

Senior Scope

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

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Don't forget your mask



When Learning Tech, Start with What Motivates You

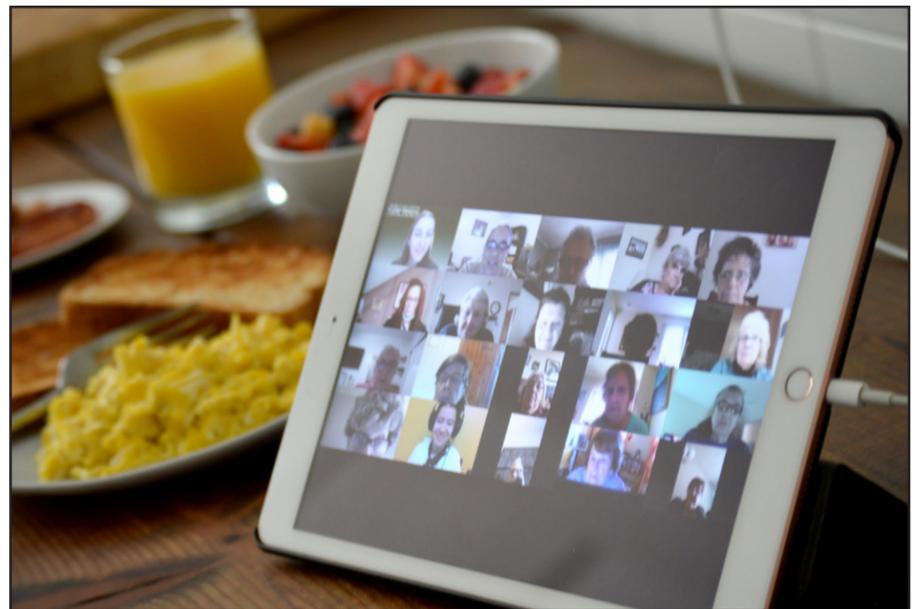
When Anny Salcedo moved to the United States, she found it difficult to connect with her family back in Colombia.

“With my grandparents, my biggest struggle was staying in touch, whether it was using the phone or getting them into video,” said Salcedo. “My grandfather passed last January. It shocked me a lot because I wasn’t able to connect and be with him more. I think that was the reason why I joined Cyber-Seniors.”

Salcedo now trains older adults to use technology as part of the nonprofit Cyber-Seniors. Cyber-Seniors began as a high school project in 2009 that later inspired a documentary. Due to mounting public interest, the project formally became a nonprofit in 2015.

Cyber-Seniors takes an intergenerational approach to teaching technology. Younger people serve as digital mentors to older students, and the youths offer their computer knowledge through one-on-one sessions or in group classes.

This winter, the AmeriCorps Seniors volunteers serving in Coastline’s Foster Grandparent Program attended online classes through Cyber Seniors, where they learned how to use Zoom and Google Meet, two video conferencing apps. Those enrolled



Starting in January, Macalee Cassaday and Anny Salcedo of Cyber-Seniors trained AmeriCorps Seniors volunteers who serve in Coastline’s Foster Grandparent Program how to use video conferencing apps. The volunteers hope to use their new skills in the classroom. Cyber-Seniors offers free tech help and classes for the public.

in Coastline’s Senior Community Service Employment Program will be taking classes geared toward the job market later this year.

Salcedo, who has trained older adults in English and Spanish, has found a common thread among older adults as they learn how to use a computer: self-doubt. She said her students will often express a fear that they may “break” something or “get in trouble” if they click on the wrong thing. She reminds her students that making mistakes is

part of the learning process.

“The biggest challenge is getting them engaged. They have the idea that they cannot learn,” she said. “I remind them that their brain has something that is called plasticity, and you can expand your brain as much as you can if you keep doing something.”

Anne Demers, who works as a Foster Grandparent in New Bedford’s school system, said she had some experience using a

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Team Acushnet Takes Small-Town Approach to Big Problem

On Saturday mornings, the Acushnet Elementary School gymnasium becomes a COVID-19 testing site – though, at first glance, it looks more like an obstacle course.

Members of the Acushnet Emergency Management Agency (EMA) greet visitors at the door, and after a quick temperature check, citizens are ushered through the gymnasium, where an elaborate network of orange, plastic piping and road cones direct traffic from the initial paperwork to a nasal swab.

The Acushnet EMA has taken an especially active role in town since the pandemic hit. In a typical year, the agency functions like a support system, providing traffic control and setting up lighting

during popular events, such as road races or the Acushnet Apple-Peach Festival. They also educate

emergency, it’s our way of saving lives,” said Edward Caron, Deputy Director of Acushnet EMA. “It makes the town more resilient against disaster. That’s our mission.”

But, soon after COVID-19 upended everyday life in March 2020, EMA switched its focus to pandemic relief. Caron said EMA heard from the council on aging not long after the nation declared a state of emergency because Coastline’s Meals on Wheels numbers were steadily increasing at the time, and widespread panic buying left grocery store shelves bare.

“We wanted to help our townspeople. We did that for about three months until things calmed down and more volunteers came

Continued on page 7



The COVID-19 testing van, acquired from the University of Rhode Island, is stationed outside the Acushnet COA on Fridays.

the public, whether it’s through its Facebook page or through safety presentations at the Acushnet Council on Aging.

“If we can get people ready or educated on what to do prior to an

RMV Still Offering Dedicated Hours, Inspection Stickers Due

The Massachusetts Registry of Motor Vehicles (RMV) will continue its "Senior Days" program through at least March 2021. The program, which started in September of last year, provides residents age 75 and older with dedicated hours on Wednesdays at 17 RMVs throughout the state, including the New Bedford and Fall River RMV.

As part of the program, Coastline has been providing information and resources to the public at the RMV. The effort is part of a statewide outreach effort between the Executive Office of Elder Affairs, the Massachusetts Healthy Aging Collaborative, and various Aging Service Access Points, including Coastline.

There are several options available for those 75 and older who need to renew their license or ID by appointment:

- If you are a AAA member, you may make a reservation now to renew your driver's license/ID at a AAA location. Visit aaa.com/appointments to schedule your visit.
- If you are not a AAA member, 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 tab.

- Email the RMV for assistance to renew: MassDOTRMVSeniors@dot.state.ma.us
- Call the New Bedford RMV at 800-858-3926.

More than 40 transactions are available online, by mail or by phone. Anyone conducting in-person business at an RMV customer service location must wear a face-covering and continues to be served by appointment only.

Separately, the RMV sent a reminder to the public at the end of February that inspection stickers need to be current. According to the RMV, about 584,000 registered vehicles in Massachusetts have an expired inspection sticker on the vehicle's front windshield. Driving without a valid inspection sticker can result in a fine, which could impact insurance rates.

During the pandemic, some extensions were granted to inspection stickers, but those extensions for expired and no further extensions are planned. The RMV plans to send additional reminders this spring.

