

Senior Scope

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

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South Coast Gathers to Thank its Veterans

This Veterans Day was a return to form as communities around the South Coast and the nation held public ceremonies honoring those who served.

Last year, COVID-19 cases were beginning to surge ahead of the holiday season, and the parades and in-person gatherings that typically mark the occasion were canceled. At the time, citizens improvised. Several of the local councils on aging held drive-through events, providing meals for veterans on-the-go, and the City of New Bedford held a small ceremony that was televised.

This year, the City's parade returned, and Union Street was lined with people waving American flags and cheering as a long procession drove past.

"It is moving today to express our collective gratitude for the service of the City's veterans," said New Bedford Mayor Jon Mitchell.

"[Veterans], in signing the dotted line and swearing an oath to protect and defend the Constitution, showed up in the most profound way," he said. "That's an example we should all take to heart, especially in a country that is so divided today."

Events were also held that morning in Acushnet, Dartmouth, Mattapoisett and Marion. Fairhaven's annual parade, also on hiatus last year, returned as well.



John Bulgar (center), a veteran of World War II, was the Grand Marshal at the 2021 Veterans Day parade in New Bedford. The well-attended celebration on Nov. 11 was a return to form after the parade was canceled due to the pandemic last year.

"Veterans are the cornerstone of our country, and [they] fought so that we could be here today," said Deven Robitaille, Commander of Acushnet's VFW Tuttle Post 7239, to a crowd gathered outside of Fairhaven Town Hall. "They are the one percent of the population that towed the line and selflessly devoted themselves to our freedom. If it wasn't for them, we couldn't be us. Engage them, support them, thank them."

An in-person luncheon was also held at the Fairhaven Council on

Aging. The event, which director Anne Silvia said would be her last ahead of her retirement, honored those who were present and those who were not.

"As you can see, there are a lot less veterans here this year than in the past," said Silvia. "I want to send well wishes to the veterans who are not able to attend. They may be in nursing homes or not able to get around like they used to."

Continued on page 12

A Step-by-Step Guide to Healthier Feet

We may not always consider the health of our feet, but most of us will spend a considerable amount of time using them. The average adult can expect to walk about 75,000 miles in his or her lifetime, which is why proper foot care – and choosing the right footwear – is so important.

As people age, there are numerous obstacles that can interfere with regular foot maintenance, such as the loss of sight, the inability to bend over or increased weakness in the hands.

Dr. Alan Lechan, a podiatrist who sees patients at the region's councils on aging, said proper care can help you avoid major foot problems that can lead to falls. *Senior Scope* spoke with Dr. Lechan about some of the concerns he sees in the community and tips to keep you

moving forward.

Finding the Right Fit

Style or comfort may be top of mind when searching for a new pair

that wraps around the back of your foot. If the heel counter isn't sturdy, and your heel doesn't have a solid fit, then you're essentially wearing a slipper.

If the shoe is so loose that the heel moves up and down while you're walking, it can cause irritation. Lechan said wide-width shoes, in particular, can end up being too big, giving your heel extra space to wiggle.

While you want a tighter fit around the heel, you'll also want to ensure there's enough room for your toes. This is because, when you're walking, your foot stretches out slightly and slides forward. Lechan said about a thumb's width of extra room should be adequate.



Dr. Alan Lechan, a local podiatrist, recommends a proper fitting walking or running shoe to protect your feet. Make sure the shoe wraps around the heel without leaving wiggle room.

of kicks, but ensuring your shoes fit properly should be your main goal.

Dr. Lechan said your shoes should be flexible in the toe, with a rigid heel counter, which is the part

Continued on page 2

Foot Health continued...

Calluses & Corns

Too much irritation over a long period of time can lead to calluses, which are layers of dead skin.

"The problem develops if you have a shoe that's rubbing, you'll get a callus in that area, which initially helps. It toughens the skin," Lechan explained. "But after a while, it builds up, and it's like having a stone in that area, and it will hurt."

Sometimes, if the callus presses against the skin for an extended period of time, the blood can't circulate underneath, and the skin dies, potentially leading to a pressure ulcer.

"Generally what the podiatrist will do is cut off the callus, which doesn't hurt because it's just layers of dead skin, and then try to come up with some ways to decrease the friction or pressure," said Lechan. "It could be as simple as not wearing a particular pair of shoes anymore."

Fungal Infections

Nails naturally thicken as we age, and they can also thicken as a result of trauma – like dropping something heavy on your foot. Another common source of nail thickening is a fungal infection.

When fungus gets in and under

the nail, it's difficult to treat.

"Why do people get it? I look at it as an immunity issue," Lechan said. "The fungus is everywhere. Of course, it's in greater concentration in places like public baths."

There are a range of over-the-counter remedies, some of which may benefit the patient. But, as a general rule, he said their efficacy is limited.

Taking an oral medication will likely clear up the fungus, but the medication could impact your liver. That would be a conversation for you and your doctor.

"A podiatrist can help you keep the nail trimmed down. If it's a thick nail, it might require some grinding," he said. "Generally, it's not a problem unless it's causing ingrown nails."

When to See a Podiatrist

If you have an injury, are experiencing persistent pain, or if you have calluses or issues with your toenails that you've tried to treat yourself, you should consider seeing a podiatrist.

A podiatrist can help evaluate your situation, provide care and direct your treatment. The local councils on aging offer podiatry services. Check out pages 10 and 11 for contact information for the COAs.

Letter from the Editor

Six years ago, when I first moved to this area from upstate New York, I had never even heard of New Bedford. And while I didn't have a single connection to the South Coast, I quickly learned about the character of the region through this project. *Senior Scope*, for me, has always been an opportunity to meet locals and showcase the people who make this area special.

Those I've encountered strive to make this place better and to lift others up. They're often doing that work on their own accord, often without compensation or much recognition. They're dedicated and inspiring. And their example is something I'll take with me.

I'm sad to report that this will be one of my final issues of *Senior Scope*. I can't thank you enough, dear reader.

Around the same time that the pandemic began, my mother's health began to decline. After much deliberation over the past two years, we've decided my moving closer to her would be the best choice for both of us moving forward.

Fortunately, I have some good news. The future of *Senior Scope* is secure. I knew that if I was going to leave this project, one of my priorities would be ensuring that the paper continued, just as it has

for more than 35 years.

Starting with the next issue, I'll be joined by *Senior Scope's* new editor Beth Perdue, who spent much of her career at *The Standard-Times*. Most recently, she's maintained a wonderful blog on the subject of mental health for Help & Hope Southcoast. I'm delighted to welcome her as your new editor.

Before I go, I wanted to underscore one final thing. If you need help – if you're struggling to make ends meet, you're going through a crisis, you're not really sure what to do – please call Coastline. There is someone here who can point you in the right direction. Their number is 508-999-6400.

And, if you have yet to check them out, be sure to visit the region's councils on aging. I have had so many great conversations with the regulars at our local COAs, and they are staffed by incredible people.

I'm not exactly sure where I'm heading next, but I can say with certainty that I've greatly appreciated working on this paper. Thank you for reading, and thank you for being a part of *Senior Scope*.

Best,




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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 |

Senior Scope



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Subscribe to Senior Scope

You can have a full year's subscription (12 issues) of the print edition of *Senior Scope* delivered to your door for only \$12.

