

# Senior Scope

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

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## South Coast Beaches Expand Accessibility Options

If you visit one of the region’s local beaches, you may notice long blue carpets crossing the sand. Those are accessibility mats, and they provide a stable walkway for those who use wheelchairs or walkers, or for anyone who has mobility issues.

In early July, several accessibility mats were installed at Dartmouth’s three public beaches – two at Apponagansett and Round Hill beaches and one at Jones Beach. The idea for the mats came from a citizen who had approached a board member of the Dartmouth Parks and Recreation Department regarding her mother.

“She was concerned that [her mother] wouldn’t be able to attend the beach in the summer, which was one of her favorite pastimes,” said Dartmouth Council on Aging Director Amy DiPietro.

With some funding from the Dartmouth COA, the town was able to purchase mats, which were staked into the sand by Dartmouth Parks and Recreation Director Tim Lancaster, Recreation Coordinator Rebecca Amaral, and the COA’s maintenance worker, Bronson Collins.

“We’re trying to make Dartmouth as inclusive and age-friendly as possible,” said DiPietro. “These mats allow people with walkers, wheelchairs or baby strollers to make it down to the beach safely.”



This July, accessibility mats were installed at three beaches in Dartmouth. The mats make it easier for wheelchair users and those with mobility issues to make their way across the sand. On July 16, the Dartmouth Council on Aging held a beach party at Jones Beach, and the center intends to host more beach activities in the future.

The story behind the accessibility mats at Dartmouth’s beaches – from a general inquiry from the public to a broader community effort – is similar to the beginnings of the Sudbury-based nonprofit Small Miracles in Life Exist (SMILE Mass).

“The group started by simply asking the Town of Sudbury to install a handicap swing at the local park,” said Smile Mass co-founder Susan Brown.

She said that she and fellow co-founder, Lotte Diomedé, were raising

children with disabilities, and needed more accessible recreation options. At the time, there was an opportunity to write a grant for a full playground, but it couldn’t be written by the town – it had to be completed by a resident.

Brown and Diomedé took on the project, and their initial request for a single swing blossomed into the installation of a fully accessible playground. Following the project’s completion in 2010, SMILE Mass turned its focus to floating beach

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## Scammers Adapt Along with the Pandemic

Whether it’s a robocall, junk mail or an email from a stranger who needs you to send them money urgently, avoiding scams has become an everyday part of life. Unfortunately, scammers constantly update and change their techniques to try to swindle you out of money or gain access to your personal information.

Throughout the pandemic, the Federal Trade Commission (FTC) issued numerous alerts, warning the public that scammers were taking advantage of the chaotic situation, whether it was through false claims about the vaccine, emails purporting to be from the Centers for Disease Control and Prevention, or bogus calls from people claiming to be contact tracers.

With society slowly reopening, representatives from Attorney General Maura Healey’s office

recently visited the Rochester Council on Aging to provide an update on the latest strategies scammers use to exploit victims. Below are several types of scams to look out for.

**Between January 2020 and April 7, 2021, the Federal Trade Commission received and tracked 436,000 reports of COVID-19-related scams, reflecting \$399 million in fraud losses.**

### Phishing scams:

Scammers will try to gain access to your personal information through email or text messages. These messages may appear to be coming from a legitimate source – they may even illegally use the logos of real companies or government

agencies.

Phishing scams will often tell you a story (such as, “You’ve won a gift card from Amazon!”) and ask you to open an attachment, click on a link or enter personal information.

Should you receive such a message, do not click on the links or open the attachments. The Federal Trade Commission recommends first asking yourself if you have an account with the company. If you don’t, it’s likely a scam. If you do, contact the company using a phone number or website you know is real.

When in doubt, delete the message. As Marcony Almeida-Barros, the director of the Community Division at the Attorney General’s office, reiterated throughout the presentation: if it

*Continued on page 7*



## District Attorney Donates \$20k in Support of Coastline Services

The Office of the Bristol County District Attorney Thomas M. Quinn III donated \$20,000 to Coastline Elderly Services, Inc., half of which will benefit Coastline’s Money Management Program. The remainder will be applied toward the installation of digital technology at Coastline’s office on Belleville Avenue in New Bedford.

“I am pleased to support Coastline Elderly Services in their efforts to assist seniors in managing their funds to help them obtain the financial security they deserve,” said Quinn. “In addition, this funding will assist seniors in dealing with issues related to technology that came to light during the pandemic. As District Attorney, protecting and assisting seniors has been a top priority of mine during the last six years. I will continue to prioritize the well-being of our seniors.”

Coastline’s Money Management Program (MMP) provides both a Representative Payee and Bill Payer program for elders who are unable to budget and manage their finances. Because of the intensive oversight of this program, it helps to decrease any chances of financial exploitation.

Financial abuse, a form of elder abuse, refers to the illegal or improper use of an older adults’

money or assets by another person. Oftentimes, the abuser is a family member and the abuse frequently goes undetected.

Quinn has long advocated for the rights of older adults. About six years ago, his office launched an Elder Financial Abuse Unit that focuses on investigating and prosecuting financial abuse cases. Quinn frequently raises awareness of the issue through local media and at events, including an annual resource fair hosted by his office and Coastline.

Separately, Quinn made a contribution toward the installation of technology at Coastline’s headquarters. With many services now being offered online, older adults have expressed a need to learn computer skills. Coastline has installed monitors and related gear in its meeting rooms for video conferencing, which can be used to teach courses online and in-person.

To report elder abuse, including financial abuse, call Bristol Elder Services, Inc. at 508-675-2101. (In an emergency or a life-threatening situation, call 911.)

You may also call the Massachusetts Executive Office of Elder Affairs’ statewide hotline at 1-800-922-2275.

## Letter from the Editor

One of the cover stories in this month’s *Senior Scope* is all about scams – a topic fresh on my mind. Recently, I was pumping gas and within 10 minutes of leaving the station, I received a call from my bank alerting me that my card had been compromised.

There were two charges made on my card at the gas pump: one was from the transaction, and the other charge happened at the exact same time. Shortly thereafter, a third charge was made somewhere in Australia. (I can confirm that I was not pumping gas in Australia.)

Fortunately, my bank was able to spot the fraud, stop the charge and cancel my card before any additional charges were made. The particular gas station I visited had installed brand new gas pumps during the fall of 2020. Surely, I thought, this modern equipment must have the latest technology to protect my personal information. Not true!

I remember sitting in on a presentation on scams at the Mattapoisett Council on Aging prior to the pandemic. The big take away from that presentation: check your bank statements often. Because scams are so commonplace, it can be hard to keep up with all the latest methods that scammers are using to


swindle victims out of money. At that presentation, I remember the host listing off all the ways that scammers can gain access to your credit card information at the gas pump. Scammers are able to exploit weaknesses in the technology – and they’re able to do so relatively fast – so assuming that new pumps are fully protected isn’t the best approach.

Instead, check your bank statements carefully and frequently. If you notice a charge you didn’t make, you should alert your bank immediately.


Oftentimes, scammers will steal smaller amounts of money as to not alert the card owner. That charge on my card from Australia was only a couple dollars. If not for my bank calling me, I may have missed it altogether.

