having her utilize the space. Sepulveda plans to work during the early morning or afternoon hours, opposite of the times that the Meals on Wheels program uses the

kitchen.

Sepulveda began formally working there during late October, just in time for the return of the center’s Thursday lunch program. On Oct. 22, the COA and the Recreation Center worked together to offer minestrone for patrons. A small number of participants were allowed to eat inside the center, and the rest were able to take soup to go.

Sepulveda contributed fluffy, fresh-baked rolls as a way to give back to the community.

Moving forward, she estimates she’ll be at the center about four times a week to meet demand, which can stretch up to 100 loaves of bread a week. With the holidays coming, she suspects that number will increase.

When she introduced herself to the group dining at the center, and she revealed that she was the one who made the rolls, the crowd applauded.

“As much as it’s been difficult, I always wanted to find the joy in everything,” said Sepulveda. “My mother was very joyful, always looking at the bright side, always nice to everybody. And I want to remember that. I think of her a lot when I’m baking.”

To learn more about activities offered at the Marion COA, call 508-748-3570 or check out page 11.

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



Dental care at no cost to you



\$305 towards eyeglass frames



YMCA membership or \$55 per month for gym membership



Nurse Care Manager to coordinate your care



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



Transportation to and from your doctor appointments*

We speak your language

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

Senior Whole Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Senior Whole Health (HMO SNP) and Senior Whole Health NHC (HMO SNP) are Coordinated Care Plans with a Medicare Advantage contract and a contract with the Commonwealth of Massachusetts/EOHHS MassHealth program. Enrollment depends on annual contract renewal. H2224_2019_77906_M Accepted 9/24/2019 *Limitations may apply

Councils on Aging

Acushnet COA

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

Holiday Closures: The Acushnet COA will be closed on Nov. 11 in observance of Veterans Day and Nov. 25 through 27 for the Thanksgiving holiday.

Grab & Go Lunch: On Nov. 5, 12, 19, and 24 from noon to 12:30 p.m. Drive-thru lunch at the Acushnet COA. Registration required. Limited to the first 50 people who register. \$2 donation suggested. To register, call Coastline by 11 a.m. the day before at 508-742-9196. Presented by the Acushnet COA and Coastline.

Notes About Classes: All programs will take place, rain or shine, through Nov. 20th 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 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 Wednesdays 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 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. 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: Tuesday 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.

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.

Thanksgiving Grab and Go: Nov. 20 from noon to 2 p.m. Sign-up required. Dartmouth residents only.

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. 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.

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.

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

Transportation: 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.

Newsletter: The Dartmouth COA newsletter is available online at the Town's website. To receive the newsletter by regular mail, please call us at 508-999-4717 to request to be put on our mailing list.

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.

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.

Flu Shots: Walgreens will be administering flu shots for Fairhaven seniors 60 years and older at the Fairhaven Recreation Center on Nov. 10 from 2:30 to 3:30 p.m. Call the Fairhaven COA for an appointment. Social distancing will be maintained and masks must be worn. Please bring your health insurance cards.

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.

Knitting Project: Calling all knitters and crocheters! Beacon Hospice has asked the Fairhaven COA to participate in their Afghans for Veterans Project again this year. Beacon will provide the Red White and Blue yarn. They are asking for afghans large enough to cover someone in a chair or bed. Call the Fairhaven Senior Center at 508-979-4029 to sign up.

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.

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

PBM Patricia Bloom-McDonald, Attorney-at-Law
Your Attorney for Life's Planning

Call for a complimentary consultation:
508-646-9888
1105 State Rd. | P.O. Box 858 | Westport, MA

Satellite Office • Canton, MA
781-713-4709

Website: www.McBloomLaw.com

Also available to meet at YOUR office, home, or place of convenience.

