

Senior Scope

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

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Fairhaven COA Director Anne Silvia to Retire

As the director of the Fairhaven Council on Aging, Anne Silvia has coordinated art projects, launched a cooking show and spent the holidays ensuring her neighbors had a meal despite the pandemic. And now she's embarking on a new path: retirement.

Silvia, who has served as the COA director for the past decade, will be retiring in January. The job was posted in late 2020, and the hiring process will continue into the new year. Silvia said that after a candidate is selected, she intends to help the new director acclimate to the center for a few weeks thereafter.

As she prepared for her final weeks with the Fairhaven COA, Silvia sat down with *Senior Scope* to reflect on her experiences working with the community.

"It was a fast ten years, I'll tell you," said Silvia. "Everything changes so much in ten years. Then it goes by and you think where did it go? It was an action-packed, fun-filled ten years."

Prior to working at the council on aging, Silvia spent more than 15 years in long-term care facilities as a licensed practical nurse. After a brief stint working at a substance abuse center, she transitioned to Active Day of New Bedford, an adult day services program, where she worked for a decade.

"That was such a fun job. It was



Anne Silvia, director of the Fairhaven Council on Aging, is planning to retire in early 2022. In this photo from 2019, she admires a finished mural that was created by COA patrons and 8th grade students – one of many projects she's helped to coordinate during her 10 years as director. She credits her vast network for helping to expand programs at the center.

nursing, but it was a lot of hands-on activities. Arts and crafts. Trips. So many fun things," she said. She later became the director of Active Day, where she learned more about resources in the community, which would help her when it came time to lead the COA.

"I had a nursing supervisor a long time ago who said, 'Whenever you leave a job, make sure you take something with you' – and not something like a computer," she laughed. "You learn something and

you take it with you to the next job."

About six months after taking on the COA director role, Silvia launched one of the first of what would become many programs centered around gathering for a meal and socializing. The Single Senior's Supper Club, which at the height of its popularity could draw up to 80 people, was inspired by an article Silvia had read regarding a man based in the Cape who committed suicide.

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World AIDS Day Conference Highlights Decades of Progress

In the four decades since HIV/AIDS emerged as a mysterious new disease afflicting marginalized communities, advancements in treatment and prevention tools have transformed what was once a death sentence into a manageable chronic illness.

Since those early reports in 1981, 700,000 Americans have died from AIDS-related illness, and today advocates, activists and public health experts agree there is still much work to be done.

The South Coast World AIDS Day Conference, held on Dec. 1 at UMass Dartmouth as part of World AIDS Day, provided a sweeping view on the state of the epidemic. The conference was hosted by the New Bedford-based nonprofit, the South Coast LGBTQ+ Network,

in conjunction with the UMass Dartmouth Center for Women, Gender and Sexuality.

The conference explored the history of the crisis through today,

time when the federal government was slow to act.

"Death, sickness and rejection were not the only results of AIDS hitting our community. Darkness brought resilience," said Andy Pollock, president of the South Coast LGBTQ+ Network.

In 1981, medical teams in California and New York identified groups of previously healthy gay men who were experiencing rare, aggressive forms of cancer or lung disease. The following year the Centers for Disease Control and Prevention labeled the disease the acquired immunodeficiency syndrome (AIDS), and in 1984 the cause of AIDS – the human immunodeficiency virus or HIV –



Andy Pollock, president of the South Coast LGBTQ+ Network, highlighted four decades of progress in the fight against HIV/AIDS. [Photo courtesy: David Walega]

and the event was punctuated by the sometimes emotional testimony from grassroots activists who provided relief to citizens of the Greater New Bedford region at a

Continued on page 12

Fairhaven Director continued...

"He left a note, and the only thing on the note was, 'I can't bear to eat one more meal alone.' How many people are in that frame of mind?" said Silvia. She reached out to Philip Beard, the director of Coastline's Nutrition Program, and coordinated to have meals delivered to the center for the new program. As the months went on, and more and more people starting showing up, she quickly realized they weren't just coming for a meal.

"It was about the camaraderie," she said. "They sat at the same tables. It was the same group of friends. I'd be in the kitchen getting food ready, and you could hear them laughing and laughing."

Of course, after the pandemic ushered in the era of social distancing, the supper club went on hiatus, mostly because fitting dozens of people safely in the building became logistically impossible. Silvia said letting the supper club go was a huge decision, but she hopes some day it will return after the pandemic subsides.

Adapting to the pandemic became an unexpected challenge in her final years at the COA. The center, which regularly hosts meals during the holidays, relied instead on volunteers to either deliver packages door-to-door or at drive-through events.

Not long after the pandemic began, Silvia was already coordinating door

delivery during Easter. That continued during the holidays – Veterans Day, Thanksgiving and Christmas.

"We tried to keep spirits up during the whole horrendous COVID year," she said. When it was clear the coronavirus was here to stay, the special holiday deliveries continued into 2021.

Reflecting on the past decade at the council on aging, Silvia said she was thankful for the hundreds of people she has met along the way who supported the patrons of the center, whether they were volunteers, representatives from outside agencies, or those from within the municipality.

"The organizations all throughout the South Coast – the assisted living centers, the agencies that provide home health care, Coastline – the amount of community support that's provided to the COAs is outstanding. We're lucky to have such dedicated people in the community," she said.

She's also thankful for the people who visit the council on aging. She noted that anyone is welcome at the center, not just residents of Fairhaven, which has meant she's met people from all over the state and New England.

"I want to thank them from the bottom of my heart for sharing their life with me," said Silvia. "It's been an amazing gift to have so many new friends. They know where I live – I'm a Fairhaven girl! If they need me, they know where to find me."

Letter from the Editor

Welcome, everyone, to what is technically my first issue of *Senior Scope* as the newspaper's new editor. In reality, this issue is still mostly the work of longtime editor Seth Thomas who has graciously spent the past three weeks showing me how the newspaper is put together and helping me understand the people and organizations who rely on the information we publish here.

His lessons have been enlightening and helped deepen my respect for this paper. Seth's passion for *Senior Scope* and, even more, his commitment to serving all of its readers well, is a high bar for me to reach, but it's one I am excited to work towards. Like Seth, I believe in the mission of niche publications which serve targeted audiences by helping them dive deeper into a topic like aging, while remaining focused on the resources and people within a single geographic region.

I've lived on the South Coast for more than 20 years and for most of that time have been covering local towns and cities at *The Standard-Times*. One of my favorite publications during those years was a business-to-business magazine, that like *Senior Scope*, delivered



the news readers wanted to know each month.

Coming to Coastline, I am getting to meet many new and interesting people as well as reconnect with a few individuals I've collaborated with in the past. I'm excited to dive in to my *Senior*

Scope role and to be able to shape and create a publication that delivers the information, resources, and community news that older adults need.

We live in challenging times when many traditional ways of living and being in the world are shifting, and that includes how we think about and support the aging process. In these pages, we'll continue to give you the content important to helping you navigate older life stages, whether it is for your own journey or that of a family member or loved one.

I look forward to getting to know readers better and learning which parts of the newspaper you rely on most or even what you'd like to see more of. If you're interested in sharing your thoughts, please email me at bperdue@coastlinenb.org or give me a call at 774-438-2729.

Best,
Beth Perdue



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

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



Visit Senior Scope online.

Check out the latest issue or view our archives.

coastlinenb.org/news/seniorscope/

Donations for January 2022

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 Debra King.

—John F. King
\$20

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By Delia De Mello
Social Security



Delia De Mello,
Social Security

We've made getting your annual Benefit Statement even easier. The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form we mail each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from us in the previous year. You can use this information when you file your tax return, as it shows how much Social Security income to report to the Internal Revenue Service.

If you live in the United States and you need a replacement SSA-1099 or SSA-1042S, go online to get your instant, printable replacement form using your personal my Social Security account at www.ssa.gov/myaccount. Look for your replacement SSA-1099 or SSA-1042S for the previous tax year in your personal account after Feb. 1.

If you don't have access to a printer, you can save the document to your computer or email it to yourself. If you don't have a my Social Security account, creating one is very easy to do and usually takes less than 10 minutes.