I mention all of this because sometimes articles you read about scams focus heavily on technology and are filled with jargon you may not understand. If trying to wrap your head around all this computer lingo is not for you, I think a better strategy is to simply keep an eye on your bank account. If something seems fishy, it probably is.


Best,  , Editor

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massoptions.org   844-422-MASS

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in the Greater New Bedford Area

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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
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## Senior Scope

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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.



### Visit Senior Scope online.

Check out the latest issue or view our archives.

[coastlinenb.org/news/seniorscope/](https://coastlinenb.org/news/seniorscope/)

## Donations for August 2021

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

**In Thanks:**

**In thanks to Senior Scope.**

—Anonymous  
\$50

This issue: \$50  
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# Retirement Planning Tips for Women

One day in 1939, Ida May Fuller stopped by the local Social Security office in her hometown of Rutland, Vermont to inquire about Social Security benefits. She knew she had been paying into Social Security, and wanted to learn more.

The following year, she received the very first Social Security benefit payment – \$22.54 – arriving as check number 00-000-001. Ida’s story still holds lessons for women today – and it started with her getting the information she needed.

Today, signing up for a personal *my Social Security* account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) can help you get information tailored for you to plan for your retirement.

It’s never too late to start planning. Ida was 65 years old when she started receiving benefit payments, but she lived well beyond her life expectancy of 65 years, 4 months. In fact, Ida lived to be 100 years old, and received Social Security benefit payments for 35 years.

It’s important to create your personal *my Social Security* account as soon as possible. With your account, you can view estimates of future benefits, verify your earnings, and view the estimated



Delia De Mello,  
Social Security

Social Security and Medicare taxes you’ve paid. Verifying earnings is important because your future benefit is based on your earnings history.

Your Social Security benefit payments will provide only a portion of your pre-retirement income. You may have to save more to have

adequate income for your desired lifestyle in retirement.

Savings need to be an active part of your plan to take care of yourself and your family’s financial future. Ida never married. She supported herself. However, you may find yourself widowed or divorced – and having to provide for yourself for several more years.

Unlike in Ida’s day, you can go online to see if you’re eligible at [www.ssa.gov/retirement](http://www.ssa.gov/retirement) to receive a current, deceased or former spouse’s benefits. It might make financial sense to claim those benefits instead of your own – since the payments could be higher based on the individual’s own earnings history.

We encourage you to follow Ida’s example and plan for your financial future. Please share this information with your friends and family – and help us spread the word on social media.



In 2019, the Friends of the Marion Council on Aging hosted a fundraiser to support the community center. The event returns this year in support of a pavilion project.

## Friends of the Marion COA to Host Fundraiser for Pavilion

This summer, the Friends of the Marion Council on Aging will again host an ocean-side party to raise funds for the Benjamin D. Cushing Community Center, home to the Marion Council on Aging and the Marion Recreation Department. Proceeds from the event will go toward the construction of an outdoor pavilion.

During the pandemic, as guidelines around social distancing forced businesses to rethink indoor services, the Marion Council on Aging made use of its property. The COA began to offer programs beneath a large, yellow-striped tent, and garden boxes were installed around the main building.

With outdoor programs a success, the Friends of the Marion Council on Aging are planning to add some permanent outdoor structures for the community. The

26’ by 36’ pavilion will complement an asphalt walking path, which will be installed in front of the building later this summer.

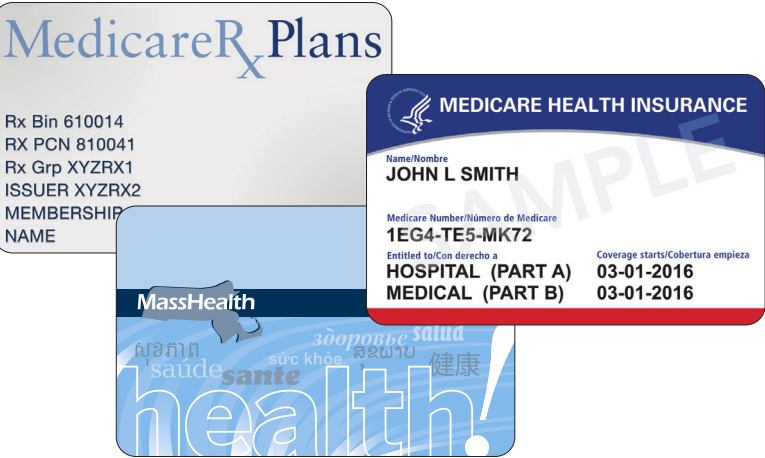
Dianne Cosman, Board Member of the Friends of Marion Council on Aging, said she envisions the pavilion will one day be used for intergenerational programming and outdoor lectures.

“It’s a great project,” Cosman said. “After COVID, it will be nice to have something to look forward to.”

The fundraiser, “An Evening on Sippican Harbor,” will be held on Aug. 19 from 4 to 7 p.m. at 1 Water Street in Marion. Tickets are \$40 and are available for purchase at the following locations in Marion:

- Marion General Store, 140 Front St.
- Kate’s Simple Eats, 148 Front St.
- Mimi’s, 160 Front St.

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



# Update

## Lunch in the Park for seniors (60+)



### Lunch in the Park

Join Coastline for Lunch in the Park! This program is for those age 60+. Lunch will be provided at Ashley Park in New Bedford (at the corner of Orchard and Swift Streets, near the playground.) Lunch will be served on Thursdays throughout July from 11:30 a.m. to noon.

The menu is as follows: Aug. 5 - turkey wrap; Aug. 12 - pepperoni pizza kit; Aug. 19 - grilled cheese; Aug. 26 - turkey wrap.

Pre-registration is required. Call by 11 a.m. the Tuesday before the date to reserve a meal. Call Coastline at 508-742-9192 and speak with Bethany or leave a message with your name and phone number. A \$2 donation is suggested but not required.

### Thursday Bingo!

Our Lady of Perpetual Church hosts bingo every Thursday night from 5 to 7 p.m. Doors open at 4:30 p.m. Bingo begins at 6:45 p.m. Our Lady of Perpetual Church is located at 235 No. Front St., New Bedford.

## 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.

## 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](http://www.helphopesouthcoast.com).

## Paper Shredding Day

A Paper Shredding Day will take place on Aug. 14 from 9 a.m. to noon (or until the shred truck fills up) in Fairhaven. It will be a contactless event to keep both participants and staff safe. All are welcome; there is no residency requirement.

The shredding event will be held at the Hastings Middle School, 30 School Street, in Fairhaven. The entrance will be on School Street. When each participant reaches the shred truck, staff will remove boxes from the trunk of your vehicle, empty them into a recycle bin, and return boxes to participants. Individuals may bring up to two boxes of paper. Each box should weigh no more than 30 to 40 pounds.

## NBHS Reunion

The NBHS Class of 1960 will be holding a reunion (plus brunch) on Sept. 11 from 11 a.m. to 2 p.m. at White's Family Restaurant in Westport. Tickets cost \$40. Checks can be made out to the "NBHS Class of '60" and mailed to the treasurer: Ann Taveira Trahan, 1259 Main St., Acushnet, MA 02743.

There will be no mass mailing, so classmates are encouraged to spread the word.

## 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](mailto:zboyer@MassSeniorAction.org). You may also visit our website [www.MassSeniorAction.org](http://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 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.

