

Senior Scope

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

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South Coast Communities Honor Those Lost on 9/11

If there is one common experience that united every American old enough to remember, it was the terrorist attacks on September 11th. Two decades later, as communities throughout the South Coast gathered to honor those lost that day, people still recall exactly where they were the moment they heard about the deadliest terrorist attack in history, which left nearly 3,000 dead and resulted in more than 25,000 injuries.

“We remember how we felt. The rage, the sadness,” said New Bedford Mayor Jon Mitchell to a crowd gathered outside the steps of City Hall. “But we also remember what it felt like in the aftermath, when everyone wanted to do something to help.”

The day carries with it an insurmountable loss for civilians, emergency responders and military personnel alike. During the local ceremonies, emergency responders noted that the attacks were the single deadliest incident for firefighters and police officers.

“Like many of you, the details of the day are etched into my memory,” said New Bedford Police Chief Paul Oliveira, recounting the 72 police officers who died during the response effort. “But just as I remember the horrors of September 11th, I remember a day that was just as important to acknowledge:



The 20th anniversary of the deadliest terrorist attack in history was marked by solemn ceremonies around the South Coast. Senior Full-time Firefighter Eric Aruda (right) of Acushnet Fire & EMS was part of the town’s ceremony. The event coincided with the 10th anniversary of the installation of a 9/11 memorial outside the Acushnet fire department headquarters.

September 12th. I remember the entire nation coming together – first to mourn, then to unite.”

“As Americans, we felt closer to one another, we greeted each other more, we began to look out for one another. We were all connected by the pain of shared trauma and galvanized by the resolve to make our country stronger,” Chief Oliveira said. “The unity we displayed – I remember it all.”

While most South Coast communities held a formal

remembrance ceremony, some honored the dead in their own way. Earlier that morning, about two dozen firefighters gathered at the bleachers outside Old Rochester Regional High School. The group, which was comprised of firefighters from the tri-town region, climbed the stairs 110 times – the number of stories of the World Trade Center. Each participant was in full gear and carried with them the names of the 343 fallen firefighters.

Continued on page 12

Mobile Dental Hygiene Services Expands into Region

Two dental hygienists based on the Cape are helping South Coast residents maintain their smiles. Beginning this October, Teresa Simison and Andrea Read will be officially taking over for Holly Petruzzo, who recently retired from Visiting Dental Hygienist, a portable service that operated out of councils on aging in the region.

Previously, Simison and Read worked together at a private practice for about seven years and attended graduate school together, where they pursued degrees in dental hygiene with a concentration in public health from the Massachusetts College of Pharmacy and Health Sciences. They later developed their portable practice, Mobile Dental Hygiene Services, which launched

in early 2017.

Their Cape Cod-based practice visits councils on aging and long-term care facilities, and they can make at-home visits for homebound



Andrea Read (left) and Teresa Simison are registered public health dental hygienists who manage Mobile Dental Hygiene Services, which is covering South Coast communities.

patients. The two also work with other age groups, in Head Start Programs, WIC Programs and elsewhere.

As Petruzzo began to plan

her retirement, she reached out to Simison and Read to see if they wanted to expand their coverage area further into the South Coast. Simison said the two have spent the past year making that transition, meeting with Petruzzo’s former patients at South Coast councils on aging.

Their services include teeth cleaning, denture care, oral cancer screening and a periodontal exam, in which they inspect the health of a patient’s gums. Simison said the experience is similar to a cleaning you would expect at a regular appointment.

“We’re hygienists, and we’re providing the same service we would be providing in a dental

Continued on page 2

Dental Care continued...

office,” said Simison. “If you have needs beyond our scope of care, we try to set people up with local dentists.”

When you call to make an appointment, Mobile Dental Hygiene Services will conduct a brief medical history over the phone. There’s also a medical history form and consent form that will be filled out the day of the appointment. In addition to bringing your MassHealth card, if you have one, you should also bring a list of medications you’re taking. Coastline also provides funding to offer services for those not covered by MassHealth.

If you wear a partial or dentures, be sure to bring those to your appointment, because they have a machine that can clean them and they can see how they’re fitting in your mouth.

Simison pointed to a growing body of evidence suggesting a link between oral health and overall health. The chronic inflammation from gum disease may lead to other issues, such as cardiovascular problems or inflammation elsewhere in your body. Uncontrolled diabetes can also lead to gum disease.

“The mouth is the gateway to the body,” she said. “As we age, we’re more susceptible to systemic diseases that can be affected by poor oral health.”

While a professional cleaning is recommended every six months, many older Americans lose their dental insurance upon retirement, making routine dental care impossible due to the out-of-pocket costs. Simison said many of her patients fall into that category. Some will even opt to see their dentist once a year, and then seek the portable service in order to keep up with preventive care.

“A lot of people had dental insurance for years, but now that they’re retired, that insurance oftentimes goes away. There’s a group of people who don’t qualify for Medicaid, but they can’t afford dental work or dental insurance,” she said.

Maintaining regular appointments with a professional is important, she said, because you may be doing everything right, but miss something that could develop into an issue further down the road.

Resources

Contact Mobile Dental Hygiene Services at 508-827-6725 or via email at smiles@mobiledentalthygiene.com. Mobile Dental makes regular visits to local councils on aging. Check pages 10 and 11 each month for updates. The program is partially funded through Title III funding from Coastline.

Letter from the Editor

It’s that time of year again. Once you start seeing inflatable Halloween lawn ornaments pop up around the neighborhood, you know it’s time to get the flu shot.

Last year, we were fortunate. The flu season was essentially moot due to the safety protocols the public had been practicing during the pandemic. However, health experts are anticipating a more severe flu season this year because many of those precautions have been relaxed.

According to the Centers for Disease Control and Prevention, while masks and social distancing can help prevent the spread of respiratory viruses like influenza, the best way to reduce the risk of illness and serious complications is the flu vaccine.

Last year’s relatively subdued flu season may have stemmed from the popularity of the shot. The CDC reported that by the end of February 2021, 193.8 million doses of flu vaccine have been distributed in the United States – making it the highest number of doses distributed in the country during a single flu season.

You can get the shot at your neighborhood pharmacy and many communities around the area will be hosting clinics throughout the month. You can contact your

local council on aging for more information or check out page 4 of *Senior Scope* for a few dates for flu clinics in Dartmouth and Rochester, which are open to all.

The CDC recommends getting the flu shot by the end of October for the best protection throughout the season.

