

SeniorScope

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

Vol. 3, Issue 11

Published by Coastline Elderly Services, Inc.

September 2021

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Pen Pal Project Unites Different Generations

At one point this summer, Mary Jane Richard happened upon a blue jay feather outside her home in Fairhaven, and she knew just what to do with it: mail it to her seven-year-old pen pal, Camille Rebello.

Richard and Rebello had been sending one another hand-written notes throughout July and August, and Rebello used the opportunity to write openly about the things she loves – roses, candy, birds – which prompted Richard to send along the feather in a correspondence.

The pen pal project came about through the Fairhaven Public School District's Champions program, a national after-school and summer program. In the wake of the pandemic, the Champion's curriculum incorporated a lesson on empathy.

"Champions realized that seniors were especially affected by COVID," said Mandy Bonville, the site director for the LeRoy L. Wood Elementary School's Champions program. Bonville said Champions encouraged students to engage with their local senior centers. Rather than having the children, whose ages ranged from 5 to 10, drop by to visit once, Bonville wanted to take the project a step further.

About a dozen students spent six weeks writing back and forth with Fairhaven COA patrons. For some of the children, especially those who



During July and August, about a dozen students from the LeRoy L. Wood Elementary School's Champions summer program wrote letters back and forth with patrons of the Fairhaven Council on Aging. After six weeks of corresponding through letters, the two groups met in person on Aug. 20, on the last day of the school's summer program.

just left preschool, the activity was an opportunity to become more familiar with the alphabet and sentence structure.

"I think it's good for the kids. Especially when it comes to writing thank-you notes," said Richard. "It's so important for kids to learn that they have to thank someone who has given them something."

After six weeks of corresponding back and forth, the project culminated in a meet-and-greet event, where the authors were able to meet one another at the COA. When the children walked through the doors of the senior center on Aug. 20, they instantly lit

up the room. The children introduced themselves and ate snacks with their pen pals. Even with masked faces, it was evident the room was filled with smiles.

When Geri Giusti and student Sophia Riley Ellis met at the center, they hit it off right away. Giusti said she had a hunch they had some things in common.

"I think we figured it out the moment we met each other. I asked her if she liked being in charge, and she said 'yes.' That's how I like to be, too," she said with a laugh.

"That's why we're the perfect pair," Ellis chimed in.

Senior Employment Program Pushes Through Pandemic

Last year, when the pandemic brought with it a wave of chaos and uncertainty, businesses around the nation were forced to modify how they operated, if not close altogether. For Eleanor Correia, who greatly values her job fielding calls at Justice Bridge Legal Center, a nonprofit that helps individuals find affordable legal services, this period of uncertainty impacted her personally.

"It's not just a job for me; it's my social outlet, too," Correia said. "Getting to speak with other adults keeps my mind working."

Correia, along with several dozen others employed through Coastline's Senior Community Service Employment Program (SCSEP), was temporarily unemployed early on in the pandemic. SCSEP is a community service and work-based job training program for older Americans who meet eligibility guidelines. In a

normal year, participants of the program could expect to work an average of 20 hours a week at one of Coastline's partnering agencies.

As businesses adjusted to the uncertainty that defined the early

According to the Economic Policy Institute, about 5.7 million workers age 55+ lost their jobs in spring 2020, and remain 2 million jobs short of pre-pandemic employment levels.

days of the pandemic, there were few opportunities for SCSEP participants to work. While those enrolled in the program were granted emergency paid sick leave in response to COVID-19, Karyl Ryan, the director of Coastline's employment program, said that her participants

weren't satisfied with waiting on the sidelines.

"Back in March 2020, when the country shut down, Coastline hired five of the SCSEP participants," Ryan said. "They could have stayed at home collecting emergency paid sick leave. But they chose to go to work when there were no vaccines or assurances that they weren't going to get sick. If that doesn't show the commitment of this age population, then nothing does. They want to work."

After a few months away from her job at Justice Bridge, Correia was able to return in the summer of 2020, albeit remotely.

"It was making me crazy – sitting there, just watching TV," said Correia. "I'm old school – it's not yours unless you've earned it. It was unsettling for me and depressing."

Continued on page 7

Celebrate Caregiver Month with a Relief Package

Coastline will be honoring the hard work and commitment of the region's caregivers this November, which is National Family Caregivers Month. Caregivers residing in Coastline's coverage area are eligible to receive a relief package, which will be filled with information and resources to provide respite time so caregivers can enjoy some self-care.

The Caregiver Relief Package will be delivered in the month of November and pre-registration is required by Oct. 1 to receive one.

To register, contact Ana Hayes, Director PCA and Community Program, at 774-510-5241 or via



email at ahayes@coastlinenb.org.

Coastline's coverage area includes the communities of Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett, New Bedford and Rochester.

Meet & Greet Event for the PCA Program

Are you a consumer enrolled in the MassHealth PCA (Personal Care Attendant) Program? Are you a PCA looking to work in the MassHealth PCA Program?

If so, then join Coastline for a consumer and PCA meet and greet! Consumers and PCAs will be able to meet in a neutral location and have the opportunity to meet several possible employment matches.

Coastline will be hosting two

meetings:

- In-person outdoor event: Sept. 24 from 2 to 4 p.m. at 863 Belleville Ave., New Bedford, MA 02745.
- Virtual event via Zoom: Oct. 28th from 2 to 4 p.m. Pre-registration is required. Contact Ana Hayes, Director PCA and Community Program at 774-510-5241 or ahayes@coastlinenb.org



Mass Options 844-422-6277
massoptions.org 844-422-MASS



SHINE Counselors in the Greater New Bedford Area

Acushnet Council on Aging
59 ½ 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
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Senior Scope

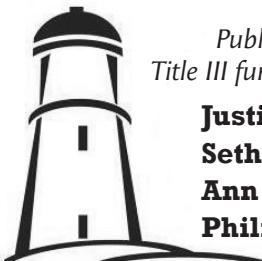
Published by Coastline Elderly Services, Inc. with
Title III funds from the Executive Office of Elder Affairs

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

Senior Scope at Coastline
863 Belleville Ave.
New Bedford, MA 02745

Letter from the Editor

The end of this summer was marked by a major setback: the Delta variant of COVID-19. The Centers for Disease Control and Prevention released updated guidance at the end of July, recommending that everyone wear masks in public indoor places where there's a "substantial or high" rate of transmission, even for those who are fully vaccinated.

That news came coupled with a color-coded map displaying the counties where cases were high. Initially, that list included Bristol County, the islands and the Cape. By mid-August, every county in Massachusetts was affected, meaning everyone in the state was advised to wear a mask indoors. By the end of August, the map of America had turned ruby red. About 90 percent of all counties around the nation were listed as having a high rate of transmission.

This felt like a major setback, even if, in many respects, an increase in cases was likely to happen again. We were bound to see another wave of cases this fall or winter as colder weather pushed people indoors. But I wasn't expecting a spike in the middle of the summer.

At this point, it feels easy to give up altogether – to tune out from the pandemic and focus on

other pressing matters. And I get it. It's a depressing story to follow every day.

This month, I looked around the area and found that, even if we're living in a red county, there's still a lot of good things happening. People are making the most of a bad situation. In Fairhaven, seniors and kids wrote letters to one another. Grandparents Raising Grandchildren, Inc. donated to students who are working toward a college degree. And one local volunteer continued to receive recognition for all that he does for the community.