## 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](http://coastlinenb.org/news/seniorscope). For more info, contact Lisa at 508-326-0353 or email [lycslp@gmail.com](mailto: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: Aug. 9, 10 a.m. to noon at GNBCHC, 399 Acushnet Ave., New Bedford, MA 02740.

There will be another market held on Sept. 13. To register, call Joyce Dupont at 508-992-6553 ext. 142. Pre-registration is strongly encouraged.

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# Your Health

## Five Healthy Habits for the Aging Adult



By Julie Fostin, CPT, PN1  
Co-Director of the New Bedford  
Wellness Initiative

Creating healthy habits can be done at any age. By adopting the habits below you can enjoy a happy and healthier lifestyle.

### #1. Exercise Your Body:

The Centers for Disease Control and Prevention recommends that older adults should get 150 minutes, or two and a half hours, of moderate-intensity physical activity per week. Two days of the week, seniors should practice muscle-strengthening activities that target different areas of the body. Throughout the week, perhaps once every other day, they should practice activities that utilize balance. Here are a few examples of exercises you can do: walking, swimming, chair yoga, tai chi or qigong.

The New Bedford Wellness Initiative offers “Walk with a Doc” every Saturday at 9 a.m., along with yoga in Buttonwood Park on Wednesdays at 5:30 p.m. and yoga in



The New Bedford Wellness Initiative is hosting several free yoga sessions this summer. Check the blue resources box for details or visit facebook.com/NewBedfordWell.

Haskell Garden Mondays at 5:30 p.m.

### #2. Exercise Your Mind:

Are you feeling like your cognitive function (how you think and learn) has changed as you have aged?

Here are a few daily activities you can do to help keep your mind sharp: pursue a part-time job, pursue a new hobby, learn a new skill or try mentoring others.

Coastline also offers volunteering opportunities. Call 508-999-6400 or visit coastlineb.org.

### #3. Stay Connected:

We are social creatures, and being socially engaged is important for our well-being. Here are few ways to keep connected to your community: join an exercise group, volunteer, visit your local senior center or learn

new technology.

Many local facilities offer programming to keep aging adults social. Dartmouth Total Fitness (508-995-5600) offers a variety of exercise programs specifically for seniors. Your local council on aging offers plenty of opportunities to meet new people and participate in activities (check out pages 10 and 11 for options).

### #4. Healthy Eating:

As we age, our metabolism slows down. It’s important to get all the nutrients we need while being mindful of our portion sizes.

Check with your physician or a Coastline registered dietitian (508-999-6400) for your dietary needs. A dietitian can help you better understand how to make healthy choices. There are always special

considerations for health conditions such as high blood pressure, heart disease, diabetes and more.

### #5. Get Enough Sleep:

It is common for the aging adult have trouble sleeping. As you age, your circadian rhythm (the body’s internal clock) changes, and it makes it difficult to get the appropriate amount of sleep. Here are some tips to get better quality sleep: exercise, maintain a regular sleep schedule by going to bed at same time each night, develop a bedtime routine (read a book, take a bath), reduce bedroom distractions (TV, cellphones or bright lights).

If you are having persistent trouble sleeping, call you physician to see if you may have an underlying condition that you are not aware of.

### 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. and at Haskell Public Gardens (777 Shawmut Ave.) on Mondays from 5:30 to 6:30 p.m. through Aug. 23.

## Hamstring Stretches Can Help with Lower Back Pain

By Cam Bergeron, CSCS  
Cam’s Conditioning & Rehab

Stretching is very important to keep the body functioning properly, but a lot of individuals completely skip it. When we use our muscles, they become tight and shorten. The shortening can cause pain throughout the body.

The hamstrings are one of the muscle groups that individuals should always be stretching. These muscles become tight and that causes unwanted pulling on the joints of the knees, hips and lumbar spine. Sometimes adequate hamstring stretching can alleviate lower back pain and sciatica pain.

I suggest that individuals stretch these muscles daily, especially if they have any sort of lower body injury, previous surgery or are consistently moving/sitting. Here are three different ways to stretch the hamstrings.

### Straight Leg Hamstring Stretch

- Lie on your back with a strap, towel or belt around your foot
- Lift leg up with just a slight bend in the knee
- Keep lifting leg until a mild discomfort occurs in the hamstring, calf, butt, or lower back
- Hold for 30 seconds then alternate sides
- Perform 2 sets on each side



### Bent Knee Hamstring Stretch

- Lie on your back with a strap, towel or belt around your foot
- Lift leg up with a bend in your knee
- Keep lifting leg until a mild discomfort stretch occurs in the hamstring, calf, butt, or lower back
- Hold for 30 seconds then alternate sides
- Perform 2 sets on each side

Don’t forget to breathe while holding poses



### IT Band Stretch

- Lie on your back with a strap, towel or belt around your foot
- Lift leg up with a slight bend in your knee
- When you feel a stretch, move the leg across body
- Keep moving the leg up and across body until a mild discomfort stretch occurs in the outer leg, calf, hamstring, or hip
- Hold at mild discomfort for 30 seconds then alternate sides
- Perform 2 sets of each side





# Be Mindful of Extreme Heat this Summer

Intense heat can put strain on both your body and brain. Too much heat can cause a heat-related illness called hyperthermia. Mild hyperthermia can cause discomfort, like muscle cramps or swelling in the ankles and feet.

Heat exhaustion is more serious. It occurs when your body can no longer keep itself cool. You may start to feel dizzy, nauseated, thirsty, weak or uncoordinated.

The most extreme form of hyperthermia is heat stroke. Heat stroke is life-threatening, so seek medical help right away. Symptoms include fainting or having trouble walking. You may start feeling confused or agitated. You can also feel very hot but not sweat.

Some people are more at risk for heat-related illness than others. That includes infants and young children,

and those with certain health conditions, such as heart, lung, or kidney disease. Older adults are the most heat sensitive. That's because the body's ability to cool itself changes as we get older.

There are two main ways your body regulates its temperature: increasing blood flow to the skin and sweating. Neither of these works as well in older adults, making it difficult

to cool off. Older adults may need to use other ways to keep cool, such as going to an air-conditioned place.

If you're outside in the heat, drink lots of water. Try to avoid activities outdoors when it's hot.

If you start to feel sick in the heat, rest in a cool place and drink plenty of fluids. If you think someone has heat stroke, get them to a cool place and call 911.

## Preste Atención al Calor Extremo este Verano

*Translations by Southcoast Health*

El calor intenso puede sobrecargar el cuerpo y el cerebro. Demasiado calor puede causar una enfermedad relacionada al calor llamada hipertermia. La hipertermia puede causar molestias, como calambres musculares o hinchazón de los tobillos y los pies.

El agotamiento por calor es más grave. Ocurre cuando el cuerpo ya no puede mantenerse fresco. Puede comenzar a sentir mareos, náuseas, sed, debilidad o falta de coordinación.

La forma más extrema de hipertermia es el golpe de calor. El golpe de calor puede poner en peligro la vida, por lo que debe buscar ayuda médica inmediatamente. Los síntomas incluyen desmayo o dificultad para caminar. Puede comenzar a sentirse confundido o inquieto. También puede sentir mucho calor, pero no transpirar.

