

Senior Scope

A newspaper serving the communities of **Acushnet ■ Dartmouth ■ Fairhaven ■ Gosnold ■ Marion ■ Mattapoisett ■ New Bedford ■ Rochester**

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GRG Continues to Serve During Pandemic

New Bedford resident Brenda Grace didn't set out to start a nonprofit, but, nearly 15 years ago when she found herself responsible for her three grandchildren, she quickly realized she had no idea where to go for help. So, back in 2007 she led the charge, forming Grandparents Raising Grandchildren, Inc. to help grandparents navigate the emotional and logistical challenges of raising their grandchildren.

The organization previously hosted a support group at New Bedford City Hall until the pandemic put an end to public gatherings. Grace moved the meetings to her backyard during the summer months, but those, too, were canceled as winter weather set in. The organization pressed on, mostly through phone calls or through mail.

And for those grandparents who need support, Grandparents Raising Grandchildren is still just a phone call away.

For her ongoing effort – for providing resources and an open ear to grandparents – Grace received an official proclamation from the Mayor of New Bedford as part of Human Rights Day, which is held on Dec. 10. While there wasn't a formal ceremony in December, Grace received the award this year



The New Bedford-based nonprofit Grandparents Raising Grandchildren, Inc. was honored for its ongoing work during the pandemic on Human Rights Day 2020. President and founder of GRG Brenda Grace (left) and treasurer Renay Ribeiro (right) stand with an official proclamation from the Mayor of New Bedford.

for improving “the quality of life for many children through support, leadership [and] scholarships.”

Renay Ribeiro, who serves as the nonprofit's treasurer, first came to the group when she found herself suddenly responsible for her two granddaughters.

“At the time, I was at a loss,” Ribeiro said. “It's a challenge, especially when your income is just enough to take care of you. Now all of a sudden you're inheriting your grandkids.”

Ribeiro was in a crisis, but was able to ask questions and find the connections she needed to quickly react to her situation.

“That's the kind of guidance we give when these emergencies pop up. And I'm a living example,” said Ribeiro. “We can find avenues for them, whether they need a lawyer, a day care – we know who they can talk to.”

Perhaps most importantly, she said the organization can help

Continued on page 12

Immigrants' Assistance Center Sees Urgency for Vaccine

The current phase of the vaccine rollout has effectively been a race against time. As COVID-19 variants, which are often more contagious, make headlines around the globe, there has been an increased urgency to vaccinate as many people as possible.

For Helena DaSilva Hughes, the executive director of the Immigrant's Assistance Center, that sense of urgency is something she feels constantly.

“It's been exhausting because we're seeing our clients dying,” she said. “We don't have time to waste.”

The Immigrants' Assistance Center (IAC), a New Bedford-based nonprofit, helps immigrants overcome language, cultural and

economic barriers. The agency serves about 12,000 clients, 3,000 of whom are non-English speaking

COVID-19. A demand for IAC services started early and has yet to subside.

“We're basically a lifeline to the immigrant community,” she said. “Our building closed on a Tuesday. By Wednesday, a client showed up at our front door knocking. I knew we weren't going anywhere.”

With restrictions on gathering inside their headquarters on Crapo Street, the IAC offered remote services for their clients. They started with wellness calls, and eventually partnered with local pharmacies and their clients' primary care physicians to pick up and drop off medication.

Since returning to the office earlier this year, she said they

Continued on page 7



Helena DaSilva Hughes (right) interviews Dr. Carlos Correia of Southcoast Health on her show on The Portuguese Channel.

older adults.

DaSilva Hughes said that for the past year, she has been especially focused on older IAC clients because it's that group who is most susceptible to severe illness from

The SHINE Program is Recruiting Volunteers

The SHINE (Serving the Health Insurance Needs of Everyone) Program is currently seeking volunteers for SHINE Counselor Certification Training. The training sessions will be held this May across 12, three-hour Zoom sessions (two days per week).

SHINE provides free health insurance information, counseling and assistance to Massachusetts residents. They also screen for public benefit programs that can help reduce costs for low income households. The program, which is administered by the Executive Office of Elder Affairs, is operated by a mix of volunteers and

employees stationed at various agencies, such as councils on aging and Coastline.

SHINE Counseling is confidential, unbiased and free. While SHINE Counselors traditionally work within councils on aging and other human service organizations, this past year SHINE has offered services remotely.

If you would like more information about this opportunity and the training process, please contact SHINE Program Regional Director, Christie Rexford at the Middleboro Council on Aging at 1-800-231-1155 or shine.rexford@gmail.com.

Tax Day Moved to May 17

For a second year in a row, The Treasury Department and Internal Revenue Service are extending the deadline for federal taxes. Federal taxes will be due on May 17 this year, pushed back from April 15.

According to a press release from the IRS, individual taxpayers can also postpone federal income tax payments for the 2020 tax year due on April 15, 2021, to May 17, 2021, without penalties and interest, regardless of the amount owed.

Penalties, interest and additions to tax will begin to accrue on any remaining unpaid balances as of May 17.

The Baker-Polito Administration also announced the extension of the 2020 state individual income tax filing and payment due date from April 15 to match the updated May 17 deadline for filing federal individual income taxes. Learn more about filing options at mass.gov/dor.

Letter from the Editor

This month, I had the opportunity to sit down with the crew from Grandparents Raising Grandchildren, Inc., a small grassroots organization based here in New Bedford.

I left that interview at Brenda Grace's house thinking about my own grandmother. My father died suddenly when I was 10, and my mother worked endlessly in the years that followed to keep her house and to keep me in the same school district. During the summer months, I lived with my grandmother. She, too, was grappling with loss at the time. My grandfather had passed when I was 12, leaving my grandmother and I to sort out our grief in a quiet farmhouse in upstate New York.

Frankly, I don't know where I would be without her.

When I was reading up on the subject of grandparents raising grandchildren for this month's cover story, many of the general interest articles on the subject are quick to point out the number of celebrities who were raised by their grandparents (Carol Burnett, Jack Nicholson and Willie Nelson, to name a few). Two U.S. presidents – Bill Clinton and Barack Obama – also spent parts of their childhood being raised by grandparents.

I think those articles include that fact as some sort of proof that young people who are raised in that situation can become well-adjusted members of society "despite the odds." And certainly, while it is interesting to read about public figures who were raised by their grandparents, I don't think these articles are giving grandparents enough credit.

My grandmother endured a rapid series of changes in her own life that, at the time, I was too young to wrap my head around. The fact that she processed her own grief, helped to raise me and ensured that her daughter could achieve her goal of keeping her house is a testament to the grit and personal sacrifice grandparents are willing to make.

When I spoke with Brenda and Renay about all that they've done for their grandchildren – and for the community – I could imagine my own grandmother hearing their stories, nodding her head.

Unfortunately, my grandmother (Grammie the Great, as she was known) died in 2008. But I will always appreciate her wisdom, nor will I ever forget her incredible sense of humor and humility.

Best,
 , Editor



Coastline
508-999-6400

Mass Options 844-422-6277
massoptions.org 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 | Jan Cote |
| Southcoast Health 200 Mill Road, Suite 109, Fairhaven | 508-758-3781 | Denise Dupuis Carla Marcelino Sandra Spoor |

Senior Scope



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or view our archives.

Donations for April 2021

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, 863 Belleville, New Bedford, MA 02745. Checks can be paid to the order of: *Coastline*. We cannot process checks made out to "*Senior Scope*." You can also call Coastline's Accounting Clerk, Michelle Walton, to donate directly with a credit card. She can be reached at 508-742-9114.

In Thanks:

In thanks of *Senior Scope*.

—Anonymous
\$10

In Memory:

In memory of my mother, Enid Mae. Happy Heavenly
Birthday, April 7th.