Checks can be made out to "Coastline" (not "Senior Scope") and mailed to 863 Belleville Ave., New Bedford, MA 02745.

Donations for December 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 Memory:

- In memory of Alfred Gauthier from wife, Flo Gauthier. Never forgotten.
- In memory of Laura Gragg, always thinking of you. Love from seven sisters, Flo, Dotty, Doris, Pat, Rose, Bea, Terry.
- In memory of Thomas Lundry, missing you. From wife, Terry Lundry & family.
- In memory of Laura & Elmer Haskell from daughter, Florence Gauthier. Always in my heart.
- In memory of Gilly Leonardo from Donna Leonard, wife. Wish you were here!
- Sharon Bates, in our prayers always. The Haskell Family.
- To my two brothers, John & Charlie Haskell. Never forgotten. Love you both. From your loving eight sisters.

—Florence Gauthier, \$30

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Social Security: Answers from the Experts

By Delia De Mello
Social Security



Delia De Mello,
Social Security

You may need Social Security when you least expect it and we're here to make sure our information is always accessible to you. Whether you're planning for your retirement years in advance or thinking about applying today, you probably have questions.

Our Frequently Asked Questions web page at faq.ssa.gov has answers to your questions about our programs and services. We feature our most-asked questions at the top of the page to help you find answers to the most common questions quickly, like:

- What should I do if I receive a call from someone claiming to

be a Social Security employee?

- How do I change or correct my name on my Social Security number card?

- How do I apply for a new or replacement Social Security number card?

- How can I get a Social Security

Statement that shows a record of my earnings and an estimate of my future benefits?

You can also browse by topics, such as disability, Social Security payments, retirement, and Medicare.

We also have a publications library at www.ssa.gov/pubs with information on many topics. And we provide each publication in text, audio, and downloadable formats.

COVID-19 Booster Shot Eligibility Expands

On Nov. 18, Governor Charlie Baker announced that vaccinated adults in Massachusetts can receive the COVID-19 booster shot. People age 18 and over who received the Pfizer or Moderna vaccine six months ago, or adults who received the Johnson & Johnson vaccine two months, can get the booster shot in the Commonwealth.

Baker said the decision was made to help protect people ahead of the winter months, which will inevitably drive people to congregate indoors.

At the time of Baker's announcement, the booster shots were authorized for use in select segments of the population. Back in September, when the federal government first authorized Pfizer's booster shot, only select populations qualified. That included those who were age 65 and older, adults with underlying conditions, and those whose livelihoods put them at risk. When the Johnson & Johnson and Moderna boosters were approved a month later, similar eligibility guidelines were in place.

According to the Centers for Disease Control and Prevention, the three COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death, even against the widely circulating Delta variant. However, public health experts are starting to see reduced protection, especially

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among certain populations, against mild and moderate disease.

The day after Baker's announcement, the FDA and CDC followed suit, authorizing the use of the booster shots for the general public.

Again, that means you are eligible for the booster shot if you are age 18 or older and it has been six months since you were fully vaccinated with the Pfizer or Moderna vaccines. If you are age 18 or older and it has been two months since you received the Johnson & Johnson vaccine, you are eligible for the booster.

The CDC reports that reactions from the booster shots have been similar to those from the two-shot or single-dose primary series.

Need help getting an appointment? Visit vaxfinder.mass.gov to make a COVID-19 vaccine or booster shot appointment. If you need help or do not use a computer, call 2-1-1. The Commonwealth of Massachusetts will not ask you for your bank account number, password or other payment information.

Heating Relief for Tri-Town Residents

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.

Contact the Council on Aging in Marion, Mattapoisett or Rochester to complete a simple application. Each household with an 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.

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Update

Have some shopping ahead of you this holiday season?

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Visit smile.amazon.com and select Coastline Elderly Services, Inc. as your charity of choice.



AmazonSmile is an easy and automatic way for you to help support Coastline programs. When you shop online through AmazonSmile, a percentage of your purchase will be donated to Coastline. You can use AmazonSmile on your smartphone or your computer. It's easy and every dollar counts.

If you are not already using AmazonSmile, go to: smile.amazon.com. When you're asked to pick a charity, enter "Coastline Elderly Services Inc."

Holiday Fair at Mattapoissett Museum

Find all of your gift giving needs this holiday season at the Mattapoissett Museum Craft Fair! This year, the museum will be doing things a little differently with the majority of the crafters outside. So bundle up, bring your list and get gifts for everyone on your list. No shortages here!

The holiday fair will be held on Dec. 11 from 11 a.m. to 3 p.m. at the Mattapoissett Museum, located at 5 Church St. in Mattapoissett. Museum Raffle: Buy raffle tickets to take your chance at winning items donated by local businesses to raise funds for the museum.

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.

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.

Intergenerational LGBTQ+ Brunch

The South Coast LGBTQ+ Network will be hosting an intergenerational brunch this December. LGBTQ+ adults (age 55+) and LGBTQ+ youth (8-25) are welcome to join the Network for food, fun and activities.

The event will take place at the New Bedford Harbor Hotel on Dec. 12 from 11 a.m. to 1 p.m. RSVP to: maureen@sc-lgbtqnetwork.org or call 774-775-2656. Space is limited.

Brain Builders

Buzzards Bay Speech Therapy's popular course Brain Builders will be happening 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; lyeslp@gmail.com; [@buzzardsbayspeech](https://twitter.com/buzzardsbayspeech).

Funding provided in part by a grant from Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs. Classes are for education and socialization and not intended to diagnose/treat any condition/problem.

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.

Help and Hope SC

Help and Hope South Coast offers daily resources to address mental health issues during the pandemic. Read their blog at helphopesouthcoast.com or follow them on Facebook for frequent updates. Visit: facebook.com/helphopesouthcoast.

GRG, Inc. Meeting at NB Public Library

Grandparents Raising Grandchildren, Inc. offers support for grandfamilies. 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 Raising Grandchildren, Inc. would like to thank Jenny Fumo, who won \$190 in a raffle hosted by the organization. Fumo donated her cash prize to the organization.

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. 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.

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.

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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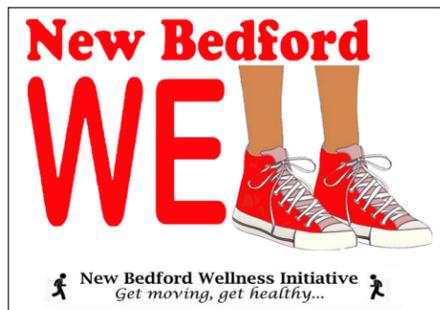
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December 16 at 5:30 pm
January 12 at 10 am

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Your Health

Tai Chi Blends Meditation and Movement



By Donna Bosworth

New Bedford Wellness Initiative

Have you ever wondered what a 30 to 40 minute moving meditation would be like? How it would feel to move continuously in a gentle, flowing motion, with nothing to learn, nothing to remember, just play along? To float like clouds and visit with monks; to brush knees and manes; or to catch a wild bird and let it go in your imagination? All this while improving your health as you go with the flow?