Algunas personas corren más riesgo que otras de padecer enfermedades relacionadas con el calor. Eso incluye a los bebés, niños

pequeños y aquellas personas con ciertas condiciones de salud como las enfermedades cardíacas, pulmonares o renales. Los adultos mayores son los más sensibles al calor. Esto se debe a que la capacidad del cuerpo para mantenerse fresco cambia a medida que envejecemos.

Hay dos maneras principales en que el cuerpo regula su temperatura: aumentando el flujo sanguíneo a la piel y transpirando. Ninguna de estas formas funciona bien en los adultos mayores, por lo que se les hace difícil

refrescarse. Los adultos mayores podrían tener que usar otras formas de refrescarse, como por ejemplo estar en un lugar con aire acondicionado.

Si usted está al aire libre en el calor, beba mucha agua. Trate de evitar las actividades al aire libre cuando hace calor.

Si comienza a sentirse mal por el calor, descanse en un lugar fresco y beba mucho líquido. Si piensa que alguien está teniendo un golpe de calor llévelo a un lugar fresco y llame al 911.

## Esteja Atento ao Calor Extremo Este Verão

O calor intenso pode sobrecarregar o corpo e o cérebro. Muito calor pode causar uma doença relacionada ao calor chamada hipertermia. A hipertermia leve pode causar desconforto, como câibras musculares ou inchaço nos tornozelos e pés.

A exaustão pelo calor é mais séria. Ocorre quando o seu corpo não consegue mais se manter frio. Você pode começar a sentir tonturas, náuseas, sede, fraqueza ou descoordenação.

A forma mais extrema de hipertermia

é a insolação. A insolação é uma ameaça à vida, portanto, procure ajuda médica imediatamente. Os sintomas incluem desmaios ou dificuldade para andar. Você pode começar a se sentir confuso ou agitado. Pode também sentir muito calor, mas não suor.

Algunas pessoas correm mais risco de doenças relacionadas ao calor do que outras. Isso inclui bebês e crianças pequenas e pessoas com certas condições de saúde, como doenças cardíacas,

pulmonares ou renais. Os adultos mais velhos são os mais sensíveis ao calor. Isso ocorre porque a capacidade do corpo de se resfriar muda à medida que envelhecemos.

Existem duas maneiras principais pelas quais o seu corpo regula a sua temperatura: aumentando o fluxo sanguíneo para a pele e suando. Nenhum deles funciona tão bem em adultos mais velhos, dificultando o resfriamento. Os adultos mais velhos podem precisar usar

outras maneiras de se refrescar, como ir a um lugar com ar-condicionado.

Se está lá fora no calor, beba muita água. Tente evitar actividades ao ar livre quando estiver calor.

Se começar a se sentir mal com o calor, descanse num local fresco e beba bastante líquido. Se acha que alguém está com insolação, leve-o a um local fresco e ligue para o 911.

*Translations provided by:*  
 **Southcoast Health**

# Why serve?

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



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



### Contact Coastline for more info

Learn more on Coastline's website at [coastlinenb.org](https://coastlinenb.org). Contact FGP Director Jacqueline Medeiros at **508-742-9198** or via email at [jmedeiros@coastlinenb.org](mailto:jmedeiros@coastlinenb.org).



**AmeriCorps Seniors**



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Scams continued...

seems to good to be true, it is. To help prevent these messages from appearing in the first place, ensure that your computer and phone have the latest security updates. You can even set up your computer or phone to update automatically.

Classified scams:

The AG’s Office said that during the pandemic, they received many calls regarding phony online classified ads for apartments. Because of social distancing protocols, landlords would photograph or take video footage of the inside of properties because they were unable to meet with potential renters for an in-person tour. Scammers would take this footage from legitimate online classified ads, and create phony listings of their own. The first red flag to look out for: these fake listings won’t add up. For instance, the ad might promise a spacious, multi-room apartment at a bargain price. The scammer might ask the would-be tenant for a payment up front, usually through a wire transfer, and promise to deliver the keys at a later date. Almeida-Barros cautioned that if you can’t see an apartment in person, do not pursue it. The images and videos you see online might not reflect reality. Also, be wary of using wire transfer companies to make payments. Paying through traceable means – like a check, which can be stopped through your bank – is always the better option.

### Avoid scams by creating STRONG PASSWORDS

A strong password:

- includes upper & lower case letters, numbers, and characters
- has 12 or more characters
- does not include personal info, like your name, birthdate or phone number

Example: 8!4b1rdw@tch3rz

Offline Scams:

While many scams happen through the internet, there are still plenty of scams happening offline. These scammers are searching for any personal information they can glean from you, whether it’s your Social Security number, insurance ID number or even your customer ID number on a utility bill. The Attorney General’s office recommends that if you receive a letter in the mail that seems fishy, start by reading the fine print, which usually appears at the bottom of the letter. The same rule applies for contracts. During the presentation, Almeida-Barros read from a letter that a patron of the COA had brought with them that morning. The letter used urgent language (“Immediate response requested!”) and claimed

that the recipient needed to contact the company in order to “activate a car service contract.” The body of the letter seemed to imply that the car owner’s insurance was expiring. But the minuscule, hard-to-read fine print at the bottom of the letter revealed that the company was unaffiliated with any manufacturer or dealer. A quick Google search of the ZIP code on the envelope revealed that the letter had come from Missouri. The “company” was likely a scammer looking for the recipient to mail them back a form filled with personal information. Always guard your personal information. That includes your name, address, Social Security number or health insurance ID number. In addition to checking the fine print of letters

like these, the Attorney General’s office also recommends performing thorough research and taking your time before signing any form or contract. Other steps you can take to avoid scams:

- Know who you are dealing with when you’re giving away your personal information
- Do not post identifying information (including your COVID-19 vaccine card) on social media, like Facebook
- Shred documents, do not just throw them in the recycling bin or trash can
- Change your passwords regularly, and use strong passwords

And remember: even if you’ve spotted fraud and have avoided a scam, it’s important to file a report. You never know if the state or the federal government is building a case against an individual or a company suspected of fraud. Your report could help stop a scammer.

### Resources

To report a scam or fraud, file a complaint with Federal Trade Commission by calling 1-877-382-4357.

To report an email scam, file a complaint with the FBI at ic3.gov.

If you’re having issues with a business in Massachusetts, contact the Attorney General’s Consumer Advocacy & Response Division at 617-727-8400 or mass.gov/ago.