—Ann McCrillis
\$25

In memory of John and Charlie Haskell, never forgotten.
Love you both. From your loving eight sisters.

—Flo Gauthier
\$10

This month: \$45
Year-to-Date: \$163

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Do not list my name; I am an anonymous donor

Donating in honor of:

In memory of For prayers answered In thanks

Faster Processing of Disability Claims for People with Alzheimer's

By Delia De Mello
Social Security



Delia De Mello,
Social Security

Today, more than 5 million Americans are living with Alzheimer's disease. Since the onset of Alzheimer's can occur in people before they retire, it may strike during an individual's working years; preventing gainful employment as the disease progresses.

As a result, people must come to grips with a devastating diagnosis while losing their salary and benefits. People with Alzheimer's disease and their caregivers must figure out how they'll pay for care. Our benefits and services are vital to people with early-onset Alzheimer's who are unable to work and have no other source of income.

For over a decade, Social Security has included Alzheimer's disease

in our Compassionate Allowances program. The Compassionate Allowances program identifies debilitating diseases and medical conditions so severe they obviously meet our disability standards.

Compassionate Allowances allow for faster processing of disability claims for individuals with Alzheimer's disease, mixed-dementia, and Primary Progressive Aphasia.

You can read more about our Compassionate Allowances program at www.ssa.gov/compassionateallowances. To learn more about how Social Security disability insurance works, visit our disability page at www.ssa.gov/disability.

Please share these resources with friends and family.

SRTA Resumes Fare Collection Starting April 1

The Southeastern Regional Transit Authority (SRTA), which operates the bus system in the Greater New Bedford region, will resume charging fares for fixed route and demand response services starting on April 1. The fares will be at discounted rates, and the reduced rates will continue through the end of September. Fares will return to full price on Oct. 1.

Exact fares must be paid at the time of boarding, as the driver will not make change. Over payment greater than \$1 will produce a change card from the fare box.

Fare media can be purchased at SRTA terminals, from a Ticket Vending Machine (TVM) or from

a ticket agent. Acceptable forms of payment are: cash, debit or credit.

For your protection, Charlie Cards should be registered at the MBTA website. Registering your Charlie Card will help preserve cash value only. Pass products will be lost. Visit: mbta.com/fares_and_passes/charlie.

Tickets are not refundable and lost, stolen or damaged tickets cannot be replaced.

The SRTA website is your best resource to stay up-to-date on changes to service due to COVID-19. Visit: srtabus.com. Follow SRTA on Facebook at: [facebook.com/SRTAabus](https://www.facebook.com/SRTAabus). You can call SRTA's office line at 508-999-5211.

Discounted Price April 1 - Sept. 30

Cash Fare

| | |
|--------------|---------|
| Full Fare | \$1.00 |
| Reduced Fare | \$0.50 |
| Transfers | 1 Free* |

Charlie Card Price

| | |
|--------------|---------|
| Full Fare | \$0.75 |
| Reduced Fare | Free |
| Transfers | 1 Free* |

Passes

| | |
|--|---------|
| One Ride | \$1.00 |
| All Day | \$2.00 |
| Week Pass | \$8.00 |
| 10 Ride | \$10.00 |
| 10 Ride Student | \$7.00 |
| 31 Day | \$20.00 |
| 31 Day Senior, Disable, School Pass | \$20.00 |

| | |
|------------------------------------|---------|
| Demand Response, Cash | \$2.00 |
| Demand Response Premium, Cash | +\$1.00 |
| Demand Response, 10 ticket book | \$20.00 |

Full Price October 1

Cash Fare

| | |
|--------------|---------|
| Full Fare | \$1.50 |
| Reduced Fare | \$0.75 |
| Transfers | 1 Free* |

Charlie Card Price

| | |
|--------------|---------|
| Full Fare | \$1.40 |
| Reduced Fare | \$0.70 |
| Transfers | 1 Free* |

Passes

| | |
|--|---------|
| One Ride | \$1.50 |
| All Day | \$4.00 |
| Week Pass | \$14.00 |
| 10 Ride | \$14.00 |
| 10 Ride Student | \$7.00 |
| 31 Day | \$40.00 |
| 31 Day Senior, Disable, School Pass | \$28.00 |

| | |
|------------------------------------|---------|
| Demand Response, Cash | \$3.00 |
| Demand Response Premium, Cash | +\$1.00 |
| Demand Response, 10 ticket book | \$25.00 |

*90-minute transfer at time of boarding, from inbound bus to outbound bus

Mattapoissett Council on Aging Returns with Limited Programming



The Mattapoissett Council on Aging will return with in-person programs starting on April 5. The reopening process will be gradual and limited, and preregistration will be required for all classes. To learn more about the reopening process, visit: mattapoissett.net.

Following a long winter, the Mattapoissett Council on Aging is preparing to reopen its doors to the public.

Mattapoissett COA Director Jacqueline Coucci presented a comprehensive reopening plan to the Mattapoissett Board of Selectmen on March 9. The selectmen approved the plan, and the COA is set to reopen for in-person programming on April 5.

The reopening process will be gradual, with limits on the number of patrons at any given time. The classes will be held either outdoors, in the COA or across the street at the Mattapoissett Congregational Church, which has a spacious main hall. Whether indoors or outdoors, patrons will be spaced apart and masks are mandatory.

All classes will require preregistration, and Mattapoissett residents age 60 and above will have top priority on the registration list. Residents age 55+ and non-residents age 60+ will be second and third on the preregistration priority list, respectively.

"We have a lot of people who love to come here, but our opening is going to be limited and slow," Coucci explained. "We won't be doing our programs at the same level that we were pre-pandemic at this point. But we're looking forward to having this be a small seed that grows."

As Coucci stressed during the meeting, the plan may change as more directives come from the state. The reopening of the COA was part of a broader effort in town to return to something approaching normal. At the time, Mattapoissett had recently reopened its town hall and the public library reopened on March 13. Separately, the councils on aging in Acushnet, Rochester and Marion are also beginning to offer limited in-person programming in April.

Last fall, the Mattapoissett COA had offered limited classes at the church, but as COVID-19 cases surged, all in-person programs were canceled by late October. The COA remained active during that time, despite the restrictions on in-person activities.

In a letter to Mattapoissett's Town Administrator Michael Lorenci, Coucci wrote of the extensive outreach effort from the COA throughout the pandemic, which included providing assistance with taxes, the loaning of durable medical equipment and food relief. The COA staff also supported the town's vaccination clinics.

The Mattapoissett COA's Friendly Caller Program began not long after the pandemic swept through the nation last spring. By April 2020, volunteers from throughout the community were calling about 85 Mattapoissett residents to check in, offering companionship and support during a time of great uncertainty. The project continues to this day.

"It allows the residents to open up and talk," said Elizabeth Leatham, the COA's outreach coordinator, who helps coordinate the program. "What I have found interesting is that the callers and the residents have a lot of common interests, whether it's a book they've read or a show they've watched."

"Through the pandemic, we have met so many people," she added. "The residents feel cared about, and the caller program builds a community."

With the vaccine rollout underway and warmer weather around the corner, Leatham is looking forward to having the network of volunteers meet one another in-person. And, eventually, she hopes the residents can meet the person on the other end of the phone as well.

"The pandemic is not over. Masks are still going to be required even if you're double-vaccinated," said Coucci. "But it's wonderful to have the opportunity to let people have options."

To see the line-up for programs at the Mattapoissett COA, see page 11. All classes will require preregistration. Call 508-758-4110 for more info or visit the town's website for the COA's reopening policy at: mattapoissett.net. If you are not a Mattapoissett resident and are interested in enrolling in a "friendly caller" program, call Coastline at 508-742-9132.

Update

The R.U.O.K. Program

The R.U.O.K. Program is a free telephone calling service provided by the Bristol County Sheriff's Office in cooperation with the local Police Department and Council on Aging. It is designed for older adults and people with disabilities living in Bristol County.