I’ll admit it: I used to never get the flu shot. In my twenties, I thought I was bulletproof and getting a shot seemed pointless. I had a hard time dropping that mindset. After living through the pandemic, however, I’ve changed my tune. Even if I think I’m healthy and capable of fending off influenza, getting the flu shot will help keep other people in my life safe.

According to reporting in *The Atlantic*, this flu season could be particularly bad for infants and young children because a larger portion of them may have never encountered influenza before. The shot is the best insurance policy for yourself and your community.

I’m typing this letter out about an hour after I received the jab. I’m doing fine, and right now I’m feeling a lot safer heading into this winter.

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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coastlinenb.org/news/seniorscope/

Donations for October 2021

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

In appreciation of Senior Scope. \$8

— Anonymous

This issue: \$8
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Need A Standardized Benefit Verification Letter? Get It Online

By Delia De Mello
Social Security



Delia De Mello,
Social Security

If you need a Benefit Verification letter, sometimes called a “proof of income letter,” we have good news for you! Your Benefit Verification letter is available online when you need proof of Social Security benefits, Supplemental Security Income or Medicare.

In addition to your name, date of birth and the benefits received, your Benefit Verification letter includes other identifiers to prevent misuse and fraud. This is an added benefit to you as proof of income for loans, housing assistance, mortgage

and other verification purposes.

The same letter is also available if you need proof that you do not receive benefits, or proof that benefits are pending. If you are an individual representative payee, you can use the *my Social Security Representative Payee* portal to access the

Benefit Verification letter online for your beneficiaries.

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Money Management Program Celebrates 30th Anniversary

Coastline Elderly Services, Inc. received a \$10,000 grant from BayCoast Bank and \$10,000 from the Office of Bristol County District Attorney Thomas M. Quinn III, to assist the Money Management Program.

The program was developed to help low-income elders who have difficulty writing checks, balancing their checkbooks and managing their money. Some of these elders may be homebound, visually impaired, confused or without family nearby to help.

September also marks the 30th year that the Massachusetts Money Management Program (MMMP) has been helping adults over age 60, and adults living with a disability maintain their independence,

throughout the Commonwealth. The MMMP is a free, volunteer-supported program that is vital to those it serves.

According to Coastline CEO Justin Lees, “without the program, many individuals would face food insecurity, financial exploitation, eviction and premature institutionalization.”

The mission of the Massachusetts Money Management Program is to promote and prolong independent living for income eligible individuals over 60 who are at risk because of their inability to manage their own finances.

To learn more about the program or how one can become a money management volunteer, contact Natacha Salemme at 508-742-9113.

Mass RMV Announces New Statewide Customer Service Options

The Massachusetts Registry of Motor Vehicles (RMV) is offering a wider variety of statewide services to provide convenient service options and to continue ongoing efforts that have been put in place to keep customers safe.

Twenty-one statewide Service Center locations will offer appointments for in-person vehicle and driver services, walk-in visits and Business-to-Business (B2B) needs. The B2B locations process bulk transactions for auto dealers and insurance agents including new

registration and titles, registration transfers and renewals, address changes and cancellations.

The new and expanded customer service options will include the following:

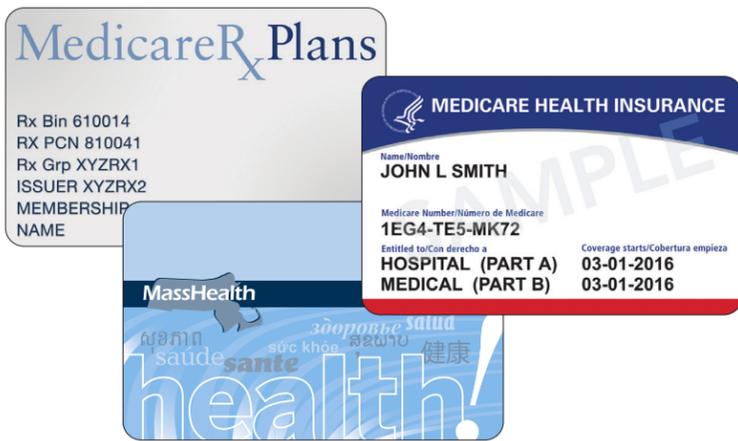
- Appointments for driver’s license, identification and vehicle transactions, Business-to-Business Center bulk transactions, and walk-in services will be available at 21 Service Center locations, including the centers at New Bedford and Fall River.

- Customers are strongly encouraged to go online to schedule available in-person appointments at statewide Service Centers. Customers, if needed, are welcome to conduct walk-in transactions during early morning or late afternoon hours, but are advised they will be served after customers with prescheduled, in-person appointments. Customers without appointments may have to either wait until assistance can be offered or return to a

- center on another date.
- Starting September 20, individual registration drop-off services that temporarily replaced Business-to-Business in-person services during the State of Emergency will no longer be available at RMV Service Centers.

For more information on transactions and additional details on customer locations, please visit Mass.gov/RMV or mass.gov/info-details/rmv-covid-19-information.

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Update

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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.

Local Farmers Market

The New Bedford Farmers Market:

- 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

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. The market will occur through Oct. 22.

Fairhaven Farmer's Market is held at 151 Alden Road in Fairhaven (next to National Bleach) every Sunday through Oct. 31 from 11 a.m. to 3 p.m. Everyone must wear a mask and practice social distancing.

Drop-off Day for Hazardous Waste

Household Hazardous Waste Drop-off Day will take place Oct. 30 from 8:30 a.m. to noon at the Crapo Hill Landfill, 300 Samuel Barnet Boulevard, New Bedford.

Sign up is required. Visit gnbrmdistrict.org to select a time slot or call 508-979-1493. The deadline to sign up is Oct. 28 at midnight. The event is open to New Bedford, Dartmouth, and Freetown residents only. Proof of residency is required. Mask required. For more information, contact the Greater New Bedford Regional Refuse Management District by email at Marissa@gnbrmdistrict.org or by phone at 508-979-1493.

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.

Health Fair in Marion

The Benjamin D. Cushing Community Center, which houses the Marion Council on Aging, will be hosting a Community Health Fair on Oct. 18 from 10 a.m. to 2 p.m.

The Community Center will host more than 20 vendors that will be offering information, free samples, helpful tips and answers to your questions. The Southcoast Wellness Van will be on-site as well. Stop by the COA to see a complete listing of vendors who will be present.

The Benjamin D. Cushing Community Center is located at 465 Mill St. in Marion.