Tai Chi can do just that! Tai Chi is a slow and gentle practice that helps create serenity and mindfulness. According to Harvard Health, this mind-body practice is beneficial in helping with many health problems. Some of the benefits of this low-impact, slow-motion exercise includes improving and maintaining balance, muscle strength and conditioning, heart health due to the continuous movement, relieve stress, improve breath and improve focus.

The movements are circular and

easy on the joints, muscles are relaxed, and breathing is deep and natural.

Appropriate for all ages, it can be done standing or seated, started even if you're not in great shape or great health, and there are no special clothes or shoes to wear. The National Council on Aging extols the benefits including pain relief from arthritis, daily activities become easier, balance improves and you feel better about yourself.

Originally developed in 13th Century China as a martial art, it is now practiced around the world as a health promoting exercise. There are five different styles of Tai Chi in the western world: Yang, Wu, Chen, Sun and Hao. All are slightly different but are based on the same slow, fluid style of martial arts.

If you are interested in trying a class, check with your doctor first, then explore where it is available. Your council on aging and YMCA are good places to check for classes. Chat with the instructor, try it out and see if it is right for you. Locally, Tai Chi with Donna is currently available at 8:30 a.m. on Saturday mornings



Tai chi is a slow, gentle practice that helps create a sense of calm for practitioners. The New Bedford Wellness Initiative has been holding classes at Buttonwood Park.

before Walk with a Doc. Also, available at Dartmouth Total Fitness Thursdays at 10:45 a.m. and coming to the Andrea McCoy Center in New Bedford (part of NB Parks and Rec) in January.

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. Tai Chi happens before Walk with a Doc at 8:30 a.m.

COVID-19 Vaccine Clinics

The Rochester Board of Health will be hosting several COVID-19 vaccine clinics this December. The dates and details are as follows:

- Dec. 16 from 3 to 6 p.m. booster dose
- Dec. 20 from 3 to 6 p.m. for ages 5 to 11 years
- Dec. 21 from 3 to 6 p.m. for ages 12+

The Pfizer vaccine will be used at all clinics. Clinics will be held at the Rochester Fire Station located at 4 Pine St., Rochester, MA 02770. All are welcome, but pre-registration is required, contact the Rochester Board of Health for assistance at 508-763-5421 ext. 1.

For information about vaccination clinics in New Bedford, call 508-984-2661. For vaccine clinic dates and times, follow the City on Facebook at facebook.com/CityofNewBedford. For in-home vaccinations, call 508-991-6199.

Seeking Home Care Workers

Searching for a new career? Looking to help others in your community? Become a home health aide!

If you're interested in learning how you can connect with home health agencies in our region, call Paula Amaral at 508-742-9165.

Shorter Workouts Will Keep You Motivated Through the Winter

By Cam Bergeron, CSCS

Cam's Conditioning & Rehab

As the temperatures drop and clocks turn back, some individuals find it harder to keep consistent with exercise. Staying consistent helps both the mind and body. Everyone knows how exercise is good for the body, but people may not find the time to do it, especially around the holidays.

If you're busy, then try to do small workouts for about 10 to 15 minutes. What this will do is maintain your routine. The amount of exercise may be decreased from what you normally do, but at least you still did something that day! When you only have a few minutes, try doing routines like cardio, abdominals, stretching or rehabilitation work (physical therapy exercises).

The cold days are among us and now a lot of walkers and runners are forced to embrace the colder weather or take their routines inside. If you are someone that will continue to exercise outside, please remember to be safe. Black ice, snow and cold asphalt could be potentially dangerous surfaces during winter.

Some people have cardio equipment, weights, bands, etc. at their homes, and that's great! Others don't have the equipment or don't have the required space. For these individuals I would suggest



You don't need a lot of equipment to exercise at home, and there are many classes available on YouTube. When searching for classes on YouTube, be sure the instructor has credentials. Cam recommends you look for instructors who are physical therapists or are exercise physiologists. Check the resource box for Cam's class on DCTV.

investing in a gym membership for the winter months. This way you can still keep your consistency.

If driving to a gym isn't in the cards for you, there are other ways to exercise at home. You can find videos on YouTube or On Demand on your TV.

I have recorded multiple classes for Dartmouth Community Media (DCTV). If you open YouTube and type "Cam's Conditioning," you will find stretching, weight, balance and other classes. These classes don't require much equipment, and I designed them to be safe and

effective.

If you're searching online for other exercise instructors, make sure you find someone with education under their belt. A physical therapist or exercise physiologist (like myself) will ensure you're getting a safe, quality workout.

The new year is just a few weeks away and that means many will begin exercising as part of their New Year's resolution. This is great! I hope everyone that starts exercising in the New Year keeps going strong for all of 2022.

However, keep in mind that

when you start to exercise, ease into it. Do not – and I repeat, do not – perform long and intense bouts of exercise when you're starting out.

When you do too much, too quickly, your body will become very sore afterward. Sometimes the soreness is so painful that it deters individuals from going back. This is both bad for your brain and body.

Try starting at a low-to-moderate intensity for 15 to 30 minutes. Perform workouts at that duration for two or three days per week for your first two weeks. Make sure you keep a day of rest in between workout days. After that the body will adapt, and you can begin to increase the intensity and duration.

Most people begin to slack off with their exercise routines during the winter. Make sure you do your best to stay consistent so you don't lose the benefits of exercise.

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.

Stay Safe Indoors This Winter

Protect yourself and your loved ones during a winter storm by following the tips below from the Centers for Disease Control and Prevention.

If you plan to use a wood stove, fireplace or space heater, be extremely careful. Use electric space heaters with automatic shut-off switches and non-glowing elements. Make sure to keep them away from any flammable

materials, like curtains or blankets.

Use fireplaces or wood stoves only if they are properly vented to the outside and do not leak gas from the flue or exhaust into the indoor air space.

Keep heat sources, like space heaters, at least 3 feet away from drapes, furniture, or bedding. Never cover your space heater. Never place a space heater on top of furniture or

near water, and avoid using extension cords to plug in your space heater.

If there is a power failure, try to conserve heat. Some gas-fueled heaters require some ventilation. Otherwise, if you don't need extra ventilation, keep as much heat as possible inside your home. Avoid unnecessarily opening doors or windows. Close off unneeded rooms. Close draperies or cover windows

with blankets at night.

Extreme cold can cause water pipes in your home to freeze and sometimes rupture or break. When you are expecting very cold or freezing temperatures leave all water taps slightly open so they drip continuously. Allow heated air to reach pipes. For example, open cabinet doors beneath the kitchen and bathroom sinks.

Actuar con prudencia dentro de casa este invierno

Translations by Southcoast Health

Protéjase y proteja a sus seres queridos durante una tormenta de invierno siguiendo los consejos de los Centros para el Control y la Prevención de Enfermedades.

Si planea usar una estufa de leña, chimenea o calefactor de ambiente, sea extremadamente cuidadoso. Utilice calefactores de ambiente eléctricos con interruptores de apagado automático y elementos no incandescentes. Asegúrese de

mantenerlos alejados de todo material inflamable, como cortinas o mantas.

Utilice las chimeneas o estufas de leña solo si están debidamente ventiladas hacia el exterior y no tienen fugas de gas de la chimenea o del tubo de escape al espacio de aire interior.

