

Senior Scope

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

Vol. 3, Issue 9

Published by Coastline Elderly Services, Inc.

July 2021

Inside



Candlelight vigil, page 12

- Donations 2
- Letter from the Editor 2
- Rochester COA 2
- Social Security..... 3
- Broadband Benefit 3
- Update 4
- NB Wellness Initiative..... 5
- Core Exercises 5
- Sleeping Habits..... 6
- Driving Retirement 7
- COVID Vaccines Cont 7
- Estate Planning..... 8
- Trivia 8
- Protein 9
- At the COAs 10
- COAs cont..... 11
- Dementia Directory..... 11
- Candlelight Vigil..... 12
- Farm Donations..... 12

- Los Articulos en Español Página 6
- Os Artigos em Português..... Página 6



Students Bring Joy to Project Independence

As more Massachusetts residents are becoming vaccinated, the restrictions that have defined everyday life are easing in the state. At Project Independence, the reopening process has been slow and deliberate, and many of the musicians and fitness instructors who would normally visit the center have been absent for safety reasons.

But recently, the nonprofit was able to invite one outside group inside the agency for the first time in over a year: college students.

On June 10, Shannon Correia and Kendra Peixinho, two students from Bristol Community College, were leading Project Independence participants through activities. Both are enrolled in BCC's occupational therapy assistant program, and the projects they designed were carefully considered and developed for their therapeutic value.

Occupational therapists often work with people with disabilities or injuries to overcome barriers. They assess their clients and help them find better ways to complete activities of daily living. And, after a year of lockdown and living with constant uncertainty, they added a much-needed sense of joy.

"It was so necessary. We're so restricted because of COVID," said Karen Maciulewicz, executive director of Project Independence.



Bristol Community College Professor Constance Messier (left) helped students enrolled in the college's occupational therapy assistant program develop activities for Project Independence participants. Shannon Correia (center) and Kendra Peixinho (right) are graduating from the program despite numerous challenges presented by the pandemic.

She said that while they will often welcome people from outside the agency to interact with participants, the strict safety protocols have prevented that from happening. But, she added, "BCC has brought all of that in for us."

Countless challenges have confronted both the students and the community at Project Independence since March 2020. Days after the pandemic was declared a national emergency, Project Independence was forced to shut its doors to protect

its clients and staff.

The New Bedford-based adult day health center, which serves older adults and adults with disabilities to prevent premature institutionalization, spent about six months providing remote services, whether it was connecting with clients and their caregivers over the phone or visiting their homes to check in.

By August 2020, Project Independence welcomed some of its participants back to its headquarters

Continued on page 12

Answering Common Questions About the COVID Vaccines

On June 8, the New Bedford Health Department hosted a virtual town hall to address some of the lingering questions about the COVID-19 vaccines, including their safety, efficacy and value. The event was broadcast on New Bedford Guide.

New Bedford Health Director Damon Chaplin opened the program by noting that, at the time, only 43 percent of New Bedford residents had received at least one dose of the vaccine – one of the lowest vaccination rates in the state.

"We have vaccines available for anyone in the city who would like to get one," Chaplin said. "We want to make sure that we provide the community with information that will allow them to make the best, informed decisions

for themselves and their families."

The panelist included: Dr. Eliesel Lacerda De La Cruz, Southcoast Health's Infectious

Bedford Community Health Center and an infectious disease specialist; and Helena DaSilva-Hughes, executive director of the Immigrants' Assistance Center. The evening was moderated by Chaplan and Marcelina Pina-Christian, Human Services Coordinator at the City of New Bedford.

Below is a partial transcript of that town hall, condensed and edited for clarity, published with permission from New Bedford Guide. The complete program can be viewed online at: facebook.com/NewBedfordGuide.



A mural painted during the early days of the COVID-19 pandemic in downtown New Bedford. More than a year later, vaccine rates in the city remain low relative to surrounding communities.

Disease Prevention Chairman and an infectious disease specialist; Dr. Michael Rocha, a cardiologist at Hawthorn Medical Associates; Dr. Shabana Naz, a primary care physician with the Greater New

Is the vaccine safe?

Dr. Eliesel Lacerda De La Cruz: Overall, the vaccines are very safe. Both the mRNA vaccines

Continued on page 7

Rochester Council on Aging Welcomes New Director

On June 1, the Rochester Council on Aging welcomed its new director, Eric Poulin, who replaced Cheryl Randall.

Poulin previously worked with the Bristol County District Attorney's Office where he served as the Program Manager for the Community Affairs Unit. He has more than 20 years of experience with assisting older adults.

"The last seven years, I was working for the district attorney's office," Poulin said. "I was doing education and prevention programs around senior issues. I think that's an important piece that I want to bring to the center."

He stepped into the role just as the state began to ease its COVID-19 restrictions, providing an opportunity for more programs to return to the center following months of remote services.

Moving forward, he intends to market the center through Facebook and offer new programs at the center. Given his background, he also intends to offer more educational programs. For example, on July 21, the center is welcoming the Attorney General's office to present on contractor scams.

The center's popular breakfast



Eric Poulin became the director of the Rochester Council on Aging on June 1.

program, the Ye Olde Breakfast Shoppe, will also return. From 7 a.m. to 9 a.m. on weekday mornings, the center effectively becomes a restaurant, and anyone – regardless of age or what town they reside in – is welcome to drop by for an affordable breakfast cooked in the center's kitchen.

Poulin is also looking at the center's lunchtime offerings. Currently, the center serves meals from Coastline Tuesday through Thursday, with plans to add Fridays to the mix. The Monday lunch program, a meal prepared by volunteers, will soon return as well.

"Thankfully, we have a good group of volunteers and people involved with the senior center," he said.

Letter from the Editor

I was driving down the street thinking about what I would write in this column when suddenly my car felt a little off. I pulled into an empty parking lot, and sure enough, I had a flat tire.

"I've spent the past fifteen months living through a pandemic," I thought to myself. "I'm sure I'll live through this, too."

I would like to imagine that years from now, I'll look back at the era of COVID-19 and think of it as just another bump in the road. In many ways, I'm lucky. Many of my friends are direct health care workers, and their safety has been in peril for months. I know people whose lives and livelihoods have been threatened. I know people who did not make it to the rollout of vaccines.

We endure hardship all the time, and confronting hardship makes us more resilient. Still, I think it may be helpful to at least acknowledge that this past year was tough.

When I was piecing this issue together, I had several conversations with people who became choked up as they talked about life during lockdown. As we enter the summer, there's an undeniable sense that the situation is improving. And yet, after stopping to really think about it – to think about all that we've

endured – it's hard not to become emotional.

Speaking for myself, I know I have a tendency to focus more on the future. I worry more about the next bump in the road rather than what's already happened. Nevertheless, I do think it's worthwhile taking a moment to reflect on the past year.

The reality is we've all had to live through this stressful time. Even with a renewed sense of optimism, I know that there are people in my life who are still processing their emotions. Seeing as restrictions are easing, and it's becoming safer to gather, now feels like the perfect time to check in with others and ask the basic question: "How are you doing?"

I know that when I'm confronted with hardship, what helps me cope the most is getting together with friends to talk about it – and, hopefully, to laugh about it.