Flu Shots in October

The Dartmouth Board of Health will be hosting a flu vaccination clinics at the Dartmouth Council on Aging in October. No residency requirement. Ages 3 and up. The clinic will be held on Oct. 29 from 4 to 6 p.m. at the Dartmouth COA. You will be required to wait five minutes after your shot. Please bring: a face covering, insurance card (recommended). Questions? Contact the Dartmouth Board of Health at 508-910-1835 or Rachel at Walgreens 508-990-3875.

The Town of Rochester will also be hosting a flu clinic that is open to the public (no residency requirement). The Rochester Board of Health will be holding flu clinics on Oct. 12 from 4 to 7 p.m. at the Rochester Council on Aging and Oct. 13 from 3 to 5 p.m. at the Rochester Highway Barn (drive-through clinic), and Oct. 20 from 3:30 to 5:30 p.m. at Rochester Memorial Elementary School. Appointments can be made online at home.color.com/vaccine/register/rochester by sending an email including your name and phone number to the Public Health Nurse at cdolan@townofrochester.com, or call the Rochester Board of Health at 508-763-5421 x1. Walk-ins are welcome.

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.

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.

Spotting Misinformation

Join Bristol Community College teachers/librarians Emily Brown and Susan Souza-Mort for a forum on fake news. The presentation will be held on Oct. 13 at 6 p.m. at the Southworth Library, located at 732 Dartmouth St. in Dartmouth.

Learn how to fact check information in traditional and social media. This event is free and open to the public. This event is sponsored by the Friends of the Dartmouth Libraries.

'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.



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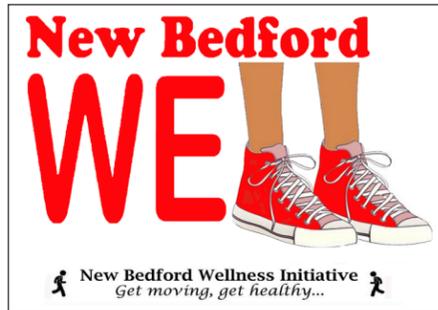


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Your Health

Viewing Food as Medicine Can Help with Weight Maintenance



By Henry Bousquet, CEC
New Bedford Wellness Initiative

“Food is Medicine.” This short phrase sounds like something my grandmother would utter as she set a warm bowl of string bean stew down in front of me. The truth is, though, she wasn’t wrong. In my home, food was used to soothe, make bad days brighter and to celebrate nearly every occasion. As a result, food and I became involved in an incredibly toxic relationship.

For more than 25 years, I battled with my weight. At one point in my twenties, I had ballooned to 365 pounds. At 22 years old, I worked hard, running, weight training, using diet supplements and starvation techniques. I lost most of my excess weight, getting down to around 215 pounds. I then met my wife, fell in love, had children and went to work for myself all in the span of four short years.

Diets, the kind where you change all the food you’re eating regularly to some strict version of macro nutrient bingo, just does not work. Period. In



Henry Bousquet, a certified executive chef, views food as medicine - and much like medicine, you want to make sure you have an appropriate dose.

the matter of those four short years, I began to pack on the pounds again. Fast forward 15 years, and I had swelled back up to 350 pounds. I was 40 years old and completely out of control physically. My blood pressure was elevated; my feet, knees and ankles were sore; and my ability to move around was severely impeded; and my energy was zapped. I was frustrated and at a loss.

My wife had been managing her weight with Weight Watchers. She offered to take me to a group, and I obliged, certain my next step would ultimately need to be weight loss surgery. The program taught me about appropriate portion sizes, the importance of tracking my caloric intake and how to lose weight. Three years in I had made it my goal: 200 pounds.

“I thought you said diets don’t work?” you might ask. Well, Waist Watchers isn’t a diet. It’s a calorie counting program and support community. Weight loss management comes down to some very simplistic scientific facts. Calories are units of energy, if you consume more energy than you require to function on a given day, all those excess calories will be naturally stored in your body as fat.

So, if you use more calories than you eat, you will be sure to lose weight. All that’s required is discipline. Discipline and support are the largest determining factors for weight loss in my personal experience.

Protein, fiber and simple carbohydrates, with the addition of some complex carbohydrates, need to find their way into each meal you prepare. Balancing the intake of

these nutrients along with water to stay hydrated is essential for managing weight long term. If you have the discipline to look at food like the complex nutritional components they are, seeing food as medicine is easy.

Food will fix much of what ails you. Take the time to make sure you eat five to seven servings of fruit and vegetables a day, drink water, and limit your intake of prepared foods. When you’re ready to add in exercise, just 20 minutes a day of moderate physical activity will help make your new lifestyle a lifelong change for the better.

Take it from me, a certified executive chef and someone who had battled his weight problem for decades. After this pandemic I have gained almost 30 pounds because I became undisciplined. I am back on track, eating whole foods and taking in water and activity. It’s never too late to start. Taking the first step is the hardest, but treating food like the medicine it was intended to be will transform your life.

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.

Working on Ankle Mobility Can Steady Your Gait

By Cam Bergeron, CSCS
Cam’s Conditioning & Rehab

One of the most important joints of the body is the ankle. The ankle is not just one joint, it’s composed of multiple joints, which give us the ability to move our feet in different ways. Keeping the ankle functional is one of the most important things you can do to walk correctly.

During a normal walking pattern (gait), the ankle performs dorsiflexion and plantarflexion to propel us forward. When you take a step forward, your leg swings forward and your toes move upward (dorsiflexion). Next, the heel strikes, foot flattens, the heel comes up (plantarflexion), and we push off the ball of the foot to propel forward.

Many individuals, however, do not walk in this manner. Some people will slide their feet, walk flat footed, or walk on the balls of their feet. These improper walking patterns could be due to injury, bad walking mechanics or birth defects. But that doesn’t mean it’s too late to change. It will take time and concentration, but rewiring your brain to walk correctly is possible.

One of the major ways to help regain function in the ankle is to actually think about walking while doing it. Make sure that with every step, you strike the heel, flatten the foot, lift your heel and push off with



Tight calves and weak shins can make it challenging for people to maintain a proper walking pattern. In addition to exercising these muscles, you can improve your gait by concentrating on the way your feet are moving when you walk to build muscle memory.

your toes. The more you actively think about it, the more your brain will acquire the muscle memory. Once you build muscle memory, you will not have to think about it anymore. It will happen naturally.

Another problem that happens involves tightness or weakness of the muscles around the ankle. The two muscles that I find people have problems with are the gastrocnemius and soleus (calf muscles) and tibialis anterior (shin muscle). Imbalances in these muscles can cause problems like drop foot. When the calf muscles are tight, it draws the foot downward (plantarflexion). When the tibialis anterior isn’t

strong enough, it makes it hard for the individual to bring up their toes. When an individual has both tight calves and weak shins, it makes it hard to walk. I suggest daily calf stretching and shin strengthening exercises for every person.

