

Senior Scope

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

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Advocates Strive to End Mental Health Stigma

Following nearly two years of restrictions, job losses, isolation and grief, the pandemic has prompted an increase in the number of Americans reporting symptoms related to anxiety and depression, according to the Centers for Disease Control and Prevention.

This year's World Mental Health Day, held on Oct. 10, was marked locally by a candlelight vigil outside Buttonwood Park Zoo. The steady rain did not deter a crowd of about two dozen from gathering to discuss topic.

"We all know someone who struggles from time to time – if not every day – with mental health issues," said State Rep. Antonio Cabral, emphasizing the importance of reducing negative public perceptions that prevent people from seeking treatment.

According to the American Psychiatric Association, half of those with mental illness do not receive help for their disorders, mostly because they fear being treated differently or losing their livelihoods as a result of coming forward. Stigma not only prevents people from seeking treatment, it can worsen mental health issues.

Left untreated, mental health issues can also impact your physical health. Chronic stress has been linked to an increased risk for heart attacks, stroke or obesity. And managing



Reverend David Lima leads a group through a prayer outside the entrance of the Buttonwood Park Zoo on Oct. 10, World Mental Health Day. Lima is part of Help & Hope Southcoast, a local group of community advocates that formed shortly after the pandemic began to try and reduce the stigma surrounding mental health issues.

other chronic conditions may become more challenging for those grappling with depression and anxiety.

"In the past year, I've gotten calls from people who said they never thought they would ever need mental health help. They're saying they are struggling, and never thought they would need help with anxiety or depression," said Lynne Olsen-Vieira, site director at the Massachusetts Department of Mental Health's New Bedford office.

While Olsen-Vieira said that

COVID-19 was the primary driving force behind more people seeking treatment, the media has played a role as well. This past year, there have been a string of reports of top athletes and other public figures stepping aside as they address their personal struggles.

Days prior to the candlelight vigil, Carey Price, a star goaltender for the Montreal Canadiens entered a player assistance program maintained by

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Issues of Food Insecurity Persist Past Pandemic

Last year limits on gathering forced churches around the nation to rethink how they would deliver services and connect with their communities. At Smith Mills Congregation Church, a small church in Dartmouth off of Route 6, that meant shifting its focus to food relief.

The church's empty halls became a food distribution site, and the volunteer-driven project became known as Dartmouth United Outreach. The group offered food to the public through a weekly drive-through system out of the church's parking lot. More than a year later, this temporary relief effort found a more permanent home after Dartmouth United Outreach merged with the YMCA Southcoast's Full Plate Project. Volunteers from both

parties now distribute food from the Dartmouth YMCA's parking lot on Tuesday evenings.

"Even though the pandemic is settling a little bit now, the need

there are people who don't know where their next meal is coming from."

Nationally, the vast majority of Americans are food secure, meaning they have consistent and dependable access to enough food to support a healthy lifestyle. However, around 10.5 percent of U.S. households – or about 13.8 million households – are considered food insecure, according to the U.S. Department of Agriculture.

On Oct. 13, the Leduc Center for Civic Engagement at UMass Dartmouth, the Office of Senator Mark Montigny, and the Marion Institute co-hosted "Food Summit 2021," an annual conference highlighting the state



Dartmouth United Outreach and YMCA Southcoast's Full Plate Project joined together this fall to distribute food at the Dartmouth YMCA on Tuesdays from 3 to 5 p.m.

is still there and has always been there," said Lisa Rahn, the YMCA Southcoast's director of community outreach. "It's infuriating that in a country with the resources we have,

Continued on page 9

Mental Health continued...

the National Hockey League Players' Association, which provides mental health support services to players and their families.

Not long after the announcement, the 34-year-old goalie's wife, Angela Price, wrote about the decision on social media.

"Part of the privilege of being in the position our family is in, is that we also get a public platform to show how there is and can be a path to light for anyone who is struggling," she wrote in an Instagram post. "No matter what is on the line, we hope we can communicate the importance of putting your mental health first not just by saying it, but by showing up and doing the work to get better."

This announcement came on the heels of similar decisions from other high-profile athletes, most notably Simone Biles who skipped several events during the Tokyo Olympics.

"People are finally starting to say, 'I'm not concerned about what people think; I have to be concerned about how I feel,'" said Reverend David Lima, the executive minister of the Inter-Church Council of Greater New Bedford, who provided remarks at the event. "We need to break through the shame and the stigma."

That shift has had real impacts on society. Research indicates that knowing someone or having contact

with someone with mental illness reduces stigma, according to the American Psychiatric Association.

Early in the pandemic, numerous agencies in the South Coast formed a campaign called Help & Hope Southcoast, which was aimed at normalizing the topic of mental health through its blog, social media presence and website, which has an extensive database of local resources.

"The fact that we're talking about it, makes other people feel encouraged to come out and get the help they need," Lima said.

Resources

The National Suicide Prevention Lifeline is 1-800-273-8255. You can also text 1-877-870-4673. (In an emergency, please call 9-1-1 directly.)

Visit Help & Hope Southcoast online at helphopesouthcoast.com.

The New Bedford Site Office of the Department of Mental Health can be reached at 508-996-7900.

Samaritans Southcoast (formally the Samaritans of Fall River/New Bedford) maintains a free talk line at 866-508-4357 or 1-800-273-8255. For more info, visit: samaritanssoco.org.

To learn more about mental health services for older adults in the South Coast, call Coastline at 508-999-6400 or the New Bedford Council on Aging at 508-991-6250.

Letter from the Editor

There isn't a lot of time left to do so, but it's still possible to be vaccinated in time for Christmas. Even if you receive the Moderna or Pfizer vaccines – both of which require two shots, spaced a month apart – you'll be ready for the holiday, assuming you receive the first shot in early November.

Fortunately, we're in a much better place than we were in 2020. Cases were surging ahead of the holiday season last year, and the situation only worsened in the months that followed. The vaccine slowly began to rollout, and about a year later, the pandemic has somewhat stabilized.

That's in part because more than half of the nation has been fully vaccinated. Nearly 100 percent of Massachusetts residents age 65 and older have received at least one dose of the shot.

This year, the Centers for Disease Control and Prevention are recommending getting the shot ahead of the holidays, especially to protect young children who are ineligible for vaccination. For those who are unvaccinated, masks for indoor gatherings are still recommended. And the CDC advises that you may want to consider wearing a mask if someone on the invite list has a weakened immune system, is at an

increased risk for severe disease or is unvaccinated.

Not sure where to go for the vaccine? You can call your local health department, call your local pharmacy, or check out the City of New Bedford's Facebook page, which frequently publishes updates regarding the latest vaccination clinics. Follow the City at [facebook.com/CityofNewBedford](https://www.facebook.com/CityofNewBedford).

If you need help scheduling an appointment, you can always call 2-1-1. For those who are unable to leave their homes to get the vaccine, call 833-983-0485.

If your holiday includes people from multiple households who had to travel from different parts of the country, the CDC recommends that party members get a test before gathering. Again, the City of New Bedford posts about regular testing opportunities, and the Town of Acushnet has been offering regular testing. You can call the Acushnet COA for details at 508-998-0280. And, of course, any additional questions can be directed to Coastline at 508-999-6400.

No matter how you celebrate the holidays, I hope you enjoy them, and I hope you stay well.

