

Senior Scope

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

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South Coast LGBTQ+ Network to Open Community Center

The South Coast LGBTQ+ Network hosted a ceremony on April 1 in celebration of its upcoming community center, a central hub for the New Bedford-based nonprofit to provide programs and services to people across the LGBTQ spectrum, including older adults.

Early last year, the Network purchased the three-story building at 60 Eighth Street for \$15,000 from the City of New Bedford and has since partnered with the Waterfront Historic Area League (WHALE) and JMBA+Architects to renovate the structure within historical standards. The center is expected to open in late 2022.

Renovations will begin this summer, and fundraising will continue. Thus far, the Network has raised about 40 percent of its goal of \$1 million.

“Social change does take time, but providing local resources, programs and services to LGBTQ individuals through a central hub makes programs more accessible,” said Rebecca McCullough, vice president of the Network, during the ceremony. “The Network has started something big.”

As the organization looks toward the future, Andy Pollock, president of the Network, said the group will be especially focused on providing services to three subpopulations within the broader LGBTQ



A crowd starts to gather before the opening ceremony of the upcoming South Coast LGBTQ+ Network’s community center in New Bedford. Once completed in late 2022, the center will be a central hub for programs and services for LGBTQ people of every age.

community: youths, transgender people and older adults.

Through the Network’s own needs assessment survey and through anecdotes from community members over the years, the organization realized that older LGBTQ people face specific challenges – and that support services for this particular population are often lacking.

“End-of-life care is difficult for everybody, not just LGBTQ elders,” said Kerry Zeida, the Network’s marketing director. “But, because

of all the institutional hatred and homophobia, the research indicates that people go back into the closet at the end of their lives because of fear of discrimination, not being able to get appropriate health care and being rejected from assisted living facilities.”

Zeida said the Network intends to form a committee specifically looking at the needs of older LGBTQ adults. They will also build unique programs at the future community center that

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New Organization Installs Garden Beds at Munroe Terrace

Oregano, cilantro and parsley are currently sprouting outside of Munroe Terrace, a housing unit for older adults in North Dartmouth, thanks to a new local initiative to install raised beds in housing units around the South Coast.

Donald Bamberger, who built the two raised beds this spring, said he was inspired by an article he had read about a Milwaukee-based organization that built community garden beds so citizens would have access to extra produce during the pandemic.

This year, Bamberger began a similar initiative called “Grow Greater New Bedford” through a grant program from the United Way of Greater New Bedford. He

received \$2,500 to get the effort off the ground.

“I’m hoping to get people



Donald Bamberger launched an initiative this year to install garden beds in housing sites throughout Greater New Bedford.

interested in growing their own produce in their backyards, and this is just the beginning,” he said. “I hope to install these in the backyards of those who are food insecure.”

Through numerous community

connections, Bamberger was able to install his first garden beds outside of Munroe Terrace, which is part of Coastline’s Supportive Living Program. The Supportive Living Program offers support services to older adults within senior housing complexes.

The two garden beds were raised off the ground to about waist height so that residents wouldn’t have to kneel to plant, water and weed.

Ashley Brister, who manages the Dartmouth YMCA’s volunteer-driven farm, arrived on May 12 with seedlings, and a small crew of green thumbs planted the first

round of crops. Moving forward, the residents will be responsible for watering and tending to the garden.

Dianne Mendes, a supportive

Continued on page 9

Attorney General's Office Offers Resources for Utility Assistance

Massachusetts Attorney General Maura Healey's Community Engagement Division has published a consumer report for those seeking assistance with utilities. If you are struggling to pay your utility bills, you are protected. There is a moratorium in place that prevents shutting off your gas or electricity until July 1. But don't wait. You should seek assistance as soon as possible.

Income-eligible assistance programs: First, look into Income-Eligible Assistance Programs. You may qualify for your utility's income-eligible rate and/or the federal Low-Income Home Energy Assistance Program (LIHEAP). Income eligibility is evaluated based on your gross household income for the past four weeks. Visit www.mass211.org or dial 211 to find your local community action agency where you can apply for LIHEAP.

Non Income-Eligible Assistance: There may be funds available to assist you even if you do not qualify as income eligible, but still need assistance paying your bills. If your household income

is between 60 to 80 percent of the state median income, you may be able to receive help from the Good Neighbor Energy Fund. Call 508-997-6561 or visit them online at magoodneighbor.org/assistance.html.

Your utility company can assist: You should also call your utility company today and ask about their payment plans. Utilities are offering several financial assistance programs, including flexible payment and balance forgiveness plans for those eligible. You will be protected by the shutoff moratorium while on a plan, and the plan may help you avoid a shut-off even after the moratorium ends.

Additional resources: As always you can contact our office by calling their AGO consumer hotline at 617-727-8400. You can also find additional COVID-19 resources by visiting mass.gov/ago/covid19. Additionally, you can contact the Massachusetts Department of Public Utilities regarding your utilities company at 617-737-2836 or by visiting www.mass.gov/orgs/departments-of-public-utilities. Call Coastline at 508-999-6400.

Letter from the Editor

As we head into summer, many of us are looking forward to a change of pace. Mask restrictions are beginning to ease for those who are vaccinated, and people are slowly, cautiously approaching some semblance of normalcy after a truly bizarre year.

This particular moment in the pandemic feels especially complicated. While vaccinated people can mostly ditch their masks out in public, I'm still feeling a bit apprehensive, and I know I'm not the only one out there.

Pandemic precautions have changed many times over the past 14 months, and so has the public's attitude. I think that sentiment was best summed up in a recent episode of "Saturday Night Live." The show opened its 46th season finale with a sketch called "What I Remember About This Year," in which cast members reflected on the flurry of changes that have occurred since March 2020.

"I remember how we would bang pots and pans for doctors and nurses at 7 o'clock every night," one cast member said.

"And I remember how we slowly *stopped* doing that," replied another cast member, as the audience laughed.

We've all lost patience with this pandemic and are looking

toward getting out this summer and reconnecting with friends after a long time apart. As much as I'm prepared to move forward with my life, I also don't want to lose sight of the incredible sacrifice it took to get to a place where we can invite others inside our homes or cross a state line.