And that's not all you can do

with a personal account. If you receive benefits or have Medicare, your personal my Social Security account is also the best way to:

- Request a replacement Social Security number card (in most states and the District of Columbia).
- Get your benefit verification letter.
- Check your benefit and payment information.
- Change your address and phone number.
- Change your direct deposit information.
- Request a replacement Medicare card.
- Report your wages if you work and receive Social Security disability insurance or Supplemental Security Income benefits.

If you're a non-citizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income benefits.

If you don't have a personal my Social Security account, you can create one today at www.ssa.gov/myaccount.

Cell Providers will Phase Out 3G Networks in 2022

If you have an older cellphone, you should upgrade your device as soon as possible. Throughout 2022, mobile providers plan to discontinue the 3G network, which was the third generation mobile network that launched in 2001.

Contact your mobile provider or consult your provider's website for more information about their 3G retirement plan and whether your phone, or other connected device, may be affected. It is important to plan now so that you don't lose connectivity, including the ability to call 911.

According to the Federal Communications Commission (FCC), mobile carriers will be shutting down their 3G networks to make room for modern services, including the 5G network. When 3G is shut down, many older cell phones will be unable to make or receive calls and texts, including calls to 911, or use data services.

Mobile carriers will begin phasing out 3G in 2022. The dates listed below reflect the dates when carriers will complete their 3G network shutdown. Some carriers may begin retiring parts of their networks sooner.

- AT&T will finish shutting down its 3G network by February 2022.
- Verizon will finish shutting down its 3G network by December 31, 2022.
- T-Mobile announced that it will

finish shutting down Sprint's 3G CDMA network by March 31, 2022 and Sprint's 4G LTE network by June 30, 2022. It also announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022, but has not yet announced a shutdown date for its 2G network.

If your mobile carrier is not listed here, you may still be affected. Many carriers, such as Cricket, Boost, Straight Talk, and several Lifeline mobile service providers, utilize AT&T's, Verizon's and T-Mobile's networks.

Your mobile service provider may be offering special deals on new devices, including some deals that might include a free cell phone. In addition, although they do not cover the cost of new devices, other FCC programs may be able to assist eligible consumers with the cost of phone or internet services.

The FCC's Emergency Broadband Benefit Program provides a temporary discount of up to \$50 per month toward broadband service for eligible households during the COVID-19 pandemic. You can learn more about the Emergency Broadband Benefit Program by contacting your provider or by calling the FCC at 1-888-225-5322.

To apply online for the Broadband Benefit Program, visit: fcc.gov/broadbandbenefit.



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8 a.m.-8 p.m., 7 days a week (Mon.-Fri. from Apr. 1-Sept. 30).



Or, contact your local representative **Julia Santos** directly at **617-301-1162**

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

Update

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.

Christmas Tree Disposal in New Bedford

Once all the decorations have been removed, here are the options for New Bedford residents.

Christmas tree collection: ABC Disposal will pick up real Christmas trees from Jan. 10 to Jan. 14. During this week only, residents may place trees at the curb by 7 a.m. the weekday after trash and recycling collection. Please note, if your trash is usually collected on Friday, Christmas trees will only be collected along your route on Jan. 10. If your trash is usually collected on Mondays, Christmas trees will only be collected along your route on Tuesday, Jan. 11 and so on. Please remove all ornaments, stands, lights and tinsel. Do not place trees in plastic bags. Property owners may be issued a violation notice if trees are placed at the curb any other time or without decorations removed.

Christmas tree drop-off: Christmas trees can be brought to the following locations.

- E. Rodney French Blvd., beach parking lot. Ends Jan. 14.
- Brooklawn Park, near Pony League Field, enter at Irvington Street. Ends Jan. 14.
- Recycling Center, 1103 Shawmut Avenue, open Monday, Wednesday, Friday, noon to 5 p.m. and Saturday, 7:30 a.m. to 3 p.m.

If you have questions, call the Greater New Bedford Regional Refuse Management District at 508-763-5924.

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.

Until Help Arrives

“Until Help Arrives” is a program that educates and empowers the public to act in an emergency situation before professional help arrives by action. This free training will take place in Acushnet on Jan. 18 from 7 to 9 p.m. Join MEMA and the Acushnet Office of Emergency Management for free training on five key actions to take until help arrives.

The training will occur at the Acushnet Council on Aging. Send an email to Ed Caron, Emergency Management Director, at ecaron@acushnetema.com to reserve a spot.

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; lycslp@gmail.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

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.

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.

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.

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.

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, 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.

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Your Health

Local Walk with a Doc Program Receives National Recognition



Colder weather nor the pandemic were enough to slow down the popular Walk with a Doc program, and recently the group received recognition for its commitment to keeping South Coast residents on the move.

Dr. Michael Rocha, a cardiologist based at Hawthorn Medical Associates who founded the New Bedford Wellness Initiative, was recently featured as a “Walk Champion,” a project of the national Walk with a Doc program. Rocha provided local representation in a video series that highlighted select champions from around the country.

The Walk with a Doc program began in 2005 when Dr. David Sabgir, an Ohio-based cardiologist, wanted to do more for his patients outside of a clinical setting. He organized a walk at a local park, and the event became an immediate hit. The program has since expanded to about 500 chapters around the world.

Locally, Walk with a Doc is a weekly event organized by the New Bedford Wellness Initiative. Rocha believes the “antidote to loneliness is

community,” a belief which inspired him to bring the walking program to the South Coast.

Rocha and a crew of local doctors take turns leading groups of walkers either around Buttonwood Park or, during the winter months, around the Dartmouth Mall. The program began more than five years ago and continues to draw a crowd.

The Centers for Disease Control and Prevention recommends at least 150 minutes of moderate-intensity aerobic activity per week. That could translate into 30 minutes of brisk walking five days a week for 30 minutes. You can even break that up into smaller bouts of exercise. The Walk with a Doc program was designed to not only give the public an opportunity to exercise, it has given them a space to socialize, which has become all the more important during the pandemic.

Below is a transcript of Dr. Rocha’s interview as part of the Walk with a Doc “Walk Champions” series.

Why did you become a Walk with a Doc leader? When you look at health care, unfortunately, what we do is work in *sick* care. Public health should be made a priority, not



Dr. Michael Rocha, pictured with his trombone, was recently featured as a “Walk Champion” by the national Walk with a Doc program for bringing the program to New Bedford.

a second thought, and this is the kind of work that is putting wellness and prevention where it should be.

I think medicine is more than just a profession. It’s a calling and it’s an oath to uphold the things that we’re supposed to be doing. And reaching out to your community is what you’re supposed to be doing.

What have you enjoyed about your Walk with a Doc experience?

When you practice cardiology, you recognize that our pills and procedures are just not enough. [We] get out into the community, where you can meet people where they’re at, answer their questions and provide them with what is probably the best medicine both for their mental and physical well-being: walking.

Some people could say, ‘Well,

you’re just going for a walk. I could do that by myself.’ But these Walk with a Docs take on much deeper meaning because what’s happening is you’ve created community.

One of our participants [had] her daughter push her around the walk in a wheelchair. We’ve had another person in his 90s walk with a walker for about a quarter mile. When you see these folks who show up regardless of what their physical difficulties might be, that’s pretty powerful and those are the things that make you want to keep coming back and certainly inspire me and a lot of other people to keep walking.

Is there anything else you’d like to share? It’s making a difference. What Dr. Sabgir started, I think, has made an impact throughout the world. We’re just really grateful to be part of that.

What’s your favorite topic you’ve discussed at a walk? Music, and music in our health!

Resources

Check out Dr. Rocha’s interview with the national Walk with a Doc program at walkwithadoc.org.

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 has moved to the Dartmouth Mall for the winter. It’s held at 9 a.m. on Saturdays.