Just remember, you can always help yourself walk better. You may not walk perfectly, but you will improve. Here are a few exercises to keep your ankles functional.

Ankle Mobility (10 Reps each way)

- In a lunge stance, keep the front foot flat on ground at all times
- Bring the knee of front foot over front toes

- You’ll feel a stretch in the calf
- Do 10 straight forward, 10 over big toe, 10 over pinky toe

Straight Leg Wall Calf Stretch (2 sets of 30 seconds)

- Stand facing a wall and place elbows or palms against the wall
- Bring your left foot forward and right leg backward
- Keeping a slight bend in back right knee, push into the wall and down into back right heel
- You’ll get a stretch in the calf region. Hold at mild discomfort, then switch sides

Toe Raises (Reps: 20)

- Stand in front of a wall, table, chair, etc.
- Chest out, shoulders back, slight bend in knees (starting position)
- Lift toes as high off the ground as possible, hold for 2 seconds, and return to start position
- Do not swing hips backward to gain more range

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.

Understanding Breakthrough COVID-19 Infections

COVID-19 vaccines are effective at preventing infection, serious illness and death. Most people who get COVID-19 are unvaccinated. However, since vaccines are not 100 percent effective at preventing infection, some people who are fully vaccinated will still get COVID-19. An infection of a fully vaccinated person is referred to as a “breakthrough infection.”

Overall, if there are more COVID-19 infections, there will be more vaccine breakthrough infections.

According to the Centers for Disease Control and Prevention (CDC), fully vaccinated people with a breakthrough infection are less likely to develop serious illness than those who are unvaccinated. Even when fully vaccinated people develop symptoms, they tend to be less severe

symptoms than in unvaccinated people. This means they are much less likely to be hospitalized or die than people who are not vaccinated.

The CDC continues to actively monitor vaccine safety and effectiveness against new and emerging variants for all FDA-authorized vaccines.

The Delta variant is more contagious than previous variants

of the virus that causes COVID-19. However, studies indicate that the vaccines used in the United States work well against the Delta variant, particularly in preventing severe disease and hospitalization.

Everyone aged 12 years and older should get vaccinated to protect themselves from severe disease and death. If you need help scheduling a vaccine appointment, call 2-1-1.

Comprender el avance de las infecciones por COVID-19

Translations by Southcoast Health

Las vacunas contra el COVID-19 son eficaces para prevenir la infección, las enfermedades graves y la muerte. La mayoría de las personas que contraen el COVID-19 no están vacunadas. Sin embargo, dado que las vacunas no son 100 % efectivas en la prevención de la infección, algunas personas totalmente vacunadas seguirán contrayendo el COVID-19. La infección de una persona totalmente vacunada se denomina

“infección de avance”.

En general, si hay más infecciones por COVID-19, habrá más infecciones de avance para los que ya están vacunados. Según los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés), las personas totalmente vacunadas con una infección de avance son menos propensas a desarrollar una enfermedad grave que las que no están vacunadas. Incluso, cuando las personas totalmente vacunadas desarrollan síntomas, estos

tienden a ser menos graves que en las personas no vacunadas. Esto significa que es mucho menos probable que sean hospitalizados o mueran, que las personas que no están vacunadas.

Los CDC siguen vigilando activamente la seguridad y la eficacia de las vacunas contra las variantes nuevas y emergentes para todas las vacunas autorizadas por la Administración de Alimentos y Medicamentos de los Estados Unidos (FDA, por sus siglas en inglés).

La variante delta es más contagiosa

que las otras variantes anteriores del virus que causa el COVID-19. Sin embargo, los estudios indican que las vacunas utilizadas en los Estados Unidos funcionan bien contra la variante delta, especialmente en prevenir las enfermedades graves y la hospitalización.

Todas las personas a partir de los 12 años de edad deben vacunarse para protegerse de enfermedades graves y la muerte. Si necesita ayuda para programar una cita para vacunarse, llame al 2-1-1.

Compreendendo o Avanço nas Infecções do COVID-19

As vacinas do COVID-19 são efetivas em prevenir contra infecção, doenças graves e morte. A maioria das pessoas que contraem o COVID-19 não estão vacinadas. Contudo, desde que as vacinas não são 100 por cento efetivas na prevenção de infecção, algumas pessoas que estão totalmente vacinadas ainda podem contrair o COVID-19. Uma infecção de uma pessoa totalmente vacinada é referida como “uma infecção de avanço”.

De uma forma geral, se houver mais infecções de COVID-19, haverá mais infecções de avanço nas pessoas que foram vacinadas.

De acordo com os Centers for Disease Control and Prevention (CDC), pessoas completamente vacinadas com uma infecção de avanço são menos propensas de desenvolver uma doença grave do que aquelas que não estão vacinadas. Mesmo quando completamente vacinadas as pessoas podem desenvolver sintomas, os

quais tendem ser sintomas menos sérios do que nas pessoas não vacinadas. Isto significa que terão menos hipótese de serem hospitalizadas ou morrer do que as pessoas que não estão vacinadas.

O CDC continua a vigiar ativamente a segurança e efetividade das vacinas contra variantes novas e emergentes para todas as vacinas autorizadas pela FDA.

A variante Delta é mais contagiosa do que as variantes prévias do vírus que causa o COVID-19. Contudo, estudos indicam

que as vacinas usadas nos Estados Unidos tem bom resultado contra a variante Delta, particularmente na prevenção de doenças sérias e hospitalizações.

Todos com a idade de 12 anos e mais velhos devem apanhar a vacina para se protegerem contra doenças sérias e morte. Se precisar de ajuda para marcar um apontamento para ser vacinado, chame 2-1-1.

Translations provided by:

 Southcoast Health

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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.



Cyclists Support South Coast Bikeway at Pedal for the Path

On a windy September morning, more than 100 bicyclists set off from the New Bedford YMCA to ride throughout the region as part of the fourth annual “Pedal for the Path” event, which raises funds for the South Coast Bikeway Alliance.

The event, held on Sept. 12, tasked riders with taking one of three ride options (either 12, 25 or 47/60 mile routes) through New Bedford, Dartmouth and Westport. The event raised about \$6,000, which will be used to complete more work on the trail.