As aggravating and exhausting as it may be, we're not out of the woods yet. The pandemic has been consistently unpredictable, and at this point there's no telling if this mask recommendation from the CDC will turn into a mask mandate for the general public later on this winter.

There are a few weeks left this summer, and this feels like a great time to get out there and enjoy it. We can't predict the future, but there's still time to take a break from the news and find some joy.

Best,

Subscribe to Senior Scope

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/

Donations for September 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.

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Do You Know These Social Security Terms?

By Delia De Mello
Social Security

Some of the terms and acronyms people use when they talk about Social Security can be a little confusing. We're here to help you understand.

We strive to explain your benefits using easy-to-understand, plain language. The Plain Writing Act of 2010 requires federal agencies to communicate information clearly in a way "the public can understand and use." This can be particularly challenging when talking about complicated programs like Social Security, Supplemental Security Income and Medicare.

If there's a technical term or acronym that you don't know, you can find the meaning in our online glossary at: ssa.gov/agency/glossary.

Here are a few examples. If you're considering retirement, you may want to know your FRA (full retirement age) and your PIA (primary insurance amount).

These terms determine your benefit amount based on when you start getting requirement benefits. The PIA is the amount payable for a retired worker who starts his or her benefits at full retirement age. If



Delia De Mello,
Social Security

you start your retirement benefits at your FRA, you'll receive the full PIA.

Most years, your benefit amount will get a COLA (Cost-of-Living Adjustment), which usually means extra money in your monthly benefit.

What about DRCs (delayed retirement credits)? DRCs are the gradual increases to your PIA that occur the longer you delay taking retirement benefits after your full retirement age. Every month you delay taking benefits, up to age 70, your monthly benefit will increase.

If one of these terms or acronyms comes up in conversation, you can be the one to help clarify the meaning, using our online glossary. Learning the terminology can deepen your understanding of how Social Security programs work for you.

There are many online resources about Social Security, so it is important that you come to us as the first place for answers. You can find many of the answers about our programs and services on our Frequently Asked Questions page at: faq.ssa.gov. We feature our most-asked questions at the top of the page to help you find answers to the most common questions quickly.



George Smith with his family outside of New Bedford City Hall. From left: daughter Kelly Melo, granddaughter Lindsey Melo, George Smith and his wife, Nancy Smith.

New Bedford City Council Recognizes Andrus Award Winner

During a special meeting of the New Bedford City Council on Aug. 12, George Smith, long-time advocate for older adults and people with disabilities, was recognized for his advocacy and for his work with the City of New Bedford. He was also recognized for being selected as the state's winner of the AARP Massachusetts Andrus Award for Community Service back in 2020.

The resolution was offered by Councilor-at-Large Linda Morad. She noted that only one person per state receives the Andrus Award each year, and for those who are familiar with Smith's work ethic, it shouldn't come as a surprise he was singled out.

"In honoring George Smith, the AARP acknowledged his incredible energy, his warm personality, his remarkable service and the

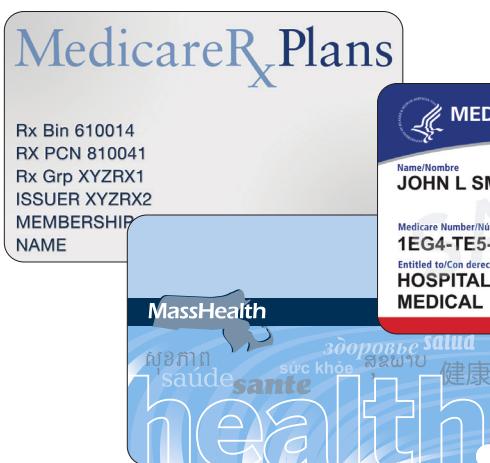
tremendous difference his efforts have made in the lives of so many of New Bedford's senior citizens," Morad said, reading from the resolution.

Smith thanked the various organizations he's supported over the years, including the New Bedford Council on Aging, Coastline, Mass Senior Action Council and the New Bedford Age-Friendly Project.

"When you're 50 years old, you say, 'Eh...what's a senior citizen?' But, I'm going to tell you: it comes fast," Smith said. "We all become senior citizens, and we all need someone out there to look at our best interest."

"[That's] part of the job of the city councilors. They help their constituents find where to go. And all the agencies I belong to do the same thing. All together, we make one great team in the City," he said.

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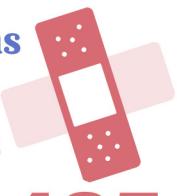
Update

For In-Home Vaccinations

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833-983-0485



Anyone in Massachusetts who is unable to get to a vaccine location may have a free vaccination at home. Call the COVID-19 In-Home Vaccination Program at 833-983-0485. There are translators available. If you are hard of hearing, ask for a translator for a person hard of hearing.

Someone will call you back to schedule an appointment. Teens age 12 to 17 will receive Pfizer. If you are older, you will receive Moderna or the one-shot J&J vaccine.

Hoarding Remediation Support Groups

Do you or someone you know struggle with living among too much stuff? The Hoarding Remediation Support Groups will return this fall. There will be two FREE information sessions to learn about how the groups can help. Meet the support group facilitators, and inquire about the support groups' schedules and meeting locations. For questions, please contact Mary Freire-Kellogg at kellog63@gmail.com.

Session One: Buttonwood Warming House, 1 Oneida Street, New Bedford on Sept. 7 from 11 a.m. to noon. Session Two: Acushnet Senior Center, 59 ½ South Main St., Acushnet on Sept. 13 from 4 to 5 p.m.

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. Classmates are encouraged to spread the word.

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 N. Front St., New Bedford.

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.

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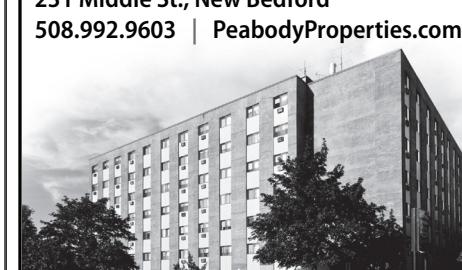
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Local Farmers Markets Enter Summer Season

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
- Visit coastalfoodshed.org to learn how to shop online with the Virtual Market.

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, 789 Dartmouth St. in Dartmouth.

'Brain Builders' Online

Buzzards Bay Speech Therapy has moved its Brain Builders course online. The class helps participants improve memory, word-finding, thinking skills and socialization. Classes will be held on Mondays from 10:30 to 11:30 a.m. Participants can access the classes using Zoom or over the phone. Check out Senior Scope's May 2021 edition online for a feature story on this program. Visit: coastlinenb.org/news/seniorscope. For more info, contact Lisa at 508-326-0353 or email lycslp@gmail.com. Funding provided in part by a grant from Coastline and the Executive Office of Elder Affairs.

The R.U.O.K. Program

The R.U.O.K. Program is a free telephone calling service for older adults and people with disabilities living in Bristol County. The Bristol County Sheriff's Department will make a telephone call to an individual's home at approximately the same time each day. To enroll in the program, call 508-994-8932 or 888-809-8932. This program serves communities in Bristol County, including Acushnet, Dartmouth, Fairhaven and New Bedford.