How it works: The Bristol County Sheriff's Department will make a telephone call to an individual's home at approximately the same time each day. If no one answers, the Sheriff's Department will call back shortly. If no one answers the second time, their First Responder will be called immediately to check on their status.

To enroll in the program, call 508-994-8932 or 888-809-8932. This program serves communities in Bristol County, including Acushnet, Dartmouth, Fairhaven and New Bedford.

Mobile Market

The Greater New Bedford Community Health Center will hold monthly, farmers market-style mobile markets in partnership with The Greater Boston Food Bank. Produce is free of charge. Next market: April 12, 10 a.m. to noon at GNBCHC, 399 Acushnet Ave., New Bedford, MA 02740.

The 2021 dates are as follows: 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.

New Bedford Winter Farmers Market

The New Bedford Winter Farmers Market will be held at the Buttonwood Park Warming House on Saturdays through April 24. The market will operate from 10 a.m. to 2 p.m. The farmers market accepts SNAP/HIP/EBT.

You can shop for local products online through Coastal Foodshed's Virtual Market 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.

Caregiving and COVID

The Alzheimer's Association is hosting a presentation on caring for someone living with dementia during the pandemic. The program will provide simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home. April 8 from 6:30 to 7:15 p.m. Register by phone: 1-800-272-3900. For more resources and information visit, alz.org/manh.

Mass Senior Action Meeting Schedule

Looking to get more active in local and statewide senior issues? Mass Senior Action wants you! Mass Senior Action Council (MSAC) is a statewide, grassroots, senior-led organization that empowers its members to use their own voices to address key public policy and community issues that affect their health and well-being.

MSAC's Bristol County chapter holds monthly Zoom meetings on the fourth Thursday of every month at 1 p.m., upcoming meetings include: April 22 and May 27. MSAC will also be hosting an online workshop on April 27 about Lobbying techniques focusing on our upcoming legislation, free and open to all those who are interested.

If you are interested in joining one of our meetings or finding out more about Mass Senior Action, please contact Bristol County organizer Zach Boyer at 508-858-8167 or e-mail at zboyer@MassSeniorAction.org. You may also visit our website www.MassSeniorAction.org to find out about our campaigns, members and accomplishments.

Career Center Seminar

The MassHire Greater New Bedford Career Center offers recurring online seminars about its services. The next online seminar will be held on April 7 from 2 to 2:40 p.m. A valid email address and the ability to join WebEx webinar are required. Register for the virtual seminar 48 hours in advance by calling the MassHire Greater New Bedford Career Center at 508-990-4000 and leave a message that you are interested in attending.

'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.

Options Counseling at Coastline

Options Counseling is a free program that guides adults age 60 and older, families and caregivers through resources that can help them remain in the community. An Options Counselor will work with you to meet your individualized goals, including your present or future planning needs. They can provide counseling to you, whether you're currently at home, in the community, or in a hospital or facility setting.

The program is part of the Aging and Disability Consortium of Southeast Massachusetts (ADRC), which partners with Independent Living Centers to assist people with disabilities of any age, and can assist with connecting you with a local partner to receive Options Counseling Services.

The Options Counselor may assist with setting up services that may be available to you through Coastline or provide you with local resources. The Options Counselor will follow-up to ensure that you have been connected with resources, to make referrals if needed, and ensure that no further needs have been identified prior to closing the referral.

How do I make a referral for services? A referral can be made through Coastline's Information and Referral Department at 508-999-6400.

RMV Senior Hours

The RMV has dedicated hours for older adults on Wednesdays at certain RMV Service Centers to process any RMV transaction with an appointment. Beginning in April, the RMV will expand senior hours to those 65 years of age and older. Visit Mass.Gov/RMV to make a reservation to renew at an RMV Service Center. Select the Seniors License Renewal option on the Make/Cancel a Reservation transaction. Email the RMV for assistance to renew at MassDOTRMVSeniors@dot.state.ma or call the RMV at 857-368-8005.

The Seniors License Renewal reservation warns customers that they will not be served if they select the Seniors option and they are not at least 65 years of age.

Common Ground

For the next three years, the New Bedford Whaling Museum will be collecting and sharing the stories of the Greater New Bedford community. Lend your voice to a collection of the lived experiences as a member of the community of Greater New Bedford. Stories collected here might be shared by the Common Ground project and could end up in the final exhibition planned for 2022. Email your written story to: stories@whalingmuseum.org.



Looking for a career?

Do you need a profession that provides a good working environment with a great work-life balance and allows you to make a difference?

If so, visit:
www.coastlinenb.org
for employment opportunities.

Coastline is an AA/EOE employer.



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.



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Your Health

Following a Year of Loss, A Reminder to Search for Gratitude



By Peter Mis

New Bedford Wellness Initiative

Sometimes we get to a point in life where transformation becomes necessary, a needed step to help us further down the path of our life's journey.

That's where my friend, Paul, was a couple of years ago. Life had gotten surprisingly complicated and challenging, and Paul was looking for ways to regain his emotional footing as he found himself becoming uncharacteristically jaded and pessimistic. He just wasn't happy. In his search to find that footing, he stumbled across a rather unexpected yet simple resource which would profoundly impact his world: gratitude.

Paul had read about the power of gratitude and the dramatic impact it can have on one's mindset and outlook. Rather skeptically, Paul decided that he would try to find three things each day that he was grateful for. As he started this daily practice, he eventually committed to posting his list of the three things he was



Words of gratitude: Peter Mis recommends writing three things you are grateful for every day.

grateful for each day on social media, faithfully for an entire year, even on the difficult days – those dark days where it was a struggle to find even a glimmer of light to be thankful for. This exercise of committing himself to finding three things to be grateful for each day was a life-changing experience for Paul.

"It made me more peaceful, more emotionally centered, more aware of all the good. Ultimately, it just made me happier."

That same experience is available to all of us.

Neuroscience has repeatedly demonstrated how gratitude impacts our emotional state. Gratitude triggers our brains to release both dopamine and serotonin which enhance our moods and emotions. Just by simply being grateful!

The key to Paul's success was in

his commitment to develop a daily practice. While Paul set an intention to share three things he was grateful for each day on social media, there are many different methods for developing your own daily practice.

One option is to create a gratitude journal. This is the method I use. Each morning part of my morning routine includes dedicating time to sit and write down my three things I am grateful for in a notebook I keep on my desk. It only take a few minutes, but for me it starts the day off on an upbeat note. I feel good, and when I feel good, I often find more things to feel good about throughout my day.

Others find a Gratitude Partner with whom they exchange their daily gratitude lists with, by phone or text. It's such a great way to share the power of gratitude. Some find tying gratitude to their everyday

routines works best for them, such as taking a moment before each meal to reflect upon one thing in their life they are grateful for. Or perhaps set a reminder on your smart phone a few times per day to prompt you to take that moment to stop and focus on something you are grateful for. The best gratitude practice is the one which works best for you.

Gratitude is often just a change in perspective and that intentional change in perspective will influence our mindset, our expectations, and yes, even our happiness.

"There are always flowers for those who wish to see them" said French painter Henri Matisse.

He is right. Flowers, in the form of blessings, are all around us. Our challenge – and opportunity – is to take time to recognize and celebrate all the good we already have in our lives.

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 'Walk with a Doc' program, in which a local physician leads a group for a walk, has been meeting at Buttonwood Park at 9 a.m. on Saturdays. Masks and physical distancing are required.

Tai-Yo-Ba Blends Different Techniques and Helps with Posture

By Cam Bergeron, CSCS

Cam's Conditioning & Rehab

I've been instructing fitness classes for the 55 and older population for over five years. One of my most attended classes on Zoom is one I personally developed called "Tai-Yo-Ba."