It took dedication from health care workers to keep the pandemic in control. It took essential workers braving the virus to keep society moving. It took a lot of sacrifice and caution on everyone's part to keep the case count down.

While the nightly news is no longer filled with footage of people banging their pots and pans—and, these days, I overhear more conversations about upcoming vacations than I do about COVID-19—I'm feeling more grateful than ever. And I'm hoping to hold onto that feeling.

Many places around the world are still in peril, and we're not exactly out of the woods yet. We'll be feeling the effects of this virus for a long time to come. Yet, right now, as we enter the summer of 2021, I'm feeling more optimistic than I have in a long time. I hope you're feeling that way, too.

Best,
 , Editor



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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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Donations for June 2021

Our donors help *Senior Scope* carry out its mission, and we cannot thank you enough for your support. Voluntary donations can be mailed to Coastline, 863 Belleville, New Bedford, MA 02745. Checks can be paid to the order of: *Coastline*. We cannot process checks made out to "Senior Scope." You can also call Coastline's Accounting Clerk, Michelle Walton, to donate directly with a credit card. She can be reached at 508-742-9114.

In Thanks:

In appreciation of *Senior Scope*.

—Rita Macomber
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Unemployment Insurance Fraud and Social Security

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. If you suspect you may be a victim of fraud, report it to your state fraud hotline at

www.dol.gov/agencies/eta/UIIDtheft. 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. And that

includes the information written on your vaccine card. As a reminder, you should not post an image of your COVID-19 vaccination card on social media. The card provides just enough info for scammers to exploit.

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

June is Elder Abuse Awareness Month

By Zachary Boyer
Mass Senior Action Council
(MSAC) Organizer

As much as the COVID-19 pandemic has ravaged the senior community throughout this past year, another familiar threat is rearing its ugly head: senior abuse. The pandemic has become an incubator for the largest risk factors associated with senior abuse, such as social isolation and dependence on care from others.

There are many types of abuse and neglect that seniors can face whether in a nursing home, living alone or with families: physical, emotional, sexual, (self) neglect or financial abuse.

During the pandemic, new financial exploitation tactics are emerging, such as COVID vaccination scams where seniors will be contacted and asked to pay money to be vaccinated. There are the stimulus check scams where seniors are asked to give personal information in exchange for their checks. No government official will ever contact you for personal information, like a Social Security number or your bank account info, in order for you to receive your check.

Senior abuse is defined as an act or omission that results in physical, emotional or financial exploitation of a senior. Unfortunately due to the social distancing, rates of senior loneliness are rising and acts of

self-neglect are as well. It has never been more important for friends and family to be active in the lives of seniors in their lives, which will help catch instances of abuse before they develop further.

Friends and family should keep an eye out for changes in physical appearance, appearing disoriented or unusual bruising. The best ways to combat elder abuse and associated scams are thankfully straightforward: staying physically, socially and mentally active; check references of caregivers; protect your passwords and personal information; shred all of your bills and important documents; review your monthly banking and credit card statements; never click on any links in unsolicited emails; and keep your computer's security software up to date. These tactics can help prevent senior abuse and isolation by keeping seniors vigilant to potential threats and online scams.

In the event that an incident of senior abuse has been committed, there are plenty of resources out there, some of which are listed below.

Resources

The Executive Office of Elder Affairs' Toll Free Elder Abuse Hotline can be reached at 800-922-2275. The Elder Abuse Hotline is open 24 hours a day, 7 days a week. For further assistance, call Coastline at 508-999-6400.



Senior Whole Health.
BY MOLINA HEALTHCARE



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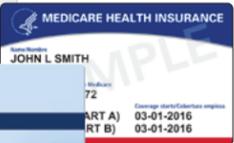
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Update

Coastline Seeks Proposals

Coastline Elderly Services, Inc. is requesting proposals for programs targeting elders who are 60 years of age and older, or caregivers providing care to an elder. Programs may relate to medical, mental, supportive, transportation, legal, to name a few. Services must be provided in one or all communities, such as Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett, Rochester and New Bedford. This request is opened to both private for profit organizations as well as non-profit.

A bidder's conference will be held on Thursday, June 10 at 11 a.m. on Zoom. For registration details, please contact Ann McCrillis at 508-742-9160 or email at amccrillis@coastlinenb.org. The Zoom link will be forwarded to you. Applications will be available on the website after the bidder's conference. Completed applications must be received at Coastline by Thursday, July 8, 2021 by 3 p.m. Late applications will not be accepted. Coastline is an AA/EOE.

'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. 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: June 14, 10 a.m. to noon at GNBCHC, 399 Acushnet Ave., New Bedford, MA 02740.

The 2021 dates are as follows: July 12, 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. Upcoming meeting: June 24.

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 (June 2, 9, 16, 23 and 30) 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 12:30 p.m., and an afternoon tour, from 1:30 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.



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Your Health

Yoga Returns to Buttonwood Park on Wednesdays Evenings



By Deb Fraine

New Bedford Wellness Initiative

Good posture isn't just about looking good. As a matter of fact, optimal posture contributes to improved breathing capacity and back health. Good posture reduces shoulder pain, increases energy, decreases headaches and tension in the shoulders and neck, and improves core strength and digestion. Besides feeling "taller" we have improved concentration, self-confidence and optimism. Optimal posture helps you to develop strength, flexibility and balance.

As we age, the discs between the vertebra of the spine lose fluid and our spinal vertebrae become closer together. After age 40, we typically lose about one-half inch every 10 years. After age 70, we may lose 1 to 3 inches in height. This may be preventable by having a regular exercise routine, eating a healthy diet and avoiding tobacco and alcohol.

There are simple exercises that you can do to improve your posture. Yoga postures, including child pose



The New Bedford Wellness Initiative launched a free, outdoor yoga series at Buttonwood Park. Join the Initiative for yoga on Wednesdays at 5:30 p.m. across from the greenhouse.

stretch, will lengthen your spinal muscles and stretch your glutes, relieving tension in your lower back.

Forward folds releases tension in the spine, hamstrings and glutes.