Mobile Market

The Greater New Bedford Community Health Center will hold monthly, farmers market-style mobile markets in partnership with The Greater Boston Food Bank.

Produce is free of charge. The next market will be held on Sept. 13 from 10 a.m. to noon at GNBCHC, 399 Acushnet Ave., New Bedford, MA 02740. To register, call Joyce Dupont at 508-992-6553 ext. 142. Pre-registration is strongly encouraged.

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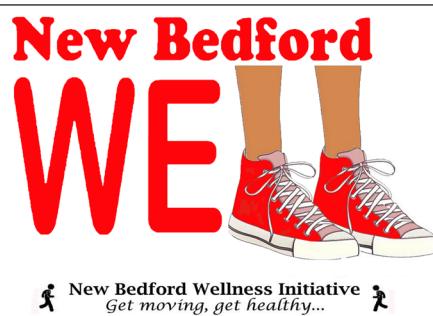


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Your Health

The Many Uses of Hypnosis



By John Barboza BCH, CI
New Bedford Wellness Initiative

Hypnosis is a trance-like state where focused attention and heightened suggestibility can produce incredible changes in a person's life. It has been around since prehistoric times and was first recorded over 5,000 years ago, when people would enter sleep temples to be cured of their illnesses. At one time, it was known as "animal magnetism" or "mesmerism," and now, it's referred to as hypnosis.

Throughout its history, stage hypnosis, which is showcased as entertainment, has always been around – even during periods when clinical hypnosis seemed nearly extinct.

During comedy stage performances, the hypnotist would use various techniques to cause volunteers to instantly enter deep levels of hypnosis where they would hallucinate, becoming amnesic, cataleptic, and oblivious to loud sounds and smell and taste changes, where a lemon would be eaten as if it



Hypnotherapy can help clients turn their thoughts inward to make changes in their lives. The New Bedford Wellness Initiative has long included hypnosis sessions as part of its regular line-up of classes and currently hosts a session online over Facebook.

was a sweet tasting fruit.

Today hypnotists or hypnotherapists hypnotize their clients by using some of the same hypnotic techniques that stage hypnotists use in their stage performances because they are powerful and take only a few moments to produce the hypnotic state. This is essential because it leaves more time for the client and hypnotist to work on the issue at hand.

There are two types of people who seek out hypnotists. The first type includes people who are happy with the way things are in their lives and are focused on continual improvement. Those improvements could include increasing their confidence in test taking and scoring higher on workplace promotional exams.

The second type are those who want to end negative, habitual behaviors, such as cigarette smoking or emotional eating.

When overwhelmed by a prolonged problem that has failed to be remedied after numerous attempts, hypnotists tend to be the last resort that people turn to for help. Some examples of problems that hypnotists have been successful at helping clients with are sleep issues, fears ranging from flying, dental visits, needles, public speaking, and many other types of irrational fears.

Pain management both mental and physical, bed-wetting, teeth grinding, low self-esteem, lack of motivation, relationship and sexual dysfunction are other problems that hypnotists help clients with.

There are also hypnotists

who specialize in some of the aforementioned, along with sports improvement, unnecessary worrying, spiritual guidance, age and past life regression, forensics, hypno-birthing, dreams, stress and much more.

So, if you're looking to improve your golf game, your memory, behavior, or your health, no matter how ridiculous something might seem to one person, it is real to the person who is experiencing the self-limiting debilitating situation.

When a client leaves the hypnotists office feeling in control and better off because of the visit, we, as hypnotists, are another step closer to reaching the vision of the National Guild of Hypnotists which is, "a time when a visit to the consulting hypnotist is as common as a visit to any health care provider."

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, weather permitting.

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

Preventing Burnout Can Help You Stick to an Exercise Routine

By Cam Bergeron, CSCS
Cam's Conditioning & Rehab

We all know that exercising is extremely important to keep the body functioning properly. However, many individuals will go through peaks and valleys of activity.

You get the itch to start a routine and end up working out several times a week. After a few weeks go by, you begin to slow down or stop completely. Some time later, you drop the habit altogether, and you realize you need to start back up again.

For the vast majority of people, this cycle usually repeats. You are doing good work for your body when you're exercising. But, the off time between your cycles causes you to lose some of the valuable adaptations that come from regular exercise.

On average, it takes 66 days to form a habit. If you're on-and-off with your exercise routine, you're building a habit of the *cycle*, not the exercise itself. Your brain is getting use to exercising for an allotted amount of time, then taking a break.

Once this intermittent habit is formed, it's hard to reverse without a lot of will power.

Most people will get into an exercise routine and perform it three times per week. After a few weeks, they get burned out because



Limiting the number of days you exercise could help you stay consistent in a new workout routine. While it may be tempting to make up for lost time if you're just starting, working out multiple times a week could lead to burn out – and a long period of inactivity.

their brain and body are not used to it. Staying consistent is one of the most important aspects of exercising. I never recommend that anyone begin with a routine of exercising three times per week because, for the most part, they will fall off.

I always suggest starting with one day per week for a week or so, and then adding more days from there. This is more about mental health than anything else. It is a lot easier to commit to one day per week. If you have another task or something comes up and you cannot exercise that day, then you have six more days in that week to exercise.

Each week, you will complete your routine and will feel accomplished. The body releases endorphins, and you'll feel great. This could be due to the exercise routine itself or because you completed a task.

When you overload yourself with too many exercise routines per week too quickly, your brain will not be as excited for each one. Everyone is different; some people may be able to do one routine per week, and, two weeks later, they up it to two. Others may stay at one per week for three months before they add a second day.

Either way is okay as long as it

helps you stay consistent and not get burned out.

I would rather see someone exercise one time per week for a year than three times per week only to burn out and take a break every other month.

Once you build your habit, your brain will not think of the activity as a chore. It will be something you actually want to do. Exercising regularly and staying consistent will help your brain and body function better.

Just remember to always ease into exercise, and don't ever overdue it. Even if the Delta variant causes further disruption, there are multiple ways you can stay consistent in the safety of your own home. No matter what you do, it is going to benefit your health. Keep moving, no matter what!

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.

Learning the Facts About Dementia

Forgetfulness or having trouble remembering a name or word can be a normal part of life. But when thinking problems or unusual behavior starts to interfere with everyday activities, it's time to see a doctor. These could be signs of a condition known as dementia.

Dementia is a brain disorder that most often affects older adults. It's caused by the failure or death of nerve cells in the brain. Alzheimer's

disease is the most common cause. Although age is the greatest risk factor for dementia, it isn't a normal part of aging. Some people live into their 90s and beyond with no signs of dementia at all.

Several factors can raise your risk for developing dementia. These include aging, smoking, uncontrolled diabetes, high blood pressure and drinking too much alcohol. Risk also

increases if close family members have had dementia.

Symptoms of dementia might be reversed when they're caused by dehydration or other treatable conditions. But most forms of dementia worsen gradually over time, and there is no treatment. Scientists are searching for ways to slow down this process or prevent it from starting in the first place.

Because different types of dementia can have overlapping symptoms, and some people have more than one underlying condition, it's best to see a clinician who has expertise in diagnosing dementia.

A healthy lifestyle can help protect the aging brain. Regular exercise, a heart-healthy diet, and avoiding smoking can reduce your risk for dementia.