Letter from the Editor

While the first cases of COVID-19 were reported in America back in January 2020, for me the pandemic began several weeks later in mid-March, when the president declared the virus a national emergency and everyday life came to a screeching halt.

It's been a year since that moment, and more than 500,000 Americans are dead. It's almost too much to wrap my head around. The media often compares the number of COVID deaths to war or the population size of cities. As it stands now, More people have died from COVID than live in Atlanta, Georgia. CBS News reported that more people have died in this pandemic than in World War I, World War II and Vietnam combined.

The Feb. 21 edition of The New York Times marked half a million deaths with half a million dots on its front page. The graphic ran the full length of Page 1 and filled three of six columns. The result was an image so head-spinning that it looked more like a gray blur than a timeline of the pandemic.

National Public Radio interviewed psychologist Paul Slovic about why it is that 500,000 deaths doesn't necessarily feel all that different from 400,000 deaths. He said it's a process called "psychic

numbing." Basically, it's a concept that describes the way we often feel indifferent about suffering, especially on a massive scale. But, as Slovic concluded, even partial solutions can save lives, and we shouldn't turn away from a problem just because it seems so massive that we "can't do it all."

A year into this crisis, I am fully prepared for this pandemic to be over. But the reality is that we have more work to do. On Feb. 22, the American Medical Association, American Hospital Association and the American Nurses Association released a joint statement that reiterates what you have surely read hundreds of times by now. With half a million dead, this message feels more important than ever.

"We urge you to remain vigilant in taking precautions to limit the spread of COVID-19," they wrote. "With new, more contagious variants of the virus circulating throughout the U.S., now is not the time to let your guard down."

We likely all know someone who has lost their life to this disease or whose life has been upended because of it. I feel for you, and I grieve with you.

Best, *Seth Thomas*, 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

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Checks can be made out to "Coastline" (not "Senior Scope") and mailed to 863 Belleville Ave., New Bedford, MA 02745.

Donations for March 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 Memory:
In memory of Dr. Richard Warburton, thank you.
—Barbara Meehan \$20

This month: \$20
Year-to-Date: \$118

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Senior Scope



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Protect Your Identity: Don't Share Your Vaccine Card on the Web

If you've received the COVID-19 vaccine, you may be tempted to share the good news with your friends and family on Facebook. But, as the Better Business Bureau (BBB) warns, no one will be more excited to see your vaccination status than scammers.

When you're inoculated, you can expect to receive a vaccination card that lists your name, birthday and information about where you were given the shot. With a few extra details, such as your street address, which is readily available online, and your social security number, scammers could attempt to steal your identity.

Beyond the dangers of sharing personal information, sharing your vaccine card will only make it easier for scammers to create phony duplicates.

The BBB pointed to an investigation from the British tabloid *The Sun*, in which a reporter easily bought fake vaccination cards over eBay. Once eBay was alerted to the scam, the cards were removed from the website. However, scammers soon migrated to the social media platform TikTok to sell counterfeit cards.

The BBB recommends you remove any photos of your vaccine card, if you have posted them already. Additionally, the BBB offered several best practices for using Facebook, including:



A blank card displayed by the Dept. of Defense at the Operation Warp Speed headquarters.

- Make sure your privacy settings are as high as possible and delete people on your friends list that you don't know personally. If you only want to share updates with friends and family, double check your security settings.
- From time to time, there are popular posts on Facebook that prompt users to share personal information, similar to the trend of sharing vaccine cards. For example, some posts prompt you to list the cars you've owned, your favorite songs or favorite TV shows. Many of these favorites are used in passwords or in security questions. Avoid posting this information.

Visit the Better Business Bureau online at bbb.org to learn more about social media scams and scams related to COVID-19 and the vaccine.

Get Your Social Security Benefit Statement

By Delia De Mello
Social Security



Delia De Mello, Social Security

Do you plan to pay a cleaning person, cook, gardener, babysitter, or other household worker at least \$2,300 in 2021? This amount includes any cash you pay for your household employee's transportation, meals, and housing. If you will pay at least \$2,300 to one person, you have some additional financial responsibilities.

When you pay at least \$2,300 in wages to a household worker, you must do all of the following:

- Deduct Social Security and Medicare taxes from those wages.
- Pay these taxes to the Internal Revenue Service.
- Report the wages to Social

Security.

For every \$2,300 in wages, most household employees earn credits toward Social Security benefits and Medicare coverage. Generally, people need 10 years of work to qualify for:

- Retirement benefits (as early as age 62).
- Disability benefits

for the worker and the worker's dependents.

- Survivors benefits for the worker's family.
- Medicare benefits.

You can learn more about reporting household worker income by reading *Household Workers* at www.ssa.gov/pubs/EN-05-10021.pdf. Visit www.ssa.gov to find more about our online services. For other questions, call the SSA office in New Bedford at 866-964-7413.

Legal Presentation on March 18

On March 18 at 10 a.m., South Coastal Counties Legal Services (SCCLS) and the Justice Center of Southeast Massachusetts are hosting a virtual presentation for older adults focusing on tenant rights, the types of cases they specialize in and how to access their services. Please register by calling Juliana Madden at 508-742-1335 by March 11 to get the phone number to call in or the link to the

video conference. SCCLS continues to provide services to clients during the pandemic. 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.

Friendly Caller Programs Offer Support and Companionship

You don't need a computer, nor do you need to know how to set up a Zoom meeting, to connect with others during the pandemic. There are numerous local agencies offering older adults an outlet to have their voices and their concerns heard.

UMass Dartmouth has long operated a peer-to-peer mentorship program called Community Companions, where college students are matched with local agencies and the people they serve. The students, who have completed background checks and privacy training, provide an ear for community members.

Prior to the pandemic, students would meet with people from the community in-person, oftentimes over a board game or another activity. The program has since shifted to a weekly phone call.

"The students allow participants to talk about what's going on in their life," said Dr. Andrew Revell, an associate professor of psychology at UMass Dartmouth and the director of the Community Companions program. "And that's what the program was designed to do: connect people and provide support to individuals."

While the students receive college credit for participating in the program, Revell said the connections they form with the public benefit the students the most.

"It's a way for a student to feel a special bond with someone who has life experience and wisdom to



If you've been feeling lonely or if you just need to talk something through, there are several regional programs that enable you to connect with others over the phone.

share that they may not otherwise get in their own lives," said Revell. "I think it's a wonderful experience for the students because they're able to see beyond their own world, and that's what the college experience is about – to understand how we're all integrated on this planet."

To sign-up for the Community Companion program, contact Christine Sullivan at Coastline at 508-742-9132. For more information, visit UMass Dartmouth's website at umassd.edu.

There are numerous programs in the community offering a similar service, many of which existed prior to the pandemic. In the era of social distancing, these services have become a way to mitigate the

loneliness of pandemic life.

If speaking with a college student is not the right fit for you, below are several other programs in the South Coast that provide a similar service.