Best,
Seth Thomas



Coastline
508-999-6400

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



SHINE Counselors
in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 South Main St., Acushnet	508-998-0280	Patricia Midurski Heather Sylvia
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Ann Raymond
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni Freda St. Marie-Johnson
GNB Community Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes
Immigrants' Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira
Marion Council on Aging 465 Mill Street, Marion	508-748-3570	Connie Heacox
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St. (for New Bedford residents only)	508-991-6250 508-991-6252	Natasha Franco Luisana Paez-Espinal
PACE, Inc. 166 William St., New Bedford	508-999-9920	Ginny DeSilva Linda Pavao Freda St. Marie-Johnson
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Jan Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-758-3781	Denise Dupuis Carla Marcelino Sandra Spoor

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Check out the latest issue or view our archives.

coastlinenb.org/news/seniorscope/

Donations for November 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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Senior Scope



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Social Security Announces 5.9 Percent Benefit Increase for 2022

By Delia De Mello
Social Security



Delia De Mello,
Social Security

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022.

The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022.

Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$147,000 from \$142,800.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social

Security payments will be able to view their COLA notice online through their personal my Social Security account. People may create or access their my Social Security account online at: socialsecurity.gov/myaccount.

Information about Medicare changes for 2022, when announced, will be available at www.medicare.gov.

For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2022 are announced. Final 2022 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit: socialsecurity.gov/cola.

In December 2021, Social Security COLA notices will be available online to most beneficiaries in the Message Center of their *my Social Security account*.

This is a secure way to receive COLA notices online and save the message for later. Be sure to choose your preferred way to receive courtesy notifications so you won't miss your online COLA notice.

Coastline Offers Heating and Utility Relief for Tri-Town Area Elders

Coastline is providing assistance to elders in Marion, Mattapoisett and Rochester who need help paying their heat or electric bills.

The funds will pay for gas, electric, propane, wood or other heating needs to help reduce the financial burden for older adults who have difficulty with these purchases.

Funding for this project was made possible by the George E. Curtis Charitable Trust.

Please contact the Council on Aging in Marion, Mattapoisett or Rochester to complete a simple application. Each elder may be able to receive help with a one-time payment for fuel assistance or an



outstanding electric utility bill at \$350.

The Marion Council on Aging can be reached at 508-748-3570; the Mattapoisett COA at 508-758-4110; and the Rochester COA at 508-763-8723.

COVID-19 Booster Updates

In late October, the Centers for Disease Control and Prevention endorsed COVID-19 booster shots for both the Moderna and Johnson & Johnson vaccines. The booster shot became available in September for the Pfizer-BioNTech vaccine.

There is slightly different guidance for those who received the mRNA vaccines (the Moderna or the Pfizer-BioNTech vaccines) and the Johnson & Johnson vaccine.

For those who have received the Moderna or the Pfizer-BioNTech, you are eligible for the booster shot if: it has been and at least six months since becoming fully vaccinated

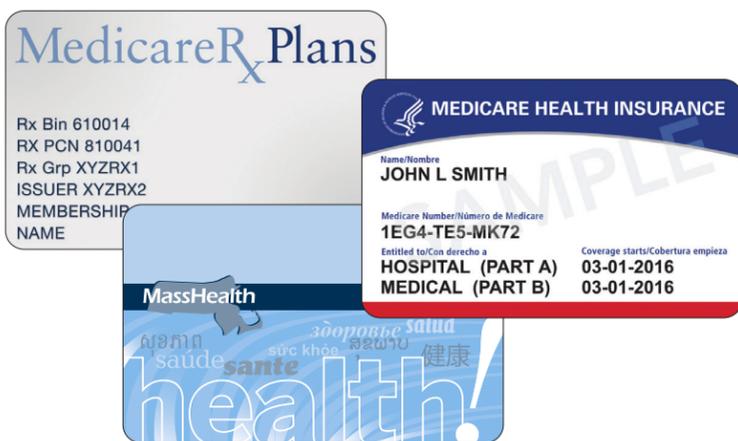
and you are age 65+, 18+ and living in a long-term care setting, 18+ with an underlying condition, or 18+ working or living in a high-risk setting.

For the Johnson & Johnson vaccine, you must wait at least two months after becoming fully vaccinated and are age 18 or over.

The FDA has authorized the "mixing and matching" of vaccines. In other words, if you are eligible for a booster shot, you may receive a different shot from your original series.

For help signing up for a booster shot, call 2-1-1.

Got these cards?



Get extra benefits!



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

Update

Veterans Day Parade in Fairhaven

There will be a Veterans Day Parade on Nov. 11 at 9 a.m., starting at Main Street from Oxford School south to Fairhaven High School. The annual parade to honor all veterans is followed by a brief ceremony, including raising the "Big Flag" and cannon-firing in front of Fairhaven High School. Veterans and other marching groups are welcome to line up at Livesey Park at 8:30 a.m. Parade steps off at 9 a.m. The parade is coordinated by the Fairhaven Veterans Services Department.

Book Talk at Millicent

The Millicent Library will be hosting a book talk on Nov. 15, 6:30 p.m. at the Millicent Library Auditorium, 45 Center St. in Fairhaven. "Pirate's Gold" is story of Henry Huttleston Rogers and his fortune, a man with the Midas touch, and his descendants who inherited more money than was good for them. Registration is required due to COVID-19 capacity limits, masks are required. A \$5 donation is suggested for this event. Register: friendsofmillicentlibrary@gmail.com. Or call: 508-994-2736

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.

Lebanese Bazaar

Our Lady of Purgatory Church will be hosting a Lebanese Christmas Bazaar on Nov. 13 and Nov. 14. The bazaar will run from 10 a.m. to 7 p.m. on Nov. 13 and 10 a.m. to 2 p.m. on Nov. 14 at Our Lady of Purgatory Church Center, 89 Merrimac St., New Bedford, MA 02740. There will be traditional Lebanese foods and pastries. FREE admission. Raffle and caravan auction (caravan closes at 1 p.m. on Nov. 14).

Thrift Shop

The First Unitarian Church at the corner of Union, County and Eighth Streets maintains a thrift shop, featuring clothing, linens, household jewelry and more. Open on Tuesdays and Saturdays from 10 a.m. to 1 p.m. The shop is located on the Eighth Street-side of the church with parking available in the church lot.

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.

Greek Fest On-the-Go

St. George Greek Orthodox Church's annual Greek Festival fundraiser will not be held in person this year. Instead, the St. George Philoptochos Ladies' Society will be hosting a drive-thru, where they will be selling traditional Greek food to raise funds for the church. Order online through the church website GoSaintGeorge.com or through givebutter.com/CZqkpc. Call for info at 508-996-5913. The menu includes: spinach pie, gyros, chicken souvlaki, baklava, and almond rolls.

Orders are due by Nov. 6. You can pick up your order on Nov. 20 from 10 a.m. to 2 p.m. at St. George Greek Orthodox Church, 186 Cross Road, Dartmouth, MA 02747.

Brain Builders' Fall Schedule

Buzzards Bay Speech Therapy's popular course Brain Builders will be occurring this autumn on Mondays from 10:30 to 11:30 a.m. and on Wednesdays from 7 to 8 p.m. Participants can join the class online or by phone. The class is meant to help improve your memory, word-finding skills, thinking skills, and socialization. Brain Builders is facilitated by Lisa Yauch-Cadden, MS CCC-SLP, Kari Star, MS CCC-SLP, and Lori Yauch, MA CCC-SLP. For more information and to obtain the link to connect to the class, contact Lisa at 508 326-0353; lycslp@gmail.com; [@buzzardsbayspeech](https://www.instagram.com/buzzardsbayspeech).