Conozca los hechos concretos sobre la demencia

Translations by Southcoast Health

Los olvidos o los problemas para recordar un nombre o una palabra pueden ser parte normal de la vida. Pero cuando los problemas de pensamiento o un comportamiento inusual comienzan a interferir con las actividades diarias, es momento de acudir al médico. Estos pueden ser signos de una condición conocida como demencia.

La demencia es un trastorno cerebral que suele afectar a los

adultos mayores. Está causada por la insuficiencia o la muerte de las células nerviosas del cerebro. La enfermedad de Alzheimer es la causa más común. Aunque la edad es el mayor factor de riesgo para la demencia, no forma parte del envejecimiento normal. Algunas personas viven hasta los 90 años o más sin ningún signo de demencia.

Varios factores pueden aumentar el riesgo de desarrollar demencia. Entre ellos se encuentran el envejecimiento, fumar, la diabetes

no controlada, la hipertensión arterial y el consumo excesivo de alcohol. El riesgo también aumenta si los familiares cercanos han tenido demencia.

Los síntomas de demencia se pueden revertir cuando están causados por deshidratación u otras condiciones tratables. Pero la mayoría de las formas de demencia empeoran gradualmente con el tiempo y no hay tratamiento.

Los científicos están buscando formas de retrasar este proceso o

evitar que se inicie.

Dado que los distintos tipos de demencia pueden presentar síntomas que se superponen y algunas personas tienen más de una condición subyacente, es mejor ver a un clínico experto en el diagnóstico de la demencia.

Un estilo de vida saludable puede ayudar a proteger el cerebro que envejece. Hacer ejercicio regularmente, una dieta saludable para el corazón y evitar fumar pueden reducir el riesgo de demencia.

Aprendendo os Factos Sobre Demência

Esquecimento ou dificuldade em lembrar um nome ou uma palavra pode ser uma parte normal da vida. Mas quando problemas de pensamento ou comportamento incomum começam a interferir nas atividades cotidianas, é hora de consultar um médico. Estes podem ser sinais de uma doença conhecida como demência.

A demência é um distúrbio cerebral que afeta com mais frequência os adultos mais velhos. É causado pela falha ou

morte de células nervosas no cérebro. A doença de Alzheimer é a causa mais comum. Embora a idade seja o maior fator de risco para a demência, não é uma parte normal do envelhecimento. Algumas pessoas chegam aos 90 anos ou mais, sem nenhum sinal de demência.

Vários fatores podem aumentar o risco de desenvolver demência. Estes incluem envelhecimento, tabagismo, diabetes não controlados, pressão alta e consumo de álcool em excesso. O risco

também aumenta se familiares próximos tiveram demência.

Os sintomas de demência podem ser revertidos quando são causados por desidratação ou outras condições tratáveis. Mas a maioria das formas de demência piora gradualmente com o tempo e não há tratamento. Os cientistas estão procurando maneiras de desacelerar esse processo ou evitar que ele comece.

Como diferentes tipos de demência podem ter sintomas sobrepostos, e

algumas pessoas têm mais de uma condição subjacente, é melhor consultar um médico com experiência no diagnóstico de demência.

Um estilo de vida saudável pode ajudar a proteger o envelhecimento do cérebro. Exercícios regulares, uma dieta saudável para o coração e evitar fumar podem reduzir o risco de demência.

Translations provided by:

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

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

Receive benefits for your service



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



Contact Coastline for more info

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



**AmeriCorps
Seniors**

 **Coastline**
Caring for the community.

SCSEP continued...

"I would cry every day because I wanted to work so bad," she said. "When they gave me the okay to work, I haven't cried since."

In addition to helping participants build their résumés or further their skill sets, the program can give them a sense of purpose, as well.

Kenneth Viera was between jobs and struggling financially when he first joined SCSEP. He was a furniture finisher by trade, which he did for 35 years. Several years ago, his son, who worked alongside him at his business, died unexpectedly in a motorcycle accident, upending his business.

After decades working for himself, he was suddenly seeking employment in his late 50s – and he was doing so without the references or connections he may have acquired had he worked for a larger company.

What he did have was a strong work ethic. Sharon Lally, the former director of the Rochester Council on Aging, asked him if he had any experience cooking. While he didn't have formal experience in a commercial kitchen, he accepted the offer she had for him: serving as the chef for the center's popular breakfast program. For years, the Rochester COA has operated a restaurant, serving breakfast at affordable prices. Primarily, the restaurant is made possible by volunteers, which can pose challenges when it comes to scheduling. Viera, who is paid



In 2019, Kenneth Viera became the head chef at the Rochester Council on Aging's breakfast program by way of Coastline's Senior Community Service Employment Program (SCSEP). The restaurant is open for breakfast Monday through Friday from 7 to 9 a.m. and is open to anyone of any age from any town. [Courtesy: Eric Poulin]

through SCSEP, is a more regular presence.

While Viera, like the other program participants, was out of work last year while the Rochester COA adjusted to the pandemic, he has since returned – and so have the customers. Viera's day begins at 5:30 a.m. He'll begin by making home fries and baking muffins in the early hours as he prepares for customers to arrive at 7 a.m.

"It's a full-blown kitchen in there," said Viera. "And it's a dream come true for me. It's like having my own restaurant without having any of the overhead."

As Ryan looks toward the future, she's planning to bring more people into the program. However, she said some of the host agencies

are not ready to bring on more employees. And, with the highly contagious Delta variant of the coronavirus looming overhead, the future remains uncertain.

"We're still trying to keep them positive and connected," said Ryan. "And we're still there to help them with their personal employment goals. It's important that we keep them moving forward."

Resources

To learn more about the Senior Community Service Employment Program, including eligibility criteria, contact Karyl at 508-999-6400 ext. 177 or kryan@coastlinenb.org.

Justice Bridge's New Bedford office can be reached at 508-449-9296.

Search for Affordable Housing Online

The Cambridge-based, tech nonprofit Housing Navigator Massachusetts, Inc. launched an affordable housing search tool. Renters will be able to use the new website, and its free services, to search for affordable rental housing throughout the Commonwealth. At the time of the website's launch in August, the database listed more than 160,000 affordable rentals in over 260 cities and towns.

Users may search by their location, filtering for eligibility, affordability, accessibility and more. Listings will feature photos, amenities and are mapped to nearby transit. The Navigator will show basic listings where information from public sources has been confirmed.

Going forward, the website will continue to add features to simplify searches, with deeper information on affordable housing options and the application process.

Additional listings will appear on the site as more property owners and managers verify their properties and keep listings accurate and up-to-date.

View the database at: search.housingnavigatorma.org. Click on the website's "Resources" section to view numerous video tutorials that can teach users how to navigate the website.



Bristol County District Attorney Thomas M. Quinn III greeted and thanked volunteers enrolled in Coastline's AmeriCorps Seniors Foster Grandparent Program on Aug. 13.

District Attorney Talks Scams with FGP Volunteers

Bristol County District Attorney Thomas M. Quinn III visited Coastline's office on Aug. 13 to tour the facility and meet with volunteers enrolled in the AmeriCorps Seniors Foster Grandparent Program.

Quinn thanked the volunteers for their work supporting students in the region. His visit coincided with an in-service for the volunteers, who were about to return to classrooms throughout the South Coast following a year of major academic disruption brought on by COVID-19.