Problems Opening Jars? Try these Exercises for Functional Forearms

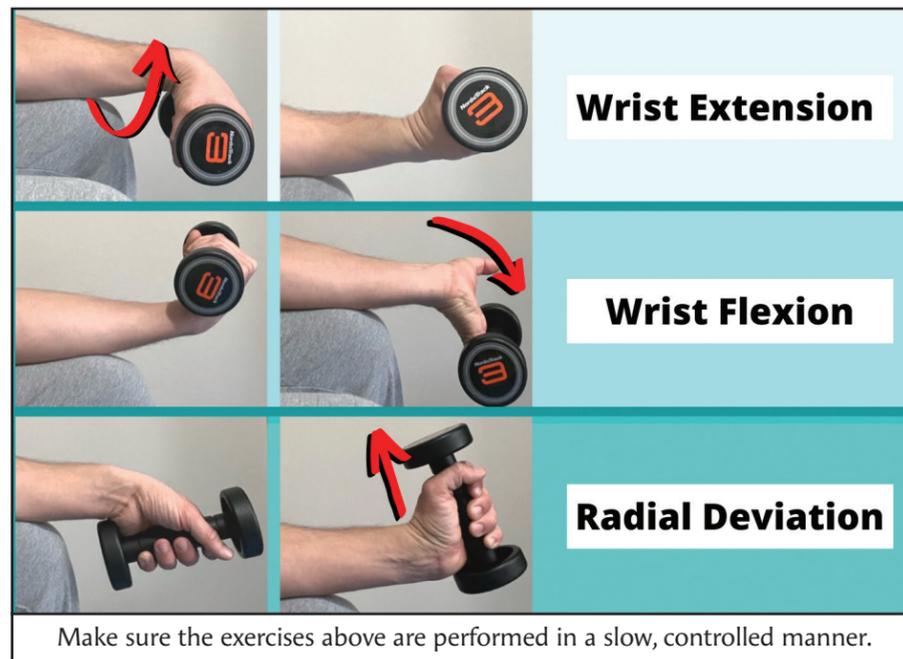
By Cam Bergeron, CSCS
Cam’s Conditioning & Rehab

One of the most important yet neglected muscle groups are the forearm muscles. Every time you move your fingers or wrist, you’re using your forearm muscles.

Many individuals have trouble grasping and opening objects due to improper grip or weak forearm strength. The wrist and hand are very complex joints. Even though the wrist is not a ball and socket joint like the shoulder and hip, it can still perform a large variety of movements with a great range of motion. Keeping these joints mobile and the muscles strong will greatly improve activities of daily living.

One of the major ways that strong hands and forearms will help you in everyday life is opening bottles and cans or picking up heavy objects. If your arms are strong enough to pick up a heavy object, but you are lacking adequate grip strength, then you’ll not be able to hold the object for long. It will start to slip, and you will have to put the object down before it falls.

Resistance training for the forearms will help strengthen your grip and allow you to hold heavy objects for longer periods of time. Radial deviation and ulnar deviation are the actions that allow you to open bottles and cans. These are scientific terms for the lateral



Make sure the exercises above are performed in a slow, controlled manner.

flexion of the wrist, or moving the wrist left and right.

Forearms should be exercised two to three times per week in order to keep them strong. I’ve provided a few forearm and wrist exercises below. Besides the resistance training exercises I’m showing, you can also perform a few functional exercises as well.

One of the biggest functional exercises is opening and closing different sized bottles and jars. Loosen a soda bottle, then tighten it. Try to give it a really good tightening so you can work the opposing muscles used in opening it. Perform 10 to 15 reps each way,

on each hand. After you perform those repetitions with a soda bottle, then move onto a pickle jar or something of the sort.

These functional exercises can be even more beneficial than normal resistance exercises because they mimic the exact motion you perform during activities of daily living.

Wrist Extension: Sit in a chair, back flat, weights in hands. Pivot forward at the hips, resting forearms on thighs, palms facing down. Breathe out, bring knuckles upward and toward you as much as you can without forearms coming off the thighs. Breathe in, let hands return

back to start position. Perform 12-15 repetitions, wait 30 seconds. Perform one more set of 12-15 reps.

Wrist Flexion: Sit in a chair, back flat, weights in hands. Pivot forward at the hips resting forearms on thighs, palms facing up. Breathe in, let hands drop and fingers open as much as possible without the weights dropping. Breathe out, curl fingers and move hand upward and toward the body, as much as you can without forearms coming off thighs. Perform 12-15 repetitions, wait 30 seconds. Perform one more set of 12-15 reps.

Radial Deviation: Sit in a chair, back flat, weights in hands. Pivot forward at the hips resting forearms on thighs, palms facing inward. Breathe out, bring thumb up and towards the body, as much as you can without forearm coming off thighs. Breathe in, lower hand back down. Perform 12-15 repetitions, wait 30 seconds. Perform one more set of 12-15 reps.

Resources

Dartmouth Community Media (DCTV) has recorded several exercise classes with Cam. 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.

CDC: Get the COVID-19 Booster Now

On Nov. 29, the CDC strengthened its recommendation on booster doses, stating that everyone who is able to receive the booster dose should do so. Adults who received either the Pfizer-BioNTech or Moderna vaccines are eligible for a booster shot at least six months after their second dose. Those who received the single-shot Johnson & Johnson vaccine are eligible to receive the booster two months after

the initial shot.

According to the Centers for Disease Control and Prevention, you may choose the booster shot you receive regardless of which of the three authorized vaccines you received initially.

During the week of Thanksgiving, public health experts identified a new variant of COVID-19, called Omicron, which may spread faster than previous

variants. The variant was first identified in Massachusetts on Dec. 4, according to the state's public health department. As more details emerge about the new variant, public health experts are urging the public to act now.

The CDC recommends those who are unvaccinated to receive the shot to help stop the spread of the virus and to prevent severe illness or death. Those who are unvaccinated or

have a weakened immune system are advised to continue to wear masks in indoor public settings.

If you need help getting an appointment for the vaccine or a booster shot, visit vaxfinder.mass.gov or call 2-1-1. For in-home vaccinations, call 833-983-0485. For the latest updates on COVID-19, contact 2-1-1 or your local health department.

CDC: Reciba ya la dosis de refuerzo de la vacuna contra el COVID-19

Translations by Southcoast Health

El 29 de noviembre, los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés), reforzaron su recomendación sobre las dosis de refuerzo, afirmando que todas las personas que puedan recibir la dosis de refuerzo deberían hacerlo.

Los adultos que recibieron la vacuna Pfizer-BioNTech o Moderna pueden recibir una vacuna de refuerzo al menos seis meses después de su segunda dosis. Aquellos que

recibieron la vacuna de una sola dosis de Johnson & Johnson pueden recibir el refuerzo dos meses después de haber recibido la vacuna inicial. De acuerdo con los Centros para el Control y la Prevención de Enfermedades, usted puede elegir la vacuna de refuerzo que reciba independientemente de cuál de las tres vacunas autorizadas haya recibido inicialmente.

Durante la semana de Acción de Gracias ("Thanksgiving" en inglés), los expertos en salud pública identificaron una nueva variante de COVID-19,

denominada Omicron, que puede propagarse más rápidamente que las variantes anteriores. La variante se identificó por primera vez en Massachusetts el 4 de diciembre, según el departamento de salud pública del estado. A medida que surgen más detalles sobre la nueva variante, los expertos en salud pública instan al público a actuar ya.

Los CDC recomiendan a quienes no están vacunados que reciban la vacuna para ayudar a detener la propagación del virus y prevenir enfermedades

graves o la muerte. Se aconseja a quienes no están vacunados o tengan el sistema inmunitario debilitado que sigan utilizando mascarillas en lugares públicos cerrados.

Si necesita ayuda para obtener una cita para la vacuna o un refuerzo, visite vaxfinder.mass.gov o llame al 2-1-1. Para la vacunación a domicilio, llame al 833-983-0485. Para las últimas actualizaciones sobre COVID-19, póngase en contacto con el 2-1-1 o con su departamento de salud local.

CDC: Apanhe o Reforço do COVID-19 Agora

No dia 29, o CDC fortaleceu a sua recomendação nas doses de reforço, mencionando que todas as pessoas as quais estão aptas para receber a dose de reforço que o deverão fazer.