Mantenga las fuentes de calor, como los calefactores de ambiente, a 3 pies de distancia por lo menos de las cortinas, los muebles o la ropa de cama. Nunca cubra su calefactor de ambiente. Nunca coloque un

calefactor de ambiente sobre los muebles o cerca de agua y evite utilizar alargadores eléctricos para enchufar el calefactor.

Si se produce un corte de luz, intente conservar el calor. Algunas estufas de gas requieren cierta ventilación. Si no es así, y no se necesita ventilación adicional, mantenga todo el calor posible dentro de su casa.

Evite abrir puertas y ventanas innecesariamente. Cierre las habitaciones que no necesita. De

noche, cierre las cortinas o cubra las ventanas con mantas.

El frío extremo puede causar que las tuberías de agua en su casa se congelen y a veces se pueden romper o reventar. Cuando se esperan temperaturas muy frías o heladas deje todos los grifos de agua ligeramente abiertos para que goteen continuamente.

Permita que el aire caliente llegue a las tuberías. Por ejemplo, abra las puertas de los armarios bajo las piletas de la cocina y el baño.

Fique Seguro Dentro de Casa Neste Inverno

Proteja-se a si próprio e os seus entes queridos durante uma tempestade de inverno seguindo as dicas dos Centers for Disease Control and Prevention.

Se planeia usar um fogão de lenha, lareira ou aquecedor, seja extremamente cuidadoso. Use aquecedores eléctricos com interruptores de desligamento automáticos e elementos não brilhantes. Tenha a certeza de os manter afastados de qualquer material inflamável, como cortinas ou cobertores.

Use lareiras ou fogões de lenha sómente se estiverem ventilados apropriadamente para fora e que não tenham fuga de gás da chaminé ou escape para o espaço de ar interno.

Mantenha as fontes de calor, como os aquecedores, pelo menos 3 pés afastados de cortinas, mobília ou roupas de cama. Nunca cubra o seu aquecedor. Nunca coloque um aquecedor em cima de mobília ou perto de água, e evite usar extensões eléctricas para ligar o seu

aquecedor.

Se houver uma falha de eletricidade, tente conservar o calor. Alguns aquecedores a gás requerem alguma ventilação. De contrário, se não precisar de ventilação extra, mantenha tanto calor quanto possível dentro da casa. Evite abrir portas ou janelas desnecessariamente. Feche os quartos que não necessita. Feche as cortinas ou cubra as janelas com mantas à noite.

Frio extremo pode causar os canos

de água na sua casa a congelarem e por vezes rompem ou quebram. Quando esperar muito frio ou temperaturas congelantes deixe todas as suas torneiras um pouco abertas para que possam pingar continuamente. Permita que o ar quente atinja os canos. Por exemplo, abra as portas dos armários por baixo da pia e bacias da casa de banho.

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

Early Prostate Cancer Detection Leads to Better Outcomes

The uncertainty of the pandemic prompted some to delay regular check-ups at their doctor's office, which may have meant forgoing the early detection of certain diseases that worsen the longer they linger.

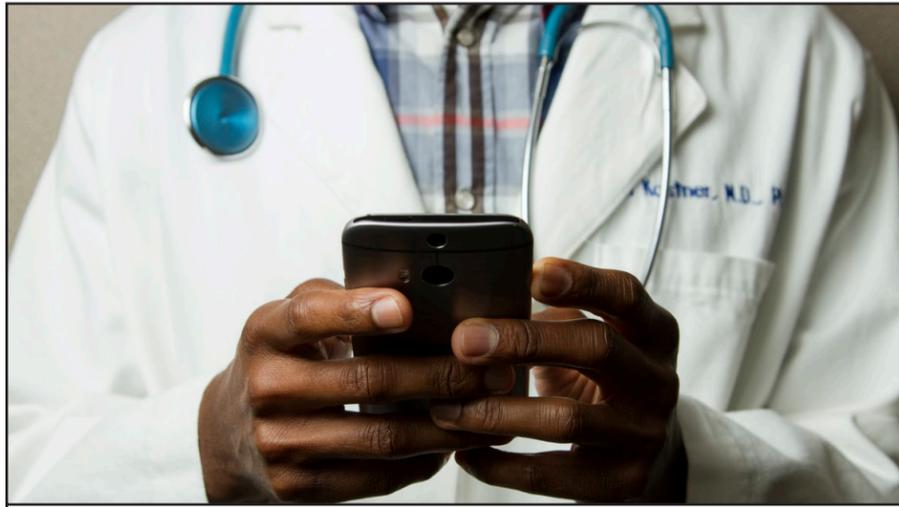
On Nov. 4, the NAACP of New Bedford and the AdMeTech Foundation co-hosted an online educational event regarding prostate cancer, the pandemic and the importance of regular health exams. The AdMeTech Foundation is a Boston-based nonprofit focused on improving early detection and diagnosis of prostate cancer.

Many of the guest speakers, which included local health care experts, indicated that access to primary care became even more of a burden during the height of the pandemic. As case counts surged, people were less likely to leave lockdown to visit their primary care physician. Some were unable to successfully book an appointment or travel to a health care facility.

National surveys indicate that around twenty percent of adults were either unable to receive care or delayed care during the pandemic.

Dr. Shabana Naz, an infectious disease specialist with the Greater New Bedford Community Health Center who also works as a primary care physician, said that delay in care came with consequences.

"In my ten years of practice here, I don't think I've seen as much of a cancer disease burden as I have



Risk factors for prostate cancer include age, ethnicity and family history. Men over age 50, in particular, are at risk. Talk to your doctor about your risk factors and testing options.

seen in the last year because we did not have the same opportunity to connect with patients," Naz said during the event. "People are presenting late in their disease."

She said preventative care was placed on the backburner as society focused on the pandemic, meaning patients were missing regular cancer screenings or ongoing treatment for chronic diseases, like diabetes or hypertension.

When it comes to prostate cancer, delaying care is especially dangerous because it can lead to a reduced quality of life or loss of life.

"Ongoing care is particular important for Black and Hispanic men, who are two-and-a-half times more likely to die compared to white men," said Dr. Faina Shtern, president and CEO of the

AdMeTech Foundation. "Early detection saves lives and eliminates health disparities."

Risk factors for prostate cancer include age, ethnicity and family history. The chance for prostate cancer increases after age 50; the majority of those diagnosed are over age 65, according to the American Cancer Society.

About one in nine men will develop prostate cancer across their lifetimes. It is the second most common cause of cancer death (behind lung cancer) in men. The overwhelming majority of cases, however, will be diagnosed in the early stages. If the cancer moves beyond the prostate, the five-year survival rate is around 30 percent.

"Men are taken aback by how vulnerable they may be for prostate

cancer," Dr. Robert Caldas, a family physician with Hawthorn Medical Associates. "It's never been spoken about. Even family members who might have had it don't discuss it."

When it comes to testing, your doctor may recommend a prostate-specific antigen (PSA) test, which is a blood test, or a digital rectal exam. Depending on the results of these tests, patients may need an imaging test of the prostate gland or a biopsy.

The panelists agreed: no matter which diagnosis method may be the right fit for you, a major hurdle in treatment is awareness. They said many men may not know their own family health histories or know when to ask about testing.