"Everybody has something to offer, that's my belief," Quinn said, adding that the volunteers' mentorship and guidance to young students throughout the region is "critical."

"By doing what you're doing – going into the schools and engaging the students – it helps children move

forward and deal with issues in their lives," he said.

Quinn also took the opportunity to discuss scams. The District Attorney's office launched an Elder Financial Abuse Unit about six years ago that focuses on investigating and prosecuting financial abuse cases. As part of that work, Quinn frequently held presentations on the topic prior to the pandemic.

He reviewed some of the common scams his office encounters. The volunteers were quick to point out the sheer volume of scam calls they receive. Quinn said that he, too, is receiving these calls. He stressed that you're often aware of your contacts' phone numbers. More often than not, he said it's best to let the caller leave a message. That way you can ensure it's a legitimate caller.

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Estate planning may seem overwhelming, but it's really a matter of getting your affairs in order. Of course, no two estate plans are alike. Some individuals may only require a will-based plan, while others may benefit from establishing trusts. The best way to plan for your future, protect your interests, and provide for your loved ones is to consult a qualified elder law & estate planning attorney.

Partners, Dan Surprenant & Michelle Beneski, are Certified Elder Law Attorneys by the National Elder Law Foundation. This makes our team uniquely qualified to help you prepare for life's unknowns and provide you with peace of mind.



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I Don't Have a Large Estate. Do I Need an Estate Plan?

By Atty Michelle Beneski, Esq., CELA, LLM Taxation Suprenant & Beneski, P.C.

An estate plan goes much further than a will. Not only does it deal with the distribution of assets and address your final wishes, but it may help you and your heirs pay substantially less in taxes, fees, and court costs.

A number of major life events help shape the need for and scope of an estate plan.

- **Marriage:** You don't want to leave your spouse out of your estate plans.
- **Divorce:** It is important to update your plans to make sure that spouse #1 is not benefitting or has control over anything.
- **Birth of a grandchild:** As a grandparent, you also want to make sure that their future holds only the best for your grandchild/children.
- **Medical event or diagnosis:** An illness or accident can happen to anyone at any time. You will want to have estate plan documents in place to facilitate your health care, legal and financial decisions.
- **Blending families:** Blended families can make estate planning more complicated. For example, a parent may want to leave a different inheritance to biological children than to stepchildren, or the parent may want to protect their biological family's inheritance in the event that a spouse remarries.

Other considerations for creating an estate plan:

- What is the size of your estate? Does the value of the estate exceed the estate tax exclusion?
- You have an opportunity to incorporate charitable giving and business succession into an estate plan.
- How best to manage the intergenerational transfer of assets? For example, if grandkids aren't old enough or mature enough to handle a large inheritance, an estate plan can address this by making provisions through a trust.

- Estate planning includes documentation in the event you become incapacitated. Healthcare Proxy, HIPAA Authorization, Power of Attorney, Advance Directive are critical to facilitate your needs should you experience an episode of incapacity.
- If you own a business, have you considered how best to plan for the business once you have passed away?
- An advantage of an estate plan is to minimize the probate process and its expenses, delays, and loss of privacy. Among the concerns with probate are:
 1. Loss of privacy: Anyone can access information from the probate court. For example, relatives and creditors could get your probate records to challenge your will.
 2. Expense: Probate fees can be expensive, even for a basic case not involving conflict. Attorney's fees and court costs can take up to 5 percent of an estate's value.
 3. Delays: The average uncontested probate may take longer than a year. With planning, these delays can often be avoided.
- Another consideration is heirs/beneficiaries who have special needs. Should an heir/beneficiary have disabilities, there are specific trusts that can be created in a way that allows them to continue to qualify for public assistance, such as Social Security Disability Insurance.

Estate planning is important at various points throughout your life. If you already have your estate plan documents, review them to see if you are still comfortable with the named individual(s), and work with your attorney to make sure they are current and reflect your wishes.

Be sure to seek an experienced estate planning attorney to ensure that the plan you create meets your goals for today and in the future. Call our New Bedford office at 508-994-5200 to schedule an appointment with one of our estate planning specialists.

Paper Shredding Day Returns to New Bedford on Oct. 2

Paper Shredding Day will return on Oct. 2 from 9 a.m. to noon (or until the shred truck fills up) in New Bedford. It will be a contactless event to keep both participants and staff safe. All are welcome; there is no residency requirement.

The event will be held at the New Bedford High School, 230 Hathaway Blvd. The entrance will be on Parker Street and the traffic flow map will be available on the credit union website nbcu4u.com.

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. Paper clips and staples do not need to be removed, but remove paper from folders and binders.

Shredding confidential documents helps to prevent identify theft, protect personal information, and prevent valuable resources from being sent to the landfill. The shredded paper will be recycled into new products such as paper towels.

For more information, please visit gnbrrmdistrict.org, call the Greater New Bedford Regional Refuse Management District at (508) 979-1493, or email Marissa@gnbrrmdistrict.org.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) Who was the host of "Family Feud" when it premiered in 1976?
A.) Richard Dawson B.) John O'Hurley C.) Bob Barker D.) Chuck Woolery
- 2.) What is the oldest currency that is still in use?
A.) U.S. dollar B.) The European Union's euro
C.) British pound D.) Jordanian dinar
- 3.) Paper towels were originally invented for what?
A.) Cleaning bathrooms B.) Disposable placemats
C.) Preventing colds in schools D.) Cleaning wounds
- 4.) What chef popularized the whisk in the TV debut?
A.) Emeril Lagasse B.) Rachael Ray C.) Graham Kerr D.) Julia Child
- 5.) What cosmic event happened during the 2000s?
A.) Halley's comet passed earth for the 8th time
B.) Pluto lost its planet status
C.) 2 total solar eclipses occurred
D.) Final manned mission to the moon
- 6.) What singer won the first season of American Idol?
A.) Chris Daughtry B.) Carrie Underwood
C.) Clay Aiken D.) Kelly Clarkson
- 7.) What are one third of all countries named after?
A.) A tribe B.) Personal characteristics
C.) Geography D.) Landmarks
- 8.) Where does the Pan-American highway begin and end?
A.) British Columbia to Brazil B.) Alaska to Argentina
C.) Mexico to Chile D.) Alaska to Peru
- 9.) What is the FBI's motto?
A.) Friendliness, Bravery, Integrity B.) Fidelity, Bravery, Integrity
C.) Fidelity, Bravery, Intelligence D.) Friendliness, Bravery, Intelligence

[Answers listed on page 11]

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Nutrition

To Keep Your Gut Healthy, Eat a Wider Variety of Fiber

While we can't see them, our bodies are loaded with microorganisms, or microscopic organisms, which include bacteria, fungi and viruses. Taken together, these tiny microbes are referred to as the human microbiome.

Researchers from the National Institutes of Health (NIH) note that most of the microbes in our bodies are useful. They help us digest food and prevent infections in our organs, for instance. Certain things can harm these helpful microbes, however, and if the good bacteria aren't thriving, they can be replaced by bad bacteria.

According to the NIH, changes in your body's microbiome are linked with numerous health problems, including diabetes, obesity and cancer. So how do we make sure that the good guys win? You can start by looking at what you eat.