Chat with a Trooper: Connect with a Massachusetts State Trooper during a weekly call. You can hear their stories and share yours. Troopers who speak English, Spanish and Portuguese are able to speak with you. To sign up, call James Fuccione at Mass Healthy Aging Collaborative at 617-717-9493.

KARE Calls: The Samaritans of Fall River/ New Bedford operate a

program called KARE Calls, where older adults can receive a weekly call from a trained Samaritan's volunteer. To sign-up, call 508-679 9777 ext. 10 or email Darcy Lee at samaritansfrnb@gmail.com. For more information, visit their website at: samaritans-fallriver.org.

Friendly Caller Programs: Many of the South Coast's councils on aging have been offering friendly caller programs during the pandemic, where COA staff will call to check-in on you. Contact your local COA to learn how you connect with their services.

The R.U.O.K. Program: Less of a friendly call, and more of a wellness check. The Bristol County Sheriff's Department will make a 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.

Help and Hope Southcoast offers resources to address mental health issues during the pandemic. Visit them on Facebook or online at: helphopesouthcoast.com.

To learn more about mental health services for older adults in the South Coast, call Coastline at 508-999-6400 or the New Bedford Council on Aging at 508-991-6250.

Update

Tri-Town Fuel Assistance

The George E. Curtis Charitable Trust is a fund administered by Coastline to help older adults living in Marion, Mattapoisett and Rochester who are having difficulty paying for fuel or electric services. Applicants must be age 60 or over and in financial need. It is a one-time payment and can be used for oil, gas, electric, propane or other fuels. Call your local Council on Aging for more information.

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: March 8, 10 a.m. to noon at GNBCHC, 399 Acushnet Ave., New Bedford, MA 02740.

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

To register, call Joyce Dupont at 508-992-6553 ext. 142. Pre-registration is strongly encouraged. Those who do not pre-register must wait until the end of the market to shop. Please leave your info: name, date of birth, number of people in household, zip code and phone number.

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

'Grandparents Raising Grandchildren' Update

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

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

Alz's Association Helpline

The Alzheimer's Association's Massachusetts/New Hampshire Chapter is offering virtual support groups, education and early-stage social engagement programs free of cost to support individuals impacted by the disease. The Alzheimer's Association 24/7 Helpline is available for around-the-clock information, consultation and support at 1-800-272-3900. For more resources and information visit, alz.org/manh.

Town of Rochester Seeks COA Director

The Town of Rochester is seeking qualified applicants for a full-time Director for its Council on Aging. For a full list of duties for this position, please refer to the Town website at: townofrochester.com. This is a full-time (40 hours/week) position.

To apply, send a cover letter, resume, and list of three references, no later than March 31, 2021. All materials should be emailed, preferably in one file, to this address: COASelectionComm@townofrochester.com. Deadline for applications: March 31. The Town of Rochester is an Equal Opportunity Employer.

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.

COVID Eviction Help

Are you in danger of losing housing due to COVID-19? Take advantage of free legal assistance. The COVID Eviction Legal Help Project is operated by a group of regional legal aid organizations to provide assistance to both tenants and landlords facing pandemic-related eviction issues.

Call them at 800-244-9023, Monday through Thursday from 9 a.m. to 1:30 p.m. More information at nbrenthelp.com.

'Brain Builders' Online

Buzzards Bay Speech Therapy has moved its Brain Builders course online. The class helps participants improve memory, word-finding, thinking skills and socialization. Classes will be held 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.

Mass Senior Action Meeting Schedule

Looking to get more active in local and statewide senior issues? Mass Senior Action wants you! Massachusetts 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. The next meeting will be held on March 25. MSAC is currently working on expanding the Medicare Savings Program, SNAP benefits, transportation, long term care and many other issues. To join, contact Bristol County organizer Zach Boyer at 508-858-8167 or e-mail at zboyer@MassSeniorAction.org. Visit MSAC online at MassSeniorAction.org.

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. Stories collected 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.

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



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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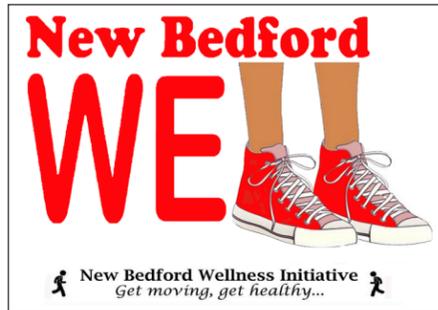
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Your Health

Small Changes Can Make a Big Boost to Your Health



By Christine Ross

New Bedford Wellness Initiative
Advisory Board Member

It's March. Did you make a New Year's resolution this year to improve your health? Lose weight? Eat better? Or start a new exercise regimen? What if this year, you didn't give up on your wellness goals?

What if you just started with a small change this week... no more soda, or no snacks after dinner, nothing earth shattering. Something achievable. If you achieve that goal in a week, or two, or three (we all struggle sometimes), add a new change.

Park a little farther away at the grocery store, do that yoga video you saw on Facebook or make that healthy meal recipe you saved months ago.

Now let me share a little bit about myself. Seven years ago I was obese, almost 100 pounds overweight. I would get frustrated clothes shopping. Nothing looked like it fit correctly. I knew my eating was out of control. I



Participants of the Walk with a Doc program have braved the cold weather this winter on Saturday mornings at Buttonwood Park.

didn't know where to start.

But I'm here to tell you, the best changes are small changes. I emptied my cabinets and donated anything that wasn't a canned vegetable or beans or a WIC-approved cereal to a local food pantry. I was living off processed foods and I knew that was a factor in my high blood pressure. ONE SMALL CHANGE.

Next I added walking. I got a step counter and tried to hit 10,000 steps every day. The weather had just changed from winter to spring and the days were getting longer. You can get in extra steps walking during your lunch, or by parking a little farther away from the door at the store.

Join a local walking group. Compete with your family and friends! NB Wellness walks happen every

Saturday at 9 a.m. at Buttonwood Park, weather permitting. Just find extra steps in your day. And if 10,000 steps sounds daunting start with 5,000 a day, or half a lap around your block. But start somewhere. ONE SMALL CHANGE.

Change has to come from inside you. You have to be ready to make the change. No one can make you. And, no, sometimes it won't be easy, especially when New England weather gives you three snowy days out of the last 10! But find those extra steps, clean that panty, donate the food items, or cook that delicious shrimp recipe!

You need to make the small changes for *you*. Small changes can make a big difference in your health.

Christine Ross has been on the

Advisory Board of New Bedford Wellness Initiative for three years. She assists with coordinating the New Bedford Wellness Initiative's 'Walk with a Doc' program.

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.

Light Exercise and Better Shoes Can Support Your Legs and Back

By Cam Bergeron, CSCS

Cam's Conditioning & Rehab

Do you have problems walking? Problems getting up from a chair? Pain in the hips, knees or lower back? These issues can be signs of weakness or misalignment in the lower extremities. This is where functional and strength training – and proper foot wear – come into play.