Beaches continued...

wheelchairs, which enables the to user to enter the water. For wheelchair users, Brown said there are two main options for beachgoing: wheelchairs with larger treads that can help the user traverse sand and grass, and “amphibious” wheelchairs that enable the user to enter the water. While many communities offer beach wheelchairs that can trek through the sand, the amphibious wheelchairs, at nearly \$2,000 a piece, can be cost-prohibitive. Brown said, since its inception, SMILE Mass has donated about 140 amphibious wheelchairs to communities throughout New England, including the City of New Bedford. “Several years ago, we were approached by the Commission for Citizens with Disabilities because they wanted to make sure at least one of our beaches was an accessible beach,” said New Bedford Parks and Recreation Director Mary Rapoza. “It was decided that West Beach would be the beach that we would focus on. Since that time, we’ve made a number of improvements.” Those improvements include an accessibility mat similar to the ones at Dartmouth’s beaches as well as an amphibious wheelchair, which the City secured from SMILE Mass back in 2015. The City is also in the process of redesigning the bathhouse at West Beach to make it compliant with the Americans with Disabilities Act. For those who are interested in trying out the amphibious wheelchair

at West Beach, all you have to do is ask a lifeguard on duty. The wheelchairs look somewhat like a patio chair that has been outfitted with large wheels, and the arm rests are floatation devices. The chairs can hold up to 300 pounds. While users cannot propel themselves forward, there is a strap in the front of the wheelchair to pull them along. At West Beach, the lifeguards will stay with you in the water the entire time. The wheelchairs are free for use for the public, and you do not need to call ahead to make a reservation. In addition to West Beach in New Bedford, there is a similar amphibious wheelchair at Horseneck Beach State Reservation in Westport. If you’re vacationing around the state, you can check SMILE Mass’ website for a complete list of beaches where the organization has donated chairs. In Dartmouth, the Parks and Recreation Department said there are beach-trekking wheelchairs available for the public. You do not need to make a reservation, just check in with the lifeguards. The wheelchairs in Dartmouth are not intended for use in the water.

### Resources

SMILE Mass, in addition to donating beach wheelchairs, manages an adaptive equipment loaner program. The public can borrow a variety of adaptive equipment, including floating beach wheelchairs. For more information, visit them online at smilemass.org. Call 617-967-7755 or email info@smilemass.org.

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# CDC Eviction Moratorium Set to Expire on July 31

By Andrew Bardetti, Esq.  
South Coastal Counties  
Legal Services

As of the writing of this article, the eviction moratorium put in place by the Centers for Disease Control and Prevention (CDC) is set to expire on July 31, though the deadline may be extended after this issue goes to print. Regardless, it's important to know what protections exist for tenants still struggling for COVID-related reasons.

If you are struggling to pay rent, there are organizations which may be able to help you. Government funded programs like Residential Assistance for Families in Transition (RAFT), Emergency Rental and Mortgage Assistance (ERMA), and Subsidized Housing Emergency Rental Assistance (SHERA) may be available to you. Generally in this area, you may call NeighborWorks Housing Solutions at 781-422-4204 or <https://nhsmass.org/> to apply.

Other organizations like Catholic Social Services at 508-674-4681 and People Acting in Community Endeavors (PACE) at 508-999-9920 may also be able to assist.

In the event your landlord sues to evict you for non-payment of rent, and you are waiting on help from these or other organizations, then the court should continue your case to allow time for them to pay your back rent. It is important that you attend the court proceeding and that your landlord and the court know you have applied for assistance. If you have applied for these programs and are being evicted, you may wish to contact an attorney.

Sometimes people with disabilities may have additional protections they don't know about. For instance, if the reason you are being evicted is connected to a

disability, landlords are sometimes required to make adjustments to their rules. There are many reasons why someone may need an accommodation, and you may wish to consult with an attorney to know your rights and options.

As has always been the case, a landlord cannot lock you out without an order from the court. Your landlord must send you a notice in order to evict you. Then, after the time period on that notice ends, your landlord must file a case in court to evict you. You must be given an opportunity to respond by filing an answer and participating in the court case.

It is important to respond to any eviction notices and to show up in court for what is called your "first tier event," which is an opportunity to try and resolve your case. The courts are still scheduling these first tier events and hosting them on Zoom, a video-telephone program that you can access via a computer or telephone. For information on how to file an answer, go to this website: [masslegalhelp.org/housing/lt1-pullout-12-evictions](https://masslegalhelp.org/housing/lt1-pullout-12-evictions)

It is a myth that no one can get evicted right now. What protections that do exist require a tenant to take specific actions. If you ignore an eviction notice, then you may miss your chance to defend yourself in court. It is best to respond to any eviction notices, either by yourself or with an attorney's help.

This information is provided by South Coastal Counties Legal Services (SCCLS), which provides free legal services to eligible clients. There are no income criteria for adults age 60+ but individual representation is prioritized to those with the greatest economic and social need. SCCLS has offices in New Bedford, Fall River, Brockton and Hyannis.

For more information, please call our intake line at 800-244-9023.

# Win Earth-Friendly Products

The Greater New Bedford Regional Refuse Management District has launched a new project, which will award citizens of New Bedford and Dartmouth with eco-friendly prizes once a month.

On the first day of each month, a link to an online entry form will be posted online, and those who complete the form will be entered into a drawing to win prizes. At least three winners from New Bedford and three winners from Dartmouth will be randomly chosen.

The form will appear online on the first of the month at the following websites: [gnbrmdistrict.org](https://gnbrmdistrict.org); the Facebook pages New Bedford Recycling and Dartmouth Recycling; on Instagram: @newbedfordrecycling; and on Twitter: @NBRecycling.

Monthly giveaways include reusable products, like water bottles and produce bags, low-waste cleaning products, and eco-friendly beauty products. To enter one of the giveaways, residents will need

to complete the entry form by the eighth of that month. Residents must provide responses to questions such as how a specific giveaway item would help to reduce waste in their home. Entrants must provide their name, city/town, email and phone number so that we may contact the winners. You must be at least 18 years old to participate.

When prizes are picked up, each winner will need to show proof of residency. Please note that once a resident wins an item, they are no longer eligible to win any other prizes in this series of giveaways through March 2022.

Employees of the following entities are NOT eligible to enter: City of New Bedford Department of Facilities and Fleet Management, Town of Dartmouth Department of Public Works, and the Greater New Bedford Regional Refuse Management District.

For more information, call 508-979-1493 or email [Marissa@gnbrmdistrict.org](mailto:Marissa@gnbrmdistrict.org).

# Trivia

## FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What do you call a group of owls?  
A.) Parliament    B.) Fleet    C.) Horde    D.) Muggle
- 2.) What is the world's smallest bird?  
A.) Fairy bluebird    B.) House sparrow  
C.) Lesser goldfinch    D.) Bee hummingbird
- 3.) What part of '50s fashion does "ducktail" refer to?  
A.) Jacket    B.) Jeans    C.) Hair    D.) Car
- 4.) What '50s innovation was first introduced as the "Flashmatic"?  
A.) Refrigerator light    B.) Wireless remote control  
C.) Microwave oven    D.) Instant camera
- 5.) What was the motive behind the development of the TV dinner?  
A.) Astronaut preparation    B.) Unsold food  
C.) Declining microwave sales    D.) Oil Crisis
- 6.) Why weren't shoes worn at sock hops?  
A.) To avoid getting stepped on    B.) Shoes were polished during the dance  
C.) Shoes were donated to charity    D.) Shoes scuffed up the floor
- 7.) What are chocolate-free brownies called?  
A.) Vanilla brownies    B.) Blondies  
C.) Butterscotch bars    D.) Pixies
- 8.) Which tasty topping was originally named "milk snow"?  
A.) Vanilla frosting    B.) Whipped cream  
C.) Marshmallow fluff    D.) Powdered sugar
- 9.) Why were paperclips significant during WWII?  
A.) Used by spies to communicate    B.) Used to pick locks  
C.) A symbol of resistance    D.) Helped fix radios
- 10.) Which reptile has the longest lifespan?  
A.) Bearded dragon    B.) Tortoise    C.) Anaconda    D.) Chameleon

[Answers listed on page 11]

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# Nutrition

## SNAP Online Purchasing Program Expands

On July 14, the Baker Administration announced that those participating in the Supplemental Nutrition Assistance Program (SNAP) can now use their EBT SNAP benefits to buy select grocery items online via Instacart, Price Chopper, ALDI, Hannaford, and Stop & Shop. These new retail locations have been added to Walmart and Amazon, which also accept SNAP benefits for buying groceries online.