NB Farmers Market

Starting on Nov. 6, the New Bedford Farmers Market will be inside the Buttonwood Park Warming House on Saturdays from 10 a.m. to 2 p.m. The market will observe holidays. The Farmers Market accepts SNAP/HIP benefits on eligible items. The winter schedule runs from November through May.

Mass Senior Action Meeting Schedule

Mass Senior Action wants you! Massachusetts Senior Action Council (MSAC) is a grassroots organization of seniors working to improve the quality of life for seniors and our communities. We build our collective power as we fight to improve access to affordable health care, expand options for community-based care, strengthen transportation and so much more.

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, please contact Carolyn Villers at 617-435-1926 or e-mail at cvillers@MassSeniorAction.org. You may also visit our website MassSeniorAction.org to find out about our campaigns, members and accomplishments.

Buttonwood Senior Center to Reopen

The Buttonwood Senior Center, which has been closed for renovations, is scheduled to reopen on Nov. 8. More details forthcoming. Contact the New Bedford Council on Aging at 508-991-6250 for more information.

GRG, Inc. Meeting at NB Public Library

Grandparents Raising Grandchildren, Inc. offers support for grandfamilies. Starting on Oct. 19, the organization's monthly support group will be meeting at the New Bedford Public Library, 613 Pleasant St. in New Bedford, every third Tuesday of the month from 6 to 8 p.m.

Grandparents, please call Brenda Grace at 508-996-0168 for more info. Her days off are Tuesdays and Wednesdays. You can also call after 5 p.m. on work days. The organization is hosting a 50/50 raffle this October in support of its services. Call for tickets.

You may also support their annual scholarship program, which benefits local students who were raised by their grandparents. 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.

COVID Eviction Help

Are you in danger of losing housing due to COVID-19? Take advantage of free legal assistance. The COVID Eviction Legal Help Project is operated by a group of regional legal aid organizations to provide assistance to both tenants and landlords facing pandemic-related eviction issues. Call them at 800-244-9023, Monday through Thursday from 9 a.m. to 1:30 p.m. More information at nbrenthelp.com.

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.

Plymouth County manages a similar service called the Safety Assurance program. This program can help people maintain an independent lifestyle. All calls are monitored by a communications officer. Contact the Plymouth County Sheriff's Office at 508-830-6200 or visit them online at pcsdma.org.



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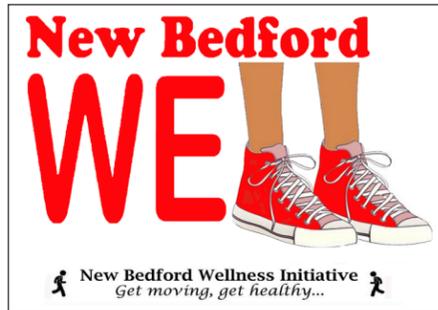
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Your Health

How You Can Add Physical Activity Into Everyday Life



By Julie Fostin

New Bedford Wellness Initiative

Every little step counts... that is what they say especially with all these fancy-dancy fitness trackers that are readily available.

Many folks don't realize that it's the little things we do daily that add up for our daily physical activity, and these activities can even count as exercise to improve our health and wellness.

Below are some simple easy ways to start moving or add to your regular exercise routine.

We have all seen it before and even may do it ourselves. You head to the local grocery store and drive around in circles for five minutes trying to find the closest parking spot to the door. Why do we do that? Unless it is raining or snowing (or some other random weather event we might be having in New England), a great way to get some extra steps is to park further away from the store's entrance.

You can burn an extra 10 calories every time you walk from your car to



Looking to get some extra steps? The New Bedford Wellness Initiative continues to host its popular "Walk with a Doc" program every Saturday at Buttonwood Park.

the store.

Another way to sneak in some exercise: the stairs. When parking in a parking garage, we typically take the elevator to get to our desired location. Why not take the stairs? Climbing stairs can improve the amount of "good cholesterol" in the blood. Stair climbing increases leg strength, which may help with reducing your risk of falling.

Love the outdoors? Gardening has many physical benefits. All that pulling, digging, reaching, twisting and bending that's involved with gardening amounts to light aerobic exercise, which improves heart and

lung health, helps prevent obesity, high blood pressure, diabetes, osteoporosis and more. Plus you get a great daily dose of Vitamin D.

If you're unable to make a garden in your back yard, there are many community gardens that are always looking for volunteers. Check your local town or community center for garden centers that might be looking for some help.

If you love to clean your house, you are going to love this. If you don't, this might change your mind. You can increase the number of calories that you burn just by cleaning your house. Sitting on the couch and watching

television burns about one calorie per minute in a person who weighs 150 pounds. Most cleaning activities burn three to four times that.

Doctors now believe that even short bouts of relatively mild exercise can help improve your fitness level, especially for people who are just getting started with exercise. Though it's not likely to give you the body of a swimsuit model, doing some sort of moderate activity for 30 minutes every day can bring real health benefits.

All-in-all, any activity is better than no activity. While most fitness experts wouldn't recommend the above activities to be your only regular exercise, it is a great option when you are unable to make it to the gym.

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.

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.

The New Bedford Wellness Initiative's other summer programming at Buttonwood Park has concluded, but the group maintains an online schedule of classes you can access via Facebook or on Zoom.

Support Your Noggin: Perform Some Gentle Neck Stretches

By Cam Bergeron, CSCS

Cam's Conditioning & Rehab

One of the major regions of the body that is usually neglected is the neck (also known as the cervical spine). The muscles around the cervical spine are very important in activities of daily living.

The main objective of the cervical spine is to support the skull. There are seven vertebrae in the cervical spine. Above the seven vertebrae, there are two other bones called the atlas and axis. These two bones are the reason why we can move our head left to right.

The seven vertebrae assist in lateral head motion (movement to the left and right), but they're not the reason why we have a large range of motion from left to right. The cervical vertebrae are mostly responsible for the forward and backward motion of the head (flexion and extension).

Almost everything we do in activities of daily living use the neck muscles. Driving, long bouts of sitting, office work and more put a great toll on the cervical spine and the muscles that surround it.

I'm sure if you have ever been on a long road trip, you have experienced neck pain. Usually this is from keeping your head in the same position for a long period of time or keeping it in an awkward position, especially when you are



Sitting around during the pandemic? Be sure to stretch daily. Keeping the neck muscles loose can help prevent injuries while moving throughout your day. To maintain your balance, perform neck stretches on a chair, and grasp the edges of the chair.

consistently looking down (flexed neck). Over time the muscles tighten and can cause pain in the neck, shoulders or upper back.

A lot of time there is a quick fix: neck stretches. When muscles tighten, the length of the muscle shortens. This shortening causes an awkward pull on the cervical joints. Stretches will cause the muscles to loosen and lengthen, and relieve pressure off the cervical joints, which will decrease or alleviate pain.

Everyone is different. Office workers, truck drivers and individuals that sit down a lot

should stretch daily. This will keep the muscles loose. Construction workers or individuals that constantly pick up heavy objects should also stretch their neck daily. Others may not have to stretch the neck as much due to the fact they don't put that much pressure on the neck and its muscles.

I'm a huge fan of "prehab." This means to take care of yourself so injuries don't occur. Instead of not doing anything and then injuring or causing pain to the body. The following stretches are great to loosen up the muscles around the cervical spine.