Cat cow on all fours stretches the spine and relieves tension in your torso, shoulders and neck. A chest opener – where you bring your hands behind your hips, squeeze shoulders together and open chest in standing – is an excellent posture exercise. Core strengthening exercises, such as planks, side plank and crunches, support the spine and contribute to spinal alignment. Spinal rotation exercises relieve tightness in the spine and improve mobility.

Simply by squeezing your shoulder blades together and squeezing the muscles between them,

upper back strength can be improved.

In yoga, we describe "tadasana," or mountain pose, as optimal posture. "Feet are grounded, arches of the feet are lifted, knee caps are lifted, quadricep muscles are engaged, navel is brought in to spine, shoulders are back, chin is parallel to the floor and the top of head is lifted to the ceiling."

Unfortunately, during the past 14 months, we have become a society of "C" shaped people: shoulders rounded, weak core, forward neck position. In times of stress, this is how we "protect" ourselves from danger. Unfortunately, this has been a prolonged situation and many of our bodies and minds have been affected.

If you are looking for relief, perhaps you could seek out a yoga class, Qigong, pilates, meditation or a

personal trainer. In order to gain back our confidence, strength and ability to "stand tall" in the face of stress this may be an essential part of our process as we re-enter life after the pandemic.

New Bedford Wellness Initiative offers free classes on Facebook Live, Zoom and in-person at Buttonwood Park.

Look for free yoga Wednesdays at 5:30 p.m. at Buttonwood Park, and join the Facebook group "New Bedford Wellness Initiative" for the latest information on how you can not only improve your posture but your physical, emotional and spiritual health in the aftermath of a pandemic.

Send a message of gratitude to yourself – we have come together as a community in strength, health and positivity to continue to live our best lives.

Resources

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

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.

Tips to Consider When Rejoining an Exercise Program After Time Away

By Cam Bergeron, CSCS

Cam's Conditioning & Rehab

Spring has sprung, temperature is getting warmer, days are getting longer and the world is starting to go back to somewhat normal. Some people have had the ability to stay moving throughout the pandemic by attending online classes or watching videos while others have not had the same luxury. No matter if you have been exercising or not, many have missed participating in their favorite exercise classes in-person.

With the COVID-19 restrictions easing and more citizens receiving the vaccine, facilities like the councils on aging have been able to start letting instructors teach their classes. These classes are held outside or inside with limited attendance. If you have not been exercising and plan to start back up, there are some things that you should take into account.

First, you need to realize that most likely you are *not* in the same physical shape as you were pre-pandemic.

You were probably taking at least one exercise class a week, if not more. These classes were training your body – whether it was strength training in a weight lifting class or cardio work in a session of Zumba. These classes were changing the way your body operates.

If you have not been exercising through the pandemic, you will notice a difference when you go back



Many local wellness organizations and councils on aging are offering exercise programs again this summer. If you're thinking about heading back, be sure to not push yourself too hard. [Photo courtesy the Dartmouth Council on Aging.]

to class. This is not to discourage you in the least bit! This is to provide you with a heads up, so you don't go into the class and push too hard, too quickly.

You will likely become sore after your first class. This is good. If you push too hard, and your body isn't ready, then you will get *too* sore. This extreme soreness can be considered pain by some people and turn them away from going back to class. This is why it is important to ease into exercising. Keep your intensity at a moderate exertion for the first few classes.

Another key thing to keep in mind: when getting back into exercise after time away, you should *never* work through any pain. If an exercise causes you pain, don't do it. Sit that

one particular move out and wait for the next one.

You want to sit a move out especially if it's causing you lower back pain. Everyone has been sitting a lot more than usual during the pandemic. This causes muscles to tighten and imbalances to occur in the lower extremities.

Taking a stretching, flexibility or mobility based class will help improve your range of motion. These kinds of classes are great to try out first due to the fact that they are slow-paced, non-weight bearing and are very beneficial to your body.

When you don't perform a certain movement pattern, your brain forgets how to activate fibers within the muscle. The more you perform the motion, the more coordinated you

become. This is due to your brain activating more fibers within that muscle.

When you start lifting weights you will notice that you will get "stronger" very quickly and then you notice a plateau. This is due to your body recruiting more muscle fibers. You are not building muscle until about six to eight weeks of weight lifting, but the neural adaptations begin right away.

This article was intended to provide you with the tools you need in order to stay safe when getting back into exercise. You don't want to go in and have a bad experience and then not go back. Exercising on a regular basis is a great way to keep you healthy in many different ways.

Remember: do what you can, don't push it and never work through any pain!

Resources

See pages 10 and 11 to see what the Councils on Aging are offering this June. Many are offering in-person exercise classes either outside or indoors with capacity limits.

Dartmouth Community Media (DCTV) has recorded several exercise classes with Cam, which are airing on DCTV in Dartmouth and are available everywhere on the web. Visit DCTV online at: town.dartmouth.ma.us/dartmouth-community-media.

Massachusetts Will Ease COVID Restrictions on May 29

If you are fully vaccinated, you can start doing many things that you had stopped doing because of the pandemic. On May 13, the Centers for Disease Control and Prevention (CDC) announced that people who are fully vaccinated against COVID-19 no longer need to wear masks or socially distance in most situations.

People are considered fully vaccinated two weeks after their second

dose in a two-dose series, such as the Pfizer or Moderna vaccines, or two weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

Days after the announcement from the CDC, Governor Charlie Baker said that Massachusetts will rescind its face covering order on May 29. The Department of Public Health will issue a new face covering advisory consistent with the CDC's

updated guidance. In addition, all industries will be permitted to open and limits on gatherings will also be lifted on May 29.

In Massachusetts, face coverings will still be mandatory for *all* individuals on public and private transportation systems (including rideshares, taxis and ferries), in healthcare facilities, and in other settings hosting vulnerable

populations, such as congregate care settings.

Non-vaccinated people are still required to wear masks in public indoor locations and outdoors when they are unable to maintain social distancing. Some businesses may require masks regardless of vaccination status.

To schedule a COVID-19 vaccine appointment, call 2-1-1.

