

Senior Scope

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

Vol. 3, Issue 7

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May 2021

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Happy Older Americans Month!

Staying Social During the Era of Social Distancing

Not long after logging on to the Brain Builders class, an ongoing, online course that helps participants with communication and memory skills, it's immediately apparent that the atmosphere will be more fun than formal.

During a Monday-morning session held on April 19, about 20 participants were divided into smaller "breakout rooms" in Zoom. The groups had planned to review a homework assignment from the previous week.

The assignment, which was a word puzzle, became a conversation starter and prompted the instructor to teach smaller, related lessons. In one breakout room, the group practiced how to give out and record a phone number – and how to ask someone to slow down if they were rattling off digits too quickly. There was also a pop quiz, stretching the students' memories as they tried to recall the official state bird and flower of Massachusetts.

As the conversation continued, you would hardly know that along the way you were learning practical, real-world skills for better communication.

The exact topic of each class depends largely on the specific interests and needs of the group. By taking a broad approach, the class felt spontaneous and engaging.



Kari Star (left) and Lisa Yauch-Cadden, both speech-language pathologists, facilitate a course called Brain Builders, which helps participants practice communication and memory skills through socialization and activities. During the pandemic, the course transitioned online and is now offered over Zoom on Monday mornings.

"When you think about all the things that are related to cognition and thinking, there's a lot of functional skills. That includes problem solving, organizing, managing a schedule or a bank account," said Lisa Yauch-Cadden, a speech-language pathologist who co-facilitates the Brain Builders course. "We can help people with anything that involves reading, writing, language or thinking."

The classes are instructed by two speech-language pathologists from

Buzzards Bay Speech Therapy, a South Coast-based private practice that provides evaluation and treatment for children and adults with speech, language, swallowing and cognitive problems. Yauch-Cadden said that once a client has left patient services, there isn't a formal place for them to practice the skills they had been learning in therapy.

The Brain Builders course is meant to close that gap. The class

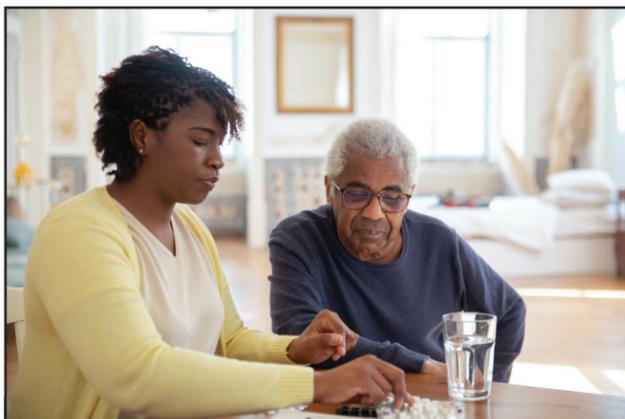
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Savvy Caregiver Program Helps People Cope

Caregiving for a loved one who has Alzheimer's disease or dementia can require a lot of time, energy and patience. The Savvy Caregiver Program, a free course that Coastline will be offering for the first time online this May, will teach caregivers what they can expect and offer practical advice.

Stephanie Gibson, a social worker at Coastline who co-facilitates the course, said the Savvy Caregiver program is a good starting point for those who are caring for a loved one who has been newly diagnosed. She said it helps caregivers develop strategies early in their loved one's progressive disease, and those strategies can help prevent problems further down the road.

"When something comes up that you don't know how to handle, it can become a crisis," said Gibson.



The Savvy Caregiver Program, which is free, will begin on May 18. To register, call Stephanie Gibson at 774-510-0193.

"We give people the education they need before a crisis happens."

While any caregiving role will come with its own set of challenges, caregiving for a person experiencing memory loss can be especially hard

on caregivers because they may not have a firm understanding of the disease and how it's affecting their loved one's behavior.

Dementia is a general term describing a group of symptoms that includes problems with memory, language and thinking skills. While there are many causes for dementia, Alzheimer's disease is the most common cause. Alzheimer's disease is progressive, meaning symptoms are irreversible and will become more pronounced over time, and it will hinder a person's ability to carry out daily tasks.

As the disease progresses, a person will become less in control of their actions and behavior. However, these behaviors are

Continued on page 7

State Issues Guidance for Families of Nursing Home Residents

On April 19, the Massachusetts Department of Public Health released updated guidance for family members of nursing facility and rest home residents. Many residents and staff have received both doses of the COVID-19 vaccine, and families are interested in visiting their loved ones. The guidance below is general. You should contact your loved one's facility for more specific guidelines.

Can I visit my loved one's room if they are vaccinated? According to state guidance, guests can visit a fully vaccinated loved one's room if your loved one 1.) has a private room and 2.) if the guest is also fully vaccinated. Unvaccinated visitors should continue to meet outdoors or in designated spaces. A person is "fully vaccinated" 14 days after receiving the second dose of the vaccine.

Am I required to show my vaccination card when I visit? No, long-term care facilities are not allowed to require that visitors show proof of vaccination during a visit.

Must I be vaccinated to have a compassionate care visit with my loved one? No. Compassionate care visits may occur in a loved one's

room regardless of vaccination status.

Do I have to wear full personal protective equipment (gowns, face shields, etc.) when I visit? No. You do not need to wear full PPE when you visit your loved one. However, face masks and hand hygiene will continue to be required.

Can children visit? Children will be required to follow the same guidelines as adults. If the child is not vaccinated, the visit should occur outdoors or in a designated visitation space indoors.

Can I take my fully vaccinated loved one out of the facility? Plans to take your loved one out of the facility should be discussed with the facility or residence in order to understand how to reduce the risk of any exposure and make sure their time away from the facility and return is as safe as possible. These steps include limiting interactions while the resident is on their planned leave.

Who do I contact regarding visitor policies? If you have questions about the state's guidance or feel as though your loved one's facility is not adhering to the guidance, contact the state's Nursing Home Family Resource Line at 617-660-5399.

Letter from the Editor

Each May, the Administration for Community Living (ACL) celebrates Older Americans Month. This year's theme, "Communities of Strength" highlights the important role older adults play in building strong, resilient communities. As with past years, the ACL is encouraging the public to share their stories because "hearing how others experience the world helps us grow."

I've been thinking about that a lot this month. This year, two women who have graced the cover of *Senior Scope* passed. Both were extraordinary individuals in their own right, but both happened to be, among other things, advocates for others.

Joan Stratton, who died this past February after a brief battle with COVID-19, advocated for LGBTQ people throughout the South Coast. Christine Gallagher became an advocate for those living with Alzheimer's disease and their families following her husband's diagnosis many years ago. Christine died in late March from cancer.

As a reporter, hearing the stories of other people is a necessary function of my job. It's also what I consider the best part of my job.