Neck Stretches (45 seconds each direction and each side)

1. Sit on a chair, chest up, shoulders back, head facing forward (starting position)
2. Gently grasp onto the chair with right hand
3. Look left until a stretch reaches mild discomfort in the right side of your neck
4. Hold for 45 seconds then return to start position
5. Look down to left armpit until a stretch reaches mild discomfort in the right side of the neck
6. Hold for 45 seconds and return to start position
7. Tilt head left ear to right shoulder until a stretch reaches mild discomfort in the right side of the neck
8. Return to start position
9. Switch grasping arm and proceed with all three stretches on the opposite side

Resources

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.

Cam also teaches classes at the local Councils on Aging. Check out pages 10 and 11 of Senior Scope for events at the senior centers.

It's Time to Get the Flu Shot

If you have not already done so, now is the time to get a flu shot. According to the Centers for Disease Control and Prevention (CDC), everyone six months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at higher risk of serious complications from influenza.

Flu vaccination has important

benefits. It can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

Flu vaccination is also an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among people with

heart disease.

Yearly vaccination is needed for the best protection because your protection from the flu declines over time. Moreover, flu viruses are constantly changing, so flu vaccines may be updated from one season to the next.

Several flu vaccine formulations are approved for use in people 65 and older, including two "enhanced" flu

vaccines: the high-dose flu vaccine and the adjuvanted flu vaccine, both of which are designed to create a stronger immune response in people 65 years and older. The CDC does not have a preferential recommendation for any flu vaccine over another, and vaccination should not be delayed for a specific vaccine product when another age-appropriate vaccine is available.

Translations by Southcoast Health

Si aún no lo ha hecho, es momento de vacunarse contra la gripe. Según los Centros para el Control y Prevención de las Enfermedades (CDC, por sus siglas en inglés), todas las personas a partir de los seis meses de edad deben vacunarse contra la gripe cada temporada salvo raras excepciones. La vacunación es especialmente importante para las personas que tienen mayor riesgo de sufrir complicaciones graves por la

Es hora de vacunarse contra la gripe

gripe.

La vacunación contra la gripe tiene beneficios importantes. Puede reducir las enfermedades gripales, las visitas al médico, y las faltas al trabajo y a la escuela debidas a la gripe, así como prevenir las hospitalizaciones y las muertes relacionadas con la gripe.

La vacunación contra la gripe también es un medio de prevención importante para las personas con condiciones de salud crónicas. Por ejemplo, la vacunación contra la gripe se ha asociado a una tasa más

baja de algunos eventos cardíacos en personas con enfermedades del corazón.

Es necesario vacunarse anualmente para obtener la mayor protección, ya que la protección contra la gripe disminuye con el tiempo. Además, los virus de la gripe cambian constantemente, por lo que las vacunas antigripales deben actualizarse de una temporada a otra.

Varias fórmulas de vacunas contra la gripe están aprobadas para su uso en personas a partir de los 65

años de edad, incluidas dos vacunas antigripales "reforzadas": la vacuna antigripal de alta dosis y la vacuna antigripal con coadyuvante, ambas diseñadas para crear una respuesta inmunitaria más fuerte en personas a partir de los 65 años de edad.

Los CDC no tienen una recomendación preferida para una vacuna antigripal sobre otra, y la vacunación no debe retrasarse para un producto de vacuna específico cuando hay otra vacuna apropiada para la edad.

É Altura Para Apanhar a Vacina da Gripe

Se ainda não o fez, agora é a altura de apanhar a vacina da gripe. De acordo com os Centers for Disease Control and Prevention (CDC), todos com as idades de seis meses e mais velhos devem apanhar a vacina da gripe todos os anos com raras exceções. A vacinação é particularmente importante para pessoas que estão em risco elevado para complicações sérias da gripe.

Vacinação contra a gripe tem benefícios importantes. Pode reduzir

a doença da gripe, visitas aos médicos e perda de trabalho e escola devido à gripe, assim como prevenção contra internamentos hospitalares relacionados à gripe e morte.

A vacina da gripe é também uma ferramenta preventiva importante para pessoas com condições crônicas de saúde. Por exemplo, a vacina da gripe está associada com taxas baixas de alguns episódios cardíacos entre pessoas com doenças cardíacas.

A vacinação anual é necessária para a melhor proteção porque a sua proteção da gripe diminui com tempo. Mais ainda, o vírus da gripe está constantemente a mudar, por isso as vacinas da gripe poderão ser atualizadas de uma estação para a outra.

Várias formulações das vacinas da gripe estão aprovadas para uso em pessoas de 65 anos de idade ou mais velhas, incluindo duas vacinas da gripe "melhoradas": a vacina da gripe de dose

elevada e a vacina da gripe com adjuvante, ambas as quais estão designadas a criar uma resposta imune forte em pessoas de 65 anos de idade e mais velhas. O CDC não tem uma recomendação preferida para uma vacina da gripe em vez de outra, e a vacinação não deve ser atrasada devido a um produto de vacina específico quando outro apropriado para a idade está disponível.

Translations provided by:

 Southcoast Health



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¹\$88/calendar quarter allowance is for the purchase of Medicare-approved OTC items from participating retailers. Under certain circumstances, items may be covered under your Medicare Part B or Part D benefit. \$70/calendar quarter allowance is for the purchase of Medicaid-approved OTC items and eligible grocery items from participating retailers. ²Benefit and/or network limits may apply. ³Non-emergency. Non-medical rides limited to 1 round trip per month, 20 miles each way of trip. Members must use approved vendor to access benefit. Exceptions may apply. ⁴YMCA membership is valid at local YMCA facility located within our service area in Massachusetts. Tufts Health Plan Senior Care Options is an HMO-SNP with a Medicare contract. Enrollment in Tufts Health Plan depends on contract renewal. The HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only. You are not eligible to enroll into Tufts Health Plan Senior Care Options if you are enrolled in any other health insurance plan, with the exception of Medicare. Other eligibility requirements and restrictions may apply. Tufts Health Plan Senior Care Options complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). H8330_2022_58_M

Make the Most of Medicare Open Enrollment

By Tanya Feke, MD

It's that time of the year again, Medicare Open Enrollment.

Every year from Oct. 15 to Dec. 7, you get an opportunity to change Medicare plans. If you're like most seniors, you are inundated with mail flyers and television commercials trying to sell you a plan. It can be a lot to take in. Should you change your plan or not?

Before you decide, you need to know the difference between Original Medicare and Medicare Advantage.

Original Medicare is the version of Medicare that was first created in 1965. It includes Part A (hospital insurance) and Part B (medical insurance). When you are on Original Medicare you can see any doctor that takes Medicare anywhere in the country. Essentially, the United States is your network.

There are a lot of ways you can save with Original Medicare. You could qualify for a Medicare Savings Program to help you pay your Part A and Part B expenses. You can also enroll in a Medigap plan to help pay those costs for you. An analysis from Kaiser Family Foundation showed that Medicare enrollees who have a Medigap plan save more than \$800 per year on out-of-pocket expenses than people without one!

Medicare Advantage plans, a.k.a. Part C, are an alternative to



The Medicare Open Enrollment period runs from Oct. 15 to Dec. 7. During this period, you can make changes to your plan for the upcoming year. For assistance navigating the ins and outs of Medicare, contact your local SHINE Counselor.

Original Medicare. These plans are run by private insurance companies instead of the federal government and are based on a local network, i.e., you could end up paying more if you step outside of that network.