Massachusetts Reducirá las Restricciones Impuestas por el COVID el 29 de mayo

Translations by Southcoast Health

Si está completamente vacunado, puede comenzar a hacer muchas de las cosas que había dejado de hacer por causa de la pandemia. El 13 de mayo, los Centros para el Control y la Prevención de Enfermedades (CDC) anunciaron que, en la mayoría de los casos, las personas que están completamente vacunadas contra el COVID-19 ya no necesitan usar mascarillas o distanciarse socialmente.

Se considera que las personas

están completamente vacunadas dos semanas después de recibir la segunda dosis en una serie de dos dosis, como las vacunas Pfizer o Moderna, o dos semanas después de recibir la vacuna de una sola dosis, como la vacuna de Johnson & Johnson.

Días después del anuncio de los CDC, el Gobernador Charlie Baker dijo que Massachusetts anulará la orden de cubrirse la cara el 29 de mayo. El Departamento de Salud Pública publicará una nueva

recomendación sobre cubrirse la cara de acuerdo a la guía actualizada de los CDC. Además, el 29 de mayo, se permitirá la apertura de todas las industrias y se levantarán los límites a las reuniones.

En Massachusetts, cubrirse la cara todavía será obligatorio para todas las personas en los sistemas de transporte público o privado (incluidos los viajes compartidos, taxis y ferris), en los centros de atención médica, y en los entornos que albergan a

una población vulnerable, como los entornos de atención congregada.

Las personas no vacunadas todavía deberán usar mascarilla en lugares públicos cerrados y al aire libre, cuando no puedan mantener el distanciamiento social. Algunos negocios pueden exigir el uso de mascarilla independientemente del estado de vacunación de las personas.

Para programar una cita para vacunarse contra el COVID-19, llame al 2-1-1.

Massachusetts Irá Facilitar as Restrições do COVID a 29 de Maio

Se está totalmente vacinado, pode recomeçar a fazer muitas coisas que tinha parado de fazer por causa da pandemia. No dia 13 de Maio, os Centros para Disease Control and Prevention (CDC) anunciaram que as pessoas que estão totalmente vacinadas contra o COVID-19 não precisam de usar mais a máscara ou estar socialmente distanciadas na maioria das situações.

Pessoas são consideradas totalmente vacinadas duas semanas

após terem recebido a segunda dose numa série de duas doses, tal como com as vacinas do Pfizer ou Moderna, ou duas semanas após uma simples dose, tal como com a vacina do Johnson & Johnson's Janssen.

Dias após a comunicação do CDC, o Governador Charlie Baker disse que Massachusetts irá rescindir a ordem de cobertura da cara no dia 29 de Maio. O Departamento de Saúde Pública emitirá um novo aviso de cobertura da cara consistente com

as linhas de orientação atualizadas pelo CDC. Adicionalmente, todas as indústrias estarão autorizadas a abrir e os limites nos ajuntamentos serão também levantados a 29 de Maio.

Em Massachusetts, a cobertura da cara continua a ser obrigatória para todos os indivíduos em sistemas de transportes públicos e privados (Incluindo rideshares, taxis e balsas), nas facilidades de saúde e em outros ambientes contendo populações vulneráveis, tais como ambientes

congregados de cuidado.

Pessoas não vacinadas continuam a ter de usar a máscara em público quer dentro ou fora das localidades quando estiverem incapacitadas de manter a distância social. Alguns negócios poderão requerer máscaras independentemente do estado da vacinação.

Para marcar um apontamento para a vacina do COVID-19, chame 2-1-1.

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.



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How to Plan for Driving Retirement

Driving is a remarkably complex task, requiring dozens of rapid-fire decisions even during a quick trip to the corner store. As we age, some of the functional skills required to safely drive diminish, which could lead to accidents and injuries.

“We plan for everything in our lives – we plan for our retirements and our vacations. But really, no one plans for *not* driving,” said Michele Ellicks, a community outreach coordinator with the Massachusetts Registry of Motor Vehicles. “We’re going to be living much longer than we’re safe to drive, so we need to think about a Plan B.”

What complicates driving as we age: During a recent presentation about safe driving at the Dartmouth Council on Aging, Ellicks noted that many older drivers are relatively safe behind the wheel.

She said that drivers between the ages of 50 and 74 have a lower crash rate relative to those between the ages of 30 and 54. Part of the reason for that, she explained, is because older drivers tend to place limits on themselves. Many stick to familiar roads and avoid driving at night, for instance.

However, starting at age 75, the crash rate begins to rise, and it increases markedly at age 80. That’s largely because the functional abilities we need to drive safely – vision, reaction time, reflexes and hearing – tend to decline as we age.

“Many medications also have



Knowing exactly when it’s appropriate to retire from driving can be challenging. A good place to start is with your doctor. If you are noticing changes with your eyesight, be sure to mention it during your next appointment.

side effects that impact a person’s driving,” said Ellicks. “The OUI (operating under the influence) law in Massachusetts includes prescription medications and over-the-counter medications. If you’re taking any substance that could impact your driving, you could be cited for an OUI.”

Some of the other warning signs include: difficulty seeing at night, difficulty keeping up with the speed limit, getting lost on familiar roads, becoming easily distracted when driving or being intimidated by passing vehicles.

What to do: If you’re

experiencing some of the warning signs, it may be time to examine your driving. Ellicks said the solution could be as simple as enrolling in a driver refresher course to brush up on your skills.

“If you see something changing – your eyesight is changing or your reflexes are slowing down – talk to your doctor. Many times they can be resolved with physical therapy or occupational therapy,” she said.

Ellicks said it’s best to think about giving up the keys *before* it becomes an issue. She encourages people to reach out to their local council on aging or agencies like

Coastline to learn more about alternate transportation options.

Self-reporting and reporting others: If you’re 75 or older, you must renew your license in-person at the RMV and take an eye test. There will also be mandatory questions about impairments and medications. But drivers are largely responsible for determining whether or not they are still safe to drive.

In Massachusetts, anyone can file a report about another person’s driving, requesting that a medical evaluation be performed. If you’re going to file a report about another person, you cannot do so anonymously – you will be required to include your name and contact information.

“The Registry will send a letter to the driver in question. There will be an evaluation to take to your doctor, and they will make a decision based on what the doctor says,” said Ellicks.