Sit-to-stands: These are one of the most basic exercises to stay functional. Not being able to get up out of a chair or even the toilet can put a strain on an individual's wellbeing. Every one of my clients, no matter their age or performance level, will perform multiple variations of sit to stand. As the client progresses their sitting surface gets lower and lower.

My goal for my clients is that they all can sit to stand off a low surface 6-12" high, such as a low beach chair. This keeps the lower body functional and strong in motions where it needs to be.

Functional exercises: These exercises use body weight for resistance. Body weight can only be used for a short amount of time until the body gets used to the resistance and needs more. What these exercises do in a short period of time will increase your strength as much as lifting weights for a few months.

It takes at least eight weeks to start building muscle when starting to lift weights. Combining



Walking on worn out shoes can lead to pain in your lower extremities. If your soles are flat, new shoes can give your feet – and your legs and back – the support they need.

your lower body workouts with functional and strength training is extremely important to keep the body functional. Activating and strengthening fibers in the body can help with pain.

Foot wear is overlooked by many people, but it's one of the most important articles of clothing we wear. Your shoes can tell you more about yourself and how you function than anything else. I can look at your shoes and most likely tell you where you experience pain or if you have a problem walking.

Every step we take is tracked by our shoes – just like tires on a car. If your front-end alignment is out of whack, your tires show the effects. Shoes are exactly the same.

Do you have hip/lower back pain? Check the bottom of your

shoes for excessive wear of the inside of the arch. This wear is caused by pronated arches (arches drop down). This causes a misalignment at the knees, which works its way to the hips and back.

Pain behind your knees? Check of excessive wear of the ball of your foot. This shows that you are not picking up your toes enough, so you're not performing a correct heel-to-toe motion. Most likely you have weakness in the shin and tightness in the calves and hamstring. These will cause pain behind the knees and potentially into the lower back.

Personally, I have a lower-extremity disease. When I feel pain coming behind my knees, the first thing I look at is my shoes. I change my shoes, and the pain goes away. You may be asking, what do my

shoes have to do with my knees, hips and back?

There is a fitness concept called the Kinetic Chain. This states that everything in the body is connected and when one muscle/joint is out of alignment, it will affect others. Everything starts at the feet. If the feet are not in proper alignment, then everything above will feel the effects.

If a doctor has ever told you to get orthotics, please follow their recommendation. Every foot is different, which is why doctors will tell you to get custom orthotics. This is always a better idea than pulling some random shoes off the shelf at the local store. The products at the stores are more affordable, but they are generalized. Custom ones will always perform better.

Value your body by buying a quality pair of shoes, which can actually help you in more ways than you realize.

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.

Facts About the COVID-19 Vaccine

Below are some facts about the vaccine from the Centers for Disease Control and Prevention and the Massachusetts Department of Health.

Will the vaccine make me sick with COVID-19? None of the authorized COVID-19 vaccines or vaccines currently in development in the United States contain the live virus that causes COVID-19. The

vaccines teach our bodies how to recognize and fight the virus. This process typically takes a few weeks. This protection is important because some people will experience severe illness or long-term health complications from COVID-19.

Are there side effects? After receiving the vaccine, you may have some side effects. This is a normal sign that your body is building protection.

Side effects may feel like the flu, but should go away in a few days.

I already had COVID-19. Do I still need the vaccine? Yes. COVID may cause severe illness, and re-infection is possible. Researchers currently do not know how long someone is protected from getting sick again after recovering from COVID-19.

Can undocumented immigrants

receive the vaccine for free? Yes. The vaccine is free for all Massachusetts residents. Health insurance will cover the cost of administering the vaccine. For patients without health insurance, health care providers may request reimbursement from the federal government for the cost of administering vaccine to undocumented immigrants.

Información Sobre las Vacunas Contra el COVID-19

Translations by Southcoast Health

A continuación, presentamos algunos datos sobre la vacuna de los Centros para el Control y la Prevención de Enfermedades y del Departamento de Salud Pública de Massachusetts.

¿La vacuna puede hacer que contraiga el COVID-19? Ninguna de las vacunas autorizadas contra el COVID-19 o las vacunas que actualmente están en proceso de desarrollo en los Estados Unidos

contienen el virus vivo que causa el COVID-19. Las vacunas le enseñan a nuestro organismo como reconocer y combatir el virus. Este proceso normalmente toma unas pocas semanas. Esta protección es importante porque algunas personas padecerán una enfermedad grave o complicaciones de salud a largo plazo por causa del COVID-19.

¿Hay efectos secundarios? Después de vacunarse, puede tener algunos efectos secundarios. Esto es un signo normal de

que su organismo está creando protección. Los efectos secundarios pueden sentirse como la gripe, pero deberían desaparecer en unos días.

Yo ya tuve COVID-19. ¿Todavía necesito vacunarme? Sí. El COVID-19 puede causar una enfermedad grave, y la reinfección es posible. Actualmente, los investigadores no saben cuánto tiempo una persona está protegida de enfermarse de nuevo después de haberse recuperado del COVID-19.

¿Los inmigrantes indocumentados pueden vacunarse de manera gratuita?

Sí. La vacuna es gratis para todos los residentes de Massachusetts. El seguro médico, incluidos Medicare y Medicaid, cubrirán el costo de administrar la vacuna. Para los pacientes sin seguro médico, los proveedores médicos pueden solicitar el reintegro por parte del gobierno federal por el costo de administrar la vacuna a inmigrantes indocumentados.

Factos Sobre as Vacinas do COVID-19

Abaixo estão alguns factores sobre a vacina do Centro para Controlo e Prevenção de Doenças e o Departamento de Saúde de Massachusetts.

A vacina irá fazer-me doente com o COVID-19? Nenhuma das vacinas autorizadas do COVID-19 ou vacinas presentemente em desenvolvimento nos Estados Unidos contém o vírus vivo que causa o COVID-19. As vacinas ensinam os nossos corpos a como reconhecer

e lutar contra o vírus. Este processo tipicamente demora umas poucas semanas. Esta proteção é importante porque algumas pessoas terão a experiência de uma doença grave ou complicações de longo termo do COVID-19.

Existem alguns efeitos secundários? Após receber a vacina, poderá ter alguns efeitos secundários. Isto é um sinal normal de que o seu corpo está criando proteção. Efeitos secundários parecem-se com os da

gripe, mas devem desaparecer em poucos dias.

Já tive COVID-19. Ainda preciso da vacina? Sim. O COVID-19 poderá causar algumas doenças graves, e re-infeção é possível. Pesquisadores atualmente não sabem durante quanto tempo alguma pessoa estará protegida de ficar doente novamente após ter recuperado do COVID-19.