These plans are enticing in two ways. First, they can add extra "supplemental" benefits that Original Medicare does not cover. These benefits can include dental, hearing, and vision coverage. Some plans even include gym memberships or can pay part or all of your Part B premiums. (Yes, even though you would be on a Part C plan, you are still responsible for paying Part B premiums.)

Second, Medicare Advantage plans set a cap on your total out-of-pocket expenses for the year. After that they will pay the full cost for your Medicare-approved expenses. That said, another Kaiser Family Foundation study found that people on Original Medicare tended to spend less than that capped amount during the year, unless they lived in a nursing home.

There's a tendency to sit back and hold onto last year's Medicare plan. Don't make that mistake. There are more options now than ever before. Take the time to look into them and find the right one for you.

As a family physician, my intention is to help as many people as possible get the care they need and at an affordable price. For a closer look at your options, you can check out the newest edition of my book Medicare Essentials: A Physician Insider Explains the Fine Print on Amazon (amazon.com/dp/1732759324).

I walk you through the ins and outs of Medicare in an easy-to-follow format. You can also visit my site at diagnosislife.com/medicare to get free Medicare information. I hope to see you there.

A graduate of UMass Medical School, Dr. Tanya Feke is a board-certified family physician and the founder of Diagnosis Life, LLC (diagnosislife.com). She is also the best-selling author of Medicare Essentials: A Physician Insider Explains the Fine Print, the Medicare expert for Verywell.com, and a contributor to MedicareResources.org. She currently lives in New Hampshire and consults with hospitals nationwide to prevent insurance denials.

Resources

A list of local SHINE Counselors is listed on page 2 of every edition of Senior Scope. SHINE Counselors can help you navigate your options during the open enrollment period.

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Important SNAP Rules for Older Persons

By Andrew Bardetti, Esq.
South Coastal Counties
Legal Services

The Supplemental Nutrition Assistance Program (SNAP), also known as food stamps, is a government benefit that can help you pay for food.

SNAP is administered by the Massachusetts Department of Transitional Assistance (DTA) and funded primarily by the federal government. Typically, a single person could get up to almost \$200 a month in SNAP benefits to help pay for food. This article will tell you about some important rules for older persons (aged 60 and over) to know when applying for SNAP benefits.

In order to qualify for SNAP, you must meet certain resource and income limits. Households with older persons have important exceptions to these limits. First, the resource limit for older persons or people with a disability is about \$3,500. Resources are cash, money in a bank account, or other property that has value.

Second, the income limit for households with older persons or a person with a disability is based solely on net income (the money that remains after you subtract certain expenses). Your net income must be under 130 percent of the federal poverty level. This year, 130 percent of the federal poverty level for a household of one person is about \$2,147 a month.

There are a variety of expenses that can help reduce your income. Two important deductions for older persons are the uncapped excess shelter deduction and the excess medical expense deduction.

Most households can subtract housing costs (like rent, utilities, etc.) but there is a limit to how much they can subtract. Households with older persons or with someone who has a disability do not have a cap – those households can subtract all of their housing costs when calculating this deduction.

The other important deduction is the excess medical expense

deduction. Households with an older person or someone with a disability can subtract any amounts they spend on medical expenses. Those expenses cannot be reimbursed or covered by insurance. Allowable expenses include costs for prescription medications, over-the-counter medications recommended by a doctor, medical supplies not covered by insurance, and more. Be sure to consider all of the money you spend on your health when applying for SNAP.

Last, due to the COVID-19 pandemic, SNAP benefits were temporarily boosted by 15 percent. This boost ended on September 30, 2021.

However, the federal government recently increased SNAP benefits by 21 percent starting October 1, 2021. The extra COVID SNAP – “Emergency Allotment” – is also still in effect and comes as a second payment for at least \$95. These Emergency Allotments will continue so long as there is a state and federal public health emergency.

If you are interested in applying for SNAP, you can do so by completing an application online, over the phone, in person or via mail. You can apply online at <https://dtacconnect.eohhs.mass.gov/>. You can call DTA for assistance at 877-382-2363.

If you already have SNAP benefits, but want to learn more or need legal advice, you may want to contact an attorney.

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.

For additional help signing up for SNAP, call Project Bread’s FoodSource Hotline at 1-800-645-8333.



Devin McLaughlin (right) of the New Bedford Art Museum/ArtWorks! leads Evelyn Metivier (left) through a landscape painting. The museum hosted art classes for residents of Tripp Towers throughout the beginning of autumn. Earlier in the year, the New Bedford Art Museum distributed art kits for older adults throughout the region via the museum’s van, the artMOBILE, as part of its “Creative Care” program.

Trivia

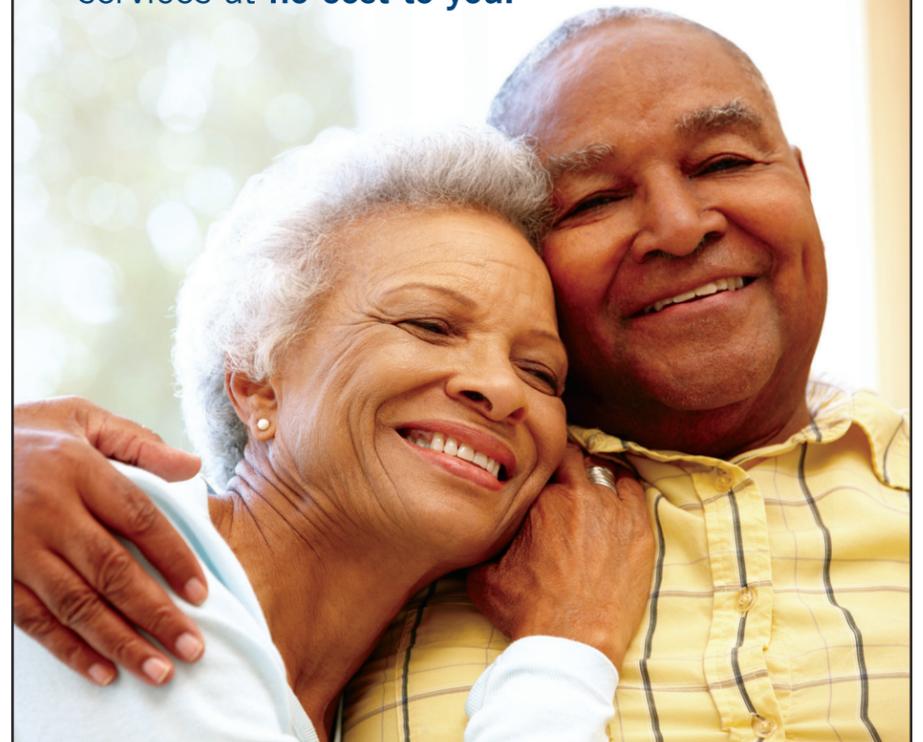
FOR YOUR ENTERTAINMENT – KIM CAMARA

- Which U.S. city lies exactly one mile above sea level?
A.) Phoenix, Arizona B.) Taos, New Mexico
C.) Tulsa, Oklahoma D.) Denver, Colorado
- What facial feature did Howdy Doody have?
A.) Acne B.) Different colored eyes C.) Freckles D.) No top lip
- Who proposed the turkey be America’s national bird?
A.) George Washington B.) Abraham Lincoln
C.) Betsy Ross D.) Benjamin Franklin
- What was the theme for the first Macy’s Thanksgiving Day Parade?
A.) Mother Goose B.) Peanuts C.) Santa Claus D.) Football
- Who was the first president to pardon a turkey?
A.) Barack Obama B.) Harry S. Truman
C.) Teddy Roosevelt D.) Richard Nixon
- Who has their busiest day of the year the day *after* Thanksgiving?
A.) Marriage counsellors B.) Plumbers C.) Barbers D.) Dog sitters
- What Thanksgiving favorite spawned the beginning of the TV dinner?
A.) Canned cranberry sauce B.) Green bean casserole
C.) Turkey leftovers D.) Cornbread stuffing
- What day is Canadian Thanksgiving?
A.) April 1st B.) Second Monday in October
C.) First Thursday in March D.) January 1st
- What’s the most Googled recipe in the United States?
A.) Macaroni & cheese B.) Green bean casserole
C.) Deviled Eggs D.) Mashed potatoes
- What two NFL teams ALWAYS play on Thanksgiving day?
A.) Lions & Tigers B.) Lions & Bears C.) Lions & Cowboys