Adultos os quais receberam ou a vacina da Pfizer-BioNTech ou a Moderna estão elegíveis para a vacina de reforço pelo menos seis meses após terem recebido a sua segunda dose. Aqueles que receberam uma só vacina da Johnson & Johnson estão elegíveis para o reforço

dois meses após a vacina inicial.

De acordo com os Centers for Disease Control and Prevention, pode escolher a vacina de reforço que recebe independentemente de qual das três vacinas autorizadas que recebeu inicialmente.

Durante a semana do Thanksgiving, especialistas de saúde pública identificaram uma variante nova do COVID-19, chamada Omicron, a qual poderá espalhar-se mais rapidamente do

que as variantes anteriores. A variante foi primeiro identificada em Massachusetts a 4 de dezembro, de acordo com o departamento de saúde pública. Conforme detalhes emergem sobre a nova variante, os especialistas de saúde pública estão urgindo o público a atuar agora.

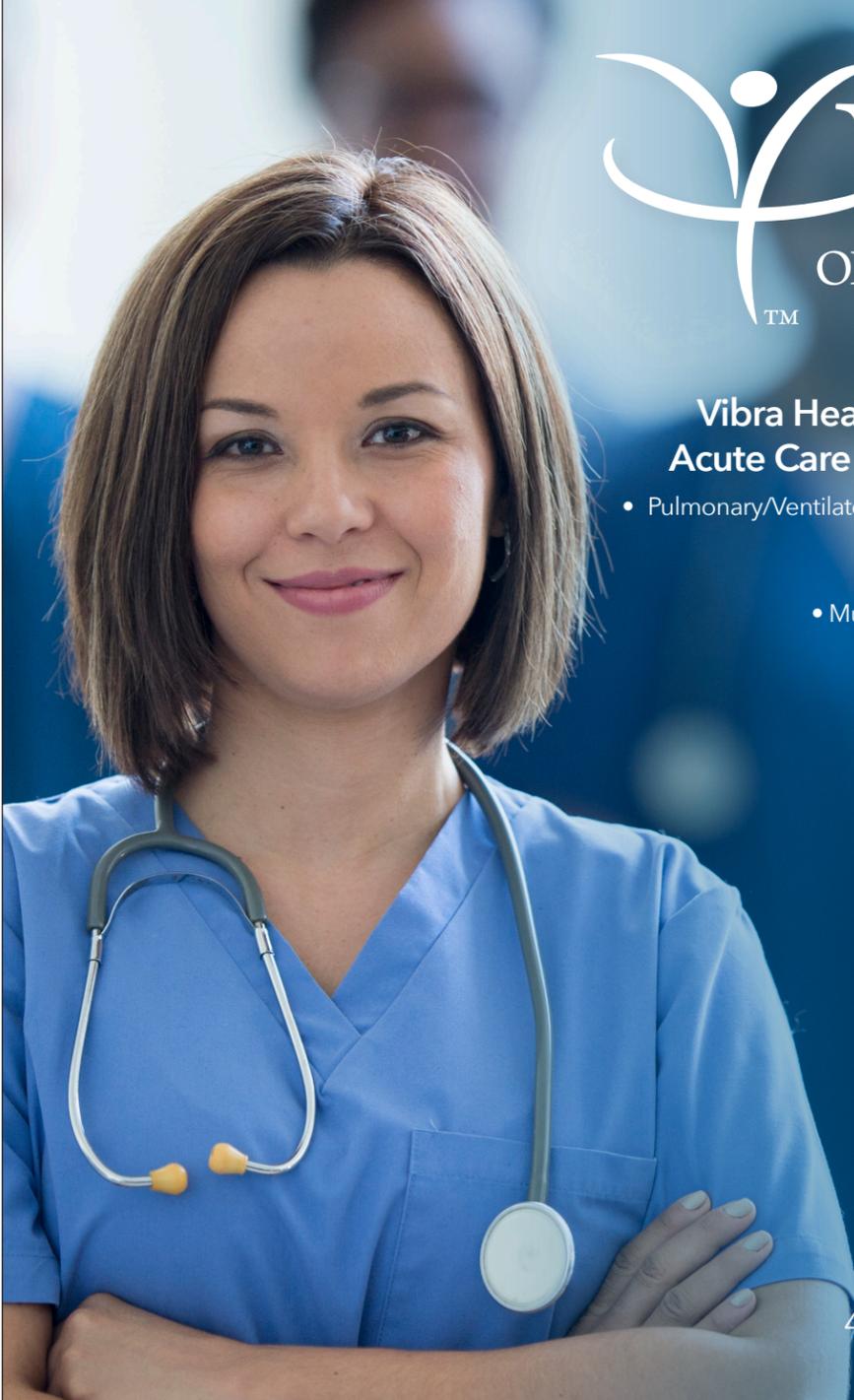
O CDC recomenda aqueles que não estão vacinados a receberem a vacina para ajudar a parar com o espalhar do vírus e prevenir contra doença grave ou morte. Aqueles que não estão vacinados

ou tem um sistema imune fraco, são aconselhados a continuar a usar a máscara em ambientes públicos fechados.

Se precisa de ajuda para marcar um apontamento para a vacina ou o reforço, visite vaxfinder.mass.gov ou chame 2-1-1. Para vacinas em casa, chame 833-983-0485. Para as informações mais recentes sobre o COVID-19, contate 2-1-1 ou o seu departamento de saúde local.

Translations provided by:

 Southcoast Health





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How to Talk About Your Loved One's Cognitive Impairment

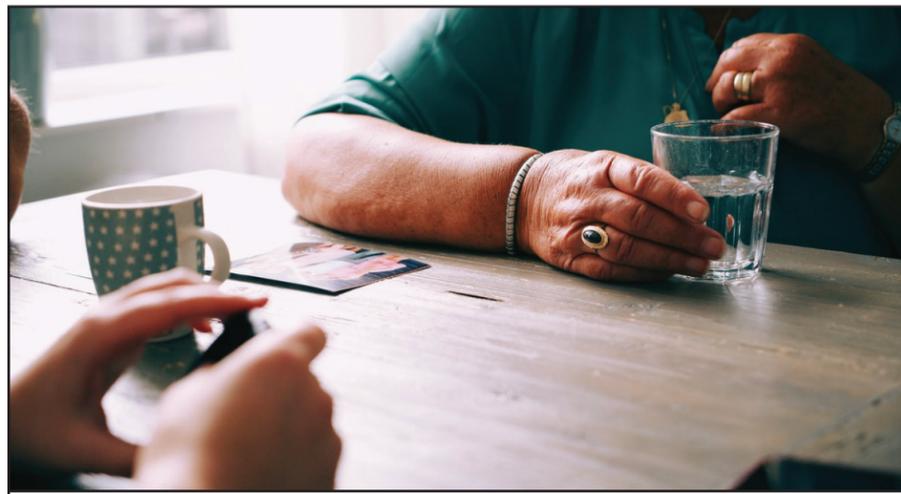
When you suspect that a loved one may be displaying some early signs of a cognitive impairment, it can be difficult to confront that person with your concerns. Exactly how you broach that initial conversation can depend, in part, on your relationship to the person or your family dynamic.

However, Carolyn Lazaris, a community educator with the Alzheimer's Association and co-facilitator of Coastline's Savvy Caregiver Program, said the most important step you can take is finding the fortitude to actually have the conversation.

Generally, having a conversation early on – when you first notice the changes in your loved one – can help you avoid a crisis later.

“Oftentimes, what happens with a crisis is that it takes away some options we might have otherwise had,” said Lazaris. She said it's also important to have the conversation sooner rather than later because it enables your loved one to become part of the decision-making process, to voice their wishes, and to talk about what matters to him or her.

Plan to talk: There are plenty of reasons why you may hesitate to break the ice. You may try to rationalize or downplay some of your loved one's cognitive changes. You may be concerned that broaching the subject at all will anger them. But once your loved one's memory, language or



The most important part of having a difficult conversation is actually having it. Discussing your loved one's memory issues sooner rather than later will give you more options.

judgment skills begin to interfere with daily life, it's time to talk.

“We're much more likely to have successful conversations when we strategize about ways to start that conversation,” Lazaris said.