• Estate Planning - Elder Law
• Probate - Real Estate

PROJECT INDEPENDENCE
Serving adults with medical needs for more than 35 years

Adult Day Services
Karen A. Maciulewicz, M.S. R.N.C.
250 Elm Street,
New Bedford, MA 02740
Phone: 508-997-1441
Fax: 508-997-5594
www.piadh.org
Caregiver Grant Funded by Title III-E
of O.A.A. Sponsored by Coastline Elderly

Now Accepting Applications

Melville Towers
508-993-3077
melville@peabodyproperties.com
www.peabodyproperties.com

850 Pleasant Street
New Bedford, MA
Hours: 8am - 4:30pm
Monday - Wednesday - Friday

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

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

PEABODY PROPERTIES, INC. EQUAL HOUSING OPPORTUNITY

Taber Mill Apartments
508-996-3111
EQUAL HOUSING OPPORTUNITY

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

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

EQUAL HOUSING OPPORTUNITY

Karen will be on hand following the ceremony at Old Landing to serve soup and sandwiches to go for veterans, active duty service members and their guest. For planning purposes for the lunch, please call 508-748-3570.

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.

Soup's On: On Thursdays, Jody and Karen will be offering up a selection of homemade soups. Due to the restrictions put into place by COVID-19, seating is limited and reservations are a must – you will not be allowed to enter the building without one. Getting soup to go will always be an option, too. All reservations for dine in our take out must be made 48 hours in advance. A \$5 donation is suggested. Soup is served at noon. Nov. 5: Italian Wedding Soup. Nov. 12: Clam Chowder. Nov. 19: Chicken Noodle Soup.

Grab & Go Lunch Program: Nov. 2, 10, 17, and 24 from noon to 12:30 p.m. Lunch provided on the go. Drive-thru at the Marion Council on Aging. \$2 suggested donation. Limited availability, advanced registration required. To register, call Coastline at 508-742-9196 by 11 a.m. the day before. (For Nov. 2, registration must be made by Oct. 30 at 11 a.m.)

Tri-County Music Association: On Dec. 8 at 3 p.m., the Tri-County Music Association will offer a virtual production that will include some holiday favorites from the past and some new surprises that will surely delight viewers. As the date draws near, there will be more information about how to log in and experience this musical offering. More info at www.TriCountySymphonicBand.org.

Medicare Open Enrollment: Oct. 15 to Dec. 7. Call 508-748-3570 for options.

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

Podiatry Clinic: Call the COA to schedule your appointment.

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

Memory Loss Support Group: Nov. 5 and 19 from 1 to 2:30 p.m. This support group is appropriate for those in a caregiving role for loved ones afflicted with memory loss. Held outside the COA; in the event of inclement weather, it will be held via Zoom. Call 508-748-3570 to attain login information.

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

Thank You: Thank you to all who donated items, purchased some treasure, and helped set up and break down the Friends of Marion COA Yard Sale. Proceeds will go to the Parks Project and the community center.

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.

COVID Update: Due to Mattapoissett's recent shift to 'red' designation by the state regarding COVID-19, the COA will be closed to the public. All programs held outdoors and at the Congregational Church have been cancelled until further notice. Additionally, transportation services have been suspended with the except of medical appointments. The health and safety of our residents is paramount. Please call with any concerns you may have 508-758-4110.

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.

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.

Activities Update: The Rochester Council on Aging will hold one activity at a time to ensure that all COVID-19 protocols can be followed properly. Activities will be limited to the maximum capacity described for "red communities" in Phase 3, Step 1 of the Reopening Massachusetts plan. The plan is posted on the mass.gov website. Activities held at the Rochester COA will be held outdoors whenever possible. Please plan ahead and dress accordingly. An outdoor propane heater was purchased to extend our outdoor season.

Franks & Beans: On Nov. 7 at noon, a Franks & Beans drive-thru supper will be held for Rochester Veterans. This is a free event for veterans and their families. Please call to make a reservation.

Greater Boston Food Bank: The Greater Boston Food Bank distribution is scheduled for Nov. 12 from noon to 2 p.m. Food items should be picked up curbside at the COA by the program participant. Please call ahead if you need to make other arrangements, or if you need your food items to be dropped off by a COA volunteer. Sign-up for this program by calling the Rochester COA.

Board Meeting: The Senior Center Board Meeting will be held on Nov. 18 at 9 a.m. The Friends of the Rochester Senior Center meeting will follow at 10:30 a.m. These meetings will take place in person and online. For the online link, please call the Senior Center.

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.

November 2020 Trivia Quiz Answers

1. B | 2. D | 3. D | 4. A | 5. D |
6. C | 7. B | 8. A | 9. B | 10. B | 10. B | 11. B

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



AT HOME HEARING HEALTHCARE
508-250-9324

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



Hearing Instrument Specialist
LIC # 275

For more info:
athomehearinghealthcare.com



Olympia Tower

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



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



Let the Hearing Doctor come to you!