[Answers listed on page 11]

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Food Security continued...

of food access in southeastern Massachusetts. This year's event highlighted findings from the 2021 Food System Assessment Report, which was developed by the Marion Institute's Southcoast Food Policy Council. The extensive report serves as an update to the previous edition, published in 2014, and a snapshot of the food system in Bristol, Norfolk and Plymouth counties during the height of the pandemic.

Liz Wiley, the Executive Director of the Marion Institute and the keynote speaker at the summit, described the report as a road map for priorities to address in this region. It incorporates results from a survey of South Coast residents conducted between July and October of last year, which showed that about 23 percent of households relied on a food pantry in the past 12 months. When asked if, within the past 12 months, they were worried whether food would run out before getting money to buy more, 39 percent of respondents said that statement was either "often true" or "sometimes true."

"New Bedford and Fall River are regions with the highest need centers, with medium household income half of what the state average is," Wiley said during the live event.

Respondents listed a variety of expenses that directly compete with food access, primarily utilities,



Volunteers prepare food for distribution at the Dartmouth YMCA, which has become one of several sites where YMCA Southcoast distributes food. An estimated 225 households access the service a week at the Dartmouth location alone.

mortgage, and rent, with health care costs and transportation also a factor.

"The core of the problem continues to be disinvestment in the food system and trust in the market to manage the food system in a fair way so that everyone gets fed and producers are treated fairly," said Winton Pitcoff, the director of the Massachusetts Food System Collaborative.

"Farmers aren't making money to grow food for us, and people can't afford to buy food," he said.

The report noted that one avenue for assistance, SNAP (the Supplemental Nutrition Assistance Program), is underutilized in the state. According to the Department of Transition Assistance, as of December 2020, about 1.6 million individuals were eligible for SNAP

in the state, yet only about 900,000 were enrolled.

That difference – the "SNAP Gap" – was a topic featured heavily at last year's food summit, where Project Bread urged participation in federally funded programs, like SNAP and Meals on Wheels, in place of relying on food pantries.

Wendy Garf-Lipp, the executive director of United Neighbors of Fall River and guest panelist at this year's summit, said her organization did not initially deal with food relief, but was moved to do so during the pandemic. As part of that work, she said she's encountered parents who were eating on alternate days so that their kids could have a meal.

"We can't have a system that is based on us responding to emergency needs. We have to have

a system that works all the time," she said.

Back at the Dartmouth YMCA, one of the Y's covered pavilions has been renovated to store vast amounts of food, which will be packaged and distributed at several regular community markets. Through a partnership with the Greater Boston Food Bank, the project will receive grant support for three years.

Rahn said that while food access was a problem before the pandemic, one major shift has taken place that could lead to a solution: more communication among local organizations.

"One of the best things that came out of the pandemic was that it made a lot of people look at how siloed agencies used to be. People are forming community partnerships now. We're all recognizing how interdependent we are," she said.

Resources

To learn more about the Marion Institute, visit marioninstitute.org.

Dartmouth United Outreach has moved its Grab & Go food pantry to the Dartmouth YMCA, 276 Gulf Road in Dartmouth, on Tuesday evenings from 3 to 5 p.m. Participants will be asked for a ZIP code and the number of people living in their household. No photo ID is required.

For help signing up for SNAP, call Project Bread at 1-800-645-8333.

Call Coastline for information or to sign up for Meals on Wheels at 508-999-6400.

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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.

Holiday Craft Project with Vibra: Do you have pieces of left-over ribbon just hanging around? Not sure what to do with that broken costume jewelry? Join us on Nov. 17 at 1 p.m. to create decorative pieces or dress up that holiday gift package! Limited to the first eight to register. Free; sponsored by Vibra Hospital of Southeastern Massachusetts.

November COVID Testing Schedule. Testing: Tuesdays from 10 a.m. to noon and Saturdays from 9 a.m. to noon at the Acushnet Senior Community Center. Walk-ins welcome, no residency requirements.

Outdoor Kickoff to the Holidays Concert. Nov. 4 at 1 p.m. Acushnet Senior Community Center Pavilion – rain or shine. Tommy Rull, Singer/Entertainer will take a walk down memory lane. Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis, Perry Como, Lou Rawls, Engelbert and more! This program is supported in part by a grant from the Acushnet Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Free, reservations required, 508-998-0280.

An Afternoon with ‘Ragtime’ Jack Radcliffe. Nov. 17 at 1 p.m. Jack has been performing for more than 30 years. He is a master of traditional country blues and ragtime and stride piano, and a powerful singer/songwriter, as well as songs from the “Great American Songbook.” He also accompanies himself on the guitar and fiddle. Free, reservations required: 508-998-0280.

Buried in Treasures: Self-help group. Free, virtual online support group for help with compulsive acquiring, saving and hoarding. Fifteen classes, once a week on Tuesdays from 11:30 a.m. to 1 p.m. Facilitated by Mentors South Bay. To register contact, Kelly Mules at 508-580-4691 ext. 1812.

Holiday Fair: Dec. 11 at 10 a.m. to 3 p.m. at the Acushnet Wesley United Methodist Church, 67 Main Street, Acushnet.

***New Class* Zumba Sentao:** Seven-week class starts Oct. 6 at 10:30 a.m. The Zumba Sentao program combines strength and resistance training with Zumba dance fitness moves, all centered around a chair. \$55/7 weeks, must be paid in advance.

***New Class* Zumba Gold:** Seven-week class starts Oct. 6 at 5:30 p.m. No age or residency requirements, open to the community. \$55/7 weeks, must be paid in advance.

***New Class* Chair Yoga:** With Susan Ashley. Fridays at 1 p.m. \$3/per person.

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.town.dartmouth.ma.us.

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 Widow Person Program at the Center: First and third Thursday. Two sessions from 8:30 to 10 a.m. and 10:30 to noon. Walk-ins are welcome.

Alzheimer’s Support Group: Nov. 2, 16 and 30. This professionally led group is for caregivers. Please contact facilitator Carolyn Greany prior to attending and for more information. 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: UMass Law, the last Wednesday of the month from 2 to 3 p.m. by appointment.

Make your own seasoning with Therapy Gardens: Sample and create your own custom seasonings. Nov. 9 at 1:00. Pre-registration required.

Introduction to Ukulele: History, demonstration and preview of upcoming, five-week beginner class. Nov. 10 at 11 a.m.. Walk-ins welcome.