Before sitting down to talk, you may want to write notes detailing instances when you've noticed changes in your loved one's cognition. Think about how you're going to start the conversation – and where you're going to have it. Consider how the other person might feel in that situation, and practice ahead of time. Lazaris also recommends having the conversation in the morning.

“For a person with a cognitive impairment, they're working really hard all day long to stay focused and get things done and not let anyone know they're having trouble,” she

said. “By the end of the day, they're exhausted. So that's not the time to talk because they might shut you down.”

Encourage your loved one to seek professional help: After talking to your loved one about the changes you've been noticing, there are some other topics to consider. Encouraging your loved one to have a medical evaluation should be a top priority. For starters, an evaluation could help determine if the cognitive issues are actually dementia or if they're occurring due to another condition.

“It could be as simple as a vitamin deficiency, a [urinary tract infection] or the wrong kind of medication. You want to get an assessment because there may be something that could be corrected,”

said Lazaris. “What happens, though, is that there is fear and stigma attached to going to the doctor to get assessed. But it's important to have that diagnosis.”

If you're worried that your loved one may downplay their cognitive changes with their health care provider during a routine exam, you may want to consider writing a note to the doctor.

You can talk to each health care provider about signing a HIPAA authorization form, which will enable them to discuss your loved one's medical information with you. (The HIPAA form is different than a health care proxy, which is only activated when a patient can no longer make his or her own decisions.)

Reach out: Lazaris said it can be challenging to know where to turn, which is why it's important to connect with your local council on aging or Coastline to know what options are available. Even if you are the sole caregiver for your loved one, she said you are not the only person on your care team.

Resources

The Mattapoissett COA will be hosting another presentation about memory loss on Jan. 18 at 1 p.m. Registration is required. Call 508-758-4110. Coastline will be hosting another session of its Savvy Caregiver program in spring 2022.

Financial Fraud a Growing Concern

In an age when financial fraud appears to be on the rise, especially for older adults, it's good to know there are knowledgeable people available to help elders maintain good financial health.

Statistics on how prevalent fraud is for older adults can be hard to find, but some estimates, like this one from the FBI, put the financial loss at \$1 billion for Americans over age 60. And the numbers seem to be growing, with that 2020 amount being as much as \$300 million over losses reported in 2019, according to the FBI. Recognizing the problem, the Bristol County DA created an Elder Abuse and Exploitation unit to handle these cases.

At Coastline, the Money Management Program is one way adults over age 60 or people with a disability can receive help. The program, which celebrated its 30th anniversary in 2021, works with volunteers who offer assistance for creating a budget, paying bills, reducing debt or finding local support services.

Through MMP, volunteers like Grace Rose and Scott Baker have been working one-on-one with clients and helping them navigate challenging financial waters. Baker, for example, currently works with a client who enjoys donating to other organizations. It can be difficult to say no to her, he said, but part of his MMP role is to help her be certain that the organizations she is giving to are authentic.

For Rose, one of her favorite moments from 12 years of volunteering in Coastline's MMP was when she helped save her client from losing all of their bank savings. She had been helping a woman pay her bills when she was contacted about possible unauthorized access to the woman's bank account.

When she investigated, she discovered her client had received a call from scammers and, during the conversation, had been convinced to give out her bank information. If the bank had not been suspicious, the client might have lost her life savings.

“It felt good that it didn't happen to her, but then you realize what could have happened,” Rose said, recalling the incident as both an uplifting and frightening experience.

Coastline's MMP program is one of 21 throughout the state, all overseen by coordinator Carrie Haskell. Speaking at Coastline's volunteer awards event in December, Haskell told volunteers that the assistance they provide really matters because they are helping with such an important, sometimes frightening, topic.

“You go into people's homes and you talk about their money,” she said. “That's so personal. That's so emotional. And I think that lends itself to the longevity of some of our volunteers. You get to see every day the change that you're making in someone's life.”



MMP Coordinator Carrie Haskell



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Your estate plan is designed to reach your goals based upon the circumstances of your life, your family and your assets at the time it is created. When one of those things change, it may mean that aspects of your estate plan need to be revised.

Estate Plans Should Be Reviewed Every 3 to 5 Years

By Michelle Beneski, Esq.
Surprenant & Beneski, P.C.

The following case study by Attorney Michelle D. Beneski illustrates why estate plans should be reviewed every three to five years. The names and details have been changed but this is a real-life situation that came through our office recently.

Sally wanted her home to go to her daughters, Kathy and Katie, at her death. She did not want the property to have to go through the probate process, which is a common goal people have when defining their estate plan. Transferring a home to your heirs through the probate process usually costs between \$3,000 and \$5,000, and it can take up to a year to complete the process.

In 2014, Sally had the deed to her home re-drafted to maintain her right to live in the home and the right to sell it or give it away during her lifetime. The re-drafted deed also stated that if no additional changes were made to the deed during her lifetime, that at her death the home would automatically become Kathy and Katie's. In that scenario, there would be no need for a probate at Sally's death to transfer the home to Kathy and Katie.

Sally died in 2021, and, as planned, her house transferred automatically to Kathy and Katie. There was no need to probate Sally's estate. Perfect right?

Well, not really. You see, Kathy died in 2016. Now the home is owned by Katie and the deceased Kathy. Katie can't sell the house because the other owner is dead. In order to sell Kathy's share, her estate must be probated. If

Sally had completed a review of her estate plan every three to five years, this problem could have been brought to Sally's attention.

Sally would have been advised to change the deed to leave the home to only Katie. At Sally's death, Katie would have had the home immediately transferred to her, outside of probate. Then she would have been free to sell the home immediately.

They say the only thing that doesn't change in life is death and taxes. Your life, your family, your assets all change over time. Your estate plan is designed to reach your goals based upon the circumstances of your life, your family and your assets at the time it is created. When one of those things change, it may mean that aspects of your estate plan need to be revised.

By having your estate plan reviewed every three to five years, you increase the chances that your plan will work as you intended.

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State to Offer Free Training for Home Care Aides

Are you looking for a job that is meaningful, flexible and rewarding? The Commonwealth of Massachusetts is now offering the Personal and Home Care Aide State Training (PHCAST) online. This free, virtual and self-paced training is for anyone interested in becoming a community-based home care worker.

Home care aides are an integral part of the in-home care team. They provide services that support older adults and persons with disabilities to thrive and live in their homes and communities, as well as to make decisions about their care and lifestyle.

PHCAST is a self-paced, video-

based, 11-module online training program. You can complete each module from your home computer or smartphone. You will learn about the roles and responsibilities of a home care aide, including skills like active listening, nutrition planning, housekeeping, working with consumers and more.

Whether you are looking to change jobs or start a new career, the PHCAST training is the next step to your community-based, in-home health care career. All you need is a computer, tablet or smartphone with internet access and a valid email address. For more information, and to sign up for the program, visit mass.gov/PHCAST.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