In-Home Hearing Services

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



Comfort of Home Audiology
Dr. Kristy Lamoureux
508-887-6283
www.ComfortOfHomeHearing.com

Community

AARP Massachusetts Honors Local Volunteer

On Oct. 14, AARP Massachusetts formally awarded George Smith with the 2020 Andrus Award for Community Service, an award that honors one person from each state who demonstrates a commitment to volunteerism. Sandra Harris, the president of AARP Massachusetts, said there were 33 nominees across the Commonwealth who were considered this year.

Due to COVID-19 restrictions, the award ceremony was held over the video conferencing platform Zoom, with several dozen people in attendance.

In addition to receiving a star-topped statue, the AARP grants the recipient of the Andrus Award the opportunity to make a \$2,500 donation to a charitable cause of their choice. Smith selected Coastline's Community Mainstream Program, which helps older adults access federal, state and community benefit programs, such as SNAP and MassHealth.

"Since retirement, I've volunteered at many different organizations, all of which share the same basic goal: helping other people," Smith said at the award ceremony. "That's what motivates me. I don't focus on what awards I'm going to win or how much money is involved. I'm interested in how I can make my community, my city, my state a better place for the people who live there."

Smith worked at NSTAR (now Eversource) before retiring at age 55. He also served as a Ward 3 councilor in the City of New Bedford for eight years. During the event, Smith said his volunteer work began in earnest back in 1989, when he first delivered meals on Thanksgiving Day. That was also how he became connected to Coastline Elderly Services,



George Smith won the 2020 AARP Massachusetts Andrus Award for Community Service for his decades of volunteerism and community service, which he attributes to the support from his family. Above, George with his family. From left: George Smith, his wife Nancy Smith, granddaughter Lindsey Melo, and daughter Kelly Melo.

where he has served on the Board of Directors, Advisory Council and as part of the Age-Friendly New Bedford Steering Committee. Smith has also worked extensively with Mass Senior Action Council, where he served as president of the Bristol County chapter.

Numerous people affiliated with Coastline and Mass Senior Action Council spoke during the award ceremony, expressing their thanks.

"There was no task that was below you," said Carolyn Villers, executive director of Mass Senior Action. "You're always willing to roll up your sleeves and do the work."

"If you've known George for a little while, or you've known him for decades, you would have the same impression of him," said Justin Lees, Coastline's CEO. "He truly believes in community service. He will never stop advocating for the cause."

Representatives from AARP Massachusetts said Smith's latest work supporting the Age-Friendly New Bedford initiative has been especially impressive. Harris described the city's movement as a "shining example of what people can do when they come together to do good."

The mayor of New Bedford, in a pre-recorded video, concurred.

"His recent work in making New Bedford a livable community for folks of all ages stands out in my mind as being a crowning achievement in a very accomplished career," said New Bedford Mayor Jon Mitchell during the ceremony.

Paula Shiner, Coastline's former CEO, said Smith had committed to the initiative in the early days when Coastline and the City of New Bedford first embarked on the project five years ago. In his work for the initiative, Smith has focused

on issues related to social inclusion, a role that Shiner said perfectly suited his personality.

"Everyone in Greater New Bedford knows George Smith," said Shiner. "Everyone knows when he enters a room because he always greets people. He speaks to everyone and makes sure that they feel welcome."

Smith credited his decades of volunteerism to the support he receives from his wife, Nancy, with whom he has been married for 52 years, and the support from his daughter, Kelly Melo, and his granddaughter, Lindsey Melo.

"Not only is George a tireless supporter of the people of his community, he is an incredible grandfather," said Ann McCrillis, Coastline's planner. "Whenever he stops by my desk, I hear updates on how Lindsey is doing. The two are inseparable, and their relationship highlights something truly admirable about George: he sets an example for younger people."

Smith ended his remarks reflecting on the global pandemic that has gripped the nation since March.

"I know this year has been challenging for all of us. But I think this year has proven that we can accomplish a lot when we work together," said Smith. "I want to thank everyone out there who has helped someone, whether it was checking in with a loved one over the phone, delivering a meal to somebody in need, or connecting someone to resources in their community."

"It has been a long, difficult year," he added. "But there have been so many people who want to help others in any way they can, and I thank you and want you to know how inspiring you are."