Resources

The Hartford Center for Mature Market Excellence has published numerous free publications on this topic, which can be assessed at: thehartford.com/resources/mature-market-excellence/publications-on-aging.

For additional resources for older drivers and for caregivers, visit the RMV’s website at: mass.gov/info-details/older-drivers.

National Disaster Distress Helpline Adds Sign Language Option

The national Disaster Distress Helpline is now offering direct crisis counseling and support for Deaf or Hard of Hearing American Sign Language users via a dedicated videophone option.

Disaster survivors and responders can connect with trained DDH crisis workers fluent in ASL by dialing 1-800-985-5990 from a videophone-enabled device or via an “ASL Now” link which can be accessed at DisasterDistress.samhsa.gov.

What is the Disaster Distress Helpline? The Disaster Distress Helpline (DDH) is a 24/7, year-round, confidential, multi-lingual crisis counseling and emotional support resource for survivors, responders, and anyone in the U.S./territories struggling with distress or other mental health concerns related to any natural or human-caused disaster. Calls and texts to 1-800-985-5990 are answered by trained counselors from a network of independently operated crisis centers located across the country.

Overview: Disaster Distress Helpline Videophone for American Sign Language Users The DDH Videophone offers a 24/7 direct connection to trained DDH counselors fluent in American Sign Language (ASL). People who are Deaf, hard of hearing, or anyone for whom ASL is their primary or

preferred language can dial the hotline at 1-800-985-5990 via their videophone-enabled device OR access the “ASL Now” option via the DDH website at samhsa.gov/find-help/disaster-distress-helpline.

Why a DDH Videophone for ASL users? While most people impacted by disaster will be able to bounce back fairly quickly with help from their support networks, others may experience significant emotional distress or other mental health concerns that can impede recovery.

Deaf and hard of hearing people may be especially at risk for disaster-related distress. Barriers to accessibility for mental healthcare, emergency preparedness, and disaster relief services are just a few distress risk factors that Deaf/Hard of Hearing people face throughout the disaster cycle.

Can a hearing person utilize the DDH Videophone option? The line is intended for American Sign Language users, regardless of fluency level or whether they are fully Deaf or Hard of Hearing. The common denominator is that ASL is the language being used between the caller and counselor. Callers who cannot communicate at all in ASL should not use the DDH VP. These callers should call or text the DDH 1-800-985-5990 via their standard phone device.



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One Year Later: COVID-19, Estate Planning and You

By Michelle D. Beneski, Esq.
Surprenant & Beneski

Living through the last year with COVID-19, everyone has emerged with their own takeaways. In our field of estate planning and elder law, our learnings underscore what we have been sharing all along:

- Everyone needs foundational documents, and waiting to have them prepared can be detrimental when faced with the unexpected.
- Foundational documents are the base of a strong estate plan that will work as you intended when the time comes.

Below are the key legal documents we refer to as the foundational documents. Note that four out of the five are meant to help you while you are living.

Health Care Proxy: Authorizes someone you trust to make medical decisions in case of a serious medical emergency, incapacity.

HIPAA Authorization: A HIPAA Authorization allows named individuals to have access to your private, protected medical information. This helps facilitate conversations with physicians, insurance companies, pharmacies, etc.

Advanced Directive: Document your medical wishes in case you're incapacitated and can't communicate.

Durable Power of Attorney: Make sure your family has access to your finances to pay bills, medical expenses, and apply for benefits/insurance. Also, helps with individually accounts. For example, being able to initiate distributions from 401k accounts.

Last Will & Testament: Personal property distributions including gifts to family, trusts and any donations. Provisions for minor children, children with special needs and pets. Identifies the personal representative (and an alternate) who shall manage your affairs.

Common issues families face when a loved one is incapacitated without the right estate planning documents (foundational documents) in place:

- No power to make medical decisions on your behalf if you are unable to communicate your medical wishes
- Family infighting and stress over what medical decisions should be made for you because your wishes weren't documented
- Inability to access your bank accounts to pay the bills
- Without power to protect assets
- No legal authority to write checks on your behalf or apply for medical insurance/benefits to pay for your hospital stay
- Without the correct documents in place, your family will have to go to court in order to get the legal authority to make your medical and financial decisions if you can no longer make them yourself



Let's look at some scenarios where the foundational documents are useful:

- You don't need to be exceptionally rich to have an estate plan. In fact, you don't need to own anything! Estate planning should begin as someone becomes a legal adult. Should incapacitation happen, the medical community, legally cannot speak to your family because of privacy laws. An easy fix is to have a Health Care Proxy and a HIPAA authorization in place.
- Just because you know what kind of care or measures you want (or don't want) and you told your sister, doesn't mean it is legal or binding. This is where an Advanced Directive, sometimes called a Living Will, comes into play.
- What happens should you pass? Do you want to court to decide who gets what? That is, if there is anything left after probate costs. That's what happens if you die without a Last Will & Testament.
- For those that have done their estate planning, COVID-19 is a good reminder to review their planning. Many times, a plan is reflective of where your life was 10 years ago, but what about now? Did you include your new grandchildren? Do you have an ex-spouse or an ex-in-law that you don't want to have control or benefit from your estate? No time like the present to update that plan.

The two final points that our experience with COVID-19 has driven home are:

- We cannot control everything but the things that we can control, we should.
- Procrastination can end in disastrous results.