Stephanie Boulay, a registered dietitian at Coastline, said the best way to ensure that good bacteria thrive is by eating dietary fiber. Fiber is the part of plant-based foods that cannot be completely broken down by our digestive tract.

"Your body cannot digest fiber – it's meant for the bacteria in your gut," Boulay explained at a recent presentation at the Dartmouth Council on Aging. "And you want a lot of different kinds of bacteria."



To ensure the good bacteria in your gut are thriving, Stephanie Boulay, a registered dietitian with Coastline, recommends eating 30 different types of plants each week.

That translates into eating a wider variety of fruits and vegetables. Boulay said a good goal is to eat 30 different kinds of plants every week.

"That sounds overwhelming. But, if I have a handful of trail mix that has peanuts, cashews, almonds and raisins, you have four plants right there," she said. "You can get a wide variety fairly quickly before you even realize it."

Seeds and spinach could be added to smoothies, for example. And other dishes, like roasted vegetables, salads and fruit salads, can be adjusted to include different types of plants.

Eating more plants is also helpful when taking antibiotics. Antibiotics, which are prescribed to fight bacterial infections, kill both good and bad bacteria. Boulay recommended that if you're on an antibiotic, the best thing to do is to start incorporating more plants into your diet to restore the good bacteria.

Boulay warned that if you're adding more fiber to your diet, it could also make you feel bloated. Which is why you should also be drinking more water.

"If you don't drink liquids, the fiber will sit in your gut, which can make you feel uncomfortable,"

she said. "When you drink water, it helps the fiber to swell and pass through your gut."

To keep your microbiome in balance, you can also avoid some of the things that kill off good bacteria. Boulay said the health advice you often hear will help your gut stay healthy. That includes cutting back on sugar or artificial sweeteners, processed meats, and alcohol.

Beyond your diet, Boulay said studies have linked other lifestyle choices to the microbiome. Smoking cigarettes, not getting enough sleep, stress, and not getting enough exercise can have a negative impact on your microbiome.

She recommends making small changes at first – like slowly cutting back on the amount of sweetener you add to your morning coffee – that can add up over time.

Resources

For more health tips, tune in to "Cooking Healthy with Coastline," a long-running TV show produced by Dartmouth Community Media (DCTV). Past episodes can be viewed on Coastline's website at coastlinenb.org/cooking-healthy.

The Dartmouth Council on Aging's Pound by Pound support group meets every Wednesday at 10 a.m. Meetings are in person.

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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.

COVID Vaccine Clinic: Sept. 11 from 9 a.m. to noon. Choose from Pfizer or Johnson & Johnson. Walk-in's welcome.

Free COVID Testing: Open to the general public. Tuesdays from 10 a.m. to noon and Saturdays from 9 a.m. to noon. You do not have to be an Acushnet resident.

Tranquility Zone with Bertha Petruski: Every third Monday of the month Sept. 20 at 12:15 p.m. at the Acushnet COA. Explore the virtues contained in the "The Virtue Project" founded by Linda and Dan Popov. Each month, one random virtue will be chosen and explored. Share stories, poems, art and more. New members always welcome. Free.

Free Senior IDs: Sept. 23 from 10 a.m. to noon at the Acushnet Senior Community Center. Walk-in's welcome. This free program is offered in partnership with COAs and TRIAD groups across the Bristol County area.

Tai-Yo-Ba with Cam Bergeron: Mondays at 10:30 a.m. and Fridays at 11:15 a.m.

Strong Women, Strong Bones with Karen Corcoran: A Title III exercise program. Mondays through Thursdays at 9 a.m. This exercise class that is great for those living with osteoarthritis/osteoporosis.

Cribbage: Drop-in, every Friday at noon.

A Night on Broadway: Vibra Hospital of Southeastern Massachusetts and the Acushnet COA proudly present this outdoor event on Sept. 14. Arrival time and boxed dinner distributed: 5:15 to 5:30 p.m. The musical talents of the Singing Nurse: 5:30 to 7 p.m. \$3 due at time of registration. This outdoor event will be hosted at the Acushnet COA; sit in your car or under the pavilion.

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.

You can read the current newsletter or previous newsletters online at www.towndartmouth.ma.us/council-aging/pages/coa-newsletters.

Beginner Watercolor Class with Jane Bregoli: Three consecutive Mondays, Sept. 13, 20 and 27 from 10 a.m. to noon. Cost is \$36. Call the Center to pre-register.

Music on the Lawn: Tri-County Trombone Ensemble. Sept. 16 from 1 to 2 p.m. Please call to preregister. Free

Garden Club with Maria Connor: Share ideas and help us to beautify our grounds! For more info contact Maria at 508-636-6453.

Blood Drive: Sept. 21 from 1:30 to 6 p.m. Please call 1-800-RED-CROSS or visit redcrossblood.org and enter Dartmouth COA to schedule an appointment.

Medicare 101: Sept. 23 at 1 p.m. SHINE regional director will present Medicare basics and the importance of enrollment periods. Call to reserve your spot.

Walk in Flu Clinic: Oct. 1 from 9 a.m. to noon and Oct. 29 from 4 to 6 p.m.

Country Three Band: First and third Wednesdays from 1 to 3 p.m. Cost is \$4 at door.

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.

YWCA Widowed Person Program: At the Center on Sept. 2, 16, and 30 from 8:30 to 10:30 a.m. for newly widowed people, and 11 a.m. to 12:30 p.m. for all others. Walk-ins are welcome.

Alzheimer's Support Group: Sept. 7 and 21. This professionally led group is for caregivers. Please contact facilitator Carolyn Greany at 508-304-4587 prior to attending and for more information.

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 through UMass Law. Held on the last Wednesday of the month from 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 9:30 to 10:15 a.m. and Fridays from 1 to 1:45 p.m. Cost is \$2.

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

Zumba Gold: Tuesdays at 10:30 a.m. Cost is \$7.

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

Dance for Parkinson's: Mondays from 10:30 to 11:30 a.m., beginning Sept. 20. Participants are empowered to explore movement and music. Free.

Bridge: Mondays from noon to 3 p.m. Call the Center for more information.

Mah Jongg: Fridays from 1 to 3 p.m.

Cribbage: Tuesdays 8:30 to 10:30 a.m.

Billiards Lessons: Mondays and Thursdays from 1 to 2:30 p.m. Limit of four per class. Please call the Center to pre-register.

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.

South Coastal Counties Legal Services: Presentation on Sept. 13 at 1 p.m. at the Fairhaven Senior Center with Attorney Andrew Bardetti. He will discuss the services provided, and spend some time discussing housing rights for tenants and homeowners. SCCLS is a nonprofit corporation that provides free civil legal services to low income families, elders, victims of crime, and people with disabilities in our communities. Please call the Fairhaven Senior Center to reserve your seat at 508-979-4029.

The Fairhaven Lions Club Craft Fair: Held on Sept. 19 from 10 a.m. to 3 p.m. at the Fairhaven Senior Center parking lot. Rain date: Sept. 26. More than 30 crafters and vendors, including many talented local crafters of soaps, By the Bay Farms cannabis pain salve, gnomes and fashion wraps, soy candles, deco mesh wreaths, Gray's Blankets flannel baby blankets, Tupperware, Scentsy, Paparazzi Jewelry, Mary Kay, Del's Lemonade and many more. Raffle, 50/50 Raffle.