The state launched the SNAP online purchasing program last May in response to the challenges brought on by the pandemic. According to a release from the state, Massachusetts residents have spent over \$75 million in SNAP benefits in online grocery purchases across retailers since the program began on May 29, 2020.

Department of Transitional Assistance Commissioner Amy Kershaw said the pandemic caused a historic increase in SNAP participation. More than 100,000 households began participating in the program, bringing the total number of participating households in the state to about 550,000.

Last fall, during SouthCoast Food Security Summit held at UMass Dartmouth, the president of Project Bread, a state-wide anti-hunger organization, urged those struggling to access food to sign up



You can now shop at a variety of stores online using the Supplemental Nutrition Assistance Program. When shopping online, look to see whether a product is EBT-eligible.

for SNAP.

At the time, the pandemic had strained the country's food supply chain and drove unemployment, leaving many families with little money to spend on groceries. As a result, Americans were relying heavily on food pantries.

As the demand at food pantries and charities surged, Project Bread, which operates a resource hotline, directed the public to more sustainable, often underutilized food relief programs that receive federal funding, like SNAP, WIC, school meal programs and Meals on Wheels.

Similar to using EBT SNAP

benefits to purchase food in a store, benefits can now be used to buy SNAP-eligible foods online, including fresh produce, frozen foods, dairy and eggs.

Residents can shop for groceries from Hannaford, Stop & Shop, Price Chopper, and ALDI via the Instacart online site and mobile app. Once an Instacart customer profile is created, customers can enter their EBT SNAP card information as a form of payment. Customers can enter their zip code to determine if they are near a participating retailer, and begin shopping for retailers' EBT-eligible products.

Once items are added to their

cart, customers will be able to select how much of their benefits they would like to allocate to the order. Orders for delivery and pickup can be placed by customers in as fast as an hour or scheduled several days in advance.

To help subsidize costs for EBT SNAP participants, Instacart will waive delivery or pickup fees through Sept. 16 on up to the first three EBT SNAP orders for each customer with a valid EBT card associated with their Instacart account.

For more information on EBT SNAP on Instacart, visit: [www.instacart.com/ebt-snap](http://www.instacart.com/ebt-snap).

SNAP benefits cannot be used to pay for fees, like delivery fees. Economic assistance programs benefits received through DTA, which include Transitional Aid to Families with Dependent Children (TAFDC), Emergency Aid to the Elderly, Disabled, and Children (EAEDC), and State Supplement Payments (SSP) cannot be used to purchase items online at this time.

Residents can check their SNAP eligibility and apply online or over the phone at 877-382-2363.

SNAP will not impact immigration status and is not considered in the public charge test. It is safe for individuals and families to get benefits they are eligible for.





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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.

**Pottery Workshop:** Cape Cod Arts & Art Therapy will be here to make unique, handbuilt pottery items. These pieces will be kiln fired and brought back for you to glaze. \$10/per person. Aug. 11 and Sept. 8, both at 10 a.m. Payment due at time of registration.

**Intergenerational Book Club:** Join students from the Ford Middle School as they read “Peak” by Roland Smith and “The Breadwinner” by Deborah Ellis. Read one book or both! Discussion groups will meet in the afternoon the first week in September. Both books are available at the Acushnet Public Library and in New Bedford. Please call for details.

**Painting with Kristen:** Painting classes continue in August. Make and take the same day. No experience required, just a sense of humor! Pre-registration required. \$6/class includes all supplies.

**Strong Women, Strong Bones:** Join Karen for this exercise class that is great for those living with osteoarthritis/osteoporosis. \$2/suggested, voluntary donation. Monday through Wednesday at 9 a.m. This is a Title III program.

**Toning Exercises with Pati:** Fridays at 11:15 a.m. \$6/class.

**Cribbage (drop-in):** Every Friday at noon.

**Zumba Gold:** Tuesdays at 10:30 a.m. at \$6/class; and Thursdays at 10:30 a.m., free.

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

**TaiYoBa:** Mondays at 10:30 a.m.

**Cribbage:** Cribbage League on Mondays at noon, and Cribbage Drop-In on Fridays at noon.

**Working with Clay:** Aug. 11 at 10 a.m. \$10/2 classes.

**Health Coaching:** 11 a.m. on Wednesdays. \$3.

**Poker:** Wednesdays at 8:30 a.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](http://www.towndartmouth.ma.us).

You can read the current newsletter or previous newsletters online at [www.town.dartmouth.ma.us/council-aging/pages/coa-newsletters](http://www.town.dartmouth.ma.us/council-aging/pages/coa-newsletters).

**Country Three Band:** Returns to the Center on Wednesdays: Aug. 4 and Aug. 18 from 1 to 3 p.m. Cost is \$4 at door.

**Nature Drawing and Painting with Jane Bregoli:** Three consecutive Mondays (Aug. 16, 23 and 30) from 10 a.m. to noon. Cost is \$36. Bring your own choice of art materials (pencil, ink, watercolor suggested). Methods and techniques of drawing and painting will be discussed as well as natural forms of inspiration found nature.

**Art for the Mind “The Allure of Watercolor”:** Aug. 17 at 1 p.m. The presentation will feature a variety of watercolor images from earlier times to the 20th Century. Pre-registration required.

**Pickle Making Workshop:** Aug. 24 at 1 p.m. All supplies included. Free. Pre-registration required

**Family Caregiver Support Group:** Join Coastline in a partnership with the DCOA for monthly support group the first Thursday of the month from 1 to 2:30 p.m. No pre-registration needed.

**The YWCA Widow Person Program** will be returning to the Center on Aug. 8 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. Next meetings Aug. 10 and 24. This professionally lead group is for caregivers. Please contact facilitator Carolyn Greany prior to attending and for more information at 508-304-4587.

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

**Free Legal consultation with Justice Bridge:** With UMass Law. Last Wednesday of the month 2 to 3 p.m. by appointment.

**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.

**Cam’s Body Awareness:** Functional fitness class. Appropriate for all levels. Wednesday from 9 to 9:45 a.m. and Fridays at 1 p.m. \$2.

**Gentle Yoga with Joan:** Fridays from 10 to 11 a.m. Cost is \$5. Walk-ins welcome.

**Strength & Flexibility with Larry:** Mondays and Thursdays 9 to 10 a.m. Improve your muscle, bone strength, balance and flexibility with a full body routine using hand weights. This modified class is fit for all. Cost is \$2. Walk-ins welcome.

**Tai Chi:** Tuesdays 9 to 10 a.m. first class Aug. 10. Eight-week session, (\$30/8 weeks). Drop in for a free class.

**Games:** Bridge on Mondays from 12 to 3 p.m.; Mah Jongg on Fridays from 1 to 3 p.m.; Cribbage on Tuesdays from 8:30 to 10:30 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](http://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.