Think of estate planning as a vaccine for future problems that could negatively impact you and your loved ones. In-person appointments are so 2019. For your health and safety, virtual appointments are just as productive as in person meetings and for some, less intimidating.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What was the typewriter originally nicknamed?
A.) Table Tapsmith B.) Hammer Stamper
C.) Word Rotor D.) Literary Piano
- 2.) Where was paper first created?
A.) India B.) China C.) Egypt D.) France
- 3.) What did the first modern vending machines dispense?
A.) Postcards B.) Ties C.) Coffee D.) Matches
- 4.) What was the name of the first professional baseball team?
A.) Louisville Greys B.) Cincinnati Red Stockings
C.) Hartford Dark Blues D.) Boston Red Birds
- 5.) Who was the first rock band to advertise an album on a billboard?
A.) The Who B.) The Beatles C.) Led Zeppelin D.) The Doors
- 6.) Which Apollo 11 astronaut did NOT walk on the moon?
A.) Neil Armstrong B.) Buzz Aldrin
C.) Michael Collins D.) Alan Shepard
- 7.) Who was the first Roman emperor?
A.) Julius B. Augustus C.) Nero D.) Titus
- 8.) Who was the only unelected president in U.S. history?
A.) George Washington B.) Gerald Ford
C.) Lyndon Johnson D.) Harry S. Truman
- 9.) What does "RMS" stand for on the Titanic ocean liner?
A.) Royal Marine Ship B.) Royal Majesty's Ship
C.) Royal Mail Ship D.) Regional Marine Ship
- 10.) Whitening toothpaste can also clean what type of clothing?
A.) Leather jackets B.) Jeans
C.) Cashmere sweaters D.) Canvas sneakers

[Answers listed on page 11]

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Nutrition



Grow Greater New Bedford aims to install garden beds at housing sites in the region.



A group that included residents of Munroe Terrace, and representatives from Grow Greater New Bedford, Sharing Harvest Community Farm and Coastline planted seedlings in two garden boxes along Monroe Terrace. The community garden was installed by Donald Bamberger through a mini-grant program from the United Way of Greater New Bedford.

Garden Beds continued...

living coordinator at Coastline, said that once the garden is ready for its first harvest, Coastline can offer a cooking demonstration featuring the produce and herbs grown along Anderson Way.

For those who are looking to get outside after being cooped up all winter, the YMCA's Sharing the Harvest Community Farm provides a unique volunteer opportunity.

The expansive farm is largely managed by a small crew that includes Brister, another staff member and a network of volunteers. All produce grown on the farm is distributed at food

pantries throughout the region through a partnership with the United Way.

While volunteer hours have been limited this season due to COVID-19, Brister said the farm is still looking for help in the months ahead.

In a typical year, the farm maintains regular drop-in hours where anyone can show up. However, this summer they ask that volunteers sign-up ahead of time through an email system. You can be added to their list by emailing sharingtheharvest@ymcasc.org.

Volunteer hours are on Tuesdays, Wednesdays and Thursdays from 9 to 11 a.m. and 2 to 4 p.m. There are also

Saturday shifts from 9 a.m. to noon.

If the group of gardeners eagerly planting beans and tomatoes at Munroe Terrace were any indicator, getting outdoors and playing in the dirt was a nice change of pace following months of COVID restrictions. Now, with his first two beds installed, Bamberger is ready to build more.

"This is the seedling. Hopefully, next year we'll branch out," he said.

If you would like to know more about Grow Greater New Bedford, or if you manage property that could benefit from a community garden, contact Bamberger at growgreaternb@gmail.com for more information.

NB Farmers Market Summer Season Starts

The New Bedford Farmers Market will launch its summer season starting on June 3. The 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

Coastal Foodshed is planning to film a short video to spread the word about the Healthy Incentive Program (HIP). If you have a story to share about how the program has helped you, email Marcy to find out more information at: Marcy@coastalfoodshed.org. Filming will take place in June. The group will be offering a stipend for your time filming.

Huttleston Market Returns

Huttleston Marketplace will be happening on Saturdays now through Sept. 18 from 10 a.m. to 3 p.m. at 141 Main Street in Fairhaven. The bazaar will feature more than 65 vendors. The market will be held rain or shine.



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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. Advanced registration is required for all classes and programs and COVID protocols will be in place. Pre-registration is required for all programming. Call 508-998-0280.

Strong Women, Strong Bones: a Title III program with Karen Corcoran on Mondays, Tuesdays and Wednesdays at 9 a.m. \$2/suggested, voluntary donation.

***NEW CLASS* Tai-Yo-Ba:** (seated/standing class for balance, coordination, flexibility, and mobility) with Cam Bergeron on Mondays at 10:30 a.m. Reservation required. Free.

Zumba Gold with Pati Cautilo: Tuesdays at 10:30 a.m. \$6/class. Thursdays, at 10:30 a.m. Free.

Strength and Conditioning with Larry Bigos: Wednesdays at 10:30 a.m. Free. Fridays at 10 a.m. \$6/class

Painting with Kristen: No experience? No problem! Every Thursday Kristen will lead you step-by-step on your masterpiece, which will be taken home the same day. \$6/class.

COVID-19 Testing: Free. Fridays from 10 a.m. to 1 p.m. and Saturdays from 9 a.m. to noon. PCR, results in 24 to 36 hours.

Outdoor Concert Series: RSVP required. Call 508-998-0280. Free.

- **DeRossi Trio:** Friday, June 4 at 1 p.m.
- **The Singing Nurse:** Tuesday, June 8 at 1 p.m.
- **Ragtime Jack Radcliff:** Friday, June 11 at 1 p.m.
- **Chris Carter:** Friday, June 18 at 1 p.m.

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.

Music on the Lawn: Featuring "Torch Song" on June 9 at 1 p.m. Bring your lawn chair. Tickets on sale one day only on June 4 from 9 a.m. to 2 p.m. outside the Center. Cost is \$5.

The YWCA Widow Person Program: This program will be returning to the Center in July. Please call Jane Rocha, WPP Director at 508-999-3255 or the Center for more information.

Alzheimer's Support Group: The 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 at 508-304-4587. Every other Tuesday from 3 to 4 p.m. beginning June 29.

Veteran's Corner is Back! Join Matt Brouillette, Dartmouth Veteran Service Officer, the first Friday of the month at 9 a.m. for camaraderie and any veteran concerns you may have. Please call the Center to pre-register.

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.

Osteo Exercise: Class will be held on Mondays from 10:15 to 11:15 a.m.. Call the Center the Friday before to pre-register.

Zumba with Michelle: Tuesdays from 10:30 to 11:30 a.m. \$7. Please call the Center the Friday before to pre-register.

Cam's Body Awareness: Wednesdays from 9 to 9:45 a.m. and Fridays at 1 p.m. \$2. Please call the Center to pre-register.

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

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

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

Justice Bridge through UMass Law: Free Legal consultations. Last Wednesday of the month from 2 to 3 p.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. Please call to pre-register.