Creative Care Art Classes for Seniors: Nov. 12 through Dec. 10 from 10 to 11:30 a.m. presented by New Bedford Art Museum/Artworks. Classes will be an exploration of media including drawing and painting. Pre-registration required.

Medicare 101: Are you turning 65? Learn basics and about the enrollment period. Nov. 15 at 4 p.m. Call the Center to reserve your spot.

Gentle Yoga Dance with Jane Hoffman: Gentle yoga combined with dance moves is a great form of exercise and uplifts the spirits. Cost is \$5. Tuesdays at 1 p.m.

Beginning Nov. 16. Walk-ins welcome

New Resistance Bands with Larry: Bands are gentle on joints, versatile and can be modified for all levels. Bands included. \$2. Wednesdays at 1 p.m., beginning Nov. 17. Walk-ins welcome

Turkey Dinner with Heart to Homes Meals: Please call the Center to reserve your spot. Nov. 22 at 1 p.m.

Identity Theft and Fraud Prevention: With the Better Business Bureau and the Office of Consumer Affairs: Dec. 2 at 2 p.m. Pre-registration required.

Understanding and Responding To Dementia-Related Behavior: Learn strategies to help manage some of the most common behavioral challenges of Alzheimer’s disease. Nov. 23 at 1 p.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.

Computer Lessons are Back! Mondays and Wednesdays at the Fairhaven Senior Center from 9 to 10:30 a.m. Kraig Perry from Fairhaven High School will be giving computer lessons to Fairhaven and Acushnet seniors 60 years old and older starting Nov. 1 at the Fairhaven Senior Center on Mondays and Wednesdays. The classes will be held according to the participant’s level of experience. You can bring your own Windows 10 computer or borrow one of ours for the lesson. There is no cost for the lessons. Please call the Fairhaven Senior Center at 508-979-4029 to sign up as there is a 10 person limit per class.

Fallon Health Presentation: Nov. 4 at 11 a.m. A Fallon Health representative will be at the Fairhaven Senior Center to review the 2022 Fallon Health Advantage HMO plans and benefit enhancements. Circle your calendar and plan to attend this informational presentation. Please call the Fairhaven Senior Center to reserve your seat at 508-979-4029.

Veterans Day: The Fairhaven Council on Aging will be hosting their Veterans Day Luncheon at the Fairhaven Senior Center on Nov. 9 at 11:30 a.m. for Fairhaven veterans and their spouses. Coastline will be providing a roast pork dinner. Alltrust Credit Union, (formerly Southern Mass Credit Union), has agreed to sponsor the event again this year. If you are a Fairhaven veteran and would like to attend, please call the Fairhaven Senior Center at 508-979-4029 by Nov. 4.

Craft and Vendor Fair: Nov. 20 from 10 a.m. to 3 p.m. there will be a craft and vendor fair at Fairhaven High School. This fundraiser will support the Fairhaven High School PTO and the Fairhaven High School Class of 2022.

November Trips: Nov. 3 - Plainridge Park Casino; Nov. 10 Hyannis Mall, Xmas Shop, Trader Joes & Whole Foods; Nov. 17 Providence Place Mall & Whole Foods; Nov. 24 Emerald Square Mall.

LGBT Supper Club: Nov. 17 from 5 to 7 p.m., \$3.

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.

Festival of Trees: Nov. 27 to Dec. 10 at the Benjamin D. Cushing Community Center. Opening Reception: Nov. 27 from 1 to 3 p.m. Organizations or interested individuals are invited to sponsor and decorate a tree for this year’s festival. Five foot, pre-lit trees will be made available to participants. Raffle tickets will be sold for a chance to win a decorated tree, and on Dec. 10 at Noon, winners will be drawn. At the festival reception there will be an artisan sale, music, refreshments and basket raffles. To sponsor a tree or donate a basket please contact Karen Gregory at 508-748-3570. Deadline to register for sponsorship of a tree is Nov. 15.

Continued on Page 11

Now Accepting Applications*

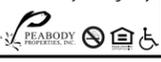
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Fall Cuttings - Create Beautiful Beginnings with Diane Cook: Nov. 8 at 1 p.m.
Veterans Day Luncheon: Nov. 11, doors open at 12:30 p.m. We invite all Veterans, Active Duty Service Members, Spouses and their guest for a Soup & Sandwich luncheon. Please RSVP by Nov. 9. Call 508-748-3570. Doors will open at 12:30 p.m. Lunch will be served at 1 p.m.
Southeast New England Maritime History and its Shipwrecks: Nov. 15 at 9 a.m. This fascinating lecture and slide show will start with a continental breakfast with the presentation beginning shortly thereafter. Register for this program by calling 508-748-3570.

Cooking Demonstration with Linda Medeiros: Nov. 16 at noon. Linda Medeiros will be on hand to whip up a quick appetizer and offer suggestions on what to do with all of that leftover turkey. There is a \$5 suggested donation for this program. Call 508-748-3570 to register.

Trip: Nov. 18 at 10 a.m. Enjoy the Cape Cod Mall, get some lunch and spend the afternoon at Christmas Tree Shop and Trader Joe's. Sign ups begin on Nov. 8.

Ask A Doctor: Nov. 19 at 10:15 a.m. When your appointments seem shorter and doctors are pushed to deal with electronic records as well as responding to your needs, you might find you do not always get your questions answered. This meeting will let you get those questions answered. You can submit anonymous questions in the box at the COA office entrance.

Holiday Fraud Prevention: Nov. 19 at 1 p.m. Join Robin Putnam from the Massachusetts Office of Consumer Affairs and Business Regulation & Danielle Bass from the Better Business Bureau for a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates and more.

Old Colony Manicures: Nov. 22 at 9:30 a.m. We will be getting a complimentary manicure from the Cosmetology students. Beautiful nails just in time for the Thanksgiving holiday. Call 508-748-3570 beginning Nov. 8 to reserve your spot.

Bingo: Cost to play is \$5 for a standard pack of play, \$1 coverall, and \$1 for 50/50 game. Last Monday of every month (Nov. 29) at 1 p.m.

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.

Town Meeting: Nov. 8 at 6:30 p.m. at the Old Rochester Regional H.S.
Financial Abuse & Exploitation: Nov. 18 at 10 a.m. at the COA and via Zoom. SPEAKER: Timothy Cruz, Plymouth County D.A. Register in Advance: In person call 508-758-4110. Zoom: go to Zoom, click join a meeting, Meeting ID # 861 7326 7016 and register. You could be a victim and not know it! Learn about indicators, awareness, assistance, reporting and more! Continental breakfast will be offered, courtesy of D.A. Cruz.

Dementia Conversations: Nov. 30 at 1 p.m. at the COA and via Zoom. Speaker: Carolyn Lazaris for Alzheimer's Association. Register in Advance: In person call: 508-758-4110. Zoom: Go to Zoom, click join a meeting, Meeting ID # 890 6321 3103 and register.

Pottery: Cost: \$10 includes all supplies Registration required. Time: 10 to 11:30 a.m. Temporary new schedule: Nov. 4, Nov. 18, Dec. 2, Dec. 16, March 10, March 24. No classes in January & February.

Painting Party: Dec. 8 from 2 to 4 p.m. \$20 (includes all supplies) Handmade Gift for Someone (or maybe yourself?) Special in December - paint on wooden sled! Registration required by Nov. 24. Payment due upon registration. Instructor: Lidia Medeiros. No experience needed.