"It's important that you're aware of the need to screen. I'd like you to be your own advocate and ask about the PSA test," said Dr. Ryan Frankel, Urologist and Prostate Cancer Expert at Greater Boston Urology, North Easton and Good Samaritan Medical Center. "Prostate cancer is the second leading cancer death among men. This is a test that can save lives."

Resources

Watch the entire presentation on AdMeTech's YouTube channel. Visit: admetech.org. For more events, visit the NAACP of New Bedford on Facebook at: facebook.com/naacpnewbedford.

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



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What To Do When Your Estate Planning Attorney Retires

By: **Brandon C. Walecka, Esq**
Walecka Law, P.C.

An estate planning attorney can help you create a plan to protect your loved ones in case of your death or incapacity. This process may include sharing personal information with your attorney. Often, clients form a close connection with their attorney during the creation of their estate plan.

But what happens if your attorney becomes ill, is approaching retirement, retires, moves, or dies?

You will likely feel stranded, especially if your estate planning lawyer's departure is sudden, or if they fail to give you notice. Losing your attorney's expertise and advice may cause you to wonder whether your estate plan is still effective. Additionally, if your attorney maintained your estate planning documents, you may lose important originals of documents like wills or living trusts.

At such a time, you may understandably feel lost, confused, and disappointed, but it's important not to panic. Let's walk through the issues you may face and how to continue to protect the future of your loved ones through this difficult situation.

Questions you may be asking are: Is my estate plan still valid? Who can I call with questions? Who can I contact to update my plan with life changes? Who will guide my loved ones upon my incapacity? Who will help my loved ones settle my estate?

Attorneys typically try to protect clients in the event of a sudden, unexpected inability to practice law. This may include formal or informal partnerships with other attorneys to reach out to clients and close the practice.

However, it's certainly possible that your attorney didn't make the necessary arrangements or wasn't able to reach you. If your attorney failed to make contingency arrangements or didn't notify you of their departure, you may be left without legal advice and possibly without legal documents.

If this is your situation, or you fear your attorney has no back-up plan, don't panic. Your wills, trusts, and other documents are likely still valid, even if your original attorney is no longer able to guide you.

An experienced estate planning attorney should be able to assist you with a will or trust that was prepared by another attorney. Additionally, your loved ones can seek counsel after your incapacity or death with a qualified estate planning attorney. While this may be a new relationship, it does not have to be the source of additional stress.

Your estate planning lawyer may have stored the originals of important estate plan documents, like your will or trust. Leaving your documents with your attorney wasn't a bad decision on your part, but it may be a decision you want to reconsider.

Searching for your lost attorney and potentially lost documents may

prove to be a complicated and time-consuming process. Typically, a good starting point is to seek the counsel of a new estate planning attorney. You'll likely need a new attorney anyway, and they can help guide you through what may be a difficult situation.

Hiring a New Estate Planning Attorney: Walecka Law can help you sort through the fallout of your previous attorney leaving. We understand the difficulties of losing your attorney and can review your estate plan to ensure everything is in place. Additionally, switching to a new estate planning lawyer gives you a fresh start on your estate plan. If your plan was will-based, you could consider a revocable living trust, to avoid probate, maintain your privacy, and more.

What Can I Do to Prepare? While the retirement or passing of your estate planning attorney may be a disappointment, it doesn't have to be a source of stress. Walecka Law recommends taking a few simple steps to prevent a potential retirement or death resulting in conflict or confusion down the road:

1. *Keep your contact information updated with your attorney's office.* If your attorney retires, moves, or passes away, their office should contact you to communicate the situation. To do so, they will need your current phone number, mailing address, and email address on hand. If these primary details change, be sure to call your attorney's office.

2. *Know where your original documents are stored (and communicate the location to your loved ones).* It is important that your loved ones can locate your original, signed estate planning documents in the event of your incapacity or death. No matter where you choose to have your documents stored, be sure that your loved ones know where to find them when needed.

3. *Have your estate plan reviewed periodically.* Walecka Law advises our clients to revisit their planning documents at regular intervals to ensure that no major life changes need to be accounted for (typically every 3-5 years). Does your attorney offer this service? If you take this step, you are very likely to discover if your attorney's situation has changed without providing you proper notice. If this happens you should seek new legal counsel.

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.

Trivia

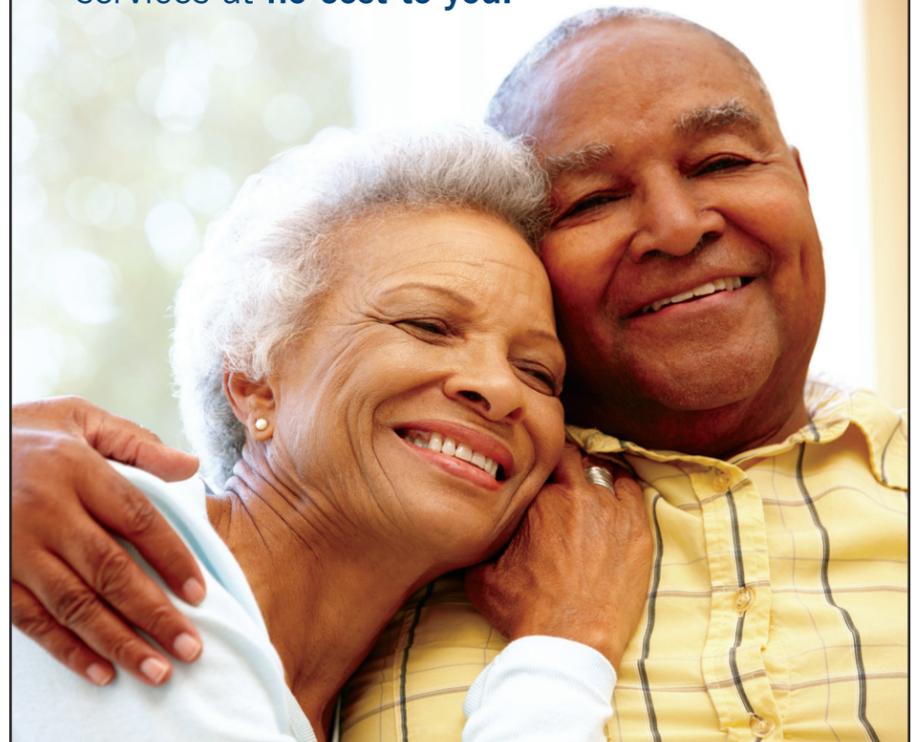
FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What word is spelled incorrectly in EVERY dictionary?
A.) Conscientious B.) Fluorescent
C.) Incorrectly D.) Hygiene
- 2.) What comes once in a minute, twice in a moment but never in a year?
A.) True Love B.) A second
C.) The letter 'M' D.) Midnight
- 3.) What gets wetter the more it dries?
A.) Your eyes B.) A towel C.) The desert D.) Hair
- 4.) How much dirt is in a hole 6 feet deep and 6 feet wide?
A.) 36 cubic feet B.) 128 cubic feet
C.) 12 cubic feet D.) None
- 5.) I am an odd number. Take a letter away from me and I become even. What am I?
A.) Seven B.) Three C.) Thirteen D.) Twenty-Five
- 6.) David's parents have 3 sons... Snap, Crackle and who?
A.) Pop B.) Krispy C.) Son D.) David
- 7.) Say my name and I disappear. What am I?
A.) A ghost B.) Rumpelstiltskin
C.) Silence D.) A moth
- 8.) Forward, I'm heavy; but backward, I'm not. What am I?
A.) Car B.) Elephant C.) Shovel D.) Ton
- 9.) The more of me you take, the more is left behind. What am I?
A.) Candy B.) Love C.) Fire D.) Footsteps
- 10.) I'm tall when I'm young, and I'm short when I'm old. What am I?
A.) A candle B.) A Gnome
C.) A river D.) Time

[Answers listed on page 11]

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Food for Thought: Diet & Lifestyle Can Boost Your Brain

Many of the foods that benefit your heart can also benefit your brain. Furthermore, many other healthy habits that benefit your body will also help your brain function. In a recent presentation at the Dartmouth Council on Aging, Coastline dietitian Stephanie Boulay explored steps you can take to help your head.