**Blood Pressure Clinic:** Fairhaven Town Hall every other Wednesday from 11:30 a.m. to 1:30 p.m. Call the Board of Health for more information at 508-979-4023 X 125.

**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@mobiledentalhygiene.com](mailto:Smile@mobiledentalhygiene.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.

**Community Nurse Caregivers Support 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.

**August Trips:** Aug. 4 - Twin Rivers Casino. Aug. 11 - Hyannis Mall. Aug. 18 - Patriot’s Place. Aug. 25 - Plymouth Shopping. Call the center for details.

**September Trips:** Sept. 1 - Tiverton Casino. Sept. 8 - Mashpee Commons. Sept. 15 - Thames Street. Sept. 22 - Wrentham Village. Sept. 29 - Providence Place Mall.

## 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](https://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.

**An Evening on Sippican Harbor:** Aug. 19 from 4 to 7 p.m. The Friends of the Marion COA will be hosting a special event! See page 3 of *Senior Scope* for details.

**Pizza & Movie:** Aug. 5 at noon. Join us for pizza and a movie. Get ready to watch “Yesterday.” Reservations are required; call 508-748-3570. Please consider a donation of \$5 for lunch, 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.

Continued on Page 11



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**Tai Chi:** A new session will begin on Aug. 5. Space is limited Call for availability.  
**Paint Party with Lidia:** Aug. 12 from 1 to 3 p.m. Come enjoy some time with friends and have fun while making a beautiful work of art that you will be able to take home with you. Cost of the class is \$20.and includes everything that you will need. Reservations are necessary. Call 508-748-3570

**Heart to Home Luncheon:** Aug. 17 at noon. For more than 25 years, Heart to Home has been creating quick and delicious meals with seniors in mind. Heart to Home is visiting the Marion Council on Aging and putting on a full course luncheon. Space for this event is limited; reservations are a must. Call 508-748-3570 to register. Sign-ups begin on Aug. 3.

**New England Raptor & Reptile Workshop:** Aug. 20 at 1 p.m. Come learn the natural history, ecology, bilology, and management of native birds of prey using live raptors and artifacts such as skulls and feathers. This workshop is funded in part by a grant from the Marion, Cultural Council.

**Ice Cream Social:** Aug. 31 at 1 p.m. Come out and enjoy everyone’s favorite summer treat with your friends at the Council on Aging. Please register by calling 508-718-3570.

**Cape Cod Canal Cruise:** Sept. 9 at 11:15 a.m. Enjoy a 90-minute cruise along the Cape Cod Canal while listening to commentary about the history and points of interest. Cost of the cruise is \$13 and you also be responsible for the cost of lunch. Seating is limited. Registration begins on Aug. 12.

**Second Annual Yard Sale:** Mark your calendar! The Yard Sale will return on Oct. 9. It’s time to clean out your closet, attic, garage and basement. Clothing, shoes and large furniture will NOT be accepted. Any questions, call 508-748-3570. Drop-off hours Monday through Friday from 9 a.m. to 2 p.m. Absolutely no dropping off after hours. Final day to donate is Oct. 1.

**Returning in September:** Mahjong returns on Sept. 7. Games will be held on Tuesdays from 1 to 3 p.m. Duplicate Bridge will begin on Sept. 9. Games will be held on Thursdays from 1 to 3:30 p.m. To register, call MJ at 508-748-6688. \$2.

Mattapoisett COA

For more information, call the Mattapoisett Council on Aging at 508-758-4110 or go to mattapoisett.net/council-aging. The center is located at 17 Barstow St., Mattapoisett, 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.

**Movie & Pizza:** Aug. 25 at 12:15 p.m. Pizza is \$1/slice. Prepayment/registration required. Movie: “Nomadland.”

**Summer Trips:** Registration required. Mattapoisett residents get priority. Masks required. Trip #1: The Old Grist Mill Tavern on Aug. 12. Leaves: 11:15 a.m. Cost: \$5. Trip #2: Charles River Boat Tour on Aug. 26. Leaves: 9 a.m. Cost: \$26 (\$16 ticket + \$10 van), lunch on your own. Cruise runs, rain or shine. No refunds for ticket cost (unless seat can be filled). Enjoy a 70-minute, fully narrated sightseeing cruise along the Charles River.

**Friends:** The next Friends of at COA meeting is Aug. 6 at 10 a.m.  
**Zumba:** Tuesdays at 10:15 a.m. Fee: \$3 paid to instructor, Margie Blinstrub.  
**Games:** Scrabble on Mondays from 12:30 p.m. to 2:30 p.m.; Cribbage on Tuesdays from 3 to 4:30 p.m.; and Mahjong (starting in September) on Wednesdays from 1 to 3:30 p.m.

**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.

**Painting Party:** Every second Wednesday of the month (Aug. 11). 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! Early registration recommended.

**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.

**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.

**Hearing Aid Services:** First Monday of each month at 1:30 p.m. (by appointment). Free hearing screening and hearing aid cleaning.

**Foot Care:** Last Monday of each month by appointment. \$30 (some insurances accepted). Service by Dr. Alan Lechan, D.P.M.

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 townofrochestermass.com/council-aging. Facebook: facebook.com/RochesterMass.

**Breakfast is Back!** The Rochester Council on Aging’s breakfast shop has returned. 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.

**Bingo:** Held on Mondays at 1 p.m., Wednesdays at 12:30 p.m., and Fridays at 1 p.m.

**Fitness Center:** Open Monday through Friday from 9:30 a.m. to 1:30 p.m.

**Monday Morning Painters:** Mondays at 9 a.m.

**Mahjong & Cribbage:** Mondays at 9:30 a.m.

**Scrabble:** Tuesdays at 9 a.m.

**Hand & Foot (Card Game):** Held on Tuesdays at 6 p.m. and Thursdays at 9 a.m.

**Step & Stretch Exercise Group:** Held Tuesdays and Thursdays at 2 p.m.

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

**Ballroom Dancing:** Wednesdays at 10 a.m.

**Blood Pressure Clinic:** Wednesdays from 10 a.m. to 12:30 p.m.

**Busy Bees:** Thursdays at 9 a.m.

**French Conversation:** Thursdays at 10 a.m.

**Chair Yoga:** Fridays at 11:30 a.m.

**Veterans Social:** First Thursday of the month at 6 p.m.

**Book Club with Gail:** Second Tuesday of the month at 1 p.m.

**Bereavement Group:** Second Tuesday of the month at 1 p.m.

Dementia Directory

www.alzconnected.org

In-Person Groups

**Alzheimer’s Support Group:** Every other Tuesday, 3 to 4:30 p.m. Held at the Dartmouth COA. Group is for caregivers and their care partners. Please contact Carolyn Greany at 508-304-4587.

**Community Nurse Caregivers Support Group:** First Wednesday of the month from 1 to 2 p.m. Held at the Fairhaven COA. Contact Community Nurse 508-992-6278 ext. 2805 to register.

**Memory Loss Support Group:** Every other Thursday from 1 to 2:30 p.m. Held at the Marion Council on Aging. To register, call the Marion COA at 508-748-3570 or call Community Nurse at 508-992-6278 ext. 2805.