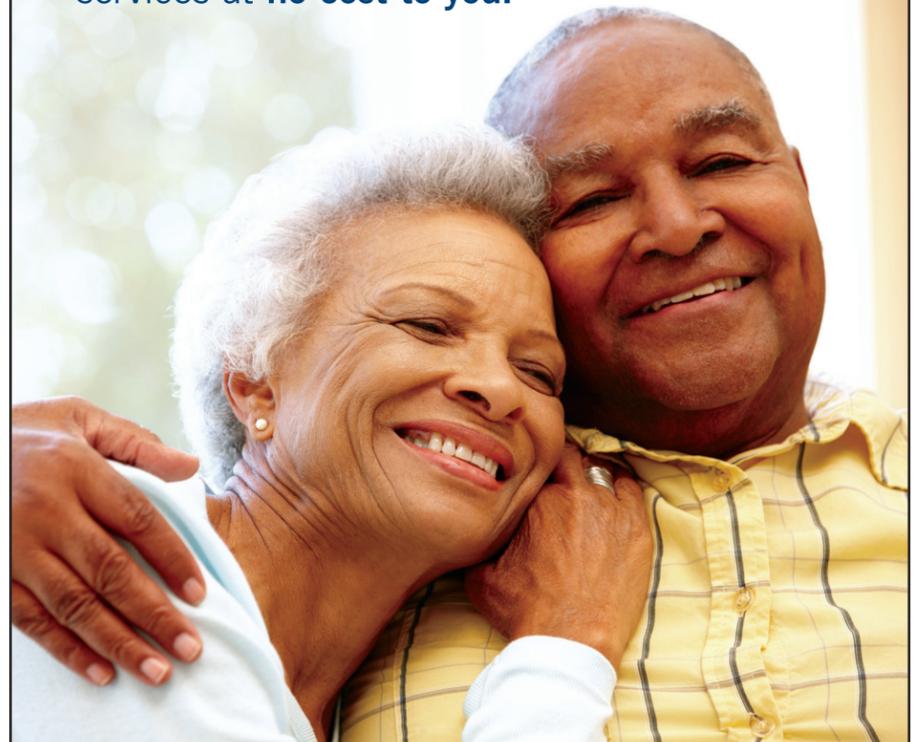
- The Wright Brothers originally ran what kind of business?
A.) Bicycle repair & design store B.) Architecture
C.) Steam engine design D.) Automobile manufacturing
- An “octothorpe” refers to which popular social media symbol?
A.) Hashtag B.) Emoji C.) User tag D.) Stop sign
- What is the name of the law that created prohibition?
A.) Dry Act B.) Lemonade Act
C.) Wilson Act D.) Volsted Act
- Which of the following is NOT a fish?
A.) Jellyfish B.) Lungfish C.) Seahorse D.) Eel
- How many bones does a shark have?
A.) 27 B.) None C.) 98 D.) 252
- What TV show's intro song mentions a place “where everybody knows your name?”
A.) Happy Days B.) Andy of Mayberry
C.) Sesame Street D.) Cheers
- When two primary colors are mixed together, they form what?
A.) Secondary colors B.) Complementary colors
C.) Analogous colors D.) Tertiary colors
- Where are the three smallest bones in the body located?
A.) Nose B.) Foot C.) Hand D.) Ear
- What is the oldest known board game?
A.) Checkers B.) Chess C.) Senet D.) Backgammon
- What famous leader said, “We will fight on the beaches?”
A.) Franklin D. Roosevelt B.) Winston Churchill
C.) Charles De Gaulle D.) George S. Patton

[Answers listed on page 11]

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Reduce Inflammation through Diet and Lifestyle Choices

When you cut your finger, your body will send blood and white blood cells to the injury, leading to swelling and redness around the affected area. That natural response is a form of inflammation.

“We think of inflammation as a negative term, but we actually need inflammation in our bodies because it’s part of the healing process,” said Stephanie Boulay, a registered dietitian with Coastline.

That process, called acute inflammation, will help the body respond to an injury across a relatively short period of time or help your body fight off an infection. While acute inflammation is short-term and localized, there’s another form of inflammation, called chronic inflammation, which lingers and is systemic.

“Chronic inflammation goes throughout the entire body. The problem is that the immune system is triggered, but there isn’t actually a problem,” said Boulay.

There are numerous causes of chronic inflammation. It could be caused by an untreated infection or an injury, or caused from an autoimmune disease, such as lupus or rheumatoid arthritis. Over time, long-term inflammation can damage your cells or organs, and Boulay said it has been linked to heart disease, diabetes and certain cancers.

She cautioned that with low-grade inflammation, you may not



Salmon, tuna, sardines, anchovies are all sources of protein and heart-healthy fat. If you’re on a budget, canned fish is a great option. Try to add two servings of fish every week. A serving of fish is 3 to 4 ounces, or about the size of the palm of your hand.

experience any symptoms, making it hard to catch. However, there is a blood test that can check the body’s level of CRP (C-reactive protein), which increases with inflammation.

In addition to looking at a person’s CRP levels, diet and certain lifestyle choices may also be the source of chronic inflammation throughout the body, including smoking, alcohol, obesity and chronic stress.

Boulay noted that following an “anti-inflammatory” diet is not too far off from the popular Mediterranean diet, which incorporates plenty of fruits and vegetables, foods rich in omega-3 fatty acids and whole grains. It

also means avoiding processed or prepared foods that are often loaded with salt, sugar and fat.

When it comes to protein, the Mediterranean diet incorporates very little red or white meat. Instead, the diet encourages a moderate amount of fish as well as beans and nuts throughout the week. Boulay said 3 to 4 ounces of fish twice a week is a good goal, as well as a handful of nuts and seeds each day (or about 1 ½ ounces). A cup of beans twice a week is also recommended.

“Beans are unsung heroes,” she said. “They’re relatively inexpensive. They’re a great source of fiber. They’re loaded with

vitamins and minerals. And they can stay in your pantry for a long time.”

While adding more fresh, simple foods to your diet may sound easy in theory, actually making changes can be an uphill battle, which is why Boulay recommends making one change at a time.

For example, if you’re accustomed to starting your day with a sweet, sugary cereal, you could try swapping that out for oatmeal with blueberries a couple times a week. Having a regular side salad with lunch is another way to add more fresh produce to your diet. If you’re the kind of person who cooks with butter all the time, you could try using olive oil instead.

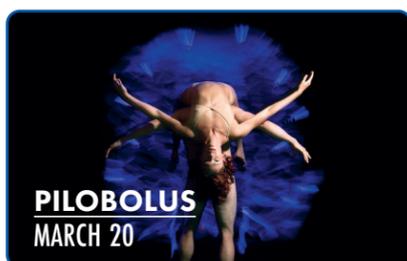
“It’s about incorporating one change over time. You’re going to be a lot more successful if you start slow rather than doing something drastic,” she said. “It’s about looking at your diet as a whole – incorporating more healthy fats, having less sugar and processed foods.”

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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On Dec. 23, Coastline employees visited some residents at Tripp Towers, handing out gifts that were prepared by Brahmin and the United Way of Greater New Bedford.

South Coast Gets into the Holiday Spirit

The generosity of countless people throughout the South Coast brought some much-needed holiday cheer to the public as the second year of the pandemic came to a close.

Days before Christmas, Brahmin assembled and packaged gifts for older adults, which were delivered to Coastline via the United Way of Greater New Bedford. Coastline employees visited residents in Santa hats at Tripp Towers on Dec. 23 to deliver the gifts.

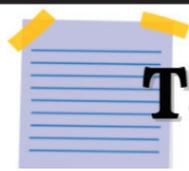
On Christmas Day, the region’s Jewish Community delivered meals to older adults and the homeless. The Jewish community solicits donations ahead of the holiday season to purchase food prepared by the Bristol County Sheriff’s Department, and the meals are delivered to the Holy Name of the

Sacred Heart of Jesus Church.

In years past, meals were both assembled for delivery and served at the parish hall behind the church. This year, the meals could not be served on-site due to the pandemic. Instead, volunteers transformed the space into an assembly line as they dished up hot meals. Nearly 250 packages were delivered that morning, and leftovers were distributed to the homeless.

“I’ve been doing this since I was in the second grade with my mom and with the Jewish community here in New Bedford,” said Lori Preston. “And now I come down with my family from Brookline to do this every year with my son, Alex, who’s 7, and my husband, Sean. Giving back is part of what it is to be Jewish. We call it tzedakah – charity and doing for others.”

Councils on Aging



Take note:

As this issue went to print, some of the Councils on Aging announced they were closing temporarily due to a surge in COVID-19 cases. Contact your local COA for the latest updates and for more information. Stay safe out there!

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.

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.

DeRossi Family Concert: Back by popular demand! Jan. 10 at 1 p.m. Join Barry and Judy DeRossi while they entertain us with their musical talents. This concert is free, but you must RSVP at 508-998-0280.

Tranquility Zone with Bertha Petruski: Jan. 17 at 12:15 p.m. Free, new members always welcome.

Until Help Arrives: Free training in Acushnet on Jan. 18 from 7 to 9 p.m. Join MEMA and the Acushnet Office of Emergency Management for free training on five key actions to take until help arrives. This event will be held at the Acushnet Council on Aging. Send an email to Ed Caron, Emergency Management Director, at ecaron@acushnetema.com to reserve a spot.