Every month I speak with people who are approaching the world from a different angle than

I am, and I consider it a privilege when someone wants to go on record with their story. Oftentimes, the folks who appear in this paper are sharing their stories because they want others in the community to feel recognized and less alone.

In early April, as I began piecing this issue together, I attended Christine's funeral. When I saw photos of her on display, I immediately thought of something she said to me whenever we spoke on record. She would remark on how she was a "quiet Portuguese girl" who never thought she would end up putting herself out there as often as she did. Her advocacy brought her around the area, the state and beyond. She used her voice and shared her story and spoke more times in public than she probably ever dreamed of.

Older Americans Month is a yearly reminder of the power of sharing stories. After this tough year apart, as we slowly return to something approaching normal, I'm sure there will be plenty of stories to share. And making sure to include the stories of those who are no longer with us should be part of that as well.

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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Check out the latest issue
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coastlinenb.org/news/seniorscope/

Donations for May 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 Louie Proulx. Missing and thinking of you every day,
Doris & Diane.**

\$10
—Diane Freitas

This issue: \$10
Year-to-Date: \$173

To: Coastline, 863 Belleville Ave., New Bedford, MA 02745

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Faster Processing of Disability Claims for People with Alzheimer's

By Delia De Mello
Social Security



Delia De Mello,
Social Security

Scammers are using the COVID-19 pandemic as an opportunity to file fraudulent unemployment claims, often using someone else's identity. Scammers may even use the identity of someone who is receiving or applying for Supplemental Security Income (SSI) benefits.

SSI applicants and recipients who begin receiving – or appear to begin receiving – State Unemployment Insurance (UI) benefits could appear to be ineligible for SSI benefits. They could even appear to be overpaid because of an unemployment claim filed in their name.

These UI fraud schemes are widespread and affect most states. The United States Secret Service is investigating more than 500 claims in over 40 states related to unemployment fraud.

At Social Security, we're taking steps to verify whether SSI applicants and recipients are victims of UI fraud. We will not reduce or terminate your payments due to a fraudulent unemployment claim filed on our behalf.

Report fraud involving unemployment insurance or other Labor Department activities at oig.dol.gov/hotline.htm or by calling 1-800-347-3756.

You may also report suspicions of fraud to your local unemployment office.

Remember that scammers always look for a chance to exploit your fears. Don't fall for their tactics – and guard your personal information. As a reminder: do not share your COVID-19 vaccination card on social media. This card displays personal information, which scammers can exploit, and sharing the card will help scammers create fake cards.

Please share this information with your friends and family, and let's help each other stay vigilant.

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Please share this information with your friends and family, and let's help each other stay vigilant.

Resources

How to Report:

Telephone Scams: 877-382-4357
Mail Scams: 877-876-2455
Internet Scams: ic3.gov
Identity Theft: identitytheft.gov
Unemployment Scams: 800-347-3756

Contact the AG's Office:

Elder Hotline: 888-243-5337
Consumer Hotline: 617-727-8400
Fair Labor: 617-727-3465
Medicaid Fraud: 617-963-2360

FEMA Launches Program to Help Pay for COVID-19 Funeral Expenses

In early April, the federal government launched a program to provide financial assistance for COVID-19 related funeral expenses.

The Federal Emergency Management Agency (FEMA) has established a hotline for individuals to apply, which can be reached at 844-684-6333. An applicant can apply on behalf of multiple diseased individuals. FEMA can assist with a maximum of \$9,000 per funeral at a maximum of \$35,000 per application.

If you are eligible for funeral assistance you will receive a check by mail, or funds by direct deposit, depending on which option you choose when you apply for assistance.

To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to COVID-19.
- The applicant must be a U.S. citizen, non-citizen national or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.

FEMA is not accepting online applications. You must apply via the hotline, and the application process is estimated to take about 20 minutes. FEMA indicated in a press release from April 12 that the agency is receiving a high volume of calls. If you receive a busy signal, try calling again later.

Before applying for assistance, FEMA encourages you to gather the following documents:

- An official death certificate that attributes the death directly or indirectly to COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia.
- Funeral expenses documents (receipts, funeral home contract, etc.) that includes the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened.
- Proof of funds received from other sources specifically for use toward funeral costs. We are not able to duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, government agencies, or other sources.

Additional information about the applicant and the deceased individual will also be required.

Why serve?

Enrich your life by helping others. When you serve with AmeriCorps Seniors, you join a network of people and organizations dedicated to strengthening the South Coast.



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

Be a part of something bigger



Foster Grandparents are role models and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving youth in their communities.

Receive benefits for your service



Foster Grandparent Program volunteers receive a small tax-free stipend for their time and commitment, while benefiting from the impact they make in a child's life on a daily basis.

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.



**AmeriCorps
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Update

Drop-Off Day in NB, Boat Wrap Update

Household Hazardous Waste Drop-off Day will take place on May 15 from 8:30 a.m. to noon at the Crapo Hill Landfill, 300 Samuel Barnett Boulevard, in New Bedford. Sign-up will be required this year. To select a time slot visit gnbrmdistrict.org. Please arrive as close to your selected time slot as possible. If you do not have internet access, call 774-503-0254 to sign up.

The event is open to New Bedford, Dartmouth, and Freetown residents only. Proof of residency and masks are required. Materials must be placed in the trunk, pickup truck bed, or back of SUV. Materials will not be accepted from seats of vehicles or handed to staff. Stay in your vehicle.

Separately, Dartmouth residents may not bring boat shrink wrap to the Dartmouth Transfer Station to be recycled. The transfer station will accept boat wrap through July 1. A transfer station permit is required. To obtain a transfer station permit or a day pass, call the Town of Dartmouth DPW at 508-999-0740. Boat wrap is only recyclable through drop-off programs. Plastic bags and plastic wraps do not belong in recycling carts. For more info, contact the Greater New Bedford Regional Refuse Management District by email at Marissa@gnbrmdistrict.org or by phone at 774-503-0254.

Local RMV Updates

Starting May 10, the New Bedford RMV Service Center will offer appointments for all transaction types.

The Fall River RMV Service Center will continue to operate as it currently does. Appointments for all transaction types will remain available.

The R.U.O.K. Program

The R.U.O.K. Program is a free telephone calling service for older adults and people with disabilities living in Bristol County. 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: May 10, 10 a.m. to noon at GNBCHC, 399 Acushnet Ave., New Bedford, MA 02740.

The 2021 dates are as follows: 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.