"Yak it Up": Let's Travel down memory lane together. Come and chat about fun experiences and share personal stories to foster new connections and friendships! This informal group will meet on Fridays at 10 a.m. Pre-registration is required.

Paint Party at the Center: June 23 from 1 to 3 p.m. Cost is \$10. Call the Center to register.

Emerging from our COVID Cocoons: Hypnosis with Lorraine. June 17 and 24 from 1 to 3 p.m. \$10 per session. Pre-registration required. Discussions will reflect how hypnosis can help make changes in our lives and reduce anxiety during times of change. A session of group hypnosis will follow each class.

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.

Bingo: Fridays from 1 to 3 p.m.

Mah Jong: Tuesdays from 10 a.m. to 2 p.m.

Pitch: Thursdays from 12:30 to 3 p.m.

Caregivers Support Group: First Wednesday of the month from 1 to 2 p.m.

Osteoporosis Class: Simple, safe, bone-boosting exercise. Held on Mondays, Wednesdays, and Fridays from 8:30 to 9:45 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.

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@mobiledentalthygiene.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.

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

Marion COA

Call the center at 508-748-3570. The center is located at the Benjamin D. Cushing Community Center, 465 Mill St., Marion, MA 02738. Like us on Facebook: facebook.com/marioncoa. COA hours of operation are: operating Monday through Thursday, 8 a.m. to 1 p.m. Marion Board of Health: 508-748-3530.

Strawberry Shortcake Social: June 10 from 1 p.m. Join together with friends and neighbors to celebrate strawberry season. Who could resist juicy, ripe strawberries atop a sweet biscuit laden with whipped cream. Space is limited

Continued on Page 11



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and registration is a must. Reservations will be taken beginning May 27; call 508-748-3570. Please consider a donation of \$5.00, but this is just a suggestion. We do not want to exclude anyone from joining us due to cost, as we encourage everyone to get out and enjoy.

Veteran Get Together: June 14 at 11:30 a.m. For all active duty reserve, veterans, widows and guest. Meet Christopher Gerior, the new Tri-Town Veterans Service Officer. RSVP by June 11 at 508-748-3570.

Art For Your Mind with Jill Sanford: June 15 at 1 p.m. Art of France This presentation will showcase France's most prominent artists and art trends from the past several centuries. Come away with a renewed sense of the impact of France's contributions to the art world. A catered lunch of BLT Sandwich, tortellini salad, chips and dessert will be offered prior to the presentation at noon. There will be limited seating for the luncheon and lecture and reservations are a must. Reservations will be taken beginning June 1. Call 508-748-3570. A suggested donation of \$5 is requested to cover the cost of the luncheon.

Southcoast Ringers Hand Bell Performance: June 18 at 10:30 a.m. We invite you to enjoy the harmonious, graceful and flowing music of the hand bell choir. Please register to attend by calling 508-748-3570.

Summer Cooking Demonstration: June 22 at 1 p.m. Linda Medeiros will be on hand to offer up some quick and easy recipes for the summer that you will get to sample. She will demonstrate ways to beat the heat and spend less time in the kitchen. There is a \$5 suggested donation for this program. Call 508-748-3570 to register to attend.

Sheryl Faye Presents... Laura Ingalls Wilder: June 24 at 1 p.m. Laura Elizabeth Ingalls Wilder was an American writer, mostly known for the Little House on the Prairie series of children's books, which were based on her childhood in a settler and pioneer family. In this presentation you will get a glimpse into her life from childhood to adult years. Call 508-748-3570 to register to attend.

Friends Event: Building on our success of two years ago, The Friends of Marion Council on Aging are planning a special community event on Aug. 19. Do you want to be a part of the event team? To become a Celebration Committee volunteer, give a call to the Center at 508-748-3570.

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.

Open House/Welcome Back: June 17 from 3 to 5 p.m. Come by to say "hi" and learn about our current services and programs, sample a class, learn about local volunteer opportunities and more!

Tick Presentation: It's not just Lyme disease—there are over a dozen diseases the little ticks can bring! Dr. Hanumara Chowdri, MD is an Infectious Disease Specialist and has over 49 years of experience in the medical field. June 10 at 11 a.m. Cost: Free. Registration requested In-Person and via Zoom Mtg ID: 819 4955 2164. Passcode: Ticks or call in +1-646-558-8656. ID: 819 4955 2164. Passcode: 760803.

Chair Yoga: Starts June 3. Every Thursday at 9 a.m. Instructor: Eileen Waxler. Cost: Free (EOEA Formula Grant). Registration requested Chair yoga modifies yoga poses so they can be done while seated in a chair and therefore, makes yoga accessible to a greater spectrum of people.

Pottery/Clay Sculpting: Every second and fourth Thursday. 10 to 11:30 a.m. Cost: \$10 (includes 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.

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

Friends in Need: The Friends of the Mattapoissett Council on Aging, a non-profit, non-governmental group, has been aiding COA programs and supplementing the needs of senior citizens in the community for many years. . Due to a decrease in membership, new members are now urgently needed to carry on the mission of the FOTMCOA. Will you help? No residency requirement! If you can share an hour once a month to attend the FOTMCOA meeting or wish to assist in any way possible, please contact Anne Bartnowski at 508 758 4603 or email at annebartnowski1@gmail.com. Next meeting: June 4 at 10 a.m. at the Mattapoissett COA.

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.

Blood Pressure/Wellness Clinics: Clinics will return to the Rochester COA throughout June on Wednesdays. The Public Health Nurse is also available to answer questions by telephone. Please call the Board of Health at 508-763-5421, or the COA at 508-763-8723 to contact the Nurse.

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.

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

Chair Yoga: Fridays at noon.

BINGO: Wednesdays at 12:30 p.m.

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

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.

June 2021 Trivia Quiz Answers

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

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Community

Upcoming Kilburn Mill Exhibit Seeks Local History from Public



A view from inside Kilburn Mill circa 1954. [Photo courtesy Spinner Publications.]

Organizers for an upcoming art exhibit featuring the history of New Bedford's Kilburn Mill and its surrounding neighborhood are seeking stories from the public.