**Family Caregiver Support Group:** Every first Thursday of the month from 1 to 2:30 p.m. Meets at the Dartmouth Council on Aging. Open to any caregiver, regardless of illness of person cared for. Call Stephanie Gibson at Coastline at 774-510-5209.

Virtual Support Groups

**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.

**Family Caregiver Support Group:** Virtual Meetings are held every third Thursday of the month from 10:30 a.m. to noon. Call Stephanie Gibson at Coastline at 774-510-5209.

**Additional Options:** Call the Alzheimer’s Association at 800-272-3900 or visit www.alzconnected.org.

August 2021 Trivia Quiz Answers

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

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# Community

## Not All Heroines Wear Capes: Acushnet COA Director Recognized by State

Days after COVID-19 was declared a national emergency, Acushnet Council on Aging Director Heather Sylvia was already hard at work providing relief for her community. And, from there, her work never stopped.

For her effort, the Massachusetts Commission on the Status of Women formally recognized Sylvia as part of its 18th Annual Commonwealth Heroines of Massachusetts. The Commission noted she is a “bright star” and “without her commitment, many much-needed services would not be available in Acushnet.”

About 120 women were selected for the Commonwealth Heroines of 2021 for using their time and talent to make a difference, especially in a year shaped by the pandemic. The Commission on the Status of Women is an independent state agency that was legislatively created to promote equality, rights and opportunities for women. Representative Christopher Hendricks recommended Sylvia for the honor.

“Nominating Heather for this year’s Commonwealth Heroines of Massachusetts was a no-brainer and completely my honor. You cannot overstate her contributions to the Town of Acushnet and our seniors,” said Hendricks (D-11th Bristol) in a statement to *Senior Scope*. “She is always available to offer supportive advice and cheerful encouragement. Our community deeply appreciates her service.”

Various agencies from the Town of Acushnet rallied together



From Acushnet’s “big sister” to a “heroine” of the Commonwealth, Acushnet Director Heather Sylvia (pictured fifth from the right) worked alongside her friends to help others from the early days of the pandemic – and her work continues.

to keep residents safe during the pandemic, whether it was ensuring that Coastline’s Meals on Wheels program remained in operation during the chaotic early days of the crisis, supplying more than 600 families with boxes of food last summer or coordinating with other agencies to help bring vaccinations to Acushnet.

She coordinated with the town to install a pavilion so COA patrons could participate in outdoor activities and worked alongside the Acushnet Emergency Management Agency (EMA) as part of the ongoing effort to provide free COVID testing.

“She’s been a ray of sunshine to us,” said Ed Caron, Deputy Director of the Acushnet EMA. “She’s also become a good friend to everyone – she’s helped us to become more of a family than just an organization.”

Prior to being recognized from the state as a Commonwealth Heroine, she was recognized by her own community. The Acushnet Board of Selectmen and local officials honored 25 individuals with citations at a ceremony, including Sylvia, whom Fire Chief/EMS Director Kevin Gallagher referred to as the “big sister” of Acushnet.

“Heather Sylvia is the glue that holds us all together,” Gallagher said at the time. “What Heather has done for the seniors in town and [building] the council on aging to be one of the gems that it is – and then taking on such responsibility with testing and vaccination... the amount of time she gives to helping the folks of Acushnet can’t be described.”

When asked about her recent accolades, Sylvia is quick to point

to “Team Acushnet” – the group of volunteers, town employees, and friends who joined her in responding to the need created by the pandemic.

“I feel like it was time to give back to the community during the pandemic, but I didn’t do it by myself,” Sylvia said. “Because we have such a great network, we were able to call people and get help.”

Alice Rebelo, who works at Vibra Hospital and serves as chairperson on Coastline’s Advisory Council, spent months working alongside Sylvia at the Acushnet COA delivering meals and distributing food. Rebelo said Sylvia worked on weekends and through vacations.

“Not once did I hear her complain,” said Rebelo. “Heather is the most thoughtful person that I have ever worked with.”

While Sylvia worked on pandemic relief, she managed to find time for yet another lofty task: becoming a certified council on aging director with the The Massachusetts Association of Councils on Aging (MCOA), a statewide membership association that represents more than 300 councils on aging in the Commonwealth.

The certification process began before the state of emergency and continued throughout. Sylvia was tasked with refreshing some of the elements of the Acushnet COA to better promote the center and serve the public. According to a release from the MCOA, five people completed the certification process statewide.

## The Artisans of Dexter Beach Find Inspiration in the Neighborhood

In recent years Marion’s Benjamin D. Cushing Community Center has regularly displayed the work of local artists. With programs and patrons returning to the center, so, too, has the gallery. The latest showing, the “Artisans of Dexter Beach,” compiles the work of artists united by proximity and who are all the beneficiaries of the wisdom and tutelage of their neighbor, Mary Ross.

Ross, now in her 90s, has been an active artist for decades and has helped to organize galleries at the community center. There are about a dozen fellow artists living in her own small community at Dexter Beach, where she serves as a source of inspiration as well as a font of knowledge.

“I never frame a piece until Mary’s seen it and okayed it,” said Diane Parsons, during the opening reception of the show, held on July 9.

Parsons has vivid memories of her trip to Thailand, where she temporarily worked at an elephant sanctuary. She helped to wash and feed elephants who had been abused, and she was so inspired by the experience that the animals became the subjects of watercolor paintings.

“It was so easy to paint them, I didn’t even have to work,” she said.



The Artisans of Dexter Beach displayed their work at the Benjamin D. Cushing Community Center in July. Pictured: Merike Barron, Diana Parsons, Carol Annichiarico, Mary Ross, Cheryl Francis. The artwork featured in the background is by Debbie Kuhlman-Hussey.

“All the memories were there.”

As Parsons worked on the project, she, like many of her fellow neighbors at Dexter Beach, asked Mary Ross for her opinion. Ross recommended setting the gray elephants against a colorful paper collage background, which gives the piece a sense of depth.

Ross has worked in a variety of mediums over the years. She started with oil paint, tried acrylic paint and spent time working with found objects before settling on collage. She’s taught many of her neighbors the basics of the medium, covering concepts like color, design and

composition. She noted that many of the pieces on display drew from those lessons.

“But they found their own way to use the information that I taught them,” Ross said. “I like to talk about art with anybody who will listen.”

You could see how those lessons were interpreted by her neighbors. Carol Annichiarico used some of the basic principles of collage to create glass wall hangings.

“One of my favorite pass times is walking on the beach, and I started collecting sea glass. When I look at the pieces, they inspire me



Art by Mary Ross on display at the center.

to create things,” she said, adding that the glass from her work had been sourced from the region’s shorelines, including New Bedford, Newport, Mattapoisett.

Cheryl Francis used crushed glass to create something akin to a stained-glass table, which also draw on elements of collage.

“I met Mary when I was a little girl. My parents rented a cottage from her,” said Francis. “Now I live two doors down from Mary.”

“She’s taught us,” she added. “Some of us even listened.”

*Keep on eye out for upcoming art shows at the Benjamin D. Cushing Community Center. Updates from the councils on aging are listed on pages 10 and 11 of Senior Scope.*