NBAM's 'Common Threads' Exhibit Opens

On May 1, the New Bedford Art Museum/ArtWorks! (NBAM) will launch "Uncommon Threads: The Works of Ruth E. Carter," a solo exhibition celebrating Massachusetts-born Ruth E. Carter's 30-year career as an Academy Award-winning costume designer. The retrospective will open at NBAM on May 1 and run through Nov. 14. The exhibit will follow Carter's creative process and include sketches, mood boards, iconic costumes, and other ephemera from her Los Angeles studio.

NBAM is located in downtown New Bedford at 608 Pleasant St. For tickets, visit newbedfordart.org or call 508-961-3072.

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.

Mass Senior Action Meeting Schedule

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. Upcoming meeting: May 27.

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 online seminars will be held on Wednesdays (May 5, 12, 19 and 26) 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.

MAC Online Art Auction

The Marion Art Center's Online Art Auction will be held from July 28 to July 31. Bidding starts on July 28. In the meantime, the MAC will be collecting art donations.

Do you have a piece of art or special item you no longer use or have room for? The MAC is accepting: paintings, prints, art objects, unique or handmade items, ceramic, glass, wood, jewelry, antiques, and more. If you have anything you'd like to contribute, contact the MAC at 508-748-1266, or email info@marionartcenter.org with "Art Auction" in the subject line. The MAC will arrange a no-contact drop off, or they can pick up your donations! Please note: the MAC is only accepting items in good condition.

CNN's 2021 Garden Tour on Westport Point

Coastal Neighbors Network (CNN) will be hosting its 2021 Garden Tour on June 30. Rain date is July 1. Eight beautiful gardens on historic Westport Point will be featured during the tour.

This year's event will be a walking tour, and all eight gardens are nestled within easy walking distance on Westport Point. The gardens have been selected for their creativity and innovative approaches to design and composition. Most have never before been open to the public.

Parking will be available at the top of the Point where guests will receive a map of the gardens on tour and historical notes on Westport Point itself. There will be a morning tour, from 10 a.m. to 1 p.m., and an afternoon tour, from 1 p.m. to 4 p.m. Tickets can be purchased on CNN's website, www.coastalneighborsnetwork.org at \$30 for a single person, \$50 for two people.

CNN is a membership-based nonprofit based in Dartmouth and Westport. For more information, call 508-556-4004.

Grandparents Raising Grandchildren, Inc.

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.



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

Trying a New Class Can Reacquaint You With Fitness



By Maureen McQuillan
New Bedford Wellness Initiative

I became reacquainted with structured fitness activities in my early 50s. I rejoined the YMCA and found lots of options for group exercise classes, and I attended regularly. I enjoyed both the social and health benefits.

Some years later, my husband developed early onset Alzheimer’s disease, and, coincidentally or causality, I developed hypertensive disease. I enrolled in a clinical study at Brown University School of Public Health to measure the effect of mindfulness practice on blood pressure management.

I had been a “mindfulness flunky” in several prior attempts. After being immersed in the bio-science evidence, I was finally able to actually feel and embrace the power of the breath. I also started attending seasonal outdoor yoga practices throughout the South Coast.

A nagging shoulder injury led me to occupational therapy where I met Deb Fraine. She shared the New

Bedford Wellness Initiative with me and I was wowed by the free programming on Sunday mornings. There was an offering for everyone, including cardio movement, strength and conditioning, chair massage, guided mindfulness, Qigong, smoking cessation, nutrition, hypnosis, and much more. The listings varied each week but there was always yoga with some of the area’s best instructors.

There were some days when I would go to the classes, which were held at the Boys & Girls Club of Greater New Bedford prior to COVID, at 9 a.m. and stay until early afternoon. The monthly visits by the Southcoast Wellness van provided free screenings for blood pressure and cholesterol measures, which helped me monitor my readings with a health care professional.

Every program provided instruction and modification for individual needs and comfort levels. The beauty of this type of programming is it meets you where you are. There are people who have been at it for years and there are people who are simply curious and have no experience. You are welcomed and supported from the moment you walk in the door (or now, from the moment you hit “play” on the Facebook Live).

It also provided a network of information through its varied presentations and instructors. Then the curtain dropped on all group indoor activities. However, when COVID-19 hit, the NBWI got



Mindfulness at home: The NBWI continues to teach courses over Facebook.

creative.

They not only reached out to the community with Facebook Live class offerings, they created even more opportunities. Unlike some fitness classes that are live or offered through the Zoom platform, Facebook Live allows you to access the recorded programs at your convenience.

New Bedford Wellness continues to offer the community valuable resources at a time when we need it the most. Research is conclusive on the role of exercise, stress reduction, diet and mindfulness on our ability to maintain a healthy lifestyle.

Each of these topics are addressed in their virtual programming on Facebook Live. Qigong, meditation, several forms of yoga including chair yoga, nutrition, and hypnosis are currently offered by a variety of instructors. Dr. Michael Rocha, a

local cardiologist, offers a Saturday morning “Walk with a Doc” activity, when the weather permits. The New Bedford Wellness page also keeps the community informed with current status on COVID-19 vaccination and testing sites and the latest updates from the Centers for Disease Control and Prevention.

The New Bedford Wellness Initiative also shares information about other opportunities in the area or virtual practices that support mental and physical health. Their advisory board members have a site where one can find additional information on topics that will enhance wellness.

The New Bedford Wellness Initiative gives us the opportunity to access all of this, no matter what our current level of fitness. To quote their mission statement, “The power to change is within all of us.”

Resources

For more updates from the New Bedford Wellness Initiative, visit them online at nbewell.com or follow them on Facebook at facebook.com/NewBedfordWell.

Look for the Initiative’s “Live Streaming Schedule” for a list of classes being offered throughout the week. The ‘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.

Gain a Wider Range of Motion with Mobility Drills

By Cam Bergeron, CSCS
Cam’s Conditioning & Rehab

As we age, it’s especially important to maintain our mobility – or our ability to move freely. Physical activity can help you stay mobile, and even walking can help. But walking only accounts for a small range of motion in the lower extremities. To maintain mobility, our bodies need to complete a wider range of motion.

There are a few drills that can help increase your mobility in your legs. Make sure you perform all exercises slowly and controlled at first. Once you can complete them at slower speeds, you can pick up the pace as long as you can complete the exercises properly. As always, do not perform exercises that cause you pain. If you do not feel comfortable walking in an open space, you can perform exercises near a wall or countertop.