Imigrantes não documentados podem receber a vacina

gratuitamente? Sim. A vacina é gratuita para todos os residentes de Massachusetts. Seguro de saúde, incluindo Medicare e Medicaid, cobrirá o custo da administração da vacina. Para os pacientes sem seguro de saúde, provedores de cuidados de saúde poderão requerer reembolso do governo federal para o custo de administração da vacina a imigrantes não documentados.

Translations provided by:

 Southcoast Health



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

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Team Acushnet continued...

in,” Caron said.

During the summer months, the EMA was back at the council on aging, this time helping them distribute boxes of food. The school department, along with the COA and PACE, participated in the USDA Farm to Families Program. Across 15 weeks, the team assisted about 625 families via a drive-through food distribution system.

“I think we’ve all become like family,” said Acushnet COA Director Heather Sylvia, who has also been part of the town’s ongoing

testing effort. “One phone call, and they’re there.”

By fall, the community’s pandemic response had shifted to COVID-19 testing for Acushnet residents. Acushnet Fire and Emergency Medical Services Director Kevin Gallagher said testing started in the elementary school’s parking lot, but they knew the effort would be short-lived with winter coming.

The operation migrated inside the school on Saturdays, and on Fridays, the town offers tests at the Acushnet COA via a newly acquired van.

Late last year, Gallagher heard

a news report that the University of Rhode Island had purchased a mobile testing van, but later abandoned the project. The van, decked out in URI’s colors (navy blue and gold), came complete with two exam rooms, and it has heat, ventilation, and lighting.

Even during a snowstorm that swept through the area on Feb. 19, Caron was ushering people inside the two testing rooms on either side of the van. Sylvia and members of Acushnet Fire & EMS were filling out paperwork and swabbing noses. (At the urging of the COA director, *Senior Scope*’s editor had a test. The test was painless, took all of five seconds and came back negative.)

Gallagher described the pandemic as the single greatest challenge the town has faced in the 34 years he’s spent with the fire department.

“Every emergency starts and ends locally. We have all these different departments that kind of do their own thing until there’s a larger need, and then we have a tradition of everyone just coming together,” Gallagher said. “We’re trying to do the best job that we can despite the circumstances. It takes all hands on deck to pull that off.”

Now with the rollout of the COVID-19 vaccine occurring throughout the nation, Gallagher had anticipated the Town of Acushnet would be able to administer vaccines in a similar fashion to the testing effort. However, with



Donna Lake (left) and Ed Caron (right) of Acushnet EMA deliver meals on Jan. 29. [Photo courtesy Heather Sylvia.]

limited supplies of the vaccine to distribute, the state ultimately opted to send residents to larger, state-run distribution sites, much to the disappointment of the town.

That setback, however, does little to change the amount of work the Town of Acushnet had already applied to the major challenges brought on by the pandemic.

Back on Jan. 29, when the temperature outside was below freezing, Acushnet EMA once again received a call from the COA asking for assistance with Meals on Wheels delivery. Caron and his colleague Donna Lake were back at it, bundled beneath neon yellow jackets.

“I feel good about what we’ve done, and I feel good about the agency,” said Caron. “It’s been quite the year.”



Team Acushnet gathers together at the Acushnet Elementary School on Feb. 6 to perform COVID-19 tests. From left: Ed Caron, Eric Chew, Jerry Bergeron, Gary Melo, Jeff Gaipo, Duncan Merrey, Heather Sylvia, Heather Vaughan, Kevin Gallagher, Laurie Gonsalves and Jerry Sounik.

Coastal Neighbors Network Elects New President

Coastal Neighbors Network (CNN) has elected Steve Kiechel president. He will replace Kate Fentress who served as president since CNN’s establishment in 2017.

Kiechel moved to Dartmouth in 2010 from Ohio, where he practiced orthopedic surgery for 40 years. He specialized in geriatric orthopedics and was also involved in creating a foundation to provide affordable medical and hospital care for the Amish and Mennonite community. Kiechel served as a board member of CNN since 2017.

In addition, CNN recently elected two board members, Sarah Van Vleck and Jed Cohen.

Late last year, CNN officially branched out into Westport.

Previously, the organization was concentrated in Dartmouth. CNN is a volunteer-driven nonprofit that provides a variety of support services to its members, including health care referrals, transportation and social events..

“Even during the pandemic, Coastal Neighbors has increased its membership,” said CNN Executive Director Andy Pollock. “As we continue to grow, we’re thrilled to welcome two new board members and we’re extremely fortunate that Steve Kiechel has stepped forward as our new president.”

For more information, contact Andy Pollock, Executive Director, at 508-556-4004 or visit www.coastalneighborsnetwork.org.

Call 2-1-1 for Help with COVID-19 Vaccine Appointments

On Feb. 5, Governor Charlie Baker announced that the state’s non-emergency helpline, 2-1-1, will assist those age 75 and older sign up for COVID-19 vaccine appointments. The move came after mounting criticism that requiring citizens to sign up online would leave those unfamiliar with technology or without computer access unable to receive a shot.

In late January, Phase 2 of the state’s vaccination plan began. Those age 75 and older, who were at the top of the priority list, became eligible. But this announcement came at a time when demand for the vaccine outpaced supply, and appointments were quickly filled not long after they were posted online.

That continued to be the case throughout February. Even as new vaccination sites opened throughout the South Coast, supply of the vaccine remained limited. By mid-February, the state’s website warned that for those who are eligible, “you may need to wait several weeks to schedule an appointment.”

Separately, Baker announced that individuals accompanying a 75+ resident to their vaccination appointment at one of four mass vaccination locations can make an appointment to also be vaccinated at the same location on the same day. Mass vaccination locations include the vaccination site at Gillette Stadium, Fenway Park, the DoubleTree in Danvers and the Eastfield Mall in Springfield.

Only one caregiver is permitted to schedule an appointment with each 75+ resident. Caregivers will need to attest that they are accompanying a 75+ resident to be vaccinated. The governor warned that those age 75+ should only reach out to people they know and trust for assistance getting to vaccine sites and reminded the public to never share personal information with anyone.

On Feb. 18, the state entered the next step of Phase 2. Residents age 65 and older, people age 16 and over who have two eligible medical conditions, and residents and staff of low-income housing and affordable senior housing became eligible.

The eligible medical conditions include: cancer, chronic kidney disease, COPD (chronic obstructive pulmonary disease), Down syndrome, heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies, immunocompromised state (weakened immune system) from solid organ transplant, obesity and severe obesity, pregnancy, sickle cell disease, smoking, type 2 diabetes mellitus, asthma (moderate-to-severe).

This new category included about one million people in the state. At the time of the announcement, the state was receiving about 110,000 doses a week from the federal government.

Visit mass.gov/COVIDvaccine or call 2-1-1 for updates, to check your eligibility, or to find and schedule an appointment.

Personal and Home Care Aide State Training Now Online

Personal and Home Care Aide State Training (PHCAST) is now available online for people interested to be trained as a homemaker. Moving the training online has been an ongoing effort from the Massachusetts Executive Office of Elder Affairs (EOEA).