Movie & Pizza: Nov. 17 at 12:15 p.m. Pizza \$1/slice. Prepay. Registration Required. Movie: "Promising Young Woman."

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. Please call to register.

Widowed Persons Support Group: First Thursday of each month at 9:30 a.m. A confidential, respectful group of people who share and care. 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.

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.

New Bedford Councils on Aging

The Buttonwood Senior Center is scheduled to reopen on Nov. 8. Regular activities will be posted soon! For updates and assistance, contact the New Bedford Council on Aging at 508-991-6250.

Adult Social Day: The New Bedford Council on Aging's Adult Social Day Care Program operates at two locations: Social Day South (at the Rosemary S. Tierney Community Center) and Social Day North (at the former Brooklawn site). 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 townofrochesterma.com/council-aging. Facebook: [facebook.com/RochesterMass](https://www.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.

Coin, Stamp & Postcard Club: Every second Monday of the month at 9 a.m.
Fitness Room hours extended: The Fitness Room is now open Monday through Friday from 9:30 a.m. to 4 p.m.

Tai-Yo-Ba: Every Monday at 11:45 a.m. 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.

Tai Chi & Qigong: Mondays at 3 p.m. with instructor Colman Fink.
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.

Beginner Line Dancing Class: Every Tuesday at 12:30 p.m.
Barre-Balance-Stretch: Thursdays at 12:45 p.m. with Marsha Hartley.

Chair Yoga: Fridays at 11:30 a.m. with Marsha Hartley.
Bingo: Held on Mondays at 1 p.m., Wednesdays at 12:30 p.m., and Fridays at 1 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.

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.

November 2021 Trivia Quiz Answers

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

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Community

Reporting Scams is Critical for Crime Prevention

If you suspect you've been scammed, it's important to report it. That was a major takeaway from a recent presentation on pandemic-era scams by Plymouth County District Attorney Timothy J. Cruz.

The Plymouth District Attorney's Office maintains a senior protection program called TRIAD aimed at advocating for older adults. Cruz makes regular presentations on scams to prevent victimization, including an Oct. 6 presentation for tri-town residents in Mattapoisett.

Cruz relayed the story of a scam case from last year, where a Hanover resident was nearly swindled out of thousands of dollars. The victim had received a call from a man posing as her grandson who claimed he had been in a car accident in New Hampshire. He then handed the phone to another man purporting to be the grandson's lawyer.

The "attorney" explained that the "grandson" was in prison awaiting trial and needed \$8,000 for bail money. COVID-19 cases were surging at the time, and the scammer claimed her grandson would be stuck behind bars for an extended period of time because the courts were only open one day a week.

Cruz said the victim talked to the scammer multiple times a day, and after stirring panic, he convinced her to take \$8,000 out of the bank.

"The bank did the right thing," Cruz said. The teller, who knew she was a regular customer, sensed something seemed off about her transaction and asked if everything was okay. At first, the woman claimed she was fine – mostly because the scammers told her to stay quiet about the situation. The

police were able to piece together what happened and make an arrest – a rarity in scamming cases – and return the victim's money.

"If you get one of these phones calls, just hang up," Cruz said. "But make sure if you have conversations with these people, you don't give them

claiming you will be arrested or fined if you don't make an immediate payment or divulge personal information.

Scammers will often request payments via a gift card or a wire transfer. You may also receive calls or text messages indicating that you've won a prize or qualified for a special offer. If you receive such a text message, it will likely come coupled with a link that you should not click on.

Cruz said it's important to report crimes. Not only does it give you a pathway to rectify the issue, it could also prevent a future crime.

"What happens is people get embarrassed by it and don't want to talk about it," Cruz said. "Don't be embarrassed. They're good at what they do. We need to tell other people so that we're aware scammers are in our area."



Plymouth County District Attorney Timothy J. Cruz (far right) and Sheriff Joseph D. McDonald, Jr. (far left) gave a presentation on scams and financial abuse in Mattapoisett for tri-town elders on Oct. 6. Cruz and McDonald reinforced the importance of reporting suspected scams as a means of preventing future crimes.

scammers arranged for a courier to pick up the money, and only later did the victim conclude that the whole ordeal couldn't possibly be true. She then contacted the Hanover Police Department.

After sorting through doorbell camera footage, the local and state

any information."

In addition to posing as family members, scammers will often try to pose as law enforcement, charities, debt collectors or government agencies, such as Social Security or the IRS. Criminals will try to scare you into action, often by

Resources

Plymouth County District Attorney Timothy Cruz will be returning to the area for another presentation on scams and financial exploitation on Nov. 18 at 10 a.m. at the Mattapoisett Council on Aging. Register by calling the Mattapoisett COA at 508-758-4110.

Learn more about the Plymouth County DA's Office at plymouthda.com.

Marion Friends Continue Raising Funds for Outdoor Projects

Before the winter weather set in, the Marion Council on Aging hosted a health fair at the Benjamin D. Cushing Community Center, where more than a few hugs were had by patrons happy to return to some sense of normalcy after nearly two years defined by the pandemic.

While the health fair was held inside, the center has clearly adapted to outdoor services. A yoga class was held in the parking lot under a large tent, and a recently installed walking path now meanders around the front of the center.

The 1/8-mile asphalt walking path is intended for walkers specifically, and the public is welcome to walk any time from dawn to dusk, and that includes weekends and off-hours. The Marion COA is planning to host walking challenges this November.

The center has offered numerous programs outside throughout the

pandemic, sparking the idea for the Community Center Parks Project, which aims to build an outdoor pavilion to complement the walking path. The Friends of the Marion Council on Aging have been soliciting funds toward the project. Back in August, the Friends held a major fundraising event at Sippican Harbor, which was followed by a successful yard sale in early October. However, with the cost of construction on the rise due to supply shortages, the Friends will continue soliciting funds.

You can support the pavilion project by participating in the upcoming Festival of Trees event. Organizations or individuals are welcome to sponsor and decorate a five-foot, pre-lit tree. There will be a reception on Dec. 9 at noon, with a raffle drawing. The deadline to sponsor a tree is Nov. 12. Call Karen Gregory at 508-748-3570.



Marie Andrade (right) celebrates her 101st birthday as part of the Dartmouth Council on Aging's tailgate party. A large crowd gathered in the parking lot on Sept. 30. Coastline provided a meal and DJ Jordan Paiva provided entertainment.

Dartmouth Council on Aging Sends Birthday Wishes

Last year the pandemic shuttered businesses and schools, yet it did not stop the public's ingenuity in celebrating birthdays. Throughout 2020, it became a common sight to see long lines of cars festooned with signs and balloons traveling in a slow procession for a drive-by birthday party.

On Sept. 30, the Dartmouth Council on Aging brought the public one step closer to normalcy with a tailgate party at the center's parking lot. People sat in their cars or on lawn chairs, and Coastline employees handed out cupcakes as DJ Jordan Paiva led seniors through a dance routine.

While the event was open to anyone who missed their birthday celebration in the past year, the star

of the show was undoubtedly Marie Andrade, who turned 101 on Sept. 25.

She arrived at the tailgate party with a carload of friends and joined a large circle of dancers – all of whom were wearing cone-shaped birthday party hats.



Coastline handed out a bagged lunch (in style!) during the birthday bash at the COA.



About 100 people participated in the Marion Health Fair. The Fair also included visits from Plymouth District Attorney Timothy Cruz and Marion Police Chief Richard B. Nighelli.