Keep you chest up, shoulders back, abs tight

Long Mini Lunges

- Take a long step forward with one leg, then bend your knees, lowering down an inch or so
- The left leg now steps forward so feet are side by side, squeezing the glutes as you rise up
- Now take a big step with the other leg, then bend your knees
- Alternate between sides



High Knees

- Walk forward while bringing one knee as high as possible with each stride
- Keep chest up, shoulders back, abdominals tight
- Strike the heel of the foot first as it lands

Breathe out with each high knee

Carioca

- Stand in front of a long, empty wall for support
- Cross left foot in front of right foot, then bring right foot back around so feet are side by side again
- Cross left foot behind right foot and then bring right foot back around so feet are side by side again
- The pattern is: foot in front, side by side, foot behind, side by side
- Take about 10 steps right, then 10 steps left



You can use a wall for support

Improve How Your Mask Protects You

Correct and consistent mask use is a critical step everyone can take to prevent getting and spreading COVID-19. Masks work best when everyone wears them, but not all masks provide the same protection. When choosing a mask, look at how well it fits, how well it filters the air and how many layers it has. Below are the latest guidelines from the Centers for Disease Control and

Prevention.

Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask. Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping.

Choose a mask with a nose wire.

A nose wire is a metal strip along the top of the mask. Nose wires prevent air from leaking out of the top of the mask.

Check that the mask fits snugly over your nose, mouth and chin. Check for gaps by cupping your hands around the outside edges of the mask. Make sure no air is flowing from the area near your eyes or from the sides of the mask. If the mask has a good fit, you will feel

warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.

Use a cloth mask that has multiple layers of fabric. Wear a disposable mask underneath a cloth mask. Do NOT combine two disposable masks. Disposable masks are not designed to fit tightly and wearing more than one will not improve fit.

Mejore la Forma en que su Mascarilla lo Protege

Translations by Southcoast Health

El uso correcto y constante de la mascarilla es un paso fundamental que todos pueden tomar para prevenir contagiarse y propagar el COVID-19. Las mascarillas funcionan mejor si todos las usan, pero no todas las mascarillas brindan la misma protección. Al elegir una mascarilla, fijese qué tan bien le queda, qué tan bien filtra el aire y cuántas capas tiene. A continuación, se encuentran las pautas más recientes de los Centros para el Control y la

Prevención de Enfermedades (CDC, por sus siglas en inglés).

Asegúrese de que la mascarilla se ajuste cómodamente a la cara. Los huecos pueden permitir que el aire con gotitas de la respiración entre y salga por los bordes de la mascarilla. Elija una mascarilla con capas para retener las gotitas de la respiración dentro de la mascarilla y evitar que entren las de afuera. Una mascarilla con capas evitará que más gotitas respiratorias entren o se escapen de la mascarilla.

Elija una mascarilla con alambre nasal. El alambre nasal es una tira de metal a lo largo del borde superior de la mascarilla. Los alambres de metal previenen que se escape el aire por la parte superior de la mascarilla.

Verifique que la mascarilla se ajuste cómodamente sobre la nariz, la boca y el mentón. Compruebe que no haya espacios abiertos, ahuecando las manos alrededor de los bordes externos de la mascarilla. Asegúrese de que no haya aire entrando por el área cerca de los ojos o por los lados de la mascarilla. Si la mascarilla

está bien colocada, sentirá aire tibio pasar por la parte delantera de la mascarilla y quizás pueda ver como el material de la mascarilla se mueve hacia adentro y hacia afuera con cada respiración.

Use una mascarilla de paño que tenga varias capas de tela. Use una mascarilla descartable debajo de la mascarilla de tela. NO combine dos mascarillas descartables. Las mascarillas descartables no están diseñadas para que se ajusten cómodamente y el usar más de una no hará que se ajuste mejor.

Melhore a Forma Como a Sua Máscara o Protege

Uso correto e consistente da máscara é uma etapa crítica que todos devem tomar para evitar apanhar e espalhar o COVID-19. As máscaras funcionam melhor quando todas as pessoas as usam, mas nem todas as máscaras providenciam a mesma proteção. Quando escolher uma máscara, veja como é que serve, como é que filtra o ar e quantas camadas tem. Abaixo estão as linhas de orientação mais recentes dos Centers for Disease Control and Prevention.

Tenha a certeza que a máscara se encaixa perfeitamente contra a sua cara. Lacunas podem deixar o vazamento do ar com gotículas respiratórias dentro e fora à volta da extremidade da máscara. Escolha uma máscara com camadas para manter as suas gotículas respiratórias dentro e fora dos outros. Uma máscara com várias camadas evitarão que mais gotículas respiratórias entrem para dentro da sua máscara ou escapem dela.

Escolha uma máscara com fio no

nariz. Um fio do nariz é uma verga metálica ao longo da parte superior da máscara. As vergas no nariz evitam que o ar saia pela parte superior da máscara.

Verifique que a máscara serve apertada sobre o nariz, boca e queixo. Verifique se tem lacunas colocando as mãos em volta das bordas externas da máscara. Tenha a certeza que não tem ar a sair da área perto dos seus olhos ou dos lados da sua máscara. Se a máscara servir bem, sentirá ar morno

sair pela frente da máscara e poderá ver o material da máscara mover-se para dentro e para fora cada vez que respirar.

Use uma máscara que tenha várias camadas de fazenda. Use uma máscara descartável por baixo da máscara de fazenda. NÃO combine duas máscaras descartáveis. Máscaras descartáveis não estão designadas a servir apertadas e usando mais do que uma não melhorará como vai servir.

Translations provided by:

 Southcoast Health



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Savvy Caregiver continued...

typically a response to a need that they may not be able to clearly communicate to their caregiver.

Gibson said that during the pandemic, caregivers were forced into a challenging predicament. Caregivers were uncertain if allowing health care workers into their homes would be safe as COVID-19 cases surged, meaning families were responsible for nearly all of the caregiving themselves.

Even in typical year, caregiving can be a stressful situation. Prior to the pandemic, a former Savvy Caregiver Program participant spoke with *Senior Scope* about the challenges of caring for her mother and mother-in-law. Gayle Whittle said she moved back to the South Coast several years ago to care for her family.

At the time, she said her mother had some dementia, which presented itself as confusion, and her mother would ask questions repeatedly. Whittle said the program helped her realize that her mother's new behaviors were not intentional.

"Before taking this workshop, it was hard to be patient," said Whittle. "The workshop taught me that you're not going to be able to stop the repetitive questions. But getting annoyed and saying 'I just told you that' isn't helping anybody. It may stress them out, and it certainly isn't helping the caregiver."

While completing the course won't make all the stresses of

caregiving melt away, Gibson said, the program can help caregivers develop a sense of control over the situation and better manage daily life.

Whittle gave an example of how, when she would visit her mother, she would often check in while cleaning, moving from one task to another. What she didn't realize was that her moving around the house while asking questions only added to her mother's confusion. Sitting down and engaging in a face-to-face conversation before cleaning turned out to be a better approach.

Gibson said sometimes caregivers don't realize they're contributing to their loved ones behaviors.

"You could be giving them too much for the level that they're at," said Gibson. "It's the disease, not the loved one."