“Your brain is only about two percent of your body weight, but it requires about twenty percent of the calories you consume,” said Boulay. “Which is why it’s important to feed your brain the right kinds of food.”

A “brain-healthy” diet will not only help with brain function, but reduce the risk of heart disease and diabetes. By keeping your weight, cholesterol and blood pressure under control, Boulay said you will ensure your heart is pumping an adequate amount of blood to the brain, helping it to receive the oxygen and nutrients the brain needs to function.

For instance, if you have high blood pressure, you have a six times higher chance of dementia as well as a higher risk for Alzheimer’s disease, according to the Alzheimer’s Association.

Certain foods can also help boost your brain, such as dark-skinned fruits and vegetables, which are rich in antioxidants. Antioxidants protect the body from oxidative stress, which is a process that increases in the brain with



There are plenty of small steps you can take to help boost your brain. Try adding more dark-skinned fruits and vegetables to your meals, swap out red meat for fish, participate in an exercise class or get serious about ditching your smoking habit.

aging, and researchers have linked it to Alzheimer’s disease.

“If I cut an apple in half, the inside will brown,” Boulay said. “But, if I take lemon juice and squeeze it over the apple, it stops. That’s an antioxidant; it doesn’t allow oxygen to damage the cells of the apple.”

Plants with high antioxidant levels include brussels sprouts, kale, broccoli, beets, onions, corn, and eggplants, as well as oranges, red grapes, cherries, blueberries, blackberries and strawberries.

Avoiding excessive amounts of red meat can help keep your cholesterol in check. Instead, swap out red meat for lean meat, like

fish and poultry. Cold water fish, such as salmon, trout and tuna, are high in omega-3 fatty acids, which have been linked with better cardiovascular health.

Beyond your diet, Boulay said there are numerous lifestyle changes that can help with brain function.

Smoking cigarettes restricts the blood flow to your brain. Excessive alcohol consumption can also restrict circulation.

“That’s not to say you can’t have a glass of wine on the weekend or a beer with your friends. But excessive alcohol use over time is not good for the brain,” said Boulay.

With the holiday season upon us, it can be easy to consume excess

calories, whether it’s heavy foods or alcohol. Because you may not know what will be served during a holiday meal, Boulay recommends contributing a dish of your own.

“Many holiday dishes are high in fat or sugar. I would recommend bringing your own dish that’s centered around vegetables, fruits or whole grains – something that has a lot of fiber,” she said.

Another tip: There’s power in saying, “I’ll have that later.” You can have more cheesy mashed potatoes, she said, but say you’ll have more later. It’s likely you won’t want a lot later.

There are many strategies one can take to boost their brain. Boulay suggests starting small. Those small, gradual changes can add up to a healthier lifestyle.

“Think of one thing you can do to help your brain this week,” Boulay said. “You could incorporate one extra vegetable in your diet. Or this week, cut back on one glass of wine.”

Resources

For more nutrition tips, join the Dartmouth Council on Aging’s free Pound by Pound group, held Wednesdays at 10 a.m., where Boulay is a regular guest speaker.

Trying to stop smoking? The Centers for Disease Control maintains a quit line. Call 1-800-QUIT-NOW (1-800-784-8669).

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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.

Cookies and a Concert: Dec. 6 at 1 p.m. Please join the extremely talented Lisa Soares as she entertains us with her musical melodies. Light refreshments will be served. This concert is free but you must RSVP, 508-998-0280.

Holiday Wreath Project: Dec. 9 at 1 p.m. Join us for this holiday wreath making class. Limited to the first eight to register, \$5/per person due at time of sign-up. Sponsored by Vibra Hospital of Southeastern Massachusetts.

Vocalist/Guitarist: Dec. 13 at 1 p.m. Join Dan Smith as he helps us ring in the holidays with his musical talents. Light refreshments will be served. This concert is free but you must RSVP.

An Afternoon of Bunco: Jan. 19 from 1 to 3:30 p.m. Seating limited. Call to reserve a spot.

Calling All Cribbage Players: The Cribbage League returns Jan. 10 at 11 a.m. and runs for 10 weeks. Players and subs needed. Drop-in games are also available every Friday at noon.

EMA Members Needed: The Town of Acushnet Office of Emergency Management is currently looking for individuals who would be interested in becoming a volunteer member with our agency. We have positions open with our Field Operations, COVID-19 testing, communications, shelter ops; including our Emergency Pet sheltering operations. No experience is needed. If you are interested in joining our team please leave a voicemail at 508-998-0295.

COVID-19 Testing: Tuesday from 10 a.m. to noon.

Strong Women: Monday through Thursday at 9 a.m. \$2 donation.

Poker: Wednesdays at 8:30 a.m.

Strength and Conditioning: Wednesdays at 10:30 a.m. - \$6. Fridays at 10 a.m. - free. No class Dec. 24 or 31.

Nutty Knitters: Mondays at 9:30 a.m. in the Art Room.

Mahjong: Mondays at 10 a.m.

TaiYoBa: Mondays at 10:30 a.m. Main Room - Free. Fridays at 11:15 a.m. - \$3. No class on Dec. 24 or 31.

Cribbage: Fridays. Drop-in at noon. No games on Dec. 24 or 31. Mondays, new time - 11 a.m. Starts Jan. 10.

Zumba: Tuesdays at 10:30 a.m., \$6/per class. Zumba Sentao on Wednesdays at 10:30 a.m., \$5/7 weeks. Thursdays at 10 a.m., free.

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 Dartmouth COA 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 a.m. to noon. Walk-ins are welcome.

Alzheimer's Support Group: Dec. 14 and 28 from 3 to 4 p.m. This professionally lead group is for caregivers. Contact Carolyn Greany prior to attending: 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 through UMass Law: Last Wednesday of the month from 2 to 3 p.m. by appointment.

Hearing Clinic: Hearing evaluations and hearing aid checks. The third Thursday of the month from 10 a.m. to noon. Call the Center to schedule an appointment.

Visiting Dental Hygienists Clinic: Dec. 10. Call 508-827-6725.

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.

New Resistance Bands with Larry: Wednesdays at 1 p.m. Bands are gentle on joints, versatile and can be modified for all levels. This group class will include a stretching and balance component. Bands provided \$2. Walk-ins welcome.

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.

Old Hymns and Holiday Songs: with Russell Chamberlin of the New Bedford Salvation Army. Dec. 6, 13 and 20 at 11 a.m. Please call to pre-register.