Tai-Yo-Ba is a therapeutic fitness class that focuses on balance, coordination, flexibility, mobility and posture. It incorporates methods from functional fitness, American physical therapy, the Burdenko Method (a Russian therapy method), yoga and tai chi. This class is designed to help alleviate pain throughout the body, improve activities of daily living and teach proper body mechanics.

I'm always changing the routine, so no two classes are the same. Most exercises are performed seated, but we also perform them standing behind a chair. The only equipment needed to participate in the class is a stationary, sturdy, armless chair.

The most important aspect of Tai-Yo-Ba is to not work through any pain. If you have an injury or certain motions cause you pain, sit that exercise out. If you cannot perform an exercise due to any reason, you should work on your posture as a modification. This means sitting up tall in your chair with your chest up, shoulders back.

Posture is a HUGE aspect of this class. If you're hunched over, the shoulders are not in proper alignment. Sitting tall keeps the shoulders in a good position and decreases the chance of having an injury, especially when you're lifting any type of weight.

When the body is out of alignment, it causes pain. The exercises performed in this class can help realign the body. A tight muscle can pull awkwardly on a joint, and the pulling may cause pain within the joint. Stretching the muscle elongates it and keeps proper alignment at the joint.

If you are interested in Tai-Yo-Ba class, there are multiple ways to participate. If you go on YouTube and search "Cam's Conditioning" you will find multiple classes I have recorded for DCTV. Some are Tai-Yo-Ba, some are different.

If you are interested in any live Zoom classes please email me at CamsConditioning@gmail.com. Here is a very small taste of the exercises performed during Tai-Yo-Ba. The class involves these exercises and many, many more.

Seated Torso Rotations (15)

1. Seated in a chair, chest out, shoulders back, pretending to hold a small ball at chest level (starting position)
2. Slowly rotate your body to the left, then all the way to the right, keeping shoulders back.



Tai-Yo-Ba focuses on posture. When performing seated torso rotations, make sure to not slump over in your chair. Full classes are available on DCTV.

3. Keeping fluidly rotating from side to side
4. Head follows ball (looking straight ahead, not at the ball)

Seated Leg Stretch (12 each side)

1. Seated in chair, chest out, shoulders back (starting position)
2. Lift a knee, fully extend leg
3. Reach to the toe of the extended leg with the hand from the opposite side
4. When reaching forward keep chest out and bend from the hips
5. Return to start position and

alternate to opposite sides

Seated Shoulder Rotations (10)

1. Seated in a chair, chest out, elbows bent at 90 degrees like a field goal (starting position)
2. Keeping upper arms parallel to the ground, elbows at 90 degrees, rotate forward at the shoulders so hands move downwards
3. Rotate as far as you can and then return to start position

Seated Leg Stretch (12 each side)

1. Seated in chair, chest out, shoulders back (starting position)
2. Lift a knee, fully extend leg
3. Reach to the toe of extended leg with the hand from the opposite side
4. When reaching forward, keep chest out and bend from the hips
5. Return to start position and alternate to opposite sides

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. Visit DCTV online at: 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.

Simple Steps to Help Lower Your Cancer Risk

Most people know someone who's had cancer. Who gets it can sometimes seem random, but here are some tips from the National Institutes of Health that can help reduce your risk.

Quit tobacco: Tobacco use is the leading cause of cancer in the U.S. This includes smoking and use of other tobacco products, like chewing tobacco. Using tobacco

also increases your risk of heart attack, stroke and many other conditions. But it can be very hard to stop, even if you know the risks, because tobacco products contain an addictive substance called nicotine. You can get free help by visiting smokefree.gov or calling 1-800-784-8669.

Eat smart: How diet itself affects cancer risk is complicated.

What we eat gets broken down and used by our cells to keep the body running. Chemicals in some foods, such as highly processed meats, may raise the risk of cancer. But overall, there aren't many single foods to avoid.

Other chemicals in food may lower your risk. But no single food, nutrient or vitamin alone can protect you from cancer.

It's really about the overall quality of your diet. Choose fruits and vegetables, whole grains, lean proteins and healthy oils. Limit alcohol, added sugars, saturated fats and sodium.

Other prevention tips: To lower your chances of skin cancer, wear sunscreen and sun protective clothing, and limit your time in the sun.

Pasos Sencillos para Ayudar a Reducir el Riesgo de Desarrollar Cáncer

Translations by Southcoast Health

La mayoría de la gente conoce a alguien que ha tenido cáncer. Quien se enferma de cáncer puede a veces parecer aleatorio, pero a continuación hay algunos consejos del Instituto Nacional de Salud que pueden ayudarle a reducir el riesgo.

Deje de fumar: El uso de tabaco es la principal causa de cáncer en los EE.UU. Esto incluye fumar y el uso de otros productos del tabaco, como masticar tabaco. El consumo

de tabaco también aumenta el riesgo de sufrir un ataque cardíaco, un derrame cerebral y muchas otras afecciones, pero puede ser muy difícil dejar de hacerlo, incluso si conoce los riesgos, porque los productos derivados del tabaco contienen una sustancia adictiva llamada nicotina. Usted puede recibir ayuda de manera gratuita visitando smokefree.gov o llamando al 1-800-784-8669.

Coma de manera inteligente: La forma en la que la dieta afecta el riesgo

de desarrollar cáncer es complicada. Lo que comemos se descompone químicamente y es utilizado por nuestras células para mantener al cuerpo en funcionamiento. Los químicos en algunos alimentos, tales como las carnes altamente procesadas, pueden aumentar el riesgo de desarrollar cáncer, pero en general, no hay muchos alimentos que evitar por sí solos. Otros químicos que se encuentran en los alimentos pueden reducir el riesgo, pero ningún

alimento, nutriente o vitamina por sí solo puede protegerlo del cáncer.

Realmente se trata de la calidad general de su dieta. Elija frutas y verduras, cereales integrales, proteínas magras y aceites saludables. Limite el consumo de alcohol, azúcares añadidos, grasas saturadas y sodio.

Otros consejos de prevención: Para reducir las probabilidades del cáncer de piel, use protector solar, ropa protectora contra el sol y limite su tiempo de exposición al sol.

Etapas Simples para Ajudar a Abaixar o Seu Risco de Cancro

A maioria das pessoas conhecem alguém que teve cancro. Quem o apanha pode por vezes parecer aleatório, mas aqui estão algumas dicas do Instituto Nacional de Saúde que podem ajudar a reduzir o risco.

Pare de fumar: O uso de tabaco é a causa principal de cancro nos E.U. Isto inclui fumar e o uso de outros produtos de tabaco, como mastigar tabaco. Usando tabaco também aumenta o seu risco de ataque cardíaco, trombose e muitas

outras condições. Mas pode ser muito difícil parar, mesmo conhecendo os riscos, porque os produtos de tabaco contém uma substância aditiva chamada nicotina. Pode obter ajuda gratuitamente visitando smokefree.gov ou chamando 1-800-784-8669.

Coma de forma inteligente: Como a própria dieta afeta o risco de cancro é complicado. Aquilo que comemos quebra-se e é usado pelas nossas células para manter o corpo a funcionar. Produtos químicos em

algumas comidas, tais como carnes altamente processadas, podem aumentar o risco de cancro. Mas acima de tudo, não existem muitos alimentos individuais para evitar.

Outros produtos químicos em comidas podem diminuir o seu risco. Mas nenhum alimento individual, nutriente ou vitamina só, pode proteger você do cancro.

É realmente sobre a qualidade geral da sua dieta. Escolha frutas e vegetais, grãos inteiros, proteínas

magras e óleos saudáveis. Limite o álcool, açúcares adicionados, gorduras saturadas e sódio.

Outras dicas de prevenção: Existem outras ações simples que pode tomar para reduzir o seu risco de cancros específicos. Para reduzir a hipótese de cancro da pele, use um protetor solar, e roupa de proteção solar, e limite o tempo de exposição ao sol.