Resources

The Savvy Caregiver will be held every Tuesday from 10 a.m. to noon, starting on May 18 and running to June 22. This program is offered for free by Coastline and will be held online. Assistance with technology may be available.

To register, call Stephanie Gibson at 774-510-0193 or register online at healthyliving4me.org.

The Savvy Caregiver workshop is made possible by a grant from the Administration for Community Living and the Executive Office of Elder Affairs. This funding allows Coastline to offer this program at no cost.

State Launches Program to Vaccinate Homebound Residents

On March 29, Massachusetts launched a COVID-19 vaccination program for homebound residents. About half of the cities and towns in Massachusetts will utilize their local boards of health to administer the vaccine. A separate statewide service will operate the program in the remaining communities.

The program will make use of the single-shot Johnson & Johnson vaccine and is for homebound people who are not able to leave their home to get to a vaccination site, even with assistance. These individuals either:

- Have considerable difficulty and/or require significant support to leave the home for medical appointments
- Require an ambulance or two-person assistance to leave the home
- Are not able to leave the home for medical appointments under normal circumstances

If you are eligible for an in-home vaccination, you can call the Homebound Vaccination Central Intake Line at 833-983-0485. A representative will ask questions to determine if an in-home vaccination is appropriate. If an in-home vaccination is appropriate, you will be registered with the State Homebound Vaccine Provider or referred to your local board of health.

Some local boards of health will

manage a homebound vaccination program for their community and can be contacted directly regarding in-home vaccination.

The Commonwealth's In-Home Vaccine Provider, Commonwealth Care Alliance, will handle the scheduling and administration of in-home vaccinations. When you are registered with the State Homebound Vaccine Provider, you will generally be called within three business days (but, depending on demand, it could take closer to one week) to schedule your appointment. In-home vaccinations will be:

- Performed by medical professionals, following all public health guidelines
- Tailored to meet the individual needs of the homebound individual, as discussed on the scheduling call
- Scheduled based on geography of homebound residents, not on a first-come first-served basis
- Performed using the Johnson & Johnson single-dose vaccine

The Boards of Health in Dartmouth, Marion, Mattapoissett and New Bedford will be operating the program in their respective towns.

Commonwealth Care Alliance will be managing the program for residents of Acushnet, Fairhaven and Rochester. Call 833-983-0485 for more information.



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Protect Assets from the Cost of Nursing Home Care

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

What is a testamentary supplemental needs trust?

A trust is a written agreement between the person(s) who creates the trust and the person who administers the trust as to how any property owned by the trust may be used. A testamentary trust is any trust created by the terms of a person's Will. A supplemental needs trust (SNT) is a trust created for the benefit of a disabled person who is receiving, or may in the future receive, needs-based government benefits. Assets held by a testamentary SNT generally are not considered to be owned by the beneficiary of the trust. Therefore, if the beneficiary of the trust applies for Medicaid (MassHealth), the trust assets should not count.



What are needs-based government benefits?

Needs-based government benefits include Medicaid (MassHealth in Massachusetts), Social Security Supplemental Income (SSI), and some types of public housing, etc. These are benefits that a person must apply to receive. To qualify, the applicant is required to meet certain income and asset limits.

For example, if a person is in a nursing home and desires for Medicaid to pay for the cost of their nursing home care the person needs to apply for Medicaid and be approved. To be approved, the person must have less than \$2,000 in "countable" assets.

Countable assets include all assets except for a house, a car, a pre-paid funeral, \$1,500 burial account, and \$1,500 whole life policy. A further discussion of MassHealth qualification and further planning strategies is complex and beyond the scope of this article.

How does this strategy work?

Each family is unique and therefore, this is a general discussion. Since each family's plan is likely to be slightly different, this example is to be considered for illustrative purposes only.

One example might be each spouse executes a Will containing a testamentary SNT for the benefit of the other spouse. The couple's assets would then be allocated in a particular manner. Upon the death of a spouse, any property owned by the spouse passes via that deceased spouse's Last Will and Testament to a testamentary SNT for the benefit of the surviving spouse.

Once the property is in the testamentary SNT, the property

no longer counts as an asset of the surviving spouse. Thus, the property is protected if the surviving spouse needs nursing home care in the future or is already in the nursing home.

What is the main drawback of this strategy?

This strategy only works if a testamentary SNT is used. Using a testamentary trust means that a probate must be opened, and the trust will be subject to oversight by the county probate court. This oversight adds cost and complexity. Additionally, this strategy does not protect assets if both spouses enter a nursing home for long term care with neither having passed away.

When is this strategy appropriate?

Again, each situation is unique and therefore, must be evaluated on its own facts and circumstances. But, generally, this strategy may be considered if both spouses are elderly and protecting assets in some other way would create a penalty period (a period of ineligibility of MassHealth). Using this strategy does not create any penalty as no gifts were made.

When will this strategy not work?

While there are other times that this strategy may not work beyond what is described in this article, this strategy is unlikely to work if the first spouse to die has received Medicaid benefits (either at home or in a nursing home). Another unlikely successful situation is if both spouses enter a nursing home and apply for Medicaid together. In that situation, the assets of the family would need to be reduced to \$2,000 in countable assets along with the home prior to the Medicaid application to be eligible for benefits.

Conclusion:

As you can see, this type of planning is extremely complex and is not suitable in all cases. If you have a loved one whose assets you would like to protect from the cost of long-term care but it appears that you cannot delay Medicaid application for five years, you should see an elder law attorney as soon as possible. This and other strategies may be able to help your family.

Do you have a suggestion for a future article topic for Attorney Walecka? Reach out to him directly with a question or topic you think would be helpful to readers at 774-203-9003 or via email at Brandon@WaleckaLaw.com.

The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- Why is a sharp knife better than a dull one?
A.) Sharp knives are faster B.) Sharp knives don't slip easily
C.) Only trained chefs can use them correctly
D.) They don't damage cutting boards
- What is the recommended water pressure (psi) for a home?
A.) 0.8 psi B.) 3 psi C.) 80 psi D.) 10,000 psi
- What appliance can generate a shock even after it's unplugged?
A.) Toaster B.) Vacuum cleaner
C.) Alarm clock D.) Microwave
- Who was the first emperor of Rome?
A.) Tiberius B.) Julius C.) Constantine D.) Augustus
- What '80s haircut was called "business up front; party in the back"?
A.) Mohawk B.) Mullet C.) Jheri curl D.) Bouffant
- The real Smokey the Bear was rescued from forest fire in what state?
A.) Alaska B.) California C.) Georgia D.) New Mexico
- What was the name of the cat that survived three WWII shipwrecks?
A.) Offshore Oscar B.) Floating Faith
C.) Unsinkable Sam D.) Polar Cat
- How long are the white divided lines that denote a passing lane on U.S. roads?
A.) 3 feet B.) 8 feet C.) 10 feet D.) 12 feet
- What was the Beatles best selling album in the U.S.?
A.) Abbey Road B.) Sgt. Peppers Lonely Heart Club Band
C.) Yellow Submarine D.) The Beatles
- What is the oldest surviving tree species?
A.) Ginkgo B.) Oak C.) Elm D.) Silver Birch

[Answers listed on page 11]

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Nutrition

Tips for Stocking Your Pantry During the Pandemic

The pandemic has meant that at any time, we could be exposed to the coronavirus and asked to quarantine. That begs the question: if you had to suddenly enter quarantine for the next two weeks, would you have enough food in your pantry?