Summer Music Series: Torch Song Duo – Sept. 16 from 1 to 2 p.m. Tri County Symphony Performance – Sept. 23 from 1 to 2 p.m. Please call the Fairhaven Senior Center to reserve your seat.

LGBT Supper Club: Sept. 22 from 5 to 7 p.m., \$3.

September Trips: Sept. 1 - Tiverton Casino; Sept. 8 - Mashpee Commons; Sept. 15 - Thames Street, Newport, RI; Sept. 22 - Wrentham Village; Sept. 29 - Providence Place Mall and Whole Foods.

October Trips: Oct. 6 - Twin River Casino; Oct. 13 - Warwick Mall; Oct. 20 - South Shore Plaza; Oct. 27 - Wrentham Village.

Medicare 101: Oct. 4 at 1 p.m. Call the center to sign up. Would you like to know more about Medicare? Join SHINE Regional Director, Christie Rexford, to learn about Medicare enrollment periods, benefits, coverage options and programs that can help you with your out-of-pocket costs.

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 ext. 125.

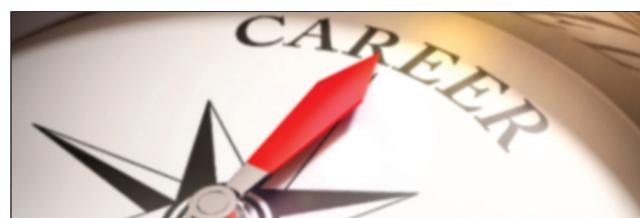
Marion COA

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.

Tai Chi: Due to popularity, we were able to add another Tai Chi class. They run on a four-week schedule, where what you learn one week is built upon the following week. Registration is required to participate. The cost of the 4-week series is \$20. Beginning in October, a grant from Coastline and the Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living will help offset the fee for this class.

Monday Morning Painters & Canal Side Painters: Opening reception on Sept. 9 from 5 to 7 p.m. Join us as we celebrate the work of these two talented

Continued on Page 11



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Looking for a career?
Do you need a profession that provides a good working environment with a great work-life balance and allows you to make a difference?

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www.coastlinenb.org
for employment opportunities.

Coastline is an AA/EEO employer.



Olympia Tower

Now Accepting Applications. Overlooking New Bedford Harbor and Buzzards Bay, Olympia Tower is now accepting applications for 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped or disabled persons who are 18 years old and over. Enjoy the convenient downtown location and feel secure in the friendly atmosphere. Rent based on 30% of adjusted income. Income requirements, please call for info.

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groups of painters. Enjoy some light hors d'oeuvres while taking in the show. The show will remain on display through October.

Art For Your Mind with Jill Sanford: "Winslow Homer's America" on Sept. 13 at 1 p.m. Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds artists and non-artists alike. A catered lunch of quiche and orzo salad will be offered prior to the presentation at noon. Limited space; reservations required. Reservations will be taken beginning Aug. 30. Call 508-748-3570. A suggested donation of \$5 is requested.

Mass Audubon of the South East: "Birds of Your Backyard" on Sept. 16 at 1 p.m.

Ask A Doctor: Sept. 17 at 10:15 a.m. You can submit questions in the box at the COA office entrance.

Tri-County Symphonic Band Brass Quartet: Sept. 20 at 1 p.m. We are delighted to host a Brass Quartet from the Symphonic Band put on a performance at the Community Center. Register to attend by calling 508-748-3570.

Cooking Demonstration with Linda Medeiros: Sept. 21 at noon. Linda Medeiros will be on hand to whip up an autumnal menu. You will get to indulge in an Autumn Soup and Apple Dessert. There is a \$5 suggested donation. Call 508-748-3570 to register.

Bingo: Sept. 27 at 1 p.m. Try your luck in this game of chance. Cost to play is \$5 for a standard pack of play, \$1 coverall, and \$1 for 50/50 game.

Yard Sale: Second Annual Yard Sale will be held on Oct. 9. Mark your calendar! So it is time to clean out those closets, attics, garages and basements. No clothing, shoes or large furniture can be accepted. Drop off hours are Monday through Friday, 9 a.m. to 2 p.m. No dropping off after hours, please. Final day to donate is Oct. 1.

Senior Work-Off Abatement Program: This program allows taxpayers to provide services to the town in exchange for a reduction in their tax bill. Registration for this program will be held on Oct. 12 at noon. Bring a photo ID, a copy of your current tax bill, and a copy of trust (if applicable). For info, please call 508-748-3570.

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.

Abstract Expressionists: Sept. 1 at 12:30 p.m. Registration Requested. Explore the giant canvases, splattered paint and brilliant colors of the 20th Century American abstract art movement.

Fall Luncheon: Sept. 9 at noon at the Knights of Columbus Hall, Rte. 6. Registration required. Call 508-758-4110 by Sept. 5. Bring canned goods or school supplies. Enjoy a cook-out menu from the OxCart (of Oxford Creamery).

10 Warning Signs of Dementia / Alzheimer's: Sept. 28 at 1 p.m. At the COA and on Zoom. Register for the meeting by calling the center.

Hip Hop Dance Chair Exercise: Sept. 17 at 10 a.m. at the COA in person. One-time trial class. Register: 508-758-4110.

Pottery/Clay Sculpting: Every second and fourth Thursday. Sept. 9 and 23 from 10 to 11:30 a.m. Cost: \$10 (everything included). Registration requested. Create unique items. Your clay will be put into a kiln and returned for you to paint/decorate, and sent to the kiln for final glazing.

Painting Party: Sept. 8 from 2 to 4 p.m. Every second Wednesday. \$20 (includes all supplies). Registration required. Payment due upon registration. Instructor: Lidia Medeiros. Scholarship available; ask for Jackie or Madeline.

Movie & Pizza: Sept. 29 at 12:15 p.m. Pizza \$1/slice. Prepay. Registration Required. Movie: "Ma Rainey's Black Bottom."

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.

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.

Wrentham Outlets: Sept. 16. Leaves: 9:30 a.m. Cost: \$5. A great shopping center with many outlets. Lunch on your own within the plaza center.

JFK Museum: Sept. 23. Leaves: 10 a.m. Cost: \$18 (\$8 admission + \$10 van)

Boston Symphony Orchestra Open Rehearsals Returns! Mark your calendars for Nov. 11, Jan. 20, March 3 and April 14. Leaves: 6:30 a.m. Cost: \$10 van. Open Rehearsal tickets can be purchased at the door. Limited van space. Call today to reserve your ride.



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Monday - Wednesday - Friday

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Rent based on 30% of adjusted gross income.

September 2021 Trivia Quiz Answers

1. A | 2. C | 3. C | 4. D | 5. B

6. D | 7. A | 8. B | 9. B



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Senior Scope

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.

SNAP: The New Bedford Council on Aging can help you apply for the Supplemental Nutrition Assistance Program (SNAP) to help with your grocery costs. Call the COA at 508-991-6250 and say you want to apply for SNAP.

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! 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, please call 508-763-8723 to leave your name and your preference.

Friends' Dinner: On Sept. 16, we celebrate the apple with a roast pork dinner and everything apple. Dinner is at 5:30 p.m. \$10. Call for a reservation today!