After I take care of that flat tire, I'm heading to upstate New York, where I'm from, to see my friends and family for the first time since March 2020. We have a lot of catching up to do. And, frankly, I'm looking forward to having a moment to pause and talk about the past fifteen months.

Best,
Seth Thomas, Editor



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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



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

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For further information on advertising rates,
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Senior Scope at Coastline
863 Belleville Ave.
New Bedford, MA 02745

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

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

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

Donations for July 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 Christine Gallagher, Alzheimer's advocate.

—Barbara Meehan
\$20

In Thanks:

Much blessings to you all.

—Grandparents Raising Grandchildren, Inc.
\$50

For Prayers Answered:

For prayers answered.

—Dorothy Souza
\$5

This issue: \$75
Year-to-Date: \$261

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Happy Birthday, Medicare! What Happens When You Turn 65

This July marks the 56th anniversary of Medicare. Did you know you can apply for Medicare online even if you are not ready to start your retirement benefits? Applying online can take less than 10 minutes. There are no forms to sign and we usually require no additional documentation. We'll process your application and contact you if we need more information.



Delia De Mello,
Social Security

Read our publication, "Understanding the Extra Help With Your Medicare Prescription Drug Plan," for more information at www.ssa.gov/pubs/EN-05-10508.pdf.

The official Medicare website at Medicare.gov offers many online services where you can find answers to these questions:

- What does Medicare cover? medicare.gov/what-medicare-covers
- Where do I find forms for filing a Medicare appeal? medicare.gov/claims-appeals/how-do-i-file-an-appeal
- How can I let someone speak with Medicare on my behalf? medicare.gov/claims-appeals/file-an-appeal/can-someone-file-an-appeal-for-me
- What do Medicare health and prescription drug plans in my area cost, and what services do they offer? medicare.gov/plan-compare
- Which doctors, health care providers, and suppliers participate in Medicare? medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers
- Where can I find out more about a Medicare prescription drug plan (Part D) and enroll? medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage

Knowing when to apply for Medicare is very important. You have a limited initial enrollment period to apply. If you miss the initial enrollment period, you may have to pay a higher monthly premium.

If you're eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday. Visit www.ssa.gov/benefits/medicare to apply for Medicare and find other important information.

Some Medicare beneficiaries may qualify for Extra Help with their Medicare prescription drug plan costs. To qualify for Extra Help, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia.

You May Qualify for the Emergency Broadband Benefit Program

The Emergency Broadband Benefit is a program of the Federal Communications Commission to help families and households struggling to afford internet service during the COVID-19 pandemic. This new benefit will connect eligible households to jobs, health care services, virtual classrooms and numerous support services now available through the internet.

If your household is eligible, the benefit will provide a discount of up to \$50 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. ("Broadband" refers to a high-speed internet connection, which is critical to connecting to video conferencing services, like Zoom.)

Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

Only one monthly service discount and one device discount is allowed per household. The program rules recognize there may be more than one eligible household residing at the same address.

You qualify if:

- Your income is at or below 135 percent of the federal poverty

guidelines OR

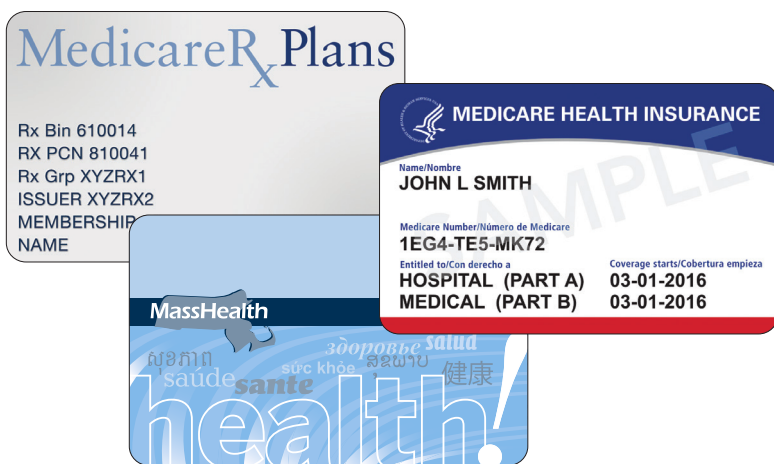
- Your household experienced a substantial loss of income due to job loss or furlough since February 29, 2020 and your household income in 2020 was the same or less than \$99,000 for single filers or \$198,000 for joint filers OR
- You participate in any ONE of these government benefit programs: Lifeline, Supplemental Nutrition Assistance Program (SNAP), Medicaid, Federal Public Housing Assistance (FPHA), Veterans Pension and Survivors Benefit, Supplemental Security Income (SSI)

There are several ways you can apply for this program. You can fill out an application online by visiting GetEmergencyBroadband.org. You can download and print an application from GetEmergencyBroadband.org. Complete the application and send with proof of eligibility to: Emergency Broadband Support Center, P.O. Box 7081, London, KY 40742.

If you have a disability and need assistance with your application, contact the Emergency Broadband Support Center. Call 833-511-0311, 9 a.m. to 9 p.m. ET, seven days per week.

Once approved, you can choose a company that offers EBB Program discounts and sign up for service.

Got these cards?



Get extra benefits!



**Call 1-800-442-4175 (TTY 711)
to find out more.**

Update

Local Farmers Markets Enter Summer Season

The New Bedford Farmers Market will be happening at three locations this summer.

- Mondays: 2 to 6 p.m. at Brooklawn Park
- Thursdays: 2 to 6 p.m. at Buttonwood Park, behind the Lawler Library
- Fridays: 2 to 6 p.m. at Clasky Common Park

In Fairhaven, Huttleston Marketplace will be happening on Saturdays now through Sept. 18 from 10 a.m. to 3 p.m. The market is located on the Fairhaven Visitors' Center lawn/Fairhaven High School lawn, 141 Main Street in Fairhaven. The bazaar will feature more than 60 vendors. The market will be held rain or shine.

The Dartmouth Farmers Market is happening on Fridays from 1 to 6 p.m. on the lawn at St. Mary's Parish Center in Padanaram Village, 789 Dartmouth St., South Dartmouth.

'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. Check out Senior Scope's May 2021 edition online for a feature story on this program. Visit: coastlinenb.org/news/seniorscope. 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.

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. The Bristol County Sheriff's Department will make a telephone call to an individual's home at approximately the same time each day. 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: July 12, 10 a.m. to noon at GNBCHC, 399 Acushnet Ave., New Bedford, MA 02740.

Upcoming 2021 dates are as follows: Aug. 9 and Sept. 13. To register, call Joyce Dupont at 508-992-6553 ext. 142. Pre-registration is strongly encouraged.

Garden Tour & Art Fair at St. Julie's Billiard

St. Julie's Ladies Guild Garden Tour & Art Fair will be happening on July 10. Tour six beautiful gardens and two working farms in Dartmouth and New Bedford's Historic District from 10 a.m. to 4 p.m. This fundraiser supports the church. The Art Fair will be held under the canopies at St. Julie's from 10 a.m. to 5:30 p.m. En Plein Air artists at each location and discounts from area businesses included with purchase price. Advance Sales: \$28. Day-of Sales: \$30. Map pickup at 9:30 a.m. at St. Julie Billiard Church, 494 Slocum Road, Dartmouth. Call Marianne 508-992-7173.