Pantry items – the foods you can store for longer stretches of time in your cupboards, freezer or refrigerator – are relatively inexpensive. However, not all pantry items are created equal. Some items are not as nutritious or contain way more salt and sugar than you might realize.

Coastline Dietitian Stephanie Boulay offered a few pointers to keep in mind when it comes to stocking up.

Fruits and vegetables:

In addition to lasting longer than fresh produce, frozen fruits and vegetables are often cheaper and are available year-round. The crops are canned or frozen shortly after they're harvested and will retain their nutritional value in the process. Fresh produce, especially out-of-season items, may have had to travel a great distance before arriving at the grocery store.

Frozen or canned options are also versatile. You can incorporate frozen fruit in smoothies, oatmeal



Not sure what to do with frozen fruit? You can add frozen fruit to smoothies, oatmeal, yogurt. You can thaw and mash frozen fruit to make fruit sauce for whole-grain pancakes.

or yogurt. You could thaw and mash frozen fruit to create a fruit sauce to have over whole-wheat pancakes. Frozen or canned vegetables can be added to stir fries, quesadillas, casseroles, pot pies and chili.

When making a selection at the grocery store, avoid canned or frozen products that come packaged in sauces or syrups, which are often loaded with extra salt or sugar. If you're buying canned fruit, buy it in 100 percent juice, not syrup.

Pantry Proteins:

It's important to have some sources of protein in your pantry. Canned fish or chicken can be added to salads and pasta dishes, and you can even make salmon patties

or chicken pot pies from canned options. Beans, which you can buy canned or dried, are another great source of protein.

"Beans are versatile, high in fiber, very high in protein, loaded with vitamins and minerals, and inexpensive," said Boulay. "When you're shopping, look for 'no salt added' or 'low sodium' options. If you can't find those options, make sure to rinse the beans before you use them because you'll remove almost half the sodium that way."

Nut butters, like peanut butter, are another source of protein, but be mindful of "reduced fat" options.

"Nut butters have a ton of heart-healthy fat in them. But some brands can add a lot of oils to make

them stiff. Try to avoid 'reduced fat' brands because the whole point of eating nut butter is to get the heart-healthy fat," Boulay said. "Reduced fat brands tend to add lots of sugar to make up for the lack of taste."

COVID Stress-Eating:

While it may be tempting to load your pantry with sugary snacks and salty chips, be mindful that the pandemic has been a stressful time, and that could prompt even the most stalwart health-nut to indulge on junk food.

"If you're feeling stressed out, the power of later is huge," said Boulay. "If you're stressed, and you're having a craving for ice cream, tell yourself, 'I can have ice cream, but I'm going to have it later.' Food cravings can be intense, but they only last for about twenty minutes."

Resources

For more health tips, tune in to "Cooking Healthy with Coastline," a long-running TV show produced by Dartmouth Community Media (DCTV). Boulay will lead you through a recipe and give you tips and tricks to eat healthy on a budget.

Past episodes can be viewed on Coastline's website at coastlinenb.org/cooking-healthy.



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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.

The majority of programming will continue outside at the Acushnet COA in May. Advanced registration is required for all classes and programs and COVID protocols will be in place. Masks must be worn at all times and social distancing will be enforced. Register ahead of time at 508-998-0280.

Painting With Kristen: There will be a different painting every Thursday at 1 p.m. What if I have never painted before? All levels of experience come in and leave with their very own masterpiece! Don't be intimidated, Kristen is here to guide you step-by-step!

South Coastal Counties Legal Services Presentation: May 17 at 11 a.m. join us for a presentation about South Coastal Counties Legal Services (SCCLS). A non-profit law firm, SCCLS is the principal provider of free civil legal help to low-income and poor individuals, families, elders, and the disabled throughout Southeastern Massachusetts. Attorney Andrew Bardetti with SCCLS' Seniors Law Project, will be here to share how SCCLS helps people over the age of sixty in housing, government benefits, healthcare, and consumer matters.

Strong Women, Strong Bones: Every Monday, Tuesday and Wednesday at 9 a.m. A Title III Program.

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

Strength and Conditioning: Wednesday at 10:30 a.m. and Fridays at 9 a.m.

Toe Nail Care: Every other Friday beginning at 9 a.m.

Therapeutic Gardening Group: The New Bedford COA, in conjunction with Acushnet, will offer a five-week therapeutic gardening group beginning on April 28 at the Senior Community Center in Acushnet, 59 1/2 South Main Street. The program will run on Wednesdays from 12 p.m. to 1:30 p.m. Pre-registration is required. Those attending the group will be provided with an 18" flower box filled with potting soil and plants. This group will be led by Melissa Ahaesy, Licensed Mental Health Counselor. Free, limited to the first 8 to register. Call 508-998-0280.

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, 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.

Driving Decision Workshop: May 12 at 10 a.m. on Zoom. Topics include reporting procedures, relicensing requirements, liability, safety, disability plates and placards and the importance of obtaining Massachusetts ID card when retiring from driving. To register please contact Nancy at the Center.

Music on the Lawn with Chris Waters: May 26 at 1 p.m. Bring your lawn chair. Tickets on sale one day only on May 14 from 9 a.m. to 2 p.m. outside the Center. Cost is \$5 per person.

In-person Widow and Widower Support Group at the Center with Beacon Hospice. Four sessions on 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. Space is limited.

Wreath Making Class: May 19 at 1 p.m. Cost is \$5. All supplies included. Get your creative juices flowing. Join Angela for a fun, interactive felt wreath making class. Space is limited. Register by calling the center.

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.

Legal Assistance: Please call the Center for information, appointment and protocol. Elder Law Consultations with Atty. Brandon Walecka in the 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 from 2 to 3 p.m. by appointment.

Book Club: Second Monday of the month at 1 p.m. Book to be determined after first meeting. Pre-registration is required. Group will meet indoors, or outdoors if weather permits.