Tai-Yo-Ba: New exercise class every Monday at 11:45 a.m., starting Sept. 13. The class is called: Tai-Yo-Ba. It is a 45-minute exercise class that focuses on balance, coordination, flexibility, and mobility. Participants will be mentally engaged the whole time to increase activation from brain to body. Exercises will be performed seated and standing. Any exercise can be modified to suit your needs.

Coin, Stamp & Postcard Collector Club: Starts on Sept. 13 at 9 a.m. and will be every second Monday of the month thereafter at 9 a.m. Come join us and buy, sell, trade or just get information. Meet in our new and improved conference room.

Beginner Line Dancing Class: Starts on Sept. 28 at 12:30 p.m. The class will be every Tuesday at 12:30 p.m.

Canning Class: Sept. 23 at noon. Learn how to jar and preserve your garden tomatoes so you can enjoy them all year! Participants will learn how to safely preserve tomatoes. Everyone receives one mason jar, directions for canning, and recipes for using preserved tomatoes. Please call to pre-register.

Fitness Room hours extended: The Fitness Room is now open Monday through Friday from 9:30 a.m. to 4 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.

Community

Grandparents Raising Grandchildren, Inc. Awards Scholarships to Students



Grandparents Raising Grandchildren, Inc. awarded two of three local students with \$1,000 scholarships on Aug. 21 at an event at Buttonwood Park. From left: awardee Elexus Nunes, GRG founder Brenda Grace, GRG treasurer Renay Ribeiro and awardee Dayahni Mendes.

The New Bedford-based nonprofit Grandparents Raising Grandchildren, Inc. had already been in operation for a decade, providing grandparents with emotional and logistical support as they raised their grandchildren, when founder Brenda Grace had an idea to launch a program specifically for grandkids.

Grace said that at the time she hadn't seen a scholarship program for high school graduates who were raised by their grandparents, so she started one four years ago. On Aug. 21, the organization officially awarded three recipients

with a \$1,000 scholarship during a ceremony at Buttonwood Park.

Part of the application for the scholarship program tasks students with writing about why they feel suited for a scholarship. Grace said many of those applications can be heartbreaking because they include an essay that often details the hardship the grandchildren have faced in their personal lives – all while maintaining decent grades.

This year's recipients were Dayahni Mendes, Elexus Nunes and Kira Pedrosa. Mendes, a New Bedford High School graduate, was accepted at the University of



Coastline CEO Justin Lees provided remarks during the scholarship event on Aug. 21.

San Diego. Nunes, also a graduate of New Bedford High School, is currently deciding on which college to attend. Pedrosa transferred from Bristol Community College to Lynn University and is pursuing a degree in criminal justice,

Coastline's CEO Justin Lees, who was the guest speaker at the event, said his mother provided ample support for his twin boys after they were born. His children formed a special bond with their grandmother, and he said he'll be forever grateful for her support.

"Coastline provides support into the community so older adults can live independent and meaningful lives," said Lees. "We also provide grants to other agencies that are in-line with our mission. We've long-recognized the great work being done by this organization. The support they provide is critical."

While the group's in-person support meetings were largely disrupted by the pandemic, the group remained active, providing as much support as possible over the phone and through the mail. Recently, the group returned to group meetings and in-person events, like the one at Buttonwood.

"You're going to make something of your life," said Renay Ribeiro, the group's treasurer, to the students. "And that is a blessing in itself."

Resources

Contact Grandparents Raising Grandparents, Inc. President Brenda Grace at 508-996-0168.

You can donate to the scholarship program by mailing a check to Grandparents Raising Grandchildren Inc., at 119 Parker St., New Bedford, MA 02740.

New Bedford Celebrates Massachusetts Farmers Market Week

Governor Charlie Baker declared the first week of August "Massachusetts Farmers Market Week" in honor of the role that farmers markets play in supplying the public with locally sourced food and to recognize the contributions farmers and food producers make to the state's economy.

To celebrate the occasion, the Massachusetts Department of Agricultural Resources (MDAR) Commissioner John Lebeaux visited Coastal Foodshed's New Bedford Farmers Market on Aug. 2.

Coastal Foodshed is a nonprofit that operates various farmers markets in New Bedford, as well as an online market, which began as a response to the pandemic in 2020.

"We realize how important farmers markets are as a distribution point for our farmers and our consumers," said Lebeaux to a long line of shoppers at the Brooklawn Park market.

Lebeaux said there are over 200 farmers markets operating throughout the Commonwealth. Massachusetts is fifth in the nation of consumers buying directly from farmers, accounting for more than 20 percent of all the agricultural sales in the state on an annual basis.

In Bristol County alone, there are about 700 farms producing more than \$35 million in agricultural product each year. The products sold at Coastal Foodshed's markets are sourced from about 50 local farmers and vendors.

"Coastal Foodshed plays an important role in New Bedford,



On Aug. 2, Massachusetts Department of Agricultural Resources Commissioner John Lebeaux (fourth from left) joined local officials in celebrating Massachusetts Farmers Market Week, including Rep. Paul Schmid, New Bedford City Council President Joseph Lopes, Rep. Christopher Hendricks, Rep. Bill Straus, and Rep. Antonio Cabral.

making it easier for many households to access local fruits and vegetables without having to find transportation to drive to farm stands or orchards in neighboring towns," said Stephanie Perks, the Co-Founder and Executive Director of Coastal Foodshed.

"Additionally, many farmers don't accept SNAP benefits at their farm stands, and an important part of our mission is to ensure SNAP households can use their benefits to purchase local foods – which they can at all of our farmers markets," she said.

Last fall, during the 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 for food relief programs that receive federal funding, including SNAP, WIC,

school meal programs and Meals on Wheels, which are often underutilized by the public.

Abigail Hevey, the Manager of Grants and Development at Coastal Foodshed, said a major goal of the organization several years ago was to allow for more diverse payment options at their markets. Today, vendors accept credit cards, SNAP, WIC and Senior Farmers Market Coupons.

Philip Beard, Coastline's Elderly Nutrition Program Director, said Coastline had distributed about 900 senior coupons this year, some of which were used to buy produce directly from farmers, which was later delivered directly to consumers in senior housing.

To help residents afford fresh produce at farmers markets, the state operates the Healthy Incentives

Program, which enables SNAP participants to stretch the amount that can be spent when buying fruits and vegetables. If you live in Massachusetts and receive SNAP benefits, you are automatically enrolled in HIP. You can earn HIP incentives when shopping at farmers markets, farm stands or mobile markets using SNAP. Traditional grocery stores or convenience stores do not participate in HIP.

Not long after Farmers Market Week, the Biden administration approved updates to SNAP, giving recipients more money to work with each month. The update was made to help the program keep pace with the cost of living and marks the single biggest increase in the history of the food assistance program.

According to a 2020 report from the U.S. Department of Agriculture, the average SNAP household redeemed more than three-fourths of their benefits by the middle of the month. Beginning on Oct. 1, the national average SNAP benefit will increase by about \$36 per person each month.

Resources

For a schedule of farmers markets in the region, see page 4.

Visit coastalfoodshed.org to learn about the Virtual Market.

For help signing up for SNAP, call the state helpline at 877-382-2363. To learn more about the Healthy Incentives Program (HIP), visit mass.gov/healthy-incentives-program-hip.