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.

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 (July 7, 14 and 21) from 2 to 2:40 p.m. A valid email address and the ability to join WebExwebinar 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.

Grandparents Raising Grandchildren Update

Grandparents Raising Grandchildren, Inc. will be returning to in-person meetings this summer! The group will be practicing social distancing, mask wearing and there will be hand sanitizer available. For more information, 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. Let Brenda know if you plan on attending.

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.

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.

Descendants of Whaling Masters Annual Meeting

The public is cordially invited to attend the Descendants of Whaling Masters, Inc.'s 47th Annual Meeting, scheduled for July 17 at the Wamsutta Club, 427 County Street, New Bedford. Social hour 12 noon to 1 p.m., with luncheon and a business meeting, election of officers and program following.

Luncheon menu choices are: baked stuffed breast of chicken, baked scrod or Caesar salad with grilled chicken. \$30 per person (all inclusive). Guests are welcome. Keynote speaker is local historian, Bruce Barnes. Mr. Barnes will give an illustrated talk, "Mansions and Masters; New Bedford in the Age of Whaling."

Help and Hope SC

Help and Hope South Coast offers daily resources to address mental health issues during the pandemic. Visit them online at: www.helphopesouthcoast.com.



Looking for a career?

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www.coastlinenb.org
for employment opportunities.

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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.



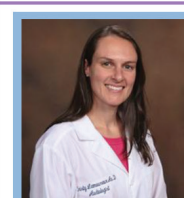
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Your Health

Reiki Can Help You Relax an Anxious Mind



By Rachelle Corchado
*Reiki Master Teacher/Practitioner
 New Bedford Wellness Initiative*

The word Reiki is a combination of two Japanese words “Rei” means “higher power” and the work “ki” refers to “life energy force.” Reiki originated from Mikao Usui, a Japanese Buddhist who developed this form of channeling energy to heal the body and the mind.

Reiki is one of many complementary therapies. Other examples include yoga, massage, acupuncture and reflexology. Seniors can definitely benefit from a combination of traditional and complementary therapies.

Reiki promotes stress/tension reduction, anxiety, relaxation, mental clarity and physical healing. Reiki unblocks negative energy allowing positive energy to flow freely. Reiki can improve mood, emotional well-being and sleep patterns.

Reiki does not cure diseases or illness. It helps to manage symptoms and improve your overall well-being. It can help cancer patients have less



Reiki, a non-evasive alternative form of therapy, can help people achieve deep relaxation, relieve emotional distress, decrease anxiety and improve overall well-being.

anxiety toward cancer treatments, for example.

Reiki aligns our Chakras. Chakras are “spinning wheels,” the circle of energy points in our bodies. We have seven Chakras in our bodies: Crown Chakra is at the top of our heads; Third-eye Chakra located between our eyes; Throat Chakra located in our throat; Heart Chakra is our heart; Solar Plexus Chakra is the center of our bodies; Sacral Chakra is located under you belly button; and Root Chakra is the base of your spine.

Blocked Chakras leave us feeling sluggish. You may feel unsettled or have increased pain in your lower extremities. Reiki will aid in unblocking our Chakras and renewing a sense of balance to our lives.

Reiki sessions can be 30 minutes

long, then gradually increase to 60 minutes. Clients complete paperwork, and at that time your goals and intentions are discussed. Clients may lay down on a massage table or sit in a reclining chair. The Reiki practitioner would place you in the most comfortable position to receive Reiki in.

The Reiki practitioner moves their hands around your body. The practitioners’ hands are just above your body. We may touch you lightly during a session. During this time, the client may feel sensations in the body like tingling, warmth, or heat, and may visualize colors. Following a Reiki session, my clients feel a sense of lightness and relaxation and are at peace.

They are advised to continue self-care with water and healthier

food choices throughout the day. Dedicate some quiet time during the evening as your body continues to process and heal. The frequency of sessions for seniors will vary on the Reiki practitioner and the client’s needs. Usually sessions are weekly, biweekly or monthly.

It’s important to enhance your quality of life and continue to enjoy various life events. Often seniors experience mobility and or pain issues. Seniors may encounter different age-related discomforts, whether it’s joint pain/stiffness, osteoarthritis, depression, lack of sleep, fatigue, chronic illness or cancer.

Reiki is a non-evasive alternative form of therapy. Reiki sessions will result in significant improvements in your daily routines and can help decrease anxiety, reduce stress, heal injuries and manage pain.

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. Yoga will be held at Buttonwood Park on Wednesdays at 5:30 p.m.

Simple Core Stretches to Activate Your Muscles

By Cam Bergeron, CSCS
Cam’s Conditioning & Rehab

The core is one of the most important regions of the body. A weak or injured core can cause pain, discomfort or imbalances to other parts of the body. The core is not just abdominals. The core consists of the abdominals, lower back and sides of the body, referred to as “The Belt.”

It is very important to keep all of these muscles strong and flexible. The pandemic has affected many individuals throughout the world, causing a lot of inactivity. Muscles have tightened and people are experiencing pain from extended sitting.

Here are a few general exercises/stretchers that will help keep the core strong and flexible. If you have a back injury and have been told to not rotate the torso or flex the lower back, please only perform the “Opposite Knee Push” exercise. All exercises are great for everyone else!

Knees Right-to-Left

- Lie on your back, knees bent, arms out like a “T”
- Rotate knees to the right, stacking left leg on top of right
- Return back to center, then rotate knees to the left
- Fluidly rotate from side to side
- Complete 10 repetitions on each side
- Breathe out when knees are going to the side

Shoulders should always stay flat



Opposite Knee Push

- Lie on your back, knees bent, heels struck, toes up
- Bring left knee in towards belly button; right hand pushes on front of left knee
- Push as hard as possible until a contraction is felt in the abdominals/core. Hold for one second
- Drop foot down to return to start position; alternate sides
- Perform 10-15 repetitions on each side



Prone Press Ups

- Lie on your stomach, hands at armpits/shoulders
- Press upper body up by extending the elbows until a slight pinch is felt in lower back
- Go to the pinch point then return to flat position. Do not work through pinch point, just go up to it
- Complete 10 repetitions
- Breathe out when pressing up

Hips should always stay attached to the ground



Simple Steps to Improve Your Sleeping Habits

Sleep is just as important for your health as diet and exercise. Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

The National Institutes of Health (NIH) notes that quality sleep involves: how much sleep you get, if your sleep is uninterrupted, and

sticking to a consistent sleep schedule.

Most adults need at least seven hours or more of sleep each night. There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Times of great stress, like the current pandemic, can disrupt our normal sleep routines. But there are many things you can do to improve your sleep. Below are some tips from NIH:

- Go to bed and wake up at the same time every day, even on the weekends.
- Get some exercise every day, but not close to bedtime.
- Go outside. Try to get natural

sunlight for at least 30 minutes every day.

- Avoid nicotine and caffeine. Both are stimulants that keep you awake. Caffeine can take six to eight hours to wear off.
- Don't take naps after mid-afternoon. And keep them short.
- Avoid alcohol and large meals before bedtime. Both can prevent deep, restorative sleep.