The Alliance aims to develop a 50-mile system of bike trails from Swansea through the South Coast to the Cape Cod Canal. The bike path will be a mix of bike lanes, bike paths or multi-use paths, and parts of the bikeway are already in place in Swansea, Fall River, New Bedford, Fairhaven, Mattapoisett and Wareham.

The Pedal for the Path event came at a time when the Alliance had just completed the second phase of its “Closing the Gap Feasibility Study,” which examined possible routes to connect Fall River, Westport, Dartmouth and New Bedford. The Alliance, alongside representatives from the relevant communities and SRPEDD (the Southeastern Regional Planning and Economic Development District), worked on the feasibility study.

Closing the gap between Fall River and New Bedford, however,



The fourth annual “Pedal for the Path” event, held on Sept. 12, helped raise funds for the South Coast Bikeway Alliance, a nonprofit that aims to develop a network of bike paths from Swansea through the Cape Cod Canal. The latest step in that process was a feasibility study examining possible paths to connect Fall River and New Bedford.

is more complicated than simply connecting the dots from point A to point B.

“There are many different complexities, but the basic ones are environmental concerns, land ownership rights and getting support from the communities to be able to change uses,” said Chris Keyes, a Norton resident and biking advocate. “Motor vehicles are king, and even small changes to motor vehicle patterns are met with resistance.”

The report, which has been published online, identified four

possible routes, with the northern most route being the preferred choice. The study is just another step along the way in closing the gap, and it concludes by recommending further community outreach and collaboration to solidify plans.

In a cycling survey among older adults conducted last year by the AARP, respondents reported an increased interest in biking, especially given the restrictions on indoor gathering brought on by COVID-19. Respondents also expressed a need for high-quality bike networks with “fewer potential

points of conflict with motorists.” “The transportation game is changing,” said Keyes while bikers prepared to set off in the New Bedford YMCA parking lot. “It’s important for communities to recognize the benefits as well as the evolution in transportation. It’s going to result in a lot of bikes on the road – and a need to be able to have safe ways to travel.”

For those unfamiliar with the bikeway, the Alliance’s website features an interactive map where you can track a path. Users can click on specific parts of the route for more detailed information.

Keyes said, if you’re new to biking and want to check out the path, a great place to start is the Phoenix Trail in Fairhaven, which is off-road. The trail runs along South Street, and bikers can follow the trail east to Mattapoisett.

Resources

To learn more about the bike path or the South Coast Bikeway Alliance, visit: southcoastbikeway.com. The Alliance’s Facebook page publishes regular updates and about ways you can get involved: [facebook.com/southcoastbikeway](https://www.facebook.com/southcoastbikeway).

The results of the Phase 2 Feasibility Study, which explored options for closing the gap between Fall River and New Bedford on the trail, is available on SRPEDD’s website, srpedd.org.

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Irrevocable vs. Revocable Trusts

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

Trusts are an important topic when it comes to estate planning. A trust essentially is an agreement between two or more people to hold assets (e.g., a house, bank account, investment, etc.) for the benefit of someone else – for the benefit of a beneficiary. A trust can serve many different purposes and accomplish a variety of goals.

When I talk about trusts – and specifically irrevocable ones – many people quickly reply that they do not like irrevocable trusts because they do not like the idea that they are losing control of their assets. They tell me they much prefer a revocable trust. Each type of trust has its uses but first, let's look at what revocability actually means.

A trust is established by a grantor, sometimes referred to as a settlor or trustor, by way of a written, legal agreement. Revocability means the trust can be revoked by the grantor who can basically “tear up” the trust agreement and take all the assets back.

Revocability also means the trust can be amended by the grantor (i.e., the terms of the trust can be changed).

Revocable trusts are typically used to avoid probate. Assets held in the trust are not subject to Massachusetts' probate proceedings, making for immediate unrestricted access to the trust assets when the grantor dies. Revocable trusts also may be created to minimize or in some cases avoid estate taxes by creating other subtrusts into which assets pour over after the grantor's death.

Revocable trusts, however, do not protect assets from the cost of long-term care, which is a common reason clients come to us seeking guidance. That leads to a conversation about irrevocable trusts, which can be used to protect assets from the cost of long-term care. During our conversation about these types of trusts, the client perceives that irrevocability means

losing control because they can't revoke or amend the trust.

But, is that really true? No, it isn't. I'll explain what I mean.

It isn't true because irrevocability is not synonymous with loss of control. It all depends on the purpose and the terms of the trust.

One common purpose in creating an irrevocable trust is to qualify a person for government benefits such as Medicaid's long-term care benefits. Medicaid is needs-based, meaning you have to spend down all or almost all of your assets to qualify. Since a nursing home stay in Massachusetts costs \$12,000 to \$14,000 a month, many clients are unable to private pay for such services for an extended period without exhausting all of their assets.

An approach to allowing someone to access benefits is creating and funding a trust with their assets. The trust we use in these cases must be irrevocable to help a client qualify for the government programs; however, at the same time, the grantor retains several powers. These may include a way to dismiss/fire a trustee, reserving the right to live in any home held by the trust for the client's lifetime, the ability to change the ultimate beneficiaries of the trust when the grantor dies, and other powers. So, you see, there is control; it's all in the way the trust terms are written.

Are you considering whether a revocable or irrevocable trust is right for you? Give a qualified elder law attorney a call to review your options to make the best decision to meet your goals.

The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice.

Open Enrollment Period to Begin on Oct. 15

By the end of September, you may have received a document in the mail called the Annual Notice of Change. For those who have a Medicare Advantage or Part D plan, this document provides a summary of changes to your plan, which will be effective starting Jan. 1, 2022.

The Annual Notice of Change also marks another occasion: the Open Enrollment Period is just around the corner. During open enrollment, those who are eligible can make changes to their health plans and prescription drug coverage to better meet their needs.

The open enrollment period for Medicare Advantage and Medicare drug coverage runs from Oct. 15 through Dec. 7. SHINE (or “Serving the Health Insurance Needs of Everyone”) is a program that provides

free health insurance information, counseling and assistance to Massachusetts residents. The program, which is administered by the Executive Office of Elder Affairs, is operated by a mix of volunteers and employees stationed at various agencies, such as councils on aging and Coastline.