Benjamin Cantor-Stone, who's managing the project, said the art exhibit will be displayed on the third floor at Kilburn Mill, with an opening reception in the works for late August. The exhibit will showcase the history of New Bedford's textile industry.

He said that while there are other museums in the northeast that highlight the textile industry, many focus the industry's beginnings. The display at Kilburn Mill will be geared toward the early 20th century, when the mill was built.

"By the early 20th century, you have a lot of technological change, and perhaps more importantly

you had a demographic change," said Cantor-Stone. "At the time of Kilburn Mill's construction in 1904, much of New Bedford's population was foreign-born. That substantially changed the workforce dynamics of the town as well as the industry."

The exhibit will be making use of some material from the New Bedford-based book publisher Spinner Publications, including some artifacts that Spinner has accumulated over the years, as well as ephemera sourced from the basement of Kilburn Mill. That includes machinery, tools and artifacts of daily life.

The project will also incorporate stories from locals who have a connection to the Kilburn Mill and the neighborhood. Family histories can take the form of photographs, written materials, or audio and video recordings.

"We're investigating the possibility that some of the design elements of the mill were cutting edge at the time and interesting from an architectural and engineering prospective," Cantor-Stone. "We're also hoping to see if we can tie in the mill to the big textile worker's strike in 1928."

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

NBAM Launches Art Program for Older Adults

Before Tania Vasconcelos could even park the New Bedford Art Museum's colorful art van, otherwise known as the artMOBILE, people were already working their way through the parking lot at Whaler's Cove to greet her and to pick up a new art project.

For five weeks beginning at the end of April, the New Bedford Art Museum/ArtWorks! (NBAM) delivered art kits to older adults in three locations in the South Coast – Oxford Terrace, Whaler's Cove and Sol-E-Mar – as part of the new "Creative Care" program. Each week, representatives from the museum delivered a different art project, which included supplies and instructions translated in multiple languages.

The artMOBILE has been providing children with an on-the-go art education for decades. When the pandemic hit, the museum used the van to distribute art kits, which offered children self-guided projects to assemble safely at home. The Creative Care program provided older adults with a similar opportunity.

Sharon DeMedeiros, who said she's worked as a decorative artist for years, has been having a blast exploring a new project each week. While she said that she's been relatively okay during the pandemic, having a new art project each week has been a nice distraction.

"It's been a little scary every now and then," said DeMedeiros as she awaited her new art kit outside of Whaler's Cove on May 21. "This brings your focus onto creative work, and helps you not dwell on negative



Tania Vasconcelos from the New Bedford Art Museum delivered printmaking kits on May 21 outside of Whaler's Cove.

things, so it's had a great impact."

Throughout the five weeks, the museum has provided lessons on watercolor, printmaking and ceramics. Vasconcelos, an art educator with NBAM, said she had heard from participants that affording formal art classes on a fixed income isn't a possibility.

"This has been a great opportunity for people to enjoy art without the cost of paying for art classes," said Vasconcelos. "Art should be for everyone."

The Creative Care program was presented by NBAM in partnership and sponsored by the Association for the Relief of Aged Women, with additional sponsorship from the SouthCoast Community Foundation and in collaboration with Coastline. The museum intends to plan to continue this project throughout the year. For updates, visit newbedfordart.org.

LGBTQ Center continued...

either don't exist elsewhere or could serve as extensions of other programs that are already working well.

For years, one such group has been meeting regularly at the Fairhaven Council on Aging. Anne Silvia, Director of the Fairhaven COA, said the idea for the LGBTQ Supper Club initially formed after attending an in-service for Coastline employees. At the presentation, which was provided by Fenway Health, a Boston-based research and advocacy organization, Silvia said a map was displayed highlighting the locations of cafés for LGBT older adults in Massachusetts.

"There were maybe ten or twelve in the Boston area," Silvia said. "The next closest place was Orleans. And there was nothing on the South Coast."

Since launching about six years ago, the supper club has attracted as many as 40 people, with 20 core members attending over the years, many of whom are living outside the region. Silvia said the beauty of the Fairhaven supper club has been watching friendships form over the years. She said people would connect outside of the COA, meeting up for movies or bowling.

"It also proved that something like the LGBT supper club was



Andy Pollock, president of the South Coast LGBTQ+ Network, speaks during the ground breaking ceremony. The Network plans to open the center in late 2022.

missing down here," said Silvia.

The community center, which has a kitchen, rooms for activities and meetings, and designated space to create art, will give people of any age a place to congregate and meet like-minded individuals.

"It used to be that gay bars were the only community center that was available, and they weren't terribly healthy," said Pollock.

Moreover, by including older people on committees and getting them involved in events and activities, he hopes older generations can lend their talent and insight to younger people.

"I think it's important to create a space where history, experience

and wisdom are appreciated and can be passed from one generation to another," said Pollock.

One example of how older generations have benefited future generations was on full display during the ceremony for the community center. Long-time activist Liz DiCarlo gave remarks about John Lipsky and George Whittaker, who left their estate to LGBTQ causes through the Lipsky-Whittaker Fund.

Lipsky was from Rhode Island, and Whittaker was from New Bedford. Both went into the military during World War II, and lived in New York after they were discharged. They met and fell in love, and they

realized that returning home as out gay men wasn't an option. They moved to Los Angeles and later returned to the South Coast as part of their retirement.

DiCarlo said "they didn't tell us what to do with their estate, but we found a letter that George had written," she explained. Because of the "incredible hate and disdain they had experienced as gay men growing up," they wanted their estate to benefit gay youth and to fight the HIV/AIDS epidemic.

"They would be very proud to know the work that has been done here," DiCarlo said.

Resources

To learn more about the South Coast LGBTQ+ Network or to support the community center, visit: sclgbtqnetwork.org.

As part of Pride Month, the Network will be screening the film "Gen Silent" online. The film profiles older LGBT people as they navigate end-of-life care. Visit the Network's Facebook page for details: facebook.com/SCLGBTQNETWORK.

The Fairhaven Council on Aging's LGBT Supper Club will return on June 23 from 5 to 7 p.m. It will be held in-person at the COA. Call 508-979-4029.