Pasos Sencillos para Mejorar sus Hábitos de Sueño

Translations by Southcoast Health

El sueño es tan importante para su salud como la dieta y el ejercicio. No dormir lo suficiente regularmente o la mala calidad del sueño aumentan el riesgo de muchas enfermedades y trastornos. Esto varía desde enfermedad cardíaca y accidente cerebrovascular hasta obesidad y demencia.

Los Institutos Nacionales de Salud (NIH, por sus siglas en inglés) señalan que la calidad de sueño implica: cuánto duerme, si su sueño

es ininterrumpido, y si mantiene un horario de sueño constante.

La mayoría de los adultos necesitan dormir por lo menos siete horas o más cada noche. Existen muchos malentendidos en lo que se refiere al sueño. Uno, es que los adultos necesitan dormir menos a medida que se hacen mayores. Eso no es cierto. Los adultos mayores todavía necesitan dormir la misma cantidad de horas. Pero la calidad del sueño puede empeorar con la edad.

Los adultos mayores también son más propensos a tomar medicamentos que interfieren con el sueño.

Los tiempos de gran estrés, como la pandemia actual, pueden alterar nuestras rutinas normales de sueño. Pero hay muchas cosas que usted puede hacer para mejorar el sueño. A continuación, se indican algunos consejos de los NIH:

- Acuéstese y despiértese a la misma hora todos los días, incluso los fines de semana.

Haga algo de ejercicio todos los días, pero no muy cerca de la hora de irse a dormir.

- Salga. Trate de recibir luz natural por lo menos 30 minutos por día.
- Evite la nicotina y la cafeína. Ambos son estimulantes que lo mantienen despierto. La cafeína puede tardar de seis a ocho horas en dejar de hacer efecto.
- No duerma siestas después de media tarde. Si duerme siestas que sean cortas.

Etapas Simples para Melhorar os Seus Hábitos de Dormir

Dormir é tão importante para a sua saúde como a sua dieta e exercícios. Não tendo um sono de qualidade suficiente regularmente aumenta o risco de muitas doenças e desordens. Isto vai desde doença cardíaca e trombose a obesidade e demência.

O National Institutes of Health (NIH) nota que sono de qualidade envolve: quanto dorme, se o seu sono não é interrompido e aderindo a um horário de sono consistente.

A maioria dos adultos precisam

de pelo menos sete horas de sono ou mais por noite. Existem muitos mal-entendidos sobre o sono. Um é que adultos precisam de menos sono conforme envelhecem. Isto não é verdade. Adultos mais velhos ainda precisam da mesma quantidade. Mas a qualidade do sono pode piorar conforme envelhece. Adultos mais idosos são mais propensos a tomar medicamentos que intervêm com o sono.

Alturas de muito estresse, como a pandemia presente, podem perturbar

a nossa rotina normal de sono. Mas existem muitas coisas que pode fazer para melhorar o sono. Abaixo estão algumas dicas do NIH:

- Vá para a cama e acorde à mesma hora todos os dias, mesmo nos fins de semana.
- Faça alguns exercícios todos os dias, mas não perto da hora de ir dormir.
- Vá lá fora. Tente obter luz solar natural por pelo menos 30 minutos todos os dias.
- Evite nicotina e cafeína. Ambos

são estimulantes que o manterão acordado. Cafeína pode demorar seis a oito horas para sair do seu sistema.

- Não durma por pouco tempo depois de meia tarde. E se o fizer, durma por pouco tempo.
- Evite álcool e refeições grandes antes de dormir. Ambos podem evitar um sono profundo e restorador.

Translations provided by:

 Southcoast Health

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Contact Coastline for more info



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



(the Moderna and Pfizer vaccines) have been successful. Worldwide, we have administered over 400 million doses of these vaccines.

And we see about 2.5 to 10 allergic reactions per million doses. The majority of the allergic reactions happen [in] people that have a history of allergies. The vast majority of reactions are not severe. You have the typical side effects, and that's something you would expect with any vaccine – soreness, fever, headache.

The other vaccine, the Johnson & Johnson vaccine, had gotten a lot of press because of the [blood] clotting issues, which is, overall, very rare. We're talking seven cases per million doses in women below 50. After 50 years of age, the rate of severe reaction is 0.9 per million. The safety profile of the vaccines that we have available is stellar.

Dr. Shabana Naz: Also, we have an effective way of monitoring the side effects of these vaccines. If any patient has reported any side effects, that goes back as a data point to the CDC.

What we have learned from this data is that these are effective and safe vaccines. These are actually reducing the number of COVID-19 infections as well as serious disease that this infection can give us. Having [the] vaccine will prevent COVID-19, but most importantly, will also prevent hospitalizations and deaths.

Am I going to have any side

effects from this vaccine a year from now?

Naz: Historically, from the vaccine data, we know that the time frame when people get sick and get side effects [from a vaccine] is the first six to eight weeks after administering any vaccine. So far, we have not seen any signals of long-term side effects from this vaccine.

Why should I get vaccinated?

Dr. Michael Rocha: This is an opportunity for us to achieve enough immunity that we stop the spread. And it's not just about ourselves; it's about our family members.

There's some concern that the technology we used [for the vaccines] was new, but these vaccines have been studied quite extensively. Each one of these vaccines was studied [on] about 40,000 people each, and we've continued to follow that afterwards. Clearly, as we've seen the vaccine rollout become more robust, the burden of disease has gotten better.

I think we have the unique opportunity [to] protect ourselves, and those around us with something that's safe and effective, and I would strongly recommend that everyone consider looking into what vaccine is right for them.

Naz: Every day I get in my car, not thinking that I'm not going to get in an accident. I need to take responsibility for how I am driving. People around me need to take responsibility for how they're

driving. And we need to follow rules to all be safe. The vaccine is the same thing. Just because it has not happened to me does not mean it cannot happen in the future.

I've had COVID already, why do I need to get the vaccine?

Naz: Typically, if somebody has COVID, we know that they're protected for about three months, and after that the level of protection can go down. So getting the vaccine will boost your immune response and give you more protection. Having one kind of COVID infection may or may not protect you in the long run from the different variants. We are looking at data around the variants and the vaccines, and we know that the vaccines are effective against the variants.

How was this vaccine developed so quickly?

Lacerda De La Cruz: The technology is not brand new. The mRNA concept was introduced for the treatment of tumors. And the Johnson & Johnson vaccine has been used for other vaccines.

The other thing that expedited the vaccine was that there were other coronavirus outbreaks before. In 2008, we had [SARS-CoV-1], and then there was MERS. So scientists already knew how the virus will get into you and cause damage. If it was a brand new virus, we would first have to understand how the virus works and then block it. But we had all that work done before.

Will we need a booster shot sometime later this year?

Lacerda De La Cruz: On the [timing], the data is not clear yet. A booster dose is very likely because we are not expecting the antibody response to last for years and years because coronaviruses usually do not elicit long-lasting immunity like other viruses, like the measles. You can get human coronaviruses every year. And the beauty of the mRNA vaccines is that those variants can be included in the booster shot and reinforce the immunity.

I am 70 years old, and I got vaccinated. I'm so afraid of going out. Can I go out?

Naz: Yes.

Lacerda De La Cruz: I agree with that. Take your precautions. If you're going to be in a big crowd where you don't really know who's vaccinated and who's not, maybe avoid that. But we have a bunch of things you can do this summer. So go out there and enjoy.