Translations provided by:

 Southcoast Health



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IAC continued...

have had to add more phone lines to accommodate demand. In the month of February alone, when the vaccine was first rolling out to 75-year-old residents of Massachusetts, the IAC received more than 3,300 calls.

Once the pandemic is under control, DaSilva Hughes hopes to offer in-person services again at the center. For now she has been connecting with clients through TV and radio.

DaSilva Hughes launched a media campaign to provide updates on the ever-changing safety protocols and to reinforce the importance of testing. She said she coordinated with local churches who were televising their services to ensure that messaging about basic COVID safety was incorporated into sermons.

In addition, she said she's appeared on Telemundo, the local Portuguese language radio station (WJFD 97.3 FM) and even launched her own weekly television show on The Portuguese Channel.

Her show, "Vida Luso Americana," which started production last fall, airs throughout Massachusetts and Rhode Island and is making its way to YouTube.

And all of that outreach has led the IAC to the latest challenge in the ongoing pandemic: vaccine availability.

"Every day, we are getting calls from non-English speaking elders about receiving the vaccine," said

DaSilva Hughes. "They're looking at it as a shot of hope. We hear that over and over again from our clients. They will be able to go to church or see their grandchildren. They've been so isolated."

She said, with the appropriate funding and resources, the IAC can connect doses of the vaccine to clients. That process has already begun. DaSilva Hughes has been working with the New Bedford Health Department to vaccinate older clients at the Andrea McCoy Recreation Center, and she hopes as the vaccine supply increases, they can bring the shot to church parking lots, much like they did with testing.

"We know how to do this, we just need the resources to do it and, of course, vaccines," she said. "We are so busy trying to help them and trying to do as much as we can during this pandemic. It feels like every day that we're hearing about our elders getting sick or dying. We want to make sure that doesn't continue."

Resources

Contact the Immigrants' Assistance Center at 508-996-8113 or visit them online at: immigrantsassistancecenter.org.

Watch Helena DaSilva Hughes' show "Vida Luso Americana" on The Portuguese Channel (channel 20 in New Bedford).

Watch past episodes on YouTube by visiting: youtube.com/c/ThePortugueseChannelTV.

Vaccine Preregistration Signup

Sign up to be notified about appointments at mass vaccination locations



Add your name to the list



Get notified when appointments are available



Schedule your appointment within 24 hours

Massachusetts residents can now preregister for a COVID-19 vaccination appointment at one of the seven mass vaccination sites. The state intends to add more vaccination locations this spring. For help with an appointment, call 2-1-1.

The State Now Offers COVID-19 Vaccine Preregistration

Massachusetts started a preregistration program for COVID-19 vaccines, which enables residents to request and schedule an appointment at one of seven mass vaccination locations. The service launched on March 12, and the state said more locations will be added to the system this spring.

At the time of the announcement, the mass vaccination locations were: Gillette Stadium, the Hynes Convention Center, Reggie Lewis Center, Danvers DoubleTree Hotel, Natick Mall, Eastfield Mall in Springfield, and the Former Circuit City in Dartmouth.

When you preregister, you will be notified about available vaccine appointments. You can preregister either by filling out an online form at VaccineSignUp.mass.gov or by calling the state's non-emergency help line, 2-1-1. Family members, caregivers or other companions can help you fill out the online form.

To preregister, you will need to enter some basic information, such as your name and contact information. After filling out the form, you'll receive a Registration ID and a confirmation notification through your preferred method of communication (email, text message or phone call).

When an appointment is available, you will be contacted through your preferred method of communication. First, you'll receive a notification that it's almost time to book your appointment. The next day, you'll receive a Booking Code and a link to schedule your appointment. The Booking Code you'll receive to schedule your appointment will be different from the Registration ID you receive when your preregistration is confirmed.

If you are 75 or older and would like someone to go with you, call 2-1-1 to book an appointment for yourself and your companion once you receive the Booking Code.

If it's text message or email, you'll be sent a link to choose an appointment at one of the mass vaccination sites.

If it's a phone call, you'll receive a call with information about how to schedule your appointment.

You'll have 24 hours to schedule an appointment. If the appointment is not accepted within 24 hours, you will go back onto the list to wait for another appointment.

COVID-19 vaccines are free. The state will never ask you for your bank account number, password or other financial information.

Vaccine, Reopening Updates

On March 17, Governor Baker announced a timeline providing dates when all remaining residents will become eligible for a COVID-19 vaccine. The timeline for the remaining groups is as follows:

- March 22: Residents 60+ and certain workers
- April 5: Residents 55+ and residents with one certain medical condition
- April 19: General public ages 16 years of age and older

All residents can preregister to book an appointment at a mass vaccination site at mass.gov/COVIDVaccine. Appointments will be offered based on eligibility and available appointments nearby. It is expected that more sites will come online as part of the preregistration process sometime in April.

Depending on supply, it could take weeks for people to be notified that an appointment is available at a mass vaccination site. Weekly

allocations are subject to change based on federal availability, demand from providers and obligations to meet second doses.

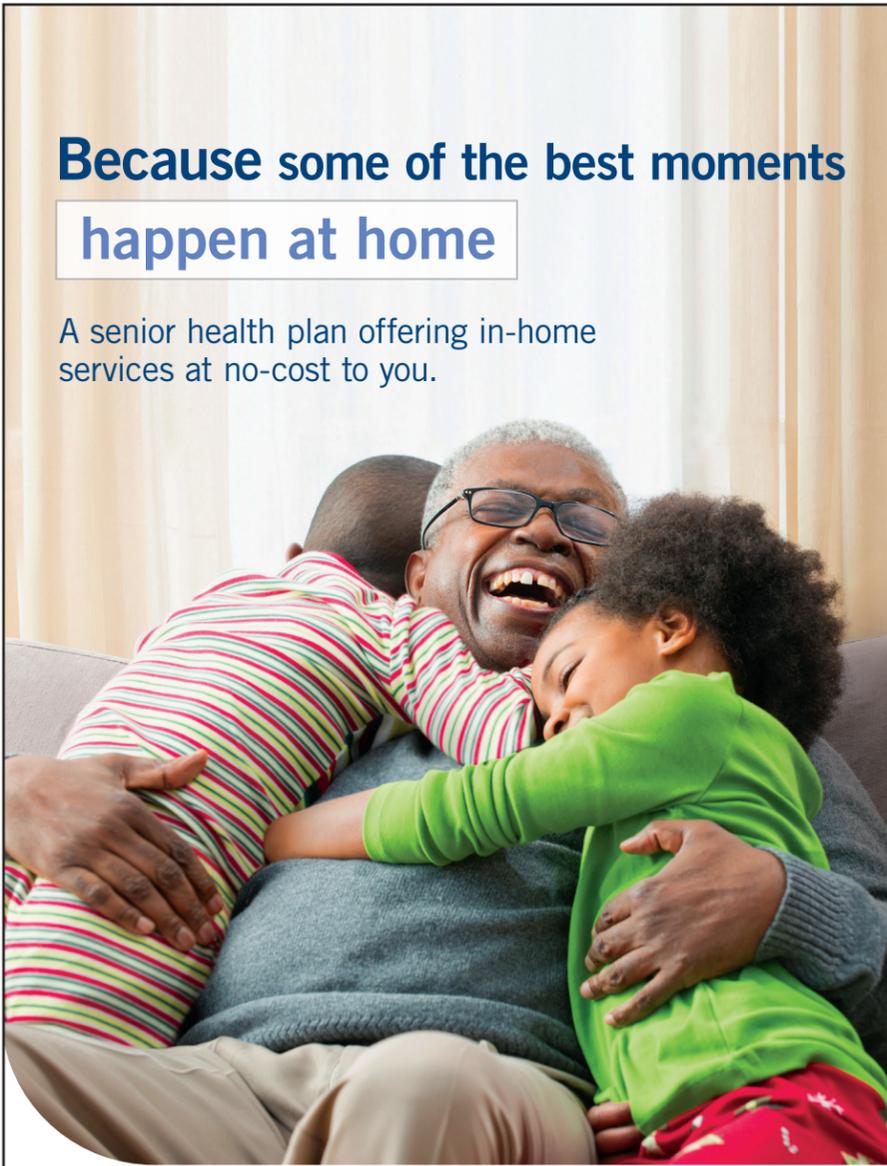
At the time of the announcement, the state was receiving about 170,000 first doses a week. That number included the Johnson & Johnson vaccine.