Osteo Exercise: Outdoor class will be held on Mondays at 10:15 a.m.. Call the Center to pre-register. Free.

Zumba with Michelle: Outdoors on Tuesdays from 10:30 to 11:30 a.m. \$6. Please call to pre-register.

Cam's Body Awareness: Outdoors on Wednesday 9 to 9:45 a.m. \$2. Please call the Center to pre-register.

Art Class with instructor Carol Veiga: Tuesdays 9 a.m. to noon. \$10. Pre-registration is required.

French Conversation & Culture: Wednesdays at 10 a.m. beginning May 19. Pre-registration required.

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.

Osteoporosis Class: Simple, safe, bone-boosting exercise. Beginning May 3. Mondays, Wednesdays, and Fridays from 8:30 to 10 a.m. Cost: \$1. Masks and social distancing required. Class is outdoors.

Chair Yoga: Modified yoga program in a seated/standing position. Beginning May 10. Mondays and Thursdays from 10:15 to 11:15 a.m. Cost: \$3. Masks and social distancing required. Class is outdoors.

Health Awareness: Supportive group for health and fitness awareness. Beginning May 6. Thursdays from 9 to 10 a.m. Masks and social distancing required. Class is outdoors.

Volunteer Medical Transportation: Volunteer Medical Transportation will be available to any Fairhaven senior 60 years old and older, who has been fully vaccinated, to local doctor appointments. The volunteer driver has been fully vaccinated. We are asking that both continue to wear masks during the transportation. A donation can be made directly to the volunteer driver.

Seeds for Seniors: The Fairhaven Sustainability Committee has initiated a wonderful project titled "Seeds for Seniors" for Fairhaven seniors 60 years old and older. Each kit includes one 5"x10" container with 10 peat pellets and 3 packets of assorted vegetable seeds and one packet of flower seeds. There is no choice of what seeds come with the kit, but you could swap with a friend who also has a kit. Kits are limited. Call the Fairhaven Senior Center.

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 or email smiles@mobiledentalhygiene.com. Next appointments are scheduled for June 15.

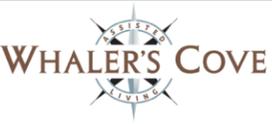
Greater Boston Food Bank: The Greater Boston Food Bank provides free non-perishable groceries and fresh produce to eligible people, age 60+. Call the Fairhaven and ask for Anne Silvia to see if you qualify.

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.

Tea Party: May 13. Seatings at 11:30 a.m. and 1:30 p.m. Join us for an elegant affair where we will enjoy a spot of tea, finger sandwiches and an array of sweet treats. Christ Carter will be on hand to provide musical entertainment.

Continued on Page 11



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4.5 STARS | PATIENT OUTCOMES



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Registration is required by May 7. Call 508-748-3570. Space is limited. Please consider a \$5 donation. Donations are suggested.

Coffee with the Chief: May 21 at 10:30 a.m. Join Police Chief Rich Mighelli for coffee, pastry and conversation. It will be a time for sharing information and addressing concerns. Call the center to register.

Style for the Golden Years: May 25 at 1 p.m. Enjoy a presentation on fashion, style and beauty with Karen Antonowicz, who has a master's degree in textiles and fashion merchandising. Join us be inspired. Call the center to register.

Elder Law Education: May 27 at 1 p.m. Attorney Ashley Evirs will speak about issues pertinent to older adults. Call the center to register. The first 15 people to register will receive a 2021 edition of "Taking Control of Your Future: A Legal Checkup."

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: May 6 and 20 from 1 to 2 p.m. Hosted online by Community Nurse Home Care. Call 508-992-6278 for log in information.

YMCA: Starting May 4, the COA will be resuming transportation to the Gleason Family YMCA in Wareham for exercise and classes. All classes at the YMCA will require pre-registration. The Y can be reached at 508-295-9622. Call the center for transportation at 508-748-3570. Transportation is every Tuesday and Thursday, pick-ups begin at 9:30 a.m. and return trips are at 12:45 p.m.

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 Tuesdays at 12:30 p.m.

Widowed Person Support Group: May 6 at 9:30 a.m.

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

Estate Planning: May 10 at 3 p.m. via Zoom. Estate planning is something we all need to do, regardless of age, marital status or wealth. You want the security of knowing that your estate will be handled exactly the way you want. Join Atty. Jane Sullivan of the Massachusetts Chapter of the National Academy of Elder Law Attorneys. If you don't have access to a computer, you can call in OR you can be part of the live audience (Atty. Sullivan will be presenting via Zoom). To receive the access link, email coadirector@mattapoissett.net or call the COA at 508-758-4110 for more information.

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.

Beef Tenderloin Dinner: May 13 at 5:30 p.m. \$12/person. Limited take-out at 6:30 p.m. We are coming back with a fabulous dinner! Reservations are limited due to COVID restrictions, so call to reserve your seat. Salad One the menu: Beef tenderloin, potato, vegetable and dessert. For planning purposes, please call 508-763-8723 to make your reservation by May 7.

Candidates' Night: May 6 at 6 p.m. All candidates that have returned papers have been invited to attend this information meeting hosted by Selectman Woody Hartley. Masks and distancing will be required for in-person participation. If you'd rather participate from home, we are offering participation through Zoom. Contact the center for details.

Monthly Bereavement Group: May 11 with Reverend Larry from Continuum Hospice at noon.

Hip Hop Dance: May 19. Chair Exercise 11 a.m. Funded by the Rochester Cultural Council.

COA Luncheon: May 24 at noon. Chicken Pot Pie. \$5. Call to reserve.

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

Morning Painters: 9:30 a.m. on Mondays.

Stepping/Stretching: 2 to 3 p.m. on Mondays.

Scrabble: Tuesdays from 9 to 11 a.m.

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

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.

Dementia Directory

www.alzconnected.org

Virtual Support Groups

Alzheimer's Association: Various times and dates. Call 800-272-3900 for more information.

Mondays: LGBTQ Phone Support, first Monday of the month. For anyone in the LGBTQ community who is caring for an individual with dementia. Contact Barb Meehan at 508-291-0660 or bamscats@gmail.com.

Tuesdays: Every other Tuesday, 3 to 4:30 p.m. For the caregiver and person living with dementia. Contact Carolyn Greany at 508-304-4587 to register and get login information. (This group was held at the Dartmouth COA before the pandemic.)

Wednesdays: First Wednesday of every month from 1 to 2 p.m. Contact Community Nurse 508-992-6278 ext. 2805 to register. This group meets over the video conferencing app Microsoft Teams. (Formally held at the Fairhaven COA.)

Thursdays: Every other Thursday from 10:30 a.m. to noon. Open to any caregiver, regardless of illness of person cared for. To register, call Stephanie Gibson at Coastline at 774-510-5209. Held on Zoom. (Formally held at the Dartmouth COA on first Friday.)