If you need help navigating your coverage options during the open enrollment period, you can schedule an appointment with a SHINE counselor, who are certified each year and provide free, unbiased assistance. Call the Regional SHINE office at 1-800-231-1155 or contact your local council on aging to schedule an appointment. There is a list of local numbers to call for the SHINE program published on page 2 of every edition of *Senior Scope*.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- Which phobia means you have an intense fear of Halloween?
A.) Hallowsophobia B.) Scaretitis C.) Spirititis D.) Samhainophobia
- What was Dracula's first name?
A.) Count B.) Igor C.) Vlad D.) Count Von
- What's the color order of a piece of candy corn from bottom to top?
A.) Orange, White, Yellow B.) Yellow, White, Orange
C.) Yellow, Orange, White
- How many licks, on average, does it take to get to the center of a Tootsie pop?
A.) 188 B.) 314 C.) 316 D.) 252
- What is the most popular trick-or-treat candy bought in the United States?
A.) M&M's B.) Snickers C.) Milky Way D.) Kit Kat
- The average kid can consume up to how many calories on Halloween night?
A.) 4,500 B.) 3,300 C.) 1,275 D.) 7,000
- Who was the First Lady to decorate the White House for Halloween?
A.) Roslyn Carter B.) Nancy Reagan
C.) Mamie Eisenhower D.) Eleanor Roosevelt
- What is banned in California on Halloween night?
A.) Toilet Paper B.) Skateboards C.) Silly String D.) Raw Eggs
- What is the most commercially successful horror movie in history?
A.) “It” B.) “The House on Haunted Hill”
C.) “Psycho” D.) “Halloween II”
- How many pieces of candy is the average given out on Halloween?
A.) one B.) two C.) three D.) four

[Answers listed on page 11]

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Steps You Can Take to Reduce Your Risk of Falling

Falls Prevention Awareness Week, a nationwide effort to raise awareness that falls are preventable, occurred the week of Sept. 20.

Falls are not a normal part of aging. However, there are a variety of factors that can increase your risk of falling, including chronic health conditions, osteoporosis, certain medications, impaired vision or hearing, or a lack of physical activity.

According to the Centers for Disease Control and Prevention, approximately 3 million older people are treated in emergency departments for fall injuries every year, and about 20 percent of falls result in serious injuries, such as broken bones or a head injury.

There are several steps you can take right now to lessen your chances of falling.

Assess your health: Discuss your risk of falling with your doctor and review your medications. Your doctor may recommend a fall assessment, where you will be asked questions and perform physical tests. Ask about any medication side-effects that could increase your risk of falling. Your eyes and ears also help maintain balance, so have your vision and hearing checked annually. If you wear glasses, make sure to clean them regularly.

Safety at home: There are several modifications you can make to your home to lessen your chances of falling. Keep walkways and



Coastline employees walked around New Bedford's Brooklawn Park to raise awareness of fall prevention on Sept. 21. Coastline's fall prevention class "Matter of Balance" will be returning in early 2022. Call 774-510-5224 for more information.

stairs well-lit and clear of clutter, and remove any throw rugs or area rugs that can be easily moved with your foot. Consider having grab bars installed in the tub or shower and near the toilet. Keep commonly used items within reach.

Safety outdoors: Be on the lookout for cracks in the sidewalks or changes in the terrain. Take your time when crossing the street. And remember: smartphones can double as a flashlight in low lighting.

Use the latest tech: An iPhone software update released in late September enables users to track the steadiness of their gait. The feature, which is part of the iPhone's "Health" app, uses built-in sensors on the smartphone to track your balance and stability. The phone

can even alert you if your steps are particularly unsteady, which will signal it's time to seriously consider fall prevention strategies. The "Walk Steadiness" feature on the Health app is available on the iPhone 8 or later with iOS 15 installed.

Exercise programs: Regular exercise helps to maintain muscle and bone strength. Many of the local councils on aging offer classes that are designed improve balance and flexibility. In early 2022, Coastline will be offering a fall-prevention course called "Matter of Balance." The workshop is designed to reduce fear of falling and increase strength and flexibility through specific exercises. For more information, you can call 774-510-5224.

CDC Updates Vaccine Booster Guidelines

On Sept. 24, CDC Director Rochelle P. Walensky, endorsed the CDC Advisory Committee on Immunization Practices' recommendation for a booster shot of the Pfizer-BioNTech COVID-19 vaccine in certain populations.

The CDC recommends the booster shot for Pfizer vaccine recipients who are:

- People 65 years and older
- Long-term care residents and staff
- 18+ who have underlying conditions, such as diabetes, asthma, cancer, kidney disease or obesity
- 18+ who work and live in high-risk settings, including health care workers, teachers and grocery store workers

These recommendations may change as more data becomes available. Guidance for those who received the two-shot Moderna vaccine or the single-shot J&J vaccine is forthcoming.

For help scheduling a COVID-19 vaccine appointment, call 2-1-1. The state's website, mass.gov/covid-19-vaccine, has an online eligibility checker to ensure that you are eligible for a booster shot.

Visit cdc.gov for more detailed information about booster guidelines.



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Councils on Aging

Acushnet COA

For more information, call the Acushnet Council on Aging at 508-998-0280. The center is located at 59 1/2 South Main St., Acushnet, MA 02743.

***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.

Magic Show: The Prince of Mystery, magician Skip Daniels, performs at The Acushnet Senior Community Center on Friday, Oct. 15 at 1 p.m. This is a free event.

Tranquility Zone with Bertha Petruski: Meets every third Monday of the month (Oct. 18) at 12:15 p.m. The Virtues Project is a global endeavor that helps build character by exploring positive views of our inner potential empowering ourselves to make choices which help us become happier and more peaceful. Join us to explore virtues contained in The Virtue Project, founded by Linda and Dan Popov. Each month the group will randomly pick one of the 52 virtues to explore, learning what it means and how to practice it; the group will also share stories, poems and art. Free; new members always welcome.

Meet the Author: Extremely talented local author Deborah Morse-Raposa will be on-site at the Acushnet Senior Community Center on Oct. 22 at 10 a.m. to share excerpts from her new book, "Poetry, Prose and Putterings." Free, open to the community. Books will be available for sale.

Hip Hop Dance Chair Exercise: Oct. 28 at 1 p.m. at the Acushnet Senior Community Center. MUSIC Dance.edu is offering a one-hour senior exercise class. Travel through time and space on the Soul Train and chair dance to clean hip hop music. "All Aboard the Hip Hop Soul Train Express." This program is brought to you by a generous grant provided by the Acushnet Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Free, but you must pre-register. Masks will be required. 508-998-0280.

Paint Class: Make and take. Every Thursday at 1 p.m. \$6/per person, all supplies included. Reservations required, 508-998-0280.

Free COVID Testing: Tuesdays from 10 a.m. to noon and again on Saturdays 9 a.m. to noon. No appointments needed; no residency requirements.

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.