Resources

A recording of the town hall is available on New Bedford Guide. Visit: facebook.com/NewBedfordGuide.

For information about vaccine availability in New Bedford, call 508-984-2661 or visit newbedford-ma.gov/health-department.

For more information about vaccine sites in the state, call 2-1-1.

RMV Will Continue Offering Some COVID-Era Services

The Massachusetts Registry of Motor Vehicles (RMV) is announcing that many of the new initiatives that were put in place to provide additional flexibility for its customers during the COVID-19 pandemic, will continue even as COVID-19 restrictions are lifted.

RMV customers will continue to be served by appointments only at open Service Centers, and customers who are unvaccinated will be required to wear a face covering for transactions.

In addition, the RMV will continue with dedicated hours on Wednesdays to serve senior citizens at some locations, holding suspension hearings by phone, allowing learner's permit tests online, and using state vehicles for anyone taking road tests. (Everyone in a vehicle for a road test must wear a face covering, regardless of vaccination status.)


Governor Charlie Baker signed an Executive Order terminating the Commonwealth's State of Emergency effective June 15. The Order also rescinded most COVID-19 restrictions, including limitations placed on businesses, as of May 29 as Massachusetts neared the goal of vaccinating four million residents. The Registry's partner for many transactions, AAA, will also continue with the system of serving AAA members who make appointments.

Below are a selection of

initiatives remaining in place:

- Appointments for in-person transactions at open customer service locations will continue, and customers must wear a face covering for an in-person transaction if unvaccinated.
- Senior hours for customers 65 years of age and older on Wednesdays at specific locations will continue.
- Road tests will still be offered using state vehicles only. Road test sponsors will be required to be in the road test vehicle beginning on Tuesday, June 15. Everyone in a road test vehicle must wear a face covering regardless of vaccination status.
- Registration Drop Off Centers for drop off and pick up service for vehicle transactions will continue.
- Online learner's permit exams will continue and customers must still make an in-person appointment for the application process.
- Suspension hearings by telephone will continue.


Additionally, the period of time to transfer a vehicle registration will once again be seven calendar days from the date a person disposes of a vehicle to register the new one. (During the pandemic, a longer grace period was given of 21 days. As of May 29, the seven-day calendar timeline went into effect which was pre-pandemic policy.)



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Estate Planning for the “Troubled” Adult Child

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

You never stop being a parent, but in some cases, estate planning decisions can be challenging if you have an adult child who may be troubled or demonstrate problematic behavior in some way (e.g., is addicted to drugs or alcohol, is financially irresponsible).

You likely already know the heartbreak associated with trying to help that child make healthy decisions. Perhaps this person is in a rocky marriage, owes money to creditors or banks and may need to file for bankruptcy, or is on government needs-based benefits (like food stamps, certain types of disability or MassHealth).

Do you struggle with the thought of what will happen to your child after you pass away? The last thing you may want to do is to provide this child with a blank check inheritance. This could lead to disastrous, unintended results, including a squandered inheritance, loss of the inheritance to debt, or worse, you could unknowingly be contributing to your adult child’s unhealthy lifestyle.

There are options for how best to handle this situation.

The Old Way: Disinherit the Child

The traditional approach many parents would choose was to disinherit this child. Parents would skip their “troubled” child and instead provide only for their healthy and responsible children.

It is important to note that if you do not prepare a Last Will and Testament, your child may be entitled to a share of your estate under the Massachusetts intestacy statute. If you decide to disinherit your child, you must leave specific instructions in your Will or Trust explicitly stating that such child was intentionally excluded.

Disinheriting a child is a difficult decision and often not an option a parent wants to consider. If that is the case, creating a trust can provide

a more acceptable alternative.

The “New” and Better Way

In traditional trust planning, beneficiaries receive their inheritance outright. Unfortunately, by owning their inheritance, the beneficiaries are then needlessly exposed to the claims of spouses in divorce, creditors, lawsuits, the loss of government needs-based benefits, and potential estate taxes.

Instead of receiving their inheritance directly, a beneficiary may instead receive their inheritance in a special trust. This new trust for the child is called a “spendthrift trust.” This on-going trust can be tailored to your unique child’s circumstances.

For some, the trust may be controlled by the beneficiary in such a manner as to virtually give him or her nearly all of the same rights as ownership, without the liability exposures ownership brings.

For others, the trust may be controlled by another individual (a sibling, trusted friend, or bank or financial institution) who can manage funds on the troubled child’s behalf.

In some instances, protecting our loved ones requires protecting them from themselves. This can be accomplished through proper estate planning. If you have a child or other loved one who you are unsure how to best provide for upon your passing, seek advice from a qualified attorney. This and other strategies may be available to help your family make the best decisions for you.

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.

Reminder: Kilburn Mill is Seeking Local History for Exhibit

Organizers of an upcoming art exhibit at New Bedford’s Kilburn Mill are seeking stories from the community about the history of the mill and the surrounding neighborhood. The exhibit is planned to open later this summer.

The exhibit will be geared toward the early 20th century, when the mill was built, and it will incorporate artifacts sourced from the mill as well as material from Spinner Publications.

The organizers are hoping to include stories from locals, whether it be family histories, photographs, written materials, or audio and video recordings.

To share your story, you can email Benjamin Cantor-Stone at bcantorstone11@bristolcc.edu.



Photo courtesy: Spinner Publications.

You may also contact the Kilburn Mill at 508-990-3500, and tell the receptionist you’re looking to contribute to the Textile Room exhibit. Those who are interested in submitting a story may include their name or remain anonymous.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What must some California homeowners do in February to avoid a fine?
 - A.) Paint their fences
 - B.) Remove holiday lights
 - C.) Rake fallen leaves
 - D.) Remove all spiderwebs
- 2.) What is illegal to do when driving in Alabama?
 - A.) Shake your fist
 - B.) Sing
 - C.) Wear a blindfold
 - D.) Run out of gas
- 3.) What is the significance of the summer solstice?
 - A.) Warmest day of the year
 - B.) Longest day of the year
 - C.) Shortest day of the year
 - D.) Earth is in retrograde
- 4.) What is the nickname for a meteor that burns up in the atmosphere?
 - A.) Shooting star
 - B.) Constellation
 - C.) Asteroid
 - D.) Supernova
- 5.) What major event happened at the very end of the 1920s?
 - A.) St. Louis World’s Fair
 - B.) Wall Street Crash
 - C.) San Francisco Earthquake
 - D.) First Wright Brothers flight
- 6.) What chef wrote “Mastering the Art of French Cooking”?
 - A.) Julia Child
 - B.) Auguste Escoffier
 - C.) James Beard
 - D.) Jacques Pepin
- 7.) What classic film ends with, “After all, tomorrow is another day”?
 - A.) “Singing in the Rain”
 - B.) “Roman Holiday”
 - C.) “Wizard of Oz”
 - D.) “Gone with the Wind”
- 8.) What cartoon character debuted in the 1928 short, “Steamboat Willie”?
 - A.) Wile E. Coyote
 - B.) Bugs Bunny
 - C.) Batman
 - D.) Mickey Mouse
- 9.) What was Coca-Cola’s first slogan?
 - A.) “It’s the real thing”
 - B.) “Have a Coke and a smile”
 - C.) “Delicious and refreshing”
 - D.) “Drink Coca-Cola”

[Answers listed on page 11]

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Nutrition

Getting Enough Protein and Exercise Will Strengthen your Muscles

If your diet derailed during the pandemic and you've recently committed to start eating healthier, a good place to begin is by looking at your protein intake.