Annual Holiday Party: Dec. 14 at 1 p.m. Lunch followed by entertainment of Daddy O Band. Dartmouth residents please call the center to reserve your spot.

Around-Town Holiday Displays: Dec. 15. Hop into one of the Center's vans to take a ride and enjoy the magic of the holiday season! We will be touring the community to see some of the best and most dazzling holiday lights and displays in Dartmouth. Free. Van leaves from the Center at 6 p.m. Preregistration is required.

Art for the Mind: Dec. 16 at 1 p.m. Pre-registration required.

"Your Life. Your Legacy. Plan to make it right.": With Waring-Sullivan Home at Dartmouth. Dec. 16 at 1 p.m. This is an informative, no-obligation presentation focused on the views funeral planning. Pre-registration is required.

Guided Meditation with Lynda: Tuesdays, beginning Jan. 4 from 10:15 to 11 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.

Computer Class: Mondays and Wednesdays from 9 to 10:30 a.m. Must register for class. First session starts Dec. 6.

December Trips: Dec. 1 - Tiverton Casino; Dec. 8 - South Shore Plaza; Dec. 15 - Hyannis Mall, Christmas Tree Shop, Trader Joe's & Whole Foods; Dec. 22 - Warwick Mall; Dec. 29 - Providence Place Mall.

January Trips: Jan. 5 - Twin River Casino; Jan. 12 - Patriot Place; Jan. 19 - Hyannis Mall, Xmas Shop, Trader Joe's & Whole Foods; Jan. 26 - Providence Place Mall and Whole Foods.

South Coastal Counties Legal Services: Dec. 13 at 1 p.m. We will discuss the services provided, and spend some time discussing housing rights for tenants and homeowners. Please call to reserve your seat at 508-979-4029.

LGBT Supper Club: Dec. 15 from 5 to 7 p.m., \$3.

Healthy Habits with Joanne: Learn how healthy habits can help you live a happier and healthier life. Informational Meeting: Dec. 9 at 9 a.m. Six-week course to a healthier you starts Jan. 6. \$3 fee paid to Health and Life Coach, Joanne Mello. For more information call: 978-430-6436.

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 or email them a 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.

Attorney Suzanne J. Seguin: Free. 15-minute consultation. Call for info.

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: On display through Dec. 10. Raffle tickets will be sold for a chance to win a decorated tree, and on Dec. 10. At noon, winners will be drawn.

Ask A Doctor: Dec. 10 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.

Sheryl Faye Presents Susan B. Anthony: Dec. 13 at 1 p.m. Luncheon and lecture. Limited seating. Call the center. \$5 suggested donation.

Continued on Page 11

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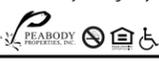
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Soup's On!: Karen and Mike are back in the kitchen! Register 48 hours in advance. Please consider a \$5 donation. Dine-in served at noon. Take out served at 12:30 p.m. Dec. 2 - Lemon Chicken Orzo; Dec. 9 - Italian Wedding; Dec. 16 - Tomato Basil Rotini.

Watercolor Notecard Class: Dec. 9 at 1 p.m. All materials provided at no cost. Space is limited.

Paint Party with Lidia: Dec. 14 at 1 p.m. Make a beautiful work of art! Cost of the class is \$20 and includes everything you need. Call the center to reserve a spot.

Holiday Stroll: Dec. 20 at 1 p.m. Join us as we celebrate the holiday season. We will be strolling the walking path with some of your favorite holiday music. For each lap, you will receive a ticket to be entered into a raffle. Cocoa and cookies inside!

New Year's Bingo Spectacular: Dec. 27 at noon. \$5 for a standard pack of play. \$1 coverall. \$1 for 50/50 game. RSVP by Dec. 20 at 508-748-3570.

Art Show: Dec. 29 through Jan. 26. Stop by the center to admire the work of our more seasoned artists.

Memory Cafe: Wednesdays from noon to 2 p.m. For those with memory loss and their care partners. Call to register.

Memory Loss Support Group: Dec. 2 and 16 from 1 to 2 p.m.

Tai Chi: We now offer tai chi classes on Wednesdays and Thursday. They run on four-week sessions. Registration is required. Donations accepted. Call 508-748-3570.

Holiday Closures: The Marion COA will be closing at noon on Dec. 23 and 30. The COA will be closed on Dec. 24 and Dec. 31.

Public Health Nurse: Lori Desmarais, Public Health Nurse for the Town of Marion, is available on Wednesdays from 1 to 3 p.m. for routine immunizations, blood pressure and blood sugar readings as well as home visits. Contact Lori at 508-748-3507.

Mattapoissett COA

For more information, call the Mattapoissett Council on Aging at 508-758-4110 or go to mattapoissett.net/council-aging. The center is located at 17 Barstow St., Mattapoissett, MA 02739.

Holiday Luncheon: The Friends of the Mattapoissett COA's invites Mattapoissett Residents 60+ to its annual Holiday Luncheon on Dec. 9 at noon at the Knights of Columbus Hall on Route 6. Seating is limited. Registration Required by Dec. 5, 508-758-4110.

Holiday Pops Concert: With the New Bedford Symphony Orchestra at the Zeiterion. Van Leaves at noon. Lunch at 12:30 p.m.; concert at 3:30 p.m. Cost: \$13 (van & ticket). Registration required. Proof of COVID vaccine OR Negative PCR test (72 hours) required to enter. Masks required. Call the center for info.

Caroling, Cocoa & Cookies: Dec. 22 at 10:30 a.m. The Center School 3rd Grade Class (~60 students) will entertain by singing carols outside for about 15 minutes. We will then enjoy cookies, cocoa (or tea, coffee) and socializing. RSVP to 508-758-4110.

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

Knitting: Mondays at 10 a.m.

Movie & Pizza: Dec. 29 at 12:15 p.m. Pizza \$1/slice. Prepay. Registration Required. Movie: "12 Mighty Orphans."

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.

Shakespeare for Scaredy Cats: Dates: Jan. 13, 20, 27; Feb. 3, 10. Time: 6 to 7:30 p.m. Register: 508-758-4110; rides available upon request.

Boston Symphony Orchestra Open Rehearsals Returns! Mark your calendars for 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 COA

The Buttonwood Senior Center has reopened! For updates and assistance, contact the New Bedford Council on Aging at 508-991-6250. Anyone visiting Buttonwood for the first time (or returning for the first time) must show proof of vaccination to be registered to attend.

Holiday Meal from Coastline: Dec. 22 at 11:30 p.m. Reserve a spot: 508-991-6170.

Bingo: Mondays, Wednesdays and Fridays from noon to 2:30 p.m.

Reminiscing: Tuesdays from 9 to 10 a.m.

Pool: Tuesdays from 12:30 to 2:30 p.m.

Creative Writing: Tuesdays from 1 to 2:30 p.m.

Music: Wednesdays from 10 to 11:30 a.m.

Mahjong: Wednesdays from 12:30 to 2:30 p.m.

Knitting and Crocheting: Thursdays from 9:30 to 11:30 a.m.

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.

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.

Trip to La Salette: Dec. 9. Departs at 3:30 p.m. that day. RSVP by Dec. 7. You can call us at 508-763-8723 to reserve your spot or please let one of our front office staff know. Trip is \$5 paid in advance.