NB Symphony continued...

her building is occupied exclusively by musicians.

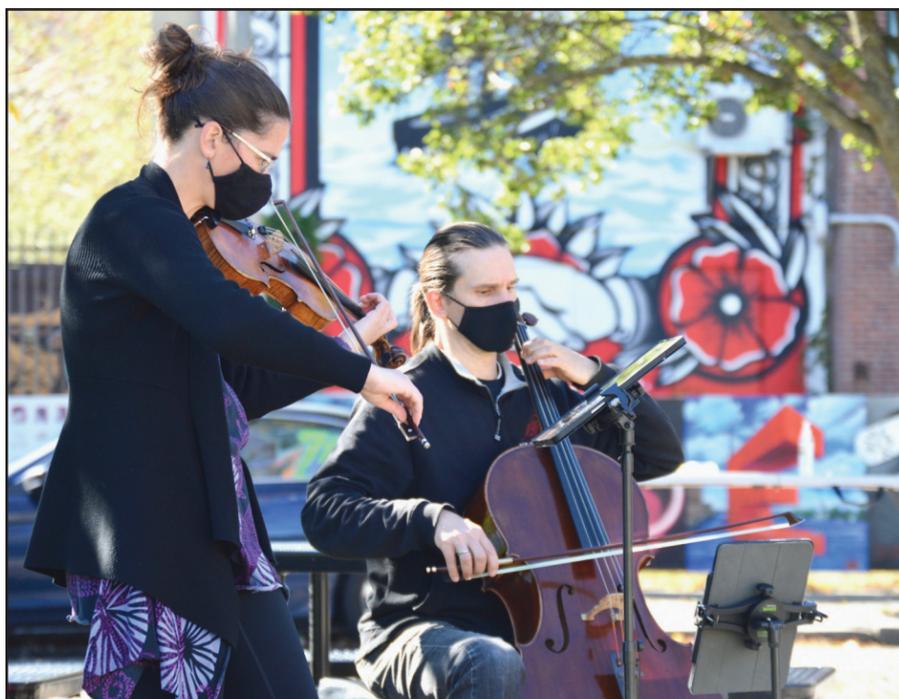
"I already felt lucky to have a house where we were all musicians and friends, and we could practice and no one would complain. And now I feel even more lucky," said Holmes-Hicks. "We've turned our apartment inside out, cleared out the furniture and created a recording space."

She said that, as strange and uncertain as the past year has been, the COVID-era has also pushed her creatively and inspired her to tackle new projects.

From March until early summer, she had only performed over the internet, but she eventually transitioned to outdoor concerts, which she plans to continue for as long as the weather allows.

These outdoor performances, she said, have been going well, save for the challenge of playing a violin while wearing a face mask.

"It's tricky. The mask can get caught on my chin rest," she said. "However, I do feel lucky that I'm not a wind player or a singer



Throughout the pandemic, violinist Emmalee Holmes-Hicks (left) has connected with audiences through home recordings published to the internet and pop-up events.

because, man...it's so much harder for them these days."

For its major performances, a limited number of performers actually play at The Z, and the public can access the recordings of these performances for \$10.

At the moment, NBSO is ironing

out the details for its popular Holiday Pops Family Concert scheduled for December. The plan, which is still in development, is to feature musicians performing throughout the area in festive locales.

"It's such a tradition," said Sousa. "People come to that concert

year after year with their families. We didn't want them to miss that. People will be able to watch it from home, and it should be fun with all the different musicians, personalities and locations."

While Holmes-Hicks said it can be more of a challenge to feel connected with audiences during the pandemic, performing over the internet or at smaller venues still helps the public access music during a time when it may be needed the most.

"Music is a great tool to comfort people and bring some joy," she said. "I hope that all these things are bringing comfort to people in this time – or just a moment where they can escape their thoughts and get into the music."

For more information, and to listen to some music, visit the New Bedford Symphony Orchestra online at nbsymphony.org or on Facebook at [facebook.com/nbso](https://www.facebook.com/nbso). [newbedfordsymphonyorchestra](https://www.facebook.com/nbso).

The next show, featuring the music of virtual performance of Shostakovich and Dvořák, will be available online starting Nov. 21 at 7:30 p.m. The holiday concert is scheduled for Dec. 19 at 3:30 p.m.