Late last year, the U.S. Department of Agriculture and the Department of Health and Human Services jointly published the latest edition of "Dietary Guidelines for Americans." The updated report emphasized the importance of maintaining an overall healthy diet across the entire lifespan, rather than emphasizing individual nutrients or specific foods.

However, the report did recommend that those age 60 and above should be mindful of their protein intake and focus on eating a wider variety of proteins. Eating an adequate amount of protein is especially important for older adults because it helps prevent the loss of lean muscle mass, a process that begins decades prior.

Stephanie Boulay, a registered dietitian with Coastline, explained that muscles are constantly being rebuilt. When someone isn't eating enough protein during the day, they're not "feeding" their muscles, which could lead to muscle loss. That in turn could lead to more falls.

"If you want to keep your muscles strong and healthy, you need to eat enough protein – and at



The takeaway: Have some protein at every meal (and snacks), get exercise in when you can, and you will keep your muscles healthy. Stronger muscles lowers your risk of falling.

the right times – and you also have to get some exercise in there as well," said Boulay at a recent presentation hosted by the Dartmouth Council on Aging.

And while protein is essential for building muscle, it does more than that. Protein helps to transport oxygen throughout the body, and it's important for your immune system. A diet low in protein can leave you feeling tired and run-down.

How much do you need?

Exactly how much protein you should be consuming in any given day can vary depending on how active you are, your age and sex. The Dietary Reference Intakes

(DRIs) recommends a sedentary adult should consume 0.8 grams of protein per kilogram of body weight. For an average man, that's 56 grams of protein a day. For women, it's 46 grams. A 3-ounce serving of skinless chicken, for example, contains about 28 grams of protein.

How do I get enough protein?

After you calculate your daily protein intake, it may be tempting to strive for that amount in one sitting – say a massive steak at Texas Roadhouse – but you should avoid eating your recommended amount in a single meal.

"Just like you need to eat three

times a day, so do your muscles," said Boulay. "Your body cannot store those amino acids and [access] them whenever they need to. So you have to feed your muscles three times a day."

Boulay said the biggest problem she sees among her clients is breakfast. People tend to gravitate toward carbohydrates in the morning, whether it's a stack of pancakes or a slice of toast. Then, at the end of the day, people will eat a large slab of meat for dinner.

Try incorporating protein throughout the day, such as eggs in the morning, or by snacking on protein-rich foods, like nuts or hummus with carrots.

Don't skip out on exercise

"I think COVID has really shown that if you don't move around, you lose your muscles," said Boulay. "We need exercise to help build that new muscle and prevent further lose."

She noted that any amount of movement you can sneak in during the week will benefit your health, whether it's swimming, raking leaves, gardening or taking a walk. Try to strive for 20 to 40 minutes of exercise per day, and include two days of muscle-strengthening exercises, like using resistance bands or heavy gardening.



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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 ½ South Main St., Acushnet, MA 02743.

Happy Holidays from the Singing Nurse: We weren't able to celebrate the December holidays together in 2020 so let's make up for it now! Grab some cookies and hot cocoa on July 20 at 1 p.m. and enjoy the musical talents of Pam the Singing Nurse as she entertains us with favorite songs from her holiday collection. This program is free but you must RSVP, 508-998-0280.

Strong Women, Strong Bones: Mondays, Tuesdays and Wednesdays at 9 a.m. \$2 suggested voluntary donation.

Nutty Knitters: Mondays at 9:30 a.m.

Tai-Yo-Ba: Cam Bergeron introduces you to the practice of Tai-Yo-Ba every Monday at 10:30 a.m. This exercise class involves gentle movements inspired from elements of tai chi, yoga and physical therapy. The exercises can be done while seated or standing up. Free.

St. Anthony's Senior Group: July 12 and 26 at 1 p.m.

Zumba Gold: Tuesdays at 10:30 a.m., \$6 per class. Thursdays at 10:30 a.m., free.

St. Theresa's Senior Group: July 13 and 20 at 1 p.m.

Mahjong: Wednesdays at 10 a.m.

Strength and Conditioning: Wednesday at 10:30 a.m. \$6 per class. Fridays at 10 a.m., free.

Don Who Travel Club: Wednesdays at 1:30 p.m. July 14 and 28 at 1:30 p.m.

Mt. Carmel Senior Group: July 1 and 15 at 1 p.m.

Needle Arts: Thursdays at 1 p.m.

Toning Class: Friday at 11 a.m. \$6 per class.

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.

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.

COA Beach Day! at Jones Beach on July 16 from 9 a.m. to 2 p.m. Continual shuttle bus from the Center to Jones Park. Free exercise classes: 9 a.m. to noon. Cookout and DJ from 12:30 to 2 p.m. Cost for lunch is \$5. Tickets on sale at the Center beginning July 2.

Music on the Lawn: With Betty Bombshell, a jazz and Broadway singer. July 30 at noon. Bring your lawn chair. Tickets on sale beginning July 2. \$5.

Country Three Band: Returns to the Center on July 21 from 1 to 3 p.m. Cost is \$4 at the door.

Free Senior IDs: Through the Bristol County Sheriff's Office Safe Senior ID program. July 30 from 11 a.m. to 1 p.m. at the Center.

The YWCA Widow Person Program will be returning to the Center on Aug. 5 from 8:30 to 10:30 a.m. for newly widowed and 11 a.m. to 12:30 p.m. for all others. Walk-ins are welcome.

Alzheimer's Support Group will resume meetings at the Center. This professionally lead group is for caregivers. Please contact facilitator Carolyn Greany prior to attending and for more information. 508-304-4587. Every other Tuesday from 3: to 4 p.m. beginning July 13.

Legal Assistance by appointment: Elder Law Consultations with Atty. Brandon Walecka. Second Thursday of the month from 10 to 11 a.m. by appointment.

Justice Bridge through UMass Law: Last Wednesday of the month 2 to 3 p.m.

Hearing Clinic with At Home Healthcare: Hearing evaluations and hearing aid checks. The third Thursday of the month from 10 a.m. to noon. Call the Center to schedule an appointment.

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

The Center's Charity Knitters and Sewers: Back on Thursday mornings.

For more information contact Nancy at the Center.

Osteo Exercise: Class will be held on Mondays from 10:15 to 11:15 a.m.

Zumba with Michelle: Tuesdays from 10:30 to 11:30 a.m. \$7.

Cam's Body Awareness: Wednesdays from 9 to 9:45 a.m. and Fridays at 1 p.m. \$2.

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

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

Walking Group: Fridays at 8:45 a.m. Group will meet at the Center and walk a route starting and ending at the Center.

"Yak it Up": This informal group will meet on Fridays at 10 a.m.

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 Supportive Senior Social Day Program: Monday through Friday from 8:30 a.m. to 3 p.m. Transportation provided. For those age 60+. The program offers a fun day of activities in a safe, stimulating environment, which is supervised by dedicated staff and volunteers. Call 508-993-9455 for info.