On March 22, Massachusetts entered the first step of Phase 4 in its reopening strategy. The limits on gathering at event venues and in public settings increased to 100 people indoors and 150 people outdoors. Outdoor gatherings at private residences and in private backyards remains at a maximum of 25 people, with indoor house gatherings remaining at 10 people.

The state's travel order was replaced by a travel advisory. Those who have been out of state for 24 hours or more are advised to quarantine for 10 days, rather than being required to quarantine.

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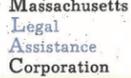
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COVID Eviction Legal Helpline

By **Andrew Bardetti, Esq.**
South Coastal Counties Legal Services

[Update: After this issue went to print, the CDC moratorium on evictions was extended to June 30, 2021.]

The Centers for Disease Control and Prevention (CDC) moratorium on evictions is currently set to expire on June 30, 2021, meaning there will be a pause on nonpayment evictions. When this protection ends, it means that your landlord may proceed to evict you for non-payment of rent. In order to evict you, your landlord must send you a document called a notice to quit (NTQ) or notice terminating tenancy. For non-payment of rent, that can be a 14-day NTQ. If your landlord already sent you a NTQ, then you may receive paperwork from the District or Housing Court summoning you to court. That paperwork is known as a summons

and complaint.

Whether you've received a NTQ or a summons and complaint, you may want to contact an attorney to learn more about your rights and options. This general information is provided by South Coastal Counties Legal Services Offices (SCCLS), which is a non-profit law firm that provides free civil legal help to low-income and disadvantaged residents of Southeastern Massachusetts, Cape Cod and the Islands in a variety of civil legal matters.

If you are facing eviction, been denied disability or unemployment benefits, experiencing domestic violence, or are faced with another civil (non-criminal) legal issue, call 1-800-244-9023 to apply for legal help. The intake line is open from Monday to Thursday from 9 a.m. to 1:30 p.m. To learn more about the services SCCLS provides, visit: sccls.org.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What is an adult group of cats called?
A.) Clowder B.) Puff C.) Herd D.) Claw
- 2.) Where in the house will you find a “P” trap?
A.) Under the sink B.) Inside a wall
C.) In the yard D.) On the furnace
- 3.) How often should smoke detector batteries be changed?
A.) Once a year B.) Twice a year
C.) When the unit is beeping D.) Every five years
- 4.) What substance will put out a grease fire?
A.) Water B.) Soda C.) Corn starch D.) Baking soda
- 5.) The word “crochet” comes from the French for what?
A.) Wool B.) Scarf C.) Small hook D.) Weave
- 6.) Where do the Cleavers from “Leave it to Beaver” live?
A.) Mayfield B.) Mayberry
C.) Springfield D.) Cleveland
- 7.) What term applies to milk with 3.5% milk fat?
A.) Half and half B.) Skim milk
C.) Low-fat milk D.) Whole milk
- 8.) What were the first words ever spoken over a telephone?
A.) “Hello” B.) “Ahoy”
C.) “Watson, come here” D.) “Can you hear me?”
- 9.) What was the very first name given to a zipper?
A.) Clasp locker B.) Slider C.) Automatic buttons D.) XYZ
- 10.) How many children did Ozzie & Harriet have?
A.) None B.) Two sons and one daughter
C.) Two sons and two daughters D.) Two sons

[Answers listed on page 11]

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Funding is provided by AmeriCorps and the Massachusetts Executive Office of Elder Affairs.

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Contact Coastline for more info



Learn more on Coastline's website at coastlinenb.org. Contact FGP Director Jacqueline Medeiros at **508-742-9198** or via email at jmedeiros@coastlinenb.org.



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Nutrition

Lasagna Love Offers a Home-Cooked Meal During Pandemic

Since late last year, Mattapoisett resident Whitney Tully has been busy in her kitchen, perfecting her lasagna recipe. She makes the dish multiple times a week - not for her family, but for her community.

She's part of a growing network called Lasagna Love, a nonprofit that formed during the pandemic. Lasagna Love allows anyone to request a free lasagna, which is made by a volunteer, in his or her own kitchen. It also provides a volunteer opportunity for anyone able to make a pan of lasagna.

The project initially started in San Diego not long after the pandemic began. Rhiannon Menn wanted to find a way to assist her neighbors, who were feeling the economic impact of the shutdown. Her Facebook friends wanted to know how they, too, could become volunteer cooks, and the nonprofit was formed. The project has expanded around the nation, with volunteers in most states.

Tully, much like the other volunteers who first joined the effort, first heard about Lasagna Love through Facebook. A full-time worker, Tully said she had been looking for a volunteer opportunity that would fit her schedule and her interests.

"I do enjoy cooking, and that's part of the reason why I signed up,"



Whitney Tully and her son, Jack, prepare to deliver lasagna this winter as part of Lasagna Love, a national food-relief organization that started during the pandemic.

she said.

Tully has since become a regional leader for the nonprofit, where she coordinates around 40 local chefs who help feed people throughout the Greater New Bedford and Fall River regions.

"The motto of Lasagna Love is to spread kindness, strengthen communities and provide food to those in need," said Tully. "That's really what they embody. Kindness is so desperately needed nowadays."

Through the official website, anyone can request a lasagna or

sign up to become a volunteer chef. If you don't have access to the internet, friends or family members can put in a request on your behalf, and Tully said a paper form is in development.

She said many people will nominate essential workers to receive a lasagna as a thank-you present.

Requests require a name and contact information, and you can indicate if you have any special dietary needs, such as a gluten-free or vegetarian option, and you can

make note of any allergies. Meals can arrive cooked or uncooked. The volunteer chefs will contact the recipient and coordinate a time for delivery, and deliveries will take social distancing and safety protocols into account.

"And that's it," said Tully. "Many of the recipients will later text the chefs, thanking them for their work."

She said the local chefs taking part range from full-time workers to retirees, and many are using the opportunity to teach their children and grandchildren about the value of volunteerism. Volunteers produce meals at their own expense, in their own kitchens, but the program does not require a commitment. Volunteers can also follow their own recipe.

"It's been a wonderful experience, and we're helping people, which is the most awesome part," said Tully.

Resources

To request a lasagna or have one delivered to someone else, visit [Lasagna Love](http://LasagnaLove.org) online at LasagnaLove.org. Contact Whitney Tully to learn more about volunteering opportunities at wktully@gmail.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. Acushnet Board of Health: 508-998-0275.

We're back...sort of! Outdoor programming has resumed at the Acushnet Council on Aging. All COVID precautions remain in place, social distancing must be observed and masks must be worn at all times. Class size is limited and you must have a reservation to attend. 508-998-0280. A "no congregation" policy remains in effect. The Council on Aging and the Town of Acushnet highly recommend that every individual consider their own personal health and safety, and/or consults with their medical provider, prior to participating in any programs. Additional programming will become available as guidance is received from the state.

Strong Women, Strong Bones: A Title III program with Karen Corcoran. Monday – Wednesday at 9 a.m.

Zumba Gold with Pati Cautillo: Tuesdays and Thursdays at 10:30 a.m.