Pop Up Shop: Introducing Our POP-UP Shop! Dec. 11 from 9 a.m. to noon at the Rochester Senior Center. This month featuring DIY craft kits.

December Holiday Dinner Basket: The Friends will be raffling off a basket filled with everything needed to make a complete, delicious holiday dinner. Raffle tickets can be purchased in the office. Drawing will be on Dec. 19.

Tour of Italy Supper: Antipasto, lasagna, spaghetti/meatball, broccoli fettuccine Alfredo, Italian Christmas cookies. Dec. 16 at 5:30 p.m. at the Rochester Senior Center \$10/person. For planning purposes, please call Lorraine at 508-763-8723 to make your reservation by Dec. 13 or see Lorraine for tickets.

Vaccine Clinics: Following are the dates for Rochester's next round of COVID-19 vaccine clinics. They will all be held at the Rochester Fire Station from 3 to 6 p.m. Pre-registration will be utilized for these clinics and a link is forthcoming. The clinics will be run by Brewster Ambulance. They will be bringing the Pfizer vaccine. Dec. 20 for 5 to 11 year olds only; Dec. 21 for ages 12+; Dec. 16 boosters ages 12+. As always, all are welcome at these clinics.

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.

December 2021 Trivia Quiz Answers

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

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Community

Nursing Home Ombudsmen Program Seeks Volunteers



Annabella Dougherty (left), director of Coastline's Nursing Home Ombudsmen Program, and Amy DiPietro, director of the Dartmouth Council on Aging and Ombudsmen volunteer.

Coastline's Nursing Home Ombudsmen Program is seeking new volunteers in the year ahead. The program matches community volunteers, called Ombudsmen, with nursing homes throughout the South Coast.

The Ombudsman serves as a resident advocate and a friendly face, helping to ensure the quality of care, life and environment for people who live in nursing homes. Volunteers make regular visits with residents and listen to their concerns and, with their consent, can help them resolve issues. They do not, however, provide direct care.

"It's giving them a voice," said Annabella Dougherty, the director of the Ombudsmen program. "It's an asset to the resident in the facility to have someone who can advocate for them – or to form a connection."

Nursing home residents, though a small slice of the American population, make up a sizable portion of those affected by the pandemic. NPR reported about three in 10 COVID-related deaths were from residents of long-term care facilities.

Dougherty said some of the residents have been navigating the pandemic without family support, which is why volunteers have become even more essential.

While the program continued services during the pandemic, volunteers had to meet with residents over the phone or through video conferencing apps. This past spring, as nursing homes slowly eased restrictions, Ombudsmen volunteers were able to return to the facilities.

Volunteers can expect to receive regular training as well as ongoing support and supervision. Dougherty said they are seeking volunteers who would be able to commit to the program for a year, with a minimum of two visits per month.

Resources

To learn how you can volunteer with Coastline's Nursing Home Ombudsmen Program, contact Annabella Dougherty at 508-742-9178 or adougherty@coastlinenb.org.

The program was recently featured on an episode of WBSM's Sunday show, *Townsquare Sunday*. Listen to the episode at: wbsm.com/new-bedford-nursing-home-assistance.



Buttonwood Senior Center reopened following construction on Nov. 8. Coastline provided a barbecue lunch and Seven Hills Behavioral Health offered vaccines. Patrons of the center will be asked to show proof of vaccination during their first visit.

Buttonwood Senior Center Reopens to the Public

The Buttonwood Senior Center officially reopened to the public on Nov. 8 following a period of construction. Previously, the center was closed for major renovations throughout the second half of 2018 and into the early weeks of 2019.

While the building closed down again for further improvements during the pandemic, the New Bedford Council on Aging continued working for the public, assisting with food relief and helping citizens make appointments for the COVID-19 vaccines.

Debra Lee, the director of the New Bedford Council on Aging, said the COA helped to schedule around 5,000 appointments.

Returning patrons of the Buttonwood Senior Center will be

asked to provide proof of COVID-19 vaccination upon their first visit. You may either provide your actual vaccine card or a photo of the card (which can be a photo of your card stored on your smartphone).

The list of activities currently offered at the center is published on page 11. More activities will be added to the roster in the months ahead.

The center at Buttonwood Park is currently the only senior center open to the general public in the City of New Bedford.

The New Bedford Council on Aging has been hosting its Adult Social Day Care Program at the Rosemary S. Tierney Community Center (Social Day South) and at the former Brooklawn site (Social Day North).

Veterans Day continued...

To mark her 10 years with the Fairhaven Council on Aging, Silvia looked back at her logs and read the names of veterans who the center had lost in the past decade.

Days prior, Dartmouth honored its veterans during a luncheon on Nov. 5, which was sponsored by the Dartmouth Friends of the Elderly and State Representative Chris Markey. Francis Galvin Morey, a World War II veteran, was honored for his service in absentia.

Roy Oliveira, the former Dartmouth Veterans Agent, urged

the veterans in attendance – three of whom were veterans of World War II – to share their stories.

"There are currently nineteen million veterans, which is about ten percent of the adult population of this country. There's less than one percent of the population currently serving in active duty," said Oliveira. "It's important to ask veterans to share their stories. Because once they're gone, those stories are gone, too."

"I know it's hard to talk about it sometimes. But it's important so that your legacy can live on," he said.

This year's Veterans Day was marked nationally by a unique opportunity. The Tomb of the Unknown Soldier celebrated its 100th anniversary, and members of the public were allowed to lay flowers at the site on Nov. 9 and 10.

The plaza at Arlington National Cemetery in Virginia is typically reserved for dignitaries and sentinels of the 3rd U.S. Infantry Regiment, who guard the site. The public has not been allowed to walk the plaza in nearly a century. The tomb dates back to 1921, and draws inspiration from the high number of unknown dead that resulted from World War I.

Coverage of the parades and ceremonies can be found via *New Bedford Cable Access*, *Dartmouth Community Media*, *Fairhaven TV*, and *Old Rochester Community Television*.



State Rep. Chris Markey (left) stands with Niccolai Grant, a talent acquisition specialist with the US Navy, who received multiple honors on behalf of Francis Galvin Morey, a World War II veteran who was honored in absentia during Dartmouth's Veterans Day luncheon. The event was co-hosted by Markey and the Dartmouth Friends of the Elderly.



A veteran hands an American flag to a child as the New Bedford parade worked its way down Union Street on Veterans Day.



The Fairhaven Council on Aging honored veterans the center has lost during the past decade: Gilly Alves, George Arruda, Marcel Berube, Al Borges, Ernie Campos, Junior Carreiro, Manuel Cordeiro, Leonard Currin, Lionel Delude, Roger Demanche, Jesse Fisher, Tony Frates, Steve Furtado, Robert Gauvin, Chan Haywood, Ed Kristel, Fred Landry, William Lee, Ted Mach, Charles Meade, Linda Meredith, Abel Monheiro, Mariano Moniz, Victor Oliveira, Henry Olsiewski, Angelo Puente, Gerry Rousseau, Richard Santos, Pete Sirois, Bob Silver, Ernest Souza, Henry Sylvia, Richard Trinidad, Leslie Trott and Stanley Wojcik.