Sally Ride Presentation: July 6 at 1 p.m. Sheryl Faye is an actress who writes and performs a one-woman show portraying famous women. The Fairhaven COA received a grant from the Fairhaven Cultural Council to have her perform her Sally Ride presentation. This will be an intergenerational event with the children from the Kool Kids Program. Sheryl makes it fun with her props and audience participation. Please call the Fairhaven Senior Center at 508-979-4029 if you plan to attend.

Chair Yoga: Mondays and Thursdays from 10:15 to 11:15 a.m. \$3. Modified yoga program in a seated/standing position.

Osteoporosis Class: Mondays, Wednesdays and Fridays, 8:30 to 10 a.m. \$1. Simple, safe, bone-boosting exercises.

Walking: Will resume in September.

Mobile Dental Hygienist: Call Teresa or Andrea at 508-827-6725. Smile@mobiledentalthygiene.com.

Foot Care: Second Thursday, by appointment. \$30. Assessment of podiatric health.

Attorney Suzanne J. Seguin: Free. 15-minute consultation. Call the senior center for dates and information.

Sewing Circle: Wednesday evenings from 5:45 to 7:45 p.m.

MahJongg: Tuesdays, 10 a.m. to 2 p.m. MahJongg is a rummy-style game that uses MahJongg tiles instead of playing cards.

Caregivers Support Education Group: Free respite, first Wednesday of month from 1 to 2 p.m.

Reassurance Program: A free service for elders wanting a daily telephone check-in with a responsible person, ensuring all is well.

Health Awareness: Thursdays from 9 to 10 a.m.

Southcoast VNA and Hospice Support Groups: Second Thursday of the month.

Widow and Widowers Grief Support Group: 5 to 6:30 p.m. Third Thursday of the month.

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.

The Artisans of Dexter Beach Opening Reception: July 9 from 5 to 7 p.m. This eclectic group consists of amateur and professional artists. During the month of July, the Artisans of Dexter Beach will present their work at the Center.

Literature Seminar Edna St. Vincent Millay: Held on Mondays from July 12 through Aug. 16 at 11 a.m. In this class we will closely examine her poetry, beginning with the masterpiece, "Renascence." Register for this six-week seminar by calling 508-748-3570.

A Magical Experience with Jack Ryan: July 13 at 1 p.m. Jack incorporates

Continued on Page 11



WHALER'S COVE

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Ask A Doctor: July 16 at 10:15 a.m. These monthly sessions with Dr. Edward Hoffer are intended to let you ask the question(s) you forgot to ask or felt the doctor did not have time to answer. You can leave your questions anonymously in the box at the entrance to the COA office. Note that these sessions will deal with questions in a broad manner; they are not intended to replace your doctors' advice, as they know many details about you that Dr. Hoffer will not know.

Jar Opener Demonstration: July 19 at 1 p.m. We have purchased a number of jar openers, and we invite you to come out and test them for yourself. If you find one that works for you, we will provide you with information for purchasing. If you have a method that works for you, come and share it with the group.

Summer Barbecue: July 22 at 11:30 a.m. Enjoy some classic summertime fare, grilled and served up by Marion's Police and Fire/EMS departments. Seating is limited. Reservations are a must. Reservations begin July 8. Call 508-748-3570. A suggested donation of \$5 is requested to cover the cost of the barbecue.

Tai Chi: Thursdays from 9 to 10 a.m. Register for the four-week series, which begins on July 8, by calling 508-748-3570. Cost for the Tai Chi series is \$20.

Bingo: July 26 at 1 p.m. Try your luck in this game of chance. Cost to play is \$5 for a standard pack of play, \$1 coverall, and \$1 50/50 game.

Let's Talk About Mosquitoes: July 29 at 1 p.m. Cathleen Drinan, Community Liaison for the Plymouth County Mosquito Control Project, will be on hand to educate and share information about mosquitoes. Learn about their life cycle and ways we can protect ourselves from them.

Wang Theatre Tour: Aug. 24 at 9:30 a.m. Experience a one-hour tour of the Wang Theatre in Boston, then off to lunch at the Rock Bottom Restaurant & Brewery. Cost of this excursion is \$16 for transportation and tour; your lunch will be additional. Sign-ups begin on July 6.

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.

Summer band concerts at Shipyard Park: Town band at Shipyard Park every Wednesday night in July and August (ends Aug. 25). Rides available by calling COA. Pick-up time is 6:30 p.m. Concert at 7:30 p.m.

Mattapoissett Harbor Days: July 17 from 9 a.m. through 6 p.m. AND July 18 from 9 a.m. through 4 p.m. Parking available at the lot near Ying Dynasty (former Bowlmor). A free van shuttle for all ages will run from Ying Dynasty and Shipyard Park. No prior sign-up required. Masks required while on the van, per state order.

Art for Your Mind: July 7 at 12:30 p.m. Free. Registration required. The featured topic, Edward Hopper's New England, offers a close look at the work of one of America's most prominent 20th Century artists. Experience the way his unique, simplified style captivates and intrigues viewers.

Painting for Beginners: Tuesdays at 12:30 p.m. Instructor: Libby Klim. Free. Bring a canvas of any size and Libby will teach in your choice of acrylic or water colors. Call to register: 508-758-4110.

Pottery / Clay Sculpting: Every second and fourth Thursday from 10 to 11:30 a.m. Cost: \$10 (inc. supplies). Registration requested. Create unique items. Use your imagination or follow ideas from instructor and others. Your clay will be put into a kiln and returned for you to paint/decorate, and sent to the kiln for final glazing.

Movie & Pizza: July 28 at 12:15 p.m. Pizza is \$1/slice. Prepayment/registration required. Movie: "Minari."

Painting Party: Every second Wednesday of the month. Time: 2 to 4:30 p.m. \$20 (includes all supplies). Registration required. Payment due upon registration. Instructor: Lidia Medeiros. Step-by-step painting for ALL levels, especially beginners! Each month will be a new painting. Just bring yourself and get ready for painting fun! First Class: Aug. 11. Early registration recommended.

Summer Trips: Registration required. Mattapoissett residents get priority. Masks required. Trip #1: Café Assisi, Wrentham. July 22, departs at 11:20 a.m. \$5 van. An Italian bistro that is committed to producing authentic Italian cuisine. Trip #2: The Edward Gorey House. July 29, departs at 10 a.m. \$12 (incl. admission). Museum Tour: 11 a.m. to noon. Lunch: TBD.

Widowed Persons Support Group: First Thursday of each month at 9:30 a.m. A confidential, respectful group of people who share and care. Attendees have expressed that this group has helped them in many ways. Call Nancy at 508-973-3227 to register.

New Bedford Councils on Aging

The Rosemary S. Tierney Community Center and the Buttonwood Senior Center will remain closed to the public until further notice. For updates and assistance, contact the New Bedford Council on Aging at 508-991-6250.

Social Day: The New Bedford Council on Aging's Social Day Care Program has returned. Contact the New Bedford COA for more information at 508-991-6250.

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).

Breakfast is Back! The Rochester Council on Aging's breakfast shop returned on June 28. Breakfast is open to the public - you do not have to be a Rochester resident and all ages are welcome. Stop by for an affordable, home-cooked breakfast Monday through Friday from 7 to 9 a.m. If you would be interested in volunteering as a cook's assistant, a server, a dishwasher or a cashier, please call 508-763-8723 to leave your name and your preference.