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

Seashell Painting Class: Jan. 24 at noon. Join K&A Creations for this fun, new class. All supplies will be provided; just bring a sense of humor. Class size limited to the first 12 to register. \$5/per person due at time of registration. In case of inclement weather, the class will be rescheduled.

Hip Hop Dance Chair Exercise: New monthly exercise class starting in March. Travel through time and space on the Soul Train and chair dance to clean hip hop music. Free, but you must preregister at 508-998-0280. Funded, in part, by the Acushnet Cultural Council.

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. 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.

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

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

CLOSURE: In light of the increase in COVID-19 cases due to the Omicron variant and holiday gatherings, the Dartmouth Council on Aging will be suspending programs, classes and the congregate meal site through Jan. 18, 2022. The Dartmouth COA will continue to provide outreach services and transportation to medical appointments by appointment only. Our offices will continue to remain open for routine administrative operations. Please call the COA directly if you have any questions at 508-999-4717. The regular classes listed below may be affected by the temporary closure. Call for more info.

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

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

Visiting Dental Hygienists Clinic: Call 508-827-6725 for info.

New Resistance Bands with Larry: Wednesdays at 1 p.m. Bands provided. \$2. 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.

Tai Chi: Tuesdays 9 to 10 a.m. Eight-week session \$30. Drop in for a free class.

Dance for Parkinson's: Mondays from 10:30 to 11:30 a.m. Participants are empowered to explore movement and music. Walk-ins welcome. Free.

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.

CLOSURE: The Fairhaven will be temporarily closed due to COVID-19 through the first part of January. The regular classes below may be impacted by the temporary closure. Call the Fairhaven COA for more info at 508-979-4029.

Computer Class: Mondays and Wednesdays from 9 to 10:30 a.m. Must register for class. First session starts Jan. 3.

February Trips: Feb. 2 - Plainridge Park Casino; Feb. 9 - Warwick Mall; Feb. 16 - South Shore Plaza; Feb. 23 - Hyannis Mall, Xmas Shop, Trader Joes & Whole Foods.

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@mobiledentalhygiene.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.

Sewing Circle: Wednesday evenings from 5:45 to 7:45 p.m.

MahJongg: Tuesdays, 10 a.m. to 2 p.m. MahJongg is a rummy-style game that uses MahJongg tiles instead of playing cards.

Community Nurse Caregivers Support Group: Free respite, first Wednesday of month from 1 to 2 p.m.

Reassurance Program: A free service for elders wanting a daily telephone check-in with a responsible person, ensuring all is well.

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.

Art For Your Mind with Jill Sanford - Cityscapes: Jan. 10 at 1 p.m. Catered lunch (shepherd's pie) served at noon. Must RSVP at 508-748-3570. A suggested donation of \$5 is requested to cover the cost of the luncheon.

Technology Series with Home PC Help Desk: Jan. 11 at 1 p.m. Dave Vieira will give tips on ways to remain safe with your computer and phone. Also covered will be how to use Zoom confidently.

Van Gogh Immersive Exhibition: Jan. 13 at 9 a.m. Tickets are \$34.99 per person and must be paid at time of sign-up. Reservations must be made by Jan.

Continued on Page 11

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6. Call 508-748-3570. Lunch will be an additional cost at an area restaurant.
Veterans Breakfast Social: Jan. 18 at 9 a.m. Come together with some coffee and conversation over breakfast. Open to Veterans and Active Duty Service Members. Call 508-748-3570 to register.
Cooking Demonstration with Linda Medeiros: Jan. 18 at noon. Join us for a lunchtime cooking demonstration with Linda Medeiros. Learn how to prepare a quick and nutritious salad and also a healthy dessert. There is a \$5 suggested donation for this program. Call 508-748-3570 to register.
Make Your Own Seasonings: Jan. 28 at 1 p.m. Looking to spice up your life? Participants will create their own custom seasoning mixes to take home while learning about the health and flavor benefits of various spices. Everyone gets one bottle of their customized spice blends and several packets. \$10. Payment due at time of sign up.
Bingo: Jan. 31 at 1 p.m. Try your luck in this game of chance. Cost to play is \$5 for a standard pack of play, \$1 coverall and \$1 for 50/50 game.
Soup's On: Register 48 hours in advance, call 508-748-3570. Please consider a \$5 donation. You will have the option to dine in or take out. Dine in served at noon; take out served at 12:30 p.m. Jan. 6 - Chili; Jan. 13 - Broccoli Cheddar; Jan. 20 - Black Bean Sausage; Jan. 27 - Mushroom Bisque.
Memory Café: Wednesdays from noon to 2 p.m. Start the afternoon enjoying lunch and conversation with some new and old friends and then take in some music, play a friendly game or a different form of entertainment something new each week. Please register to attend by calling Linda at 508-748-3570.

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.
Early American Colonial Painting: Jan. 5 at 12:30 p.m. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! Explore a selection of simple, straight-forward paintings by self-taught artists while learning to recognize their unique style in the context of this transitional time-period in America's history. Register at 508-758-4110 or email to: coadirector@mattapoissett.net.
Effective Communication/Dementia: Jan. 18 at 1 p.m. More than just talking and listening, effective communication is about sending and receiving messages through attitude, tone of voice, and body language. Learn about problems one may expect to see during the progression of the disease. Live presentation by Carolyn Lazaris of the Alzheimer's Association. Q&A follows. Pre-registration required by calling 508-758-4110.
Movie & Pizza: Jan. 26th at 12:15 p.m. Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, RESPECT is the remarkable true story of the music icon's journey to find her voice. Pizza \$1/slice. Prepay and registration required.
Painting Party: Feb. 9 from 2-4 p.m. Cost: \$20* includes all supplies. Registration with payment required. Instructor: Lidia Medeiros. No experience needed. Bring a friend! Anyone 18+ can join. *Matt residents, contact Jackie @ COA if cost is a challenge.
Knitting: Mondays at 10 a.m.
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 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

CLOSURE: The Buttonwood Senior Center has closed temporarily due to a holiday surge in COVID-19 cases. For updates and assistance, contact the New Bedford Council on Aging at 508-991-6250. The City of New Bedford intends to announced when Buttonwood will reopen on its website and social media

accounts. Follow the City on Facebook at: facebook.com/CityofNewBedford.
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.
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.
How To Make Adaptations to Your Home: In recognition of National Bath Safety Month, Oakley Home Access will be visiting the Rochester COA on Jan. 19 at 10:30 a.m. They will be giving us a presentation on how to make physical adaptations to your home that are necessary to ensure your health, welfare and safety as you age. Everyone who attends this presentation will be given a raffle ticket. At the end of the presentation, we will conduct our raffle and one lucky winner will receive \$50 in gift cards to Lloyd's Market located at 4 Hartley Road in Rochester.
Podiatrist: Dr. Sarah Desrosiers, Jan. 20. Call for appointment, 508-946-1444.
Monday Lunches: Please register at the front desk for Monday Lunches or call 508-763-8723 or email at: epoulin@townofrochester.com.
Coin, Stamp & Postcard Club: Every second Monday of the month at 9 a.m.
Fitness Room hours extended: The Fitness Room is now open Monday through Friday from 9:30 a.m. to 4 p.m.
Tai-Yo-Ba: Every Monday at 11:45 a.m. Participants will be mentally engaged the whole time to increase activation from brain to body. Exercises will be performed seated and standing. Any exercise can be modified to suit your needs.
Tai Chi & Qigong: Mondays at 3 p.m. with instructor Colman Fink.
Step & Stretch Exercise Group: Held Tuesdays and Thursdays at 2 p.m.
Line Dancing: Held Tuesdays and Fridays at 9:30 a.m.
Ballroom Dancing: Wednesdays at 10 a.m.
Beginner Line Dancing Class: Every Tuesday at 12:30 p.m.
Barre-Balance-Stretch: Thursdays at 12:45 p.m. with Marsha Hartley.
Chair Yoga: Fridays at 11:30 a.m. with Marsha Hartley.
Bingo: Held on Mondays at 1 p.m., Wednesdays at 12:30 p.m., and Fridays at 1 p.m.