Strength and Conditioning with Larry Bigos: Wednesdays at 10:30 a.m.

COVID-19 Testing: Fridays from 10 a.m. through noon, and Saturdays from 9 a.m. to noon. Free, open to Acushnet residents. No appointment required.

Buried in Treasure, a Hoarding Remediation Support Group. Saturdays at 10 a.m. Please email amandablais@comcast.net to register.

Outdoor Concert Series: All performances are free and made possible by a grant from the Executive Office of Elder Affairs. Registration will open one week prior to the concert date. Due to limits in gathering size set by the state, this is a ticketed event. You must have a confirmed reservation to attend; 508-998-0280. COVID protocols will be in place and strictly enforced, masks must be worn at all times and social distancing must be observed.

- April 5 at 1 p.m. Chris Carter, Solo Acoustic Guitar Music
- April 13 at 1 p.m. Pam Tietze, The Singing Nurse
- April 20 at 1 p.m. Country Flavored

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. Dartmouth Board of Health: 508-910-1804.

The digital version of our online newsletter now includes active links that you can click on and be immediately connected to our Zoom programming, DCTV videos and websites that we may reference or other information that we think you would be interested in. You can read the current newsletter or previous newsletters online at www.town.dartmouth.ma.us/council-aging/pages/coa-newsletters.

Zoom Room: If you would like to participate in our Zoom activities, but need some help using Zoom on your device (phone, tablet or laptop), please call the Center and we will arrange to help you. Connect with us on Tuesdays at 10 a.m. for coffee and a chat. Log in from your tablet, phone or laptop, or call us from any phone and virtually join the staff at the Center. Zoom Meeting ID: 868 9154 1490. Passcode: 665252.

COVID-19 Coping Support Group with MassSupport through the Center. Four sessions on Zoom. Wednesdays from 1 to 2 p.m. beginning April 7. To register or for more information contact Nancy at: 508-999-4717.

Medicare 101: Understanding your Medicare Options with Christie Rexford, Shine Program Regional Director. Several dates to choose from. Thursdays from 2 to 3:30 p.m. April 8, 15; May 13, 20, and 27. Register online via Facebook page @ Shine-southeastern Ma or by calling 1-800-231-1155.

Driving Decision Workshop: May 12 at 10 a.m. on Zoom. Topics include reporting procedures, re-licensing requirements, liability, disability plates and placards and the importance of obtaining Massachusetts ID card when retiring from driving. Attendees will be able to identify the warning signs of unsafe driving. To register please contact Nancy at the Center.

In-person Widow and Widower Support Group at the Center with Beacon Hospice. Four sessions. Fridays from 10:30 a.m. to noon. May 7, 14, 21 and 28. Please contact Nancy at the Center 508-999-4717 for questions and to pre-register.

Student to Senior Show: Dartmouth High and the Dartmouth COA

"Student to Senior Show" is now airing its second episode titled "Movies," on the Dartmouth Community Media channel. This fun collaboration takes a look at how people from different generations view the world. Seniors interested in participating in future episodes, please call Nancy at the Center.

Hearing Clinic: third Thursday from 10 a.m. to noon by appointment.

Dartmouth Libraries and DCOA will now assist with home delivery and pick-up of library materials. To get started call the Southworth Library at 508-999-0726 or the North Branch Library at 508-999-0728.

Pound by Pound support group on Zoom: We all have put on a few COVID pounds. Losing weight and maintaining a healthy lifestyle is hard to do alone. Check in with us on Wednesdays. Dietician Stephanie Boulay will join us once a month for education and encouragement. Contact Nancy at the Center for more information. Meeting ID: 815 1282 9273. Passcode: 820451.

Legal Assistance please call the Center information, appointment and protocol. Elder Law Consultations with Atty. Brandon Walecka. Second Thursday of the month from 10 to 11 a.m. by appointment.

Justice Bridge through UMass Law: Free Legal consultations. Last Wednesday of the month 2 to 3 p.m. by appointment.

Blood Drive at the Center: April 29 from 9 a.m. to 2 p.m. Please call Red Cross to schedule an appointment at 1-800-733-2767 or visit redcross.org.

Fairhaven COA

For more information, call the Fairhaven Council on Aging at 508-979-4029. The center is located at 229 Huttleston Ave., Fairhaven, MA 02719. Visit the Fairhaven COA website at: fairhaven-ma.gov/council-aging. Fairhaven Board of Health: 508-979-4023 ext. 125.

Fairhaven Town Elections: April 5 from 10 a.m. to 8 p.m. Polling Locations: Precinct 1 Town Hall; Precinct 2 Hastings Middle School; Precinct 3 Hastings Middle School; Precinct 4 Fire Station (meeting room); Precinct 5 Recreation Center; Precinct 6 Recreation Center. Do you need a ride? Seniors needing transportation to voting polls, call 508-979-4029 at least one day in advance.

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: 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. Next appointments are scheduled for April 13 and June 15.

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. Connect to Live Chat at: www.gettingsnap.org.

Veterans' Service Officer: Bradford Fish. Call 508-979-4023 ext. 114. Open by appointment only.

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. COA hours of operation are: operating Monday through Thursday, 8 a.m. to 1 p.m. Marion Board of Health: 508-748-3530.

Grab n' Go: Registration is a must by the Friday before. Call 508-748-3570. Please consider a donation of \$5 for each lunch, but this is a suggestion. We do not want to exclude anyone from joining us due to cost as we encourage

Continued on Page 11



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

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everyone to get out and enjoy a nice homemade lunch. The Marion Council on Aging is happy to report that nearly 500 cups of soup and more than 400 sandwiches have been dished out! Meals will continue on a monthly basis as we begin to open up again after this challenging year. April 8: Tomato & basil rotini with grilled cheese croutons. April 15: French Onion Soup. April 22: Summer Garden Gazpacho. April 29: Grand Finale Fish & Clam Chowder.

Outdoor Programs: The Marion COA is offering some classes outside in a heated tent starting the week of April 5. Registration is required. Call 508-748-3570. The program schedule, which is subject to change, is as follows. Yoga: Mondays at 10 a.m.; Strength & Conditioning: Tuesdays at 10 a.m. and Fridays at 10:30 a.m.; Meditation: Tuesdays at 10:30 a.m.; Zumba: Fridays at 9 a.m.; Living Your Best Life: 1 p.m. on April 12 and 26.

Public Health Nurse: Lori Desmarais, Public Health Nurse for the Town of Marion is available on Wednesdays from 1 to 3 p.m. Contact Lori at 508-748-3507 or ldesmarais@marionma.gov.

Medical Equipment: For those in need of medical equipment, such as shower chairs, walkers, canes, commodes, etc. The COA will provide the item for as long as needed. Call 508-748-3570 to inquire about what we have in stock. In addition to medical hardware, the COA also has a supply of incontinence products and nutrition supplements.

Dental Cleaning: Schedule your appointment by calling 508-827-6725.

Podiatry Clinic: Call to schedule your appointment.

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: April 8 and 22 from 1 to 2 p.m. Hosted online by Community Nurse Home Care. Call 508-992-6278 for log in information.

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. Mattapoissett Health Department: 508-758-4100 ext. 213.

Program Update: Registration will be required for programs and classes for each session/program for each week. No walk-ins. Registration begins exactly one week prior to the class and ends no later than 24 business hours prior to the class time. (Note: Monday classes must be pre-registered no later than the Friday prior). Cannot register for multiple weeks. Face coverings are required.

Register for the classes below by calling 508-758-4110 or e-mailing coadirector@mattapoissett.net.

Tai Chi: Held at the Mattapoissett Congregational Church (a.k.a. Congo Hall) on Mondays at 8:45 a.m.

Knitting: Held at the COA on Mondays at 10 a.m.

Strength & Balance: Held in Congo Hall on Mondays and Wednesdays at 10:30 a.m.