Savvy Seniors Presentation: July 21 at 11 a.m. The Attorney General's Office will be here that day before the start of bingo to give a presentation called Savvy Seniors. It is about preventing and reporting scams and financial fraud and abuse.

Hawaiian Supper: July 22 at 5:30 p.m. at the center. Deconstructed chicken kababs, watermelon salad, pineapple upside-down cake. \$10/person. For planning purposes, please make your reservation by July 16 at the Senior Center or call 508-763-8723.

The Monday Morning Painters Group: 9 to 11:30 a.m. on Mondays. Bring your own supplies on the medium of your choice and work on subjects of your own choosing. Formal instruction is not provided but we share friendly constructive critiques of works in progress. All levels welcome.

French Conversation & Culture: Thursday mornings at 10 a.m. No charge.

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.

July 2021 Trivia Quiz Answers

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

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Community

Dartmouth Friends, Business Community Donates to Farm



Sharing the Harvest Community Farm received a \$5,000 donation from the Dartmouth Friends of the Elderly and a \$1,000 donation from Stonegate Mortgage on June 4.

After a long winter, spring has finally sprung at the Dartmouth YMCA's Sharing the Harvest Community Farm, and the volunteer-driven operation is starting the growing season with two donations to support its mission.

On June 4, the Friends of the Elderly and a representative from Stonegate Mortgage presented the farm with donations of \$5,000 and \$1,000, respectively. All produce grown at the farm is donated to local food pantries. Prior to the pandemic, the farm would also provide fresh produce for patrons of the Dartmouth Council on Aging.

"We're very partial to this program, mainly because it serves so many purposes – our seniors get local, fresh vegetables, and it helps the broader community as well," said Dartmouth Friends of the Elderly president Maria Connor.

The Friends group has long supported the council on aging

through capital projects as well as through monetary donations to other organizations in the broader community. The pandemic, however, interfered with the Friends' usual fundraising efforts. It also created its own set of challenges at the farm last season.

"We had a great volunteer base that would come consistently, but overall we could have used more volunteers," said Garrett Lague, a farm manager with Sharing the Harvest. "But I think this year is going to be better."

You can support the Friends of the Elderly by shopping at the Dartmouth Thrift Store, located at the Dartmouth COA. The shop is open Mondays, Wednesdays and Thursdays from 9 a.m. to 1 p.m.

To volunteer at Sharing the Harvest Community Farm, email sharingtheharvest@ymcasc.org or learn more by calling the Dartmouth YMCA at 508-993-3361.

Community Honors Those Lost During the Pandemic

For 15 months, the pandemic has upended everyday life and caused boundless hardship for people the world over. Taking stock of the suffering COVID-19 has wrought will undoubtedly be an ongoing process in the years ahead. But, in Westport, in front of a small Quaker church, about 20 people began working through that grief.

A candlelight vigil honoring those lost during the pandemic was initially scheduled in May to coincide with Mental Health Awareness Month, but was rescheduled due to rain. By the time the ceremony was held on June 12 at the Friends Meeting House in Westport, America was on its way to crossing another grim milestone: 600,000 deaths from the coronavirus.

"The pandemic has caused a collective grief, but it has denied us our collective grieving," said Donna Amaral, a clinical nurse specialist in mental health who organized the event. "This is a time to recognize and name our losses."

Amaral hoped the event would provide an opportunity for the public to gather and grieve, something the era of social distancing made impossible. Members of the audience were invited to recount their own experiences since March 2020.

There were stories of how the pandemic caused remarkable hardship for students. One member of the audience, Susan Mitchell, discussed the enormous challenge of grieving her niece, Jada Martins, who died after being struck by a car. Her family couldn't gather and mourn because of the restrictions on gatherings.

Dr. Ana Cojocarú gave a harrowing account of the early days of the virus. Cojocarú works as a critical care



Donna Amaral helped organize the event in Westport to allow people to gather and grieve. "To heal, we need to address our own grief," she said.

physician who volunteered to assist the frontline workers at Morton Hospital early on in the pandemic.

"What we saw there was truly unbelievable," she said. She saw patients of all ages dying, and held back tears as she recounted a seven-year-old patient who died of complications from COVID-19.

"Patients that we lost will always stay with us," she said. "We learned how to treat them. Every loss meant something to all of us. We celebrated when we saved a life, but also grieved and cried for each one of our patients."

She realized the only way we would ever overcome the virus would be through kindness and supporting one another.

"We have to embrace the knowledge we accumulated and look forward to better times," she concluded.



Shannon Correia (right) dances with participants at Project Independence.

BCC Program continued...

on Elm Street. Ten months later, many of the restrictions from the early days of the pandemic – masks, social distancing and capacity limits – are still in effect at the agency, even as the state has loosened restrictions elsewhere.

Prior to the pandemic, BCC had partnered with Coastline for a pilot program that paired Coastline consumers with students from the college's occupational therapy assistant program. The students worked one-on-one with older adults with dementia to

help them pursue leisure activities. For example, if a client's vision problems interfered with their ability to complete a craft, the student would help the client adapt and find functional ways to carry out the task.

The pilot program also helped students fulfill one of their field work requirements, which is necessary to graduate. When COVID hit, the opportunities for students to work directly with consumers vanished, and the occupational therapy assistant program is now working through a backlog of students who still need to complete field work.

Project Independence, which has been a partner of the BCC program for more than five years, provided one of the only locations where students could work directly with clients.

"What the students needed was to understand the whole occupational therapy process: evaluations, designing interventions and developing a therapeutic relationship with the participants," said Constance Messier, a BCC professor. "It's expected that this is where they put their academics into practice."

At first, BCC was restricted to Zoom. The students were immediately confronted with a problem that has

plagued virtually everyone who has ever used the software: how do you replicate the personal connections that form when meeting face-to-face over a conference call?

"Zoom was its own barrier in itself, but the students learned how to develop interactions, which were somewhat similar to telehealth," said Messier. For example, the students created a lesson plan in which they assembled a craft, but incorporated memory skills throughout. This required detailed instructions and analysis so the assignment would benefit the participants as well as reinforce the students' clinical reasoning skills.

As COVID restrictions eased, Project Independence was able to welcome a small group of students into the center, and Messier said they brought a different energy with them. That was evident on June 10, as participants proudly displayed projects they had been working on with Peixinho, and smiled behind their masks as Correia led the group through a dance. Correia said part of her goal is to put the "fun" in functional.

"Some people don't always need to have fun in order to be motivated to do stuff, but I need that," she

said. "Things can be overwhelming, but having fun, interacting and socializing can motivate people to make improvements in their lives."

The numerous projects the students developed have been assembled into a work book that will remain at Project Independence and provide a roadmap for leading participants through therapeutic activities.

Despite all the obstacles that have confronted the students on the road to graduation, there was a sense of optimism as the semester concluded.

"Adapting is a part of occupational therapy, but we were *living* it," said Peixinho. "It's important for us to be able to help. We were not going to let COVID stop us."

Resources

Project Independence is accepting new clients at this time. To learn more about their services, call 508-997-1441 or visit them online at piadhc.org.

To learn more about how occupation therapy can help you. Contact BCC professor Constance Messier at Constance.Messier@bristolcc.edu.