The training encompasses 11 self-paced modules, is roughly 37 hours of training, and can be taken on a laptop, tablet, or phone. The training covers the topics and skills necessary to become a homemaker.

In addition to offering flexibility, the online course is a stepping stone to a career path that

includes personal care homemaker, nurse’s aide and other health care professions. The EOEA is striving to bring more people into these professions, increase the number of homemakers in the workforce and help alleviate the wait time for consumers needing services.

During 2021 the state will be translating the online PHCAST into Spanish and Haitian Creole and also converting the next level training for PC Homemaker into the same online format in English, Spanish and Haitian Creole. For more information, visit: mass.gov/home-care-aide-training-phcast.



Before moving in with adult children, talk through the process and your expectations.

Is an In-Law Suite Right for You?

By Brandon Walecka, Esq.
Walecka Law, P.C.
Estate and Elder Law

As you age, your ability to support and maintain your own home may become increasingly difficult. Health and mobility concerns may make living at home no longer feasible. In some circumstances, an adult child may suggest that you build an in-law suite in their home. The child may think that such a move will allow them to keep watch over you, help with caregiving and cut costs.

This type of living arrangement can be an emotional challenge. Here are some questions to ask yourself before making such a big financial and emotional commitment.

Do you really want to live with your child?

Before you move in, it is a good idea to talk through the process of moving in and how things will work. Discuss the roles each of you will play in the home. Will you help around the house by watching your grandchildren or help with cooking dinner? Living together may create a potential for conflict that was not present when you lived in your own home.

Will your child assume a caregiving role? Can your child be paid as caregiver?

Sometimes adult children have their parents move in to avoid more expensive care in a nursing home, assisted living, or other residential setting.

Some long-term care insurance policies may cover payment to a family member who is caregiver in certain circumstances. You should review your individual policy with your insurance agent to determine if your policy allows for such payments.

Also, Medicaid (MassHealth in Massachusetts) may pay relatives for caregiving, too. It is important under such circumstances that a care contract be created with a Geriatric Care Manager's report to avoid gifting penalties later. Also, there is a MassHealth program called the Adult Family Care program that can help seniors receive necessary daily care and supervision and also allow an adult child to be paid tax free for that care.

Have you executed the necessary documents to allow your children to make medical and financial decisions for you as you age?

Be sure that your estate planning

documents are in order. Do you have a Durable Power of Attorney and a Health Care Proxy? These documents can help you avoid much costlier conservatorship and/or guardianship down the road. These are legal documents that allow another person (e.g. your child) to make decisions for you when you are not able to make them for yourself. This will allow your child to access bank accounts to pay bills, deal with insurance companies, and make medical decisions for you.

Some considerations when constructing the in-law suite.

It is also very important to consider the work and cost involved when you move in. The in-law suite will often need to include a small kitchen, bathroom, living space, and bedroom. Who will pay for this new construction and expenses? The key is for you not to overpay for your interest in the home. If the construction for the in-law suite is really only valued at \$100,000, but you pay \$150,000, then in the future, Medicaid/MassHealth will view this overpayment as a gift, which can cause a certain period of disqualification.

You also need to plan for what happens to your interest in the home after your death. How do your other children (if any) receive their inheritances? What happens if you spend \$150,000 on construction and then pass away six months later? Should you have an ownership interest in the home? Should you retain a lease? What if your child gets divorced and a court orders that the house be sold and the money split?

Are you going to split maintenance and utility costs?

Living together may cut down expenses for both you and your child. Will your child receive rental income from you to help pay the mortgage? To help reduce their burden, you may choose to pay a share of the utilities, taxes, and other expenses of the home. Again, it is important for future Medicaid eligibility that the portion you pay be figured appropriately so as not to be considered a gift.

As you can see, there are significant issues and questions that can arise when considering moving in with an adult child. It is advised to consult with a qualified elder law attorney to discuss the Medicaid/MassHealth, tax, and other possible implications of your plans before taking action.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) Why was 1920 a monumental year for women in the United States?
 - A.) They gained the right to vote
 - B.) Girl Scouts of America was founded
 - C.) Could serve in the armed forces
 - D.) Equal pay act was enacted
- 2.) Which character debuted in the 1928 film "Steamboat Willie"?
 - A.) Wile E. Coyote
 - B.) Bugs Bunny
 - C.) Road Runner
 - D.) Mickey Mouse
- 3.) The 1928 discovery of WHAT revolutionized modern medicine?
 - A.) Radium
 - B.) X-rays
 - C.) Penicillin
 - D.) Aspirin
- 4.) The drugstore chain Walgreens blossomed in the 1920s thanks to which event?
 - A.) Prohibition
 - B.) Introduction of Coca-Cola
 - C.) Women's suffrage
 - D.) Ponzi schemes
- 5.) What ingredient makes cookies rise?
 - A.) Milk
 - B.) Cornstarch
 - C.) Baking soda
 - D.) Flour
- 6.) What American holiday tradition began in 1920?
 - A.) Groundhog Day
 - B.) Super Bowl
 - C.) Macy's Thanksgiving Day Parade
 - D.) Times Square New Year's Eve
- 7.) What protein comes from combining wheat and water?
 - A.) Fibrose
 - B.) Glucose
 - C.) Keratin
 - D.) Gluten
- 8.) What New Bedford Donut shop closed in 2016?
 - A.) Dunkin Donuts (Hathaway Road)
 - B.) Friendly Donuts (Tarkiln Hill Road)
 - C.) Homlyke Bakery
 - D.) Ma's Donuts
- 9.) Who was the first president to appear on TV?
 - A.) Harry S. Truman
 - B.) Dwight D. Eisenhower
 - C.) Franklin D. Roosevelt
 - D.) John F. Kennedy
- 10.) The Golden Gate bridge was named after what?
 - A.) Its intended paint color
 - B.) The waterway below it
 - C.) The last name of an explorer
 - D.) An anniversary date

[Answers listed on page 11]

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Nutrition

A Year into the Pandemic, Demand for Meals on Wheels Remains High

Every March, Meals on Wheels America celebrates “March for Meals,” a commemoration of the establishment of the national nutrition program and an awareness campaign for food security. Food access has remained a challenge throughout the pandemic, and now a year into the crisis, Coastline’s Meals on Wheels program remains busier than ever.

Not long after the pandemic was declared a national emergency on March 13, 2020, demand for Meals on Wheels increased. At the time, grocery stores struggled to keep shelves stocked as the public entered a period of panic buying. Moreover, the question of exactly how dangerous lingering inside public spaces, such as big box stores or cities buses, was unclear.

“This time of year, our numbers are generally up. But now there are less alternatives, so it’s remained high,” said Philip Beard, Coastline’s Elderly Nutrition Program Director. “It’s expected to remain high until everyone’s vaccinated.”