Bingo: Held at the COA on Wednesdays at 12:30 p.m.

Barre: Held in Congo Hall on Fridays at 8:15 a.m.

Open Painting Session: Held at the COA on Fridays at 9 a.m.

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 508-758-4110 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. New Bedford Health Department: 508-991-6199.

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.

Friendly Calls: Volunteers are calling those who have utilized our services in the past to check in. We are looking for others who would be willing to connect. For info, contact the New Bedford Council on Aging at 508-991-6250.

Rochester COA

For more information, call 508-763-8723. The Rochester Council on Aging is located at 67 Dexter Lane, Rochester, MA 02770. Visit the website at townofrochesterma.com/council-aging. Facebook: [facebook.com/RochesterMass](https://www.facebook.com/RochesterMass). Rochester Board of Health: 508-763-5421 Ext. 202.

The Rochester COA will be offering most regularly scheduled programs starting in April.

Coffee & Conversation: Mondays, Wednesdays & Fridays from 9 to 11 a.m.

Scrabble: Tuesdays from 9 to 11 a.m.

Stepping & Stretching: Mondays & Thursdays from 2 to 3 p.m.

The Busy Bees: Thursdays from 9 to 11:30 a.m.

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

Line Dancing: Tuesdays and Fridays at 9:30 a.m.

Chair Yoga: Fridays at noon.

BINGO: Wednesdays at 12:30 p.m.

Blood Pressure/Wellness Clinics: Mondays from 10:30 a.m. to 12:30 p.m.

Congregate lunches provided by Coastline will be served on Tuesdays, Wednesdays and Thursdays. Daily breakfast is anticipated to resume in May.

Program participants should have a COVID-19 Waiver on file at the Rochester Senior Center. Waivers are available at the front desk. Face coverings and social distancing will be required for all activities. The Rochester Senior Center has updated the newsletter. If you would like to receive a newsletter via email, please call the Senior Center at 508-763-8723.

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.

April 2021 Trivia Quiz Answers

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

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Community

New Bedford Parks & Rec Plans for Summer Months

The days are getting longer and warmer weather will soon follow. If you are ready to get out of the house, it's a great time to explore New Bedford.

Mary Rapoza, Director of New Bedford's Parks, Recreation & Beaches Department, intends to have numerous offerings for those looking to get outside this spring and summer. However, she stressed that what's available for the public will depend largely on the state of the pandemic.

"It's important for folks to understand that everything is contingent upon what COVID looks like at the time," she explained. "We're making plans now, but as the summer unfolds, we'll be paying attention to the state's protocols, and we'll be following those."

However, she said she's heard from the public, and the message is clear: people are looking for outdoor activities following this especially difficult winter.

"This summer, it's my intention to get our staff in the parks so that families can have some activities and some staff to engage with," she said. Below are a few options to consider as the weather warms.

Nature Trails

Stroll through Buttonwood Park and enjoy budding trees and emerging flowers, or explore one of the three marked Nature Trails:

- Flore B. Pierce Nature Trail: Follow the one-mile long trail, beginning on Falmouth Street in the North End
- Ross C. Mathieu Nature Trail:



Beach parking passes are now available in New Bedford. New Bedford resident: \$10. New Bedford resident (seniors 65+): \$5. Greater New Bedford resident (Dartmouth, Fairhaven, Acushnet, Freetown): \$20. Non-resident: \$50. Call 508-961-3015 for more info.

A one-mile long trail that begins in the parking lot behind Pulaski School

- Ricketson's Nature Trail: Winding forest pathways located in Brooklawn Park with parking along Brooklawn Avenue

And remember that the New Bedford Wellness Initiative gathers at Buttonwood Park on Saturday mornings at 9 a.m. for a group walk. Check out page 5 for more information.

Outdoor Sports

The finishing touches are underway at the highly anticipated bowling greens located at Hazelwood Park. Rapoza said the greens should be ready for players later this summer. Once the project

is completed, the public will be able to schedule a time to play lawn bowling or croquet, and the Parks & Rec Department intends to host clinics for new players.

Indoor pickle ball, which operated out of the Andrea McCoy Recreation Center, was suspended after the center became a COVID-19 vaccination site in February. However, the sport will resume outdoors this spring at Buttonwood Park. You can sign-up for pickleball on the New Bedford Parks & Rec website or by calling 508-961-3015.

Have a Beach Day

Ready to go to the beach? Senior residents of New Bedford are eligible for discounted beach parking stickers. Adults age 65 and

older can enjoy a whole season (beach season is May 15 to Sept. 15) of beach parking for only \$5. To purchase a beach pass, visit one of the following locations, Monday through Friday from 9 a.m. to 1 p.m.:

- Parks, Recreation & Beaches admin office: 181 Hillman St., Bldg. 3.
- City Clerk's Office, City Hall, 133 William St.
- Traffic Commission, Elm Street Garage, 51 Elm St.

A vehicle registration is required when purchasing a seasonal pass. Cash only. West Beach is seasonal pass only and handicap accessible.

Summer Jobs

Rapoza said the department will continue to accept applications until positions are filled, and older adults are encouraged to apply.

"We have supervisory, part-time and full-time roles," said Rapoza. "If seniors are looking for something to do this summer, they should consider submitting an application for one of our positions."

The New Bedford Age Friendly project teams have been working hard to make sure there are plenty of fitness and wellness opportunities for residents of all ages. Programs are added and updated continually, so feel free to call New Bedford Department of Parks, Recreation and Beaches for the latest information: 508-961-3015.

Visit the New Bedford Parks and Recreation website at: newbedford-ma.gov/parks-recreation-beaches.

Grandparents continued...

grandparents feel like they are not alone.

"Whatever they say in that group, stays in that group," Grace said. "We're all in the same situation. Let's all help each other out."

Nationally, about 2.7 million children living in the United States are raised by grandparents, other relatives or close family friends. According to the national nonprofit Generations United, the vast majority of those children live outside the foster care system – for every one child within the foster care system, there are about 20 children living with kin.

About 46 percent of grandparents raise their grandchildren for at least five years, and 56 percent are in the labor force, according to data from the U.S. Census Bureau. Nearly twenty percent live in poverty. Grandparents do not have an automatic legal relationship with their grandchildren, so unlike parents, they may be unable to access support and services.

The pandemic added more hurdles to an already challenging situation. Older adults have a higher risk for severe illness from COVID-19, are less likely to have access to a high-speed internet



Throughout the pandemic, Grandparents Raising Grandchildren, Inc. has supported the community. Though the group's regular meetings at City Hall are on hiatus, they hope to offer in-person services later this spring. Call 508-996-0168 for more information.

connection and may not have the computer skills to assist with remote learning.

Grace said on top of the general expense of raising grandchildren, the cost of living keeps rising, which presents other challenges during lockdown.

"With this virus going around, half of them can't even afford this," she said, gesturing to a bottle of hand sanitizer.

In addition to hosting meetings, Grandparents Raising Grandchildren, Inc. offers support throughout the year through toy drives, distributing school supplies and giving away turkeys during the holiday season. The group also maintains a scholarship program, which awards local grandchildren with money for college. The funds come from donations from the community. Though the pandemic

ended larger gatherings, the group hopes to be back in the community soon, tabling at events and holding in-person events.

Grace, who is 76, works full-time because, she said, Social Security checks will not cover the cost of living. But the sheer amount of work that's involved with raising a child melts away when Grace talks about her 14-year-old grandson. She said he's a "wonderful kid" as she flips through her cell phone, sorting through pictures of him hoisting large boxes of food that he helped distribute to the community during the pandemic.

"I know it's aggravating. It's frustrating. It's depressing," said Grace. "But look at what you accomplished. You can see the love in those kids."

Resources

Contact Grandparents Raising Grandchildren, Inc. President Brenda Grace at 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.