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

Walk-in Flu Clinic: Friday, Oct. 29 from 4 to 6 p.m. Walk-ins welcome.

Creative Care Art Classes for Seniors: Oct. 8 to 29 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. Space is limited. Pre-registration required.

Medicare 101: Oct. 19 at 1 p.m. Joseph O'Neil of Medicare Help 65 will present Medicare basics and the importance of enrollment periods. Call to reserve your spot.

Let's Talk Feet: With podiatrist Dr. Alan Lechan. Oct. 21 at 1 p.m. Causes risks factors and prevention of callouses and bunions will be discussed followed by a general question and answer session. Walk-ins welcome.

Lower Back Workshop: Oct. 25 at 1 p.m. Workshop will give participants knowledge they need to keep lower back strong, flexible and injury. Participants will be required to perform exercises. Free. Walk-ins welcome.

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: Oct. 14 and 28 from 8:30 to 10:30 a.m. for the newly widowed and 11 a.m. to 12:30 p.m. for all others. Walk-ins are welcome.

Alzheimer's Support Group: Oct. 5 and 19. This professionally lead group is for caregivers. Contact facilitator Carolyn Greany prior to attending at 508-304-4587.

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

Free Legal consultation: With Justice Bridge from UMass Law. The last Wednesday of the month from 2 to 3 p.m. by appointment.

Hearing Clinic with At Home Healthcare: Hearing Evaluations & 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 9:30 to 10:15 a.m. and Fridays at 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.

Book Club: Second Monday of the month at 1 p.m. For more info call the Center.

Strength & Flexibility with Larry: Mondays and Thursdays from 9 to 10 a.m.

Fairhaven COA

For more information, call the Fairhaven Council on Aging at 508-979-4029. The center is located at 229 Huttleston Ave., Fairhaven, MA 02719. Visit the Fairhaven COA website at: fairhaven-ma.gov/council-aging.

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.

Flu Shots: Oct. 19 from 2:30 to 3:30 p.m. Walgreens will be providing flu shots to seniors. Please call 508-979-4029 to sign up. Please bring your insurance information with you.

LGBT Supper Club: Oct. 27 from 5 to 7 p.m., \$3.

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

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.

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. Call to reserve your seat at 508-979-4029.

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.

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

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

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

Foot Care: Second Thursday, by appointment. \$30.

Walking: Monday to Friday from 12:30 to 1 p.m. Check the schedule and sign-up at the Fairhaven Council on Aging.

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.

Second Annual Yard Sale: Oct. 9 from 9 a.m. to 1 p.m. Treasures await you at the Friends of Marion Council on Aging fundraiser. Funds raised at this event will go toward the covered pavilion.

Museum of Fine Arts: Oct. 14 at 8:30 a.m. Enjoy a self-guided tour as you take in some of the current exhibitions, such as Monet, and Boston, Art of Ekua Holmes, and Masters of Egyptian Sculpture. Then take a break and indulge in lunch at one of the museum restaurants. Museum admission is \$32. Call 508-748-3570 to reserve your spot.

Continued on Page 11

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Paint Party with Lidia: Oct. 14 at 1 p.m. Come enjoy some me with friends and have fun while making a beautiful work of art that you will be able to take home. Cost of the class is \$20, paid in advance to hold your spot, and includes everything that you will need. Call 508-748-3570 to make your reservation. The project will be fall-themed.

Ask a Doctor: Oct. 15 at 10:15 a.m.

Community Health Fair: Oct. 18 from 10 a.m. to 2 p.m. The Community Center will host more than 20 vendors. The Southcoast Wellness Van will be on-site as well. Stop by the COA to see a complete listing of vendors who will be present.

Sheryl Faye presents Ruth Bader Ginsburg: Oct. 19 at 1 p.m. Ruth was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. A champion of fairness and equality, she objected to different expectations for men and women and prejudice against minority groups.

Brass Ring Memoirs: Oct. 21 at 1 p.m. Dementia expert and nationally renowned speaker, Kelly McCarthy, has more than twenty years' experience in management within assisted living and memory care communities.

Therapy Gardens Workshop - Herbal Teas & Infusions: Oct. 26 at 1 p.m. Learn how to preserve your garden herbs to make herbal teas, water infusions and infused olive oil. From drying thyme and mint for tea to infusing oils for cooking, this is a great workshop for home gardeners.

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 (Oct. 25) at 1 p.m.

Memory Training: Oct. 29 at 1 p.m. This four week series will focus on the four most common memory complaints: forgetting names and faces, forgetting to do things (like keeping appointments), forgetting where you put things, and knowing something that you cannot immediately recall. This training will teach techniques and strategies to improve memory and memory habits. Call 508-748-3570 to register for this series.

Soup Returns! Registration 48 hours in advance is necessary, call 508-748-3570. Please consider a donation of \$5, but this is just a suggestion. Served at noon. Oct. 7 - Chicken Noodle; Oct. 15 - Stuffed Pepper; Oct. 22 - Butternut Bisque; Oct. 29 - Italian Sausage.

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.

Medicare 101: Oct. 5 at 4 p.m. In-person event at the COA. Register in advance. Learn about Medicare enrollment periods, benefits, coverage, etc.

Perkins Library Resources: Oct. 21 at 10 a.m. Held at COA and Zoom. Call for details. Learn about services for those who are legally blind.

The Renaissance - Italy's Finest: Oct. 26 at 12:30 p.m. Experience the works of Da Vinci, Michelangelo and other masters.

Pottery/Clay Sculpting: Every second and fourth Thursday. Oct. 14 and 28 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: Oct. 13 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: Oct. 27 at 12:15 p.m. Pizza \$1/slice. Prepay. Registration Required. Movie: "The White Tiger."

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 to ensure there will be enough players.

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.

Lorenzo's Restaurant: Oct. 7. Van: \$7. Departs at 11:15 a.m.

MFA - Monet Exhibit: Oct. 14. Van departs at 9 a.m. Van: \$10. Admission: \$32.

42 Degrees North Restaurant: Oct. 21. Van: \$6. Van departs at 11:15 a.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 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](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.

Friends' Dinner: Oct. 28 at 5:30 p.m. Call for a reservation today!

Tai-Yo-Ba: New exercise class every Monday at 11:45 a.m. 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: Every second Monday of the month 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: Every Tuesday at 12:30 p.m.

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

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

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

Monday Morning Painters: Mondays at 9 a.m.

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

Scrabble: Tuesdays at 9 a.m.

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

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.