In-Person Groups

Thursdays: Marion COA, every other Thursday from 1 to 2:30 p.m. The support group will be at Marion COA under the heated tent. To register, call the Marion COA at 508-748-3570 or call Community Nurse at 508-992-6278 ext. 2805.

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.

May 2021 Trivia Quiz Answers

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

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Local Summit Highlights Older Homeless Population

In recent years, researchers have noticed a demographic shift happening in major cities throughout America: older adults are making up a larger share of the homeless population.

This year's SoCo Elder Homelessness Summit, hosted virtually by the United Way on April 13, highlighted local resources that can help older adults remain in stable housing.

Prior to the pandemic, the cost of housing had been rising, leaving less money in budgets for other necessities like food and health care. According to data from County Health Rankings from the Robert Wood Johnson Foundation, about 15 percent of households in Bristol County were spending half or more of their monthly income on housing between 2015 and 2019.

Then COVID-19 swept through the nation, driving unemployment and, more recently, creating a red-hot real estate market. The cost of homes has increased as demand remains high and the number of available houses remains low.

During the summit, Mary Ellen Natale, who serves as the managing attorney at South Coastal Counties Legal Services (SCCLS), said housing-related cases now make up the majority of cases the agency handles. SCCLS provides free civil legal services in a variety of areas, including elder law and housing.

Natale said about 95 percent of tenants go through the eviction process without a lawyer, compared to only 17 percent of landlords.

"Many of the clients we see have faced a loss of income as a result of the pandemic, whether it's job loss, a reduction in hours or other family-related issues," said Natale. "But those aren't the only people we're seeing who are at risk of eviction. Many people, including our older clients who are on a fixed income, are also at serious risk of eviction."

In her remarks, the Secretary of the Massachusetts Executive Office of Elder Affairs Elizabeth Chen offered examples of how the state has worked to prevent older adults from becoming homeless.

One effort has been the formation of Elder Mental Health Outreach Teams (or EMHOTs), which bring behavioral health supports to older adults in the community and help connect older people to community-based and clinical supports. Chen described EMHOTs as efficient, localized and interdisciplinary.

"It's such a different model than mental health in the health care systems," she said. "These are teams that are in-community, reaching out to people. They're out there intervening before crises occur."

"There's currently an EMHOT run by the New Bedford Council on Aging," Chen added. "The EMHOT teams are important in preventing homelessness."

The New Bedford Age-Friendly Initiative recently published a housing guide, which features numerous local resources and is available on Coastline's website at: coastlinenb.org/housingguide.



The Dartmouth Thrift Store is currently open Mondays, Wednesdays and Thursdays from 9 a.m. to 1 p.m. Doris Worthington and Bev Quintin are among the many volunteers who operate the shop. For updates, check the store's Facebook page: facebook.com/dartmouththrift.

Dartmouth COA's Thrift Store Reopens after Winter Hiatus

Treasures await at the Dartmouth Thrift Store, the secondhand store located right next to the Dartmouth Council on Aging.

"We're open for business, and we want to invite everyone back again," said Christine Crofton, a member of the Dartmouth Friends of the Elderly who helps operate the volunteer-driven thrift shop.

Previously, the shop, along with the Dartmouth COA, had closed to the public back in March 2020 due to the pandemic. The shop reopened last fall and closed again in late December as the cold weather set in. Now that spring has sprung, bargain hunters are safe to return. The COA is slowly reopening as well, with some limited in-person classes beginning in May (see page 10 for more details).

"We have pretty much anything

that you would need to start up a house," Crofton said. That includes linens, towels, dishes, kitchen items, small pieces of furniture, books, jewelry as well as men's, women's and, children's clothing and shoes.

"And it's all donated from people in the community," said Crofton.

In addition to finding treasures, sales from the shop go back to the community. Over the years, the thrift store has enabled the Dartmouth Friends of the Elderly to support renovations at the COA and to make monetary donations to outside groups, such as the Dartmouth YMCA's Sharing the Harvest Community Farm and the O'Connor-Sisson House for Veterans.

The Dartmouth Thrift Store, located at 628 Dartmouth St. in Dartmouth, is open on Mondays, Wednesdays and Thursdays from 9 a.m. to 1 p.m.

Brain Builders continued...

also provides a place for those who may have exhausted their insurance benefit or do not qualify for services under insurance.

Some students may have had a stroke or are experiencing aphasia or a change in their communication skills. They may have Alzheimer's or Parkinson's disease. They may not have a formal diagnosis at all.

"This gives them an opportunity to receive education about our brain and how it changes as we age, when they should be concerned and when they shouldn't," said Yauch-Cadden. She said some students who take the class will realize their minds are sharper than they originally thought.

"We're not telling people what to do, we're practicing," said speech-language pathologist Kari Star, who co-facilitates the course. She compared it to basketball, where you would improve your skills by taking multiple shots from the foul line. "When you don't get it right, the coach corrects your technique, and you practice."

A lot of that practice takes the form of casual conversation. Following a year of social distancing, brushing up on social skills and practicing communicating



Prior to the pandemic, the Brain Builders course was offered at various locations throughout the South Coast. The group met regularly at the Stop & Shop in Dartmouth. Since transitioning to Zoom, the class has retained its fun, informal approach.

felt especially prescient. Prior to the pandemic, the class would be hosted at various senior housing sites or senior centers. There was also a regular class held in the public community room at the Stop & Shop on Faunce Corner Road in Dartmouth.

Since shifting from in-person gatherings to a weekly Zoom class, they've been able to include more regular students and people from outside the area. While students do not need a computer to take part

(people can use a phone to access the Zoom class), the team at Buzzards Bay Speech Therapy developed a workbook for offline learning that covers a wide array of activities for thinking and memory, and it draws on lessons from the class.

In surveys from participants, Yauch-Cadden said people reported leaving the course with more confidence in their memory and communication skills. And she said that's important because if they have more confidence, they're more

likely to engage with other people.

One class participant said he had multiple strokes, which had affected his speech and memory, and he struggles to recall names and locations. But, he said, Yauch-Cadden and Star are there to help him when he fumbles.

Throughout the class, other participants helped one another when they fumbled, as well. That includes working together to figure out the state bird and flower (the black-capped chickadee and mayflower, respectively).

"People feel more optimistic after attending the class. That's going to get them out more and decrease social isolation," Yauch-Cadden said. "If you decrease social isolation, you're decreasing all the health concerns that go along with that."

Resources

Buzzards Bay Speech Therapy's Brain Builder class is now held online 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 lyclsp@gmail.com. Funding is provided in part by a grant from Coastline and the Executive Office of Elder Affairs.