To meet demand throughout the past year, Coastline was joined by numerous outside agencies, community partners and volunteers. In addition to regular meal delivery, Coastline has provided supplemental nutrition during the pandemic, including frozen meals,

Each year, about 221 million meals are delivered to 2.4 million older adults.

9 out of 10 say Meals on Wheels helps them live independently.

\$51M

The economic burden associated with malnutrition in older adults.

9.7M

Before the pandemic, nearly 9.7 million older adults were threatened by hunger.

Approximately 2.4 million older adults receive meals through the Meals on Wheels program each year in America. [Graphic adapted from Meals on Wheels America.]

shelf-stable meals, liquid nutrition, boxes of produce and gift cards.

“The Councils on Aging have been terrific,” said Beard. “They’ve been coping with their own needs and their own changes, and yet they’ve been supportive of us.”

The national nutrition program, which includes services like Meals on Wheels, was initially established on March 22, 1972, when President Richard Nixon signed a law amending the Older Americans Act of 1965. It remains the only federally supported program designed to meet the nutritional and social needs of

older adults. Nationally, there are about 2.4 million people receiving meals each year.

In a pre-pandemic survey of Coastline’s Meals on Wheels consumers, nearly 60 percent of respondents said the meals contributed between a third to half of their daily intake, with a fifth reporting meals contributed to more than half their total daily intake.

According to the nonprofit Feeding America, about 5.3 million older adults were considered food insecure prior to the pandemic. “Food insecurity” is defined as a

household’s inability to provide enough food for every person to live an active, healthy life.

In an October 2020 analysis on the impact of COVID-19, Feeding America reported that Massachusetts was projected to have the largest relative increase in the food insecurity rate compared to all other states. With no clear end in sight, the nonprofit anticipates that demand for food relief will continue.

Beyond providing a meal to older adults, Beard said Meals on Wheels introduces many consumers to Coastline and its various services.

“I think we’ve opened people’s eyes to the possibility of including us as part of their successful aging,” said Beard. “Once people come in and get to know us, they sense that they could really have a partner in Coastline.”

Resources

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

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

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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.

Exercise Classes Resume: With the hope and anticipation of spring and warmer weather, outdoor exercise classes will resume at the Acushnet COA in March. The week of March 1st: Strong Women, Strong Bones with Karen. The week of March 8th: Toning and Zumba with Pati. Please be patient as we work with our instructors to offer additional programming as the weather gets warmer. All COVID rules and safety regulations will be in place. Walk-ins will not be allowed, you must have a reservation. Call 508-998-0280.

Deadline to License Dogs: March 31 is the deadline to license dogs in the Town of Acushnet. An updated rabies certificate will be needed. \$10 neutered or spayed dogs, \$15 for unaltered. You can drop off your check at the Parting Ways Building in a self-addressed stamped envelope. There is a mail slot on the right-hand side of the door.

Rabies Clinic Update: The Town of Acushnet will not host a rabies clinic this year at the Town Barn. However, Dr. Gaumont from Acushnet Animal Hospital will be offering the rabies vaccine, by appointment (March 8, April 8) at the Animal Hospital on Main Street. Please call 508-998-3004 to schedule your appointment. Owners will be required to enter the building upon arrival for the vaccine, fill out paperwork and make a payment (\$10 per animal), return to their vehicle and Dr. Gaumont will go out to your car and vaccinate your pet.

Eating Disorders Support Group: A new group is now available every Saturday, 7 p.m., both in person and via Zoom, for those living with eating disorders. For more information or the Zoom link please contact: River 2 Recovery, 1507 Pleasant Street, Fall River, MA 02723. Call 774-704-5501.

Toe Nail Care: By appointment. Call 508-998-0280.

Dental Care: Dental Care by appointment. To set up an appointment or for more information, call 508-827-6725 or email smiles@mobiledentalthygiene.com.

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: You're invited! 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 mornings 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.

"Student to Senior Show": This show will be 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.

New! Seated Zumba: This class is for beginners who may not feel comfortable with the faced paced steps of Zumba Gold. You can find Michelle's class on Dartmouth Community Media Channel 18 listings and on YouTube.

Hearing Clinic: Offered at the Center the 3rd Thursday of the month from 10 a.m. to noon by appointment. For a recently filmed overview of the monthly hearing clinic tune into Dartmouth Community Media on Channel 18.

Library Update: Dartmouth Libraries and the Dartmouth COA 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 to be signed up for this service.

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.

Tenants' Rights During the Pandemic: March 18 at 10 a.m. South Coastal Counties Legal Services will be hosting a Zoom presentation for older adults focusing on tenant rights, types of cases they specialize in and how to access their services. Please register by calling Juliana Madden at 508-742-1335 by March 11 to get the phone number to call in or the link to the video conference.

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: March 12 from 9 a.m. to 2 p.m. 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. The hotline is open Monday through Friday from 8 a.m. to 7 p.m. and Saturdays from 10 a.m. to 2 p.m. Clients are also encouraged to connect with us via our Live Chat featured on: www.gettingsnap.org.

Update from the Millicent Library: The library is now offering book bundles for children and adults. Want to try out some new authors, but unsure of which books to get? Fill out a quick form and the librarians will be happy to find some books for you based on your favorite genres or authors. When you pick up your book bundles, browse the titles we selected and read something new!

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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everyone to get out and enjoy a nice homemade lunch. March 2: Ham Salad Sandwich. March 4: Black Bean & Sausage Soup. March 9: Turkey Slaw Burger. March 11: Split Pea & Ham Soup. March 18: Cabbage & Beef Soup. March 23: Chicken Cordon Bleu Sandwich. March 25: Chicken & Wild Rice Soup. March 30: Thanksgiving Day Sandwich.

St. Patrick's Day: March 16. The Residence at Cedar Dell will be treating us to some delicious Irish inspired cuisine. On the menu is a potato leek soup, corned beef Reuben with sauerkraut and Russian dressing served with kettle cooked chips and a dill pickle. For dessert, you will be enjoying a mouth-watering slice of pistachio cake. Call 508-748-3570 by March 11 to register. Lunch will be served as a grab & go at noon.

Transportation: We continue to offer transportation to routine doctor's appointments. We request as much advanced notice as possible – at least 48 hours (not counting weekends and holidays). Transportation to grocery stores will be accommodated on a case-by-case basis. Only one passenger will be allowed on the buses at one time, with the exception of those accompanied by a caregiver or relative. Buses are sanitized between rides.

Inclement Weather Policy: When the Marion Public Schools are closed due to a weather-related emergency, COA-sponsored activities, including transportation, will also be canceled. If you aren't sure, call the COA office at 508-748-3570.

Dental Cleaning: Schedule your appointment for May 3 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: March 11 and 25 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: Programs and services are limited due to COVID-19. An "all call" will be made when programs/services resume in any form. Any updates and/or other information will be sent to anyone in our database via telephone, email; and anyone may find updates on Facebook, and the COA page on the Town's website. Such communication may relate to programs and services (start, halt, change, etc), but it may also relate to weather or safety issues. If any of your contact information has changed, please let us know so that we can update your information.