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 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.

January 2022 Trivia Quiz Answers

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

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Community

Proposed Housing to Create Options for Older Adults

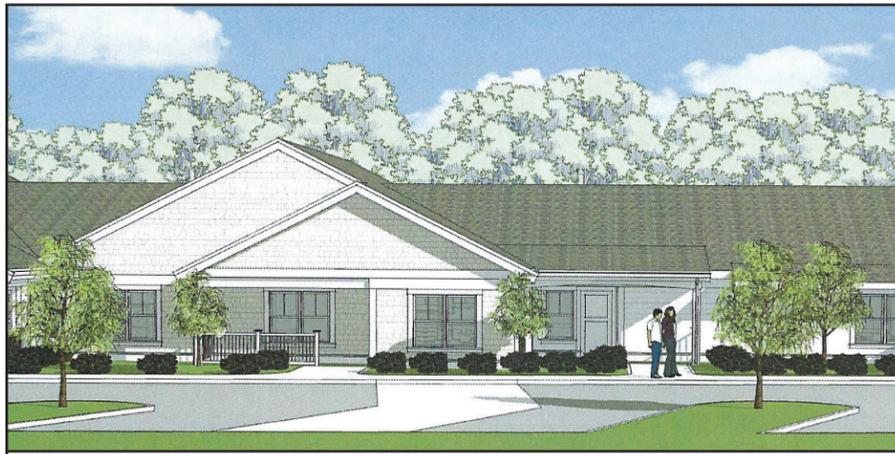
A proposed housing project in Dartmouth is receiving \$275,000 in MassWorks funding to help it create a 10-unit building for older adults with mental or behavioral health challenges.

The building will be the first in town specifically tailored to those who receive mental health services, an accomplishment Dartmouth Housing Authority Executive Director Connie Desbiens calls a dream and a really big milestone for the authority.

“Aging-in-place is probably one of the biggest goals of housing authorities and it’s nice to have tenants able to go from here to there to there,” she said, referencing the group of senior housing buildings on Anderson Way in town. “The population is aging and there’s just not enough housing to meet those aging needs.”

The \$3.9 million project is still securing necessary funding and has about \$1 million to go before being able to break ground, Desbiens said. But she is hopeful that a Community One Stop grant submitted to the state, plus additional funding requests will make the project a reality.

Named the Mendes Monteiro House, for two lifelong advocates of housing in Dartmouth, the project is a partnership with the state Department of Mental Health whose aging residents are having difficulty negotiating multi-level DMH buildings.



A proposed Dartmouth Housing Authority project on Anderson Way will create aging-in-place options for older adults with mental and behavioral health needs. The 10-unit housing project received MassWorks funding recently to support infrastructure needs.

“DMH (has) a lot of multi-family, multi-floor buildings that they house their people in and what’s happening is that, as these folks are aging, they can’t do the stairs, so they become isolated,” Desbiens said. “So this is going to be something that we can place them all on the same level so they don’t have to worry about not being able to leave the house if they can’t do stairs.”

In a Dec. 16 grant award ceremony at the project site, Lt. Gov. Karyn Polito praised the housing authority for the 24/7 fully-supported housing program that will allow older adults to age in place.

“There aren’t a lot of these in the Commonwealth,” she said.

The MassWorks funding will be used for infrastructure needs

including underground utilities, sidewalks, and lighting.

There are also plans to beautify a retention pond in the middle of space by creating a walking path and benches where tenants from the multiple housing complexes can mix and socialize together.

The Mendes Monteiro house will be a milestone in available town housing, but it will also not be enough.

Asked if there will still be a need for more housing once the project is complete, Desbiens said, “Absolutely. Just like when we did our veterans house (on State Road and Champion Terrace). It’s only nine units, but it’s nine good units. We’ve helped a bunch of people and that’s all I care about.”

Buttonwood Senior Center Closes Due to COVID-19

The Buttonwood Senior Center is closed until further notice to protect residents from COVID-19 during the latest surge in transmission of the disease, the City’s council on aging said.

“With the number of COVID-19 cases rising rapidly across the region and entire state, the last thing we want to do, in accounting for everyone’s health and safety, is encourage our seniors to congregate,” said Debra Lee, director of the New Bedford Council on Aging in a release from the City. “The council is sorry for any inconvenience this might cause, but safety must take precedence as this pandemic continues.”

The center had reopened 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.

Earlier in December, the New Bedford COA announced it was suspending transportation from the center for anything other than social day programming.

The City will announce the center’s re-opening on its website and social media channels at a future date when COVID-19 conditions allow.

World AIDS Day continued...

was identified.

Liz DiCarlo, a community activist, said at the time volunteers in the South Coast rallied together, forming street outreach teams, providing community education and hosting local fundraisers to support families impacted by the virus. She said this early advocacy predated the formation of ACT UP (AIDS Coalition to Unleash Power) in 1987, which brought national attention to the issue.

“We were there. We were trying to help people understand what was going on at the same time we were trying to give them the tools of prevention,” said DiCarlo.

In the decades since, better treatment options became available, and prevention and testing became a central pillar in stopping the spread of HIV, a concept that would be familiar to those living through the COVID-19 pandemic.

“That concept of [testing] people when they’re asymptomatic is part of the national strategy to combat HIV,” said Dr. Shabana Naz, medical director of infectious diseases with the Greater New Bedford Community Health Center. “These are the people we need to identify. We have moved away from people who are looking sick. But the risk behavior is still happening.”

In 2005, the CDC estimated that 27,000 of the 40,000 new infections at the time were the result of transmission from those who did



Guest panelists, some of whom worked as local activists in the ‘80s, offered firsthand accounts of the HIV/AIDS crisis as it impacted the lives of South Coast citizens. Liz DiCarlo (far left) said activists worked “at every dimension to talk to people about what the pandemic was doing to our community.” [Photo courtesy: David Walega]

not know they were infected. The following year, the CDC released revised HIV testing guidelines, recommending testing for anyone between the ages of 13 and 64, with yearly screenings for those at high risk.

Today, there are about 38 million people living with HIV worldwide, about 1.2 million of whom live in the United States. In 2019, there were nearly 35,000 new HIV infections in America, about half of which occurred in the South. Brian Costa, a nurse practitioner from the Greater New Bedford Community Health Center, said New Bedford is mirroring national trends in that the HIV population is growing older.

About 2,700 people are living with HIV/AIDS in Bristol and Plymouth counties in 2018-19, according to data from the Massachusetts Department of Public Health. Between those

two years, those age 65 and over living with an HIV diagnosis had increased by 36 percent.

“The HIV population is aging, which is great. People are living longer with the new therapies,” said Michael Macomber, a nurse practitioner at Boston Health Care for the Homeless Program.

While currently there is not a vaccine to prevent HIV, the oral medication PrEP (pre-exposure prophylaxis) has been proven to reduce the risk of infection from sexual contact by about 99 percent when taken as prescribed, according to the CDC. Research is underway for prevention tools that do not require strict adherence to a daily pill, such as injections every six months or intravaginal rings.

When looking toward the future, guest speakers at the conference identified several other areas that will prolong the end of the HIV

epidemic, such as affordable housing issues, inadequate access to mental health services and the ongoing opioid crisis. However, one step any member of the public can take to fight the epidemic: seek testing and know your status.

Linda Spinner, who received a positive HIV test almost three decades ago, stood as living proof that medical advancements have turned the tides. At the conference, Spinner recounted the day she was diagnosed back in 1992. She had requested blood work from her doctor, and knowing her husband was an IV drug user, she asked if she could receive an HIV test. Soon thereafter, she learned she was positive. She was in her mid-30s.

“I didn’t know what to do,” said Spinner. “I had the window open, and I wanted to jump.”

She said back then, understanding of the disease was limited, leaving little resources for women. However, she credits the local activists and medical community for seeing her through that period.

“This year, it will be 30 years that I’m alive, and I’m healthy,” she said. “It’s not a death sentence anymore; you can live a healthy life. So get tested.”

Resources

For resources or to learn more about the South Coast LGBTQ+ Network, visit them online at www.sclgbtqnetwork.org.