October 2021 Trivia Quiz Answers

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

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Community

Wampanoag Tribe Unites Community After Uncertain Year

After months of rigid social distancing protocols, a large crowd let loose, clasping hands and dancing outside the Aputuxet Trading Post Museum as part of the Wampanoag Day Powwow, held on Sept. 18.

The event began two decades ago after Eleanor Hammond, a former curator at the Bourne-based Aputuxet Trading Post Museum, connected with Ernestine Hendricks Gray, an elder with the Mashpee Wampanoag Tribe. Gray, a Mashpee cultural speaker and historian, wanted to incorporate the story of the local native communities into the story of the museum.

“They came together twenty years ago to collaborate and try to tell the bicultural story of this area,” said Mavis Robinson, administrative director at the Bourne Historical Society.

The Aputuxet Trading Post was established in 1627 along what is now called the Cape Cod Canal, where goods were traded among the Pilgrims, Dutch and Native Americans. The site was excavated in 1926 by the Bourne Historical Society, and a reconstruction of the trading post was built in 1930. The structure was built on what was believed at the time to be the original foundation of the trading post.

Its construction coincided with the Colonial Revival movement, a period between the late 19th century and early 20th century where Americans became

fascinated with early North American culture. However, that often meant telling a single side of the story: the history of the Pilgrims.

When developing the first Wampanoag Day two decades ago, Gray added to that story, providing a lecture on forgotten women in history.



The Wampanoag Day Powwow, which was held on Sept. 18 at the Aputuxet Trading Post Museum, gave the public an opportunity to experience Wampanoag culture and take part in dancing. The Mashpee Wampanoag Tribe was instrumental in supporting Coastline's Meals on Wheels program during the COVID-19 pandemic.

Gray passed in 2005, and her family has since contributed to the annual tradition, and each year the celebration has become more elaborate.

“This is amazing,” said her daughter, Carol Wynne, as dancers invited the public to join them around

a smoldering fire during the powwow. “Her spirit would be smiling at us right now.”

Shortly after 2 p.m. that day, members of the audience slowly began to join the Wampanoag dancers. After some initial hesitation from being invited to dance in public, the crowd

change.

“She would never imagine that we would be together like this. It was her ultimate goal just to get us together and learn about each other,” said Wynne. “And this is the ultimate learning experience, when you get people in this atmosphere. It makes people relax, and they’re not quick to judge.”

The Mashpee Wampanoag Tribe, while based in the Cape, became part of the South’s Coast pandemic response.

Back in 2015, Coastline helped the Mashpee Wampanoag Tribe procure two, 12-passenger vehicles through a MassDOT grant. Around that time, the Tribe had identified transportation options as a major need among elders. A survey from 2017 found that half of respondents had missed medical appointments due to a lack of transportation options.

Since acquiring the vehicles, the Tribe uses them for a program called Ahqôpay Kuhchayuhshuheck (The Time of Those Who Are Revered), in which elders are given rides to health services, meals and recreational events.

During the early months of the COVID-19 pandemic, drivers from the Tribe were instrumental in helping South Coast elders. With transportation services on hiatus during the spring of 2020, their drivers assisted Coastline’s Meals on Wheels program, which experienced a surge of new consumers.

9/11 continued...

For Roy Oliveira, the day brought back personal memories. Oliveira was working in Washington, D.C. on September 11th at the Defense Intelligence Agency (DIA). Oliveira, who served as Dartmouth’s Veterans’ Service Officer from 2010 to 2018, was in a training course that morning when news poured in about the World Trade Center. Not long thereafter, a third plane struck the western side of the Pentagon, killing 125 people in the building and all 64 passengers on board.

“I was making my way outside when I heard the roar of the airplane coming down,” said Oliveira. “I didn’t see it, but I heard it hit the Pentagon. Then all I could see was a plume of black smoke.”

Oliveira’s colleague, Rosa Maria

Chapa, whose federal career spanned 31 years, was among the casualties – a fact he didn’t learn until weeks later when the names of the victims were released. While they never met in person, the two had enough correspondences over the phone and email to form a bond.

“She had plans to retire at the end of that year. She wanted to spend more time with her grandkids,” said Oliveira. “On 9/11, that always hits me.”

Some announcements were also made at the local remembrance ceremonies. Mayor Mitchell announced that he asked Christopher Gomes, the director of Veterans’ Services, and the City’s Veteran’s Advisory Board to establish a “fitting and appropriate monument for the residents of Greater New Bedford who served in the nation’s armed forces in the post-9/11 conflicts.”

“As the City and region that has stepped forward when the nation has called throughout its history, a tribute to this generation’s sacrifice is in keeping with our core values,” said Mitchell.

In Acushnet, where 10 years ago a 9/11 memorial was installed outside the fire station on Russell Street, Fire Chief Kevin Gallagher announced the hire of a new call firefighter. During the evening ceremony, Gallagher called upon Benjamin Sonnenburg, who was months old on Sept. 11, 2001. Members of the audience applauded as Sonnenburg signed his employment papers.

Immediately after, Acushnet firefighters rang a bell to honor those who died two decades ago.



New Bedford Mayor Jon Mitchell provided remarks outside of City Hall on the 20th anniversary of the 9/11 terrorist attack.



Coastline CEO Justin Lees speaks during a donor recognition event thanking those who contributed to a fundraiser aimed at closing the digital divide by offering more remote services and providing computer training for older adults.

Coastline Thanks Donors for Closing the Digital Divide

On Sept. 23, Coastline formally thanked donors who contributed to a technology fundraiser the agency held earlier in the year.

Not long after the pandemic was declared a national emergency, the demand for home-delivered meals surged. As the pandemic continued, issues surrounding food security subsided and another problem emerged. Respondent of a needs assessment survey conducted by Coastline late last year indicated that they were experiencing difficulties adjusting to remote services.

While stay-at-home orders forced the nation to turn to the internet for resources, older adults said they were struggling with this transition due to a lack of computer skills. Around the same time, the AmeriCorps Seniors

Foster Grandparent Program, which is sponsored by Coastline, partnered with the nonprofit Cyber-Seniors to train volunteers on how to use Zoom and email.

This project kickstarted a broader effort to equip Coastline’s headquarters on Belleville Avenue with modern video conferencing gear for future training sessions and in-services. Coastline raised funds for the project in early 2021, and the gear was installed over the summer.

The major donors included: District Attorney Thomas M. Quinn III, Meals on Wheel America, Senior Whole Health, Anodyne Homemaker Services, Trio Food Services, United Healthcare, Surprenant and Beneski, and Vibra Hospital of Southeastern Massachusetts.