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

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

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

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

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

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

Co-ed Adult Indoor Pickleball: New Bedford Parks & Recreation is offering indoor pickleball from Nov. 3 to June 10, 2021 at the McCoy Rec Center, 181 Hillman Street, New Bedford, MA 02740. Held Tuesdays and Thursdays.

First session: noon to 1 p.m. Second session: 1:15 to 2:15 p.m. Limited to eight players per hour. Two courts are available. All players must be McCoy Rec Center Members and adhere to COVID-19 safety protocols. Masks must be worn at all times in the facility. Register online at: newbedfordma.myrec.com.

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. If you would like to receive a friendly call, 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.

Staff is still able to arrange van rides, food distribution, lending of medical equipment and a few other services. Please call for details or if you have needs. We provide free transportation to and from local appointments for Rochester residents. Please call for a ride with one of our friendly drivers at least 24 hours in advance so we can schedule a driver.

The Senior Center participates in various programs for those who are food insecure. Eligibility varies depending on the program. If you are experiencing food insecurity, even if temporarily, please call us. It would be our pleasure to assist you in navigating these programs. The Senior Center can also help with fuel assistance programs for families and seniors.

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.

March 2021 Trivia Quiz Answers

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

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Community

Marion COA, Tri-Town Motors Show Their Hearts for Valentine's Day

With temperatures hovering around freezing, a crew from the Marion Council on Aging and Tri Town Motors handed out hot meals in a chilly parking lot to celebrate Valentine's Day.

The event was sponsored by Tri Town Motors, a used car dealership on Wareham Road in Marion. This was the second year the company hosted a Valentine's Day celebration at the center – though it was the first year they did so from outside the walls of the warm building.

Well before the event was scheduled to begin at 1 p.m. on Feb. 13, a long row of cars had already formed in the driveway that surrounds the Benjamin D. Cushing Community Center. Dwight Crosby, the owner of Tri Town Motors, said he was happy to give back to his community despite the restrictions on gathering.

"We're a small Christian-owned dealership, and we believe in giving back to the community. There are all different kinds of ways to tithe, and this is one of them for us," he said. "We're blessed, and we'd like to give some back."

"I wish we could have something with a DJ and some dancing," he added. "But that will come."

Even throughout the winter months, the Marion Council on Aging has been serving soup and sandwiches through drive-through events on Tuesdays and Thursdays. A life guard shack, borrowed from the town beach and equipped with a small heater, sits aside the center and has become a makeshift drive-through window.

"We figured it was important," said Karen Gregory, the director of the Council on Aging, who helps prepare the to-go meals. "It gives



A crew from Tri Town Motors, a used car dealership in Marion, handed out meals on Feb. 13 for Valentine's Day at the Marion Council on Aging. It was the second year Tri Town Motors sponsored the Valentine's Day event, the first of which it celebrated outdoors.



This winter, The Marion Council on Aging has offered "Grab and Go" meals at the Benjamin D. Cushing Community Center on Tuesdays and Thursdays. The Valentine's Day event was also held as a drive-through, with a long line of cars forming before the event officially began.

Cyber Seniors continued...

computer prior to taking lessons through Cyber-Seniors, mostly due to the fact that her family urged her to do so.

"My kids told me they had to keep me in the 21st century. I started out with a regular computer, and they eventually bought me an iPad," said Demers. "I'm not a pro, but I think I'm sufficient at contacting other people through Zoom or email. When it comes to more advanced stuff, I'm not very good."

The pandemic has dramatically altered the way classrooms are conducted around the nation, and many students around the South Coast have been working primarily from home. Some younger students are allowed inside schools, but the Foster Grandparents have largely been absent from classrooms for safety reasons.

In prior years, Demers said she would help struggling students learn through flashcards. Now that she's had a crash course in Google Meet, she suspects she could work with children on reading and math through the internet. Regardless, she still worries about how students have been faring in the era of remote learning.

"I am so worried about the kids," said Demers. "I've been a foster grandmother for ten years,



Miss Debbie (seated) prepares to read a book during a recording of "Foster Grandparent Program Storytime," a project between Dartmouth Community Media (DCTV) and Coastline. Pictured: (left, standing) Mike Fernandes from DCTV and (center, standing) Jacqueline Medeiros, Coastline's Foster Grandparent Program Director.

and I've become so attached to the children."

Salcedo said that for those who are just learning technology, a good place to start is finding your motivation. Rather than being bogged down by all that technology can offer, think about what interests you. For example, she said one of her former students was religious and was interested in finding like-minded people and subscribing to relevant magazines online. That entry point gave her the ability to learn how to do specific tasks on a computer, and those skills could be applied elsewhere.

Salcedo said that as she trained the Foster Grandparents, it was evident their motivation was

people something to look forward to and gets them out of the house."

The parking lot itself has been busy with activity in recent weeks. First responders were vaccinated beneath a tent in the parking lot during Phase 1 of the state's vaccination rollout. With the state moving toward a wider distribution model, the Town of Marion later announced they're unlikely to receive future first-time doses.

Nevertheless, as older adults became eligible, the COA has been connected with Marion residents to help them register for an appointment.

Linda Jackvony, program coordinator at the Marion COA, said the flurry of activity in the parking lot has helped the COA stay

connected with residents despite social distancing protocols.

Throughout the pandemic, the COA has also made an effort to reach patrons in their own homes, whether its recording classes for Old Rochester Community Television or hosting its memory café on Zoom. Jackvony noted that last year's Valentine's Day bash especially stood out in memory because it was the last big party the COA hosted before COVID-19 swept through the nation. Still, they have remained connected to each other – even if it's through a car window.

"We keep in contact with everybody constantly," said Jackvony. "For something like this, they look forward to it."

skills she had picked up at previous jobs. Rock said Cyber-Seniors was helpful, and she's hoping she can apply those skills to do what she loves most: helping students learn.

"I miss when you start off with a student in the beginning – and you see when they're not interested and they're down on themselves. But as you see them progress, that's what makes it worthwhile," said Rock.

The public can enroll in Cyber-Seniors' programs on their website or request help through their toll-free tech helpline. The website features numerous classes, which you can watch and follow along at your own pace. The group classes are recorded and emailed to participants for later review.

"Find what is you want to get from the internet – it doesn't need to be everything," said Salcedo. "Start with one thing, and it will lead you down a different path."

Resources

To learn more about Cyber-Seniors, visit them online at cyberseniors.org. The website maintains a large catalogue of online lessons. Call Cyber-Seniors' toll-free tech hotline at 844-217-3057.

To learn more about Coastline's Foster Grandparent Program, contact FGP Director Jacqueline Medeiros at 508-742-9198 or email jmedeiros@coastlinenb.org.