

Senior Scope

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

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When is the right time to stop driving?

In a nation in love with its roads and highways, the very thought of being unable to drive can be anxiety-producing for older adults, bringing to mind concerns about becoming isolated or not being able to meet basic physical needs.

“Driving means a whole lot more than just a license in a wallet. It means independence, right? It means the ability to continue working or volunteering. It means being connected to one’s community,” said Michele Ellicks, community outreach coordinator for the Massachusetts Registry of Motor Vehicles. “We need mobility for our quality of life – our income, social network, and well-being.”

But the reverse is also true, according to Ellicks. Being mobile helps us stay fit, but being fit, both mentally and physically, can also help us continue to drive safely for a longer period of time.

“Many studies show that mental fitness and physical fitness really do equate to longer driving life, driving later in life, and maintaining safe driving later in life,” said Ellicks. “There are so many things to do to maintain driver fitness - exercise classes, taking



When it comes to safe driving, how fit you are is more important than how many birthdays you’ve had.

walks, strength and balance conditioning.”

As we age, four important areas – vision, hearing, cognitive skills, and reflexes – begin to deteriorate in ways that contribute to driving safety. If these go unchecked, it can affect how safely we’re able to drive, Ellicks said.

Ellicks advises older adults to

“stave off the effects of aging” with regular visits to their medical professionals. For example, she said, “If you find you’re having trouble backing into the garage, talk to your eye doctor. The chances are very high they would have a remedy.”

Other age-related vision factors include changes to depth perception

Continued on page 7

‘We’d like to be served, please.’

Friendship, faith, and conviction led local icon to civil rights change

When Ezell Blair was first asked about sitting down at a whites-only lunch counter in 1960, there were many reasons the young black college student might have said no.

As he tells it now, Blair was in his dormitory room at the time, thinking about his course work, his school responsibilities, and his parents’ expectations. His grades had been dropping and his dad had forcefully suggested he might end up in the Army the next semester, if nothing changed.

Staring at his books, he recalls his friends questioning each other, “Are you a chicken?” finally surrounding him “like a specimen on a table,” and repeating the question, all as they worked up their courage to “shake things up in Greensboro.”

But tempted though he might have been, Blair, who later changed his name to Jibreel Khazan, moved to the SouthCoast,



Dr. Jibreel Khazan, one of the Greensboro Four, spoke at the Bristol Community College Martin Luther King Jr. celebration on Jan. 17.

and earned his Ph.D., didn’t say no to the idea. Instead, he said yes and with his friends started a sit-in movement that resonated across the country leading to the removal of the racial segregation policy at the Woolworth department store chain in the southern U.S. and beyond.

The friends became known as the Greensboro Four and their actions that Feb. 1st sparked a sit-in movement that grew to 70,000 participants.

Dr. Khazan retold his story with passion and detail to participants on Bristol Community College’s Martin Luther King Jr. Day celebration last month. In his remarks, he spoke about his family support, his faith, and how many small incidents and synchronicities took place in those days to make him feel like his and his friends’ actions were aligned with a greater purpose.

“That was the day God sent us and we did the best we could,” he said.

Once they’d decided to act, Dr. Khazan explained how he brought his friends home to speak with his parents.

“We’re going to have a sit in

Continued on page 12



Free rapid COVID-19 tests available online or by phone

Every household in the U.S. is now eligible to receive four free rapid COVID-19 tests from the federal government. To get the free tests, people simply need to visit the www.covidtests.gov website and fill out their name and address. The process is simple and quick.

For those without internet access, a telephone hotline has been set up. Simply call 1-800-232-0233 to request

the free COVID-19 tests. The phone line will offer services in English, Spanish and 150 other languages and orders can be placed from 8 a.m. to midnight, seven days a week.

However they are ordered, the tests are completely free and will usually ship in 7-12 days, according to government officials.

Visit www.covidtests.gov or call 1-800-232-0233 to submit an order.

Study shows cataract removal linked to reduced dementia risk

A research study supported in part by the National Institute of Aging has found that undergoing cataract removal is associated with a lower risk of developing dementia for older adults. The study was published on Dec. 6 in the JAMA Internal Medicine journal.

On its website the NIA said the study “suggests that the improvement in the quality of life for the affected individual and family is likely considerable given the substantial association and its lasting effect beyond 10 years.”

The reduction in risk, based on the study of 3,038 participants

who were 65 years or older, were free of dementia as of the study’s start and were diagnosed with cataracts before dementia symptoms started, is as much as 30% less for those who underwent cataract surgery versus those who did not. In comparison, NIA said, eye surgery for glaucoma, which doesn’t restore vision, did not have a significant association with dementia risk.

For more details on the study, visit the NIA website here: <https://www.nia.nih.gov/news/ataract-removal-linked-reduction-dementia-risk>

From the Editor

This month we address an emotional and complex problem for older adults – the decision to give up one’s car keys and stop driving.

Although statistics point to more collisions by drivers over age 75, the ramifications of not being able to drive in our day-to-day lives can also be unhealthy, especially as we age and our lives become less active and potentially more isolated. The reality is that everything is easier in most SouthCoast communities with driving. We are freer to socialize and connect with others, to work or volunteer regularly, to meet medical appointments with ease, and even to go to the gym, play tennis, or participate in other activities.

My 86-year-old mother, for example, still drives and fiercely maintains her independence by doing so. I confess there was a period when I was pretty worried about her. I could see how important being able to go to the local grocery store or post office or visit nearby friends was to her, but I also saw how much more slowly she was moving and worried that any accident could seriously harm her.

Without any action or input on my part, she began to avoid telling us, her four children, when she went out on her own. My guess is she sensed our anxiety and even possibly shared it so kept mum about her driving trips.

I learned to relax as my mother continued driving without incidents. I watched her create her own rules for when she

would drive. Several years ago, for example, she stopped driving at night. Then she stopped driving on the highway or outside of a certain radius around her home in Rhode Island. Eventually, even that radius grew tighter and tighter.

She found other ways to make sure she was being responsible and safe on the road, and for now, it is working for her. But I dread the time when the conversation becomes, ‘Maybe it’s time to stop.’

So, I was fascinated with Michele Ellicks’ suggestions about staying fit – mentally and physically – to be able to stay driving longer, (see page one) and her advice to find those locations you drive to frequently and start identifying other ways to get there now. I was also excited to hear that more and more older adults are learning to use Uber and Lyft ride-sharing programs and are finding other creative ways to stay mobile.

What about you? Is driving an issue that has worried you? Have you given up your keys? If so, I’d love to hear how the experience went. What worked? What didn’t? Email me at bperdue@coastlinenb.org, write to 863 Belleville Ave. New Bedford, 02745, or give me a call at 774-438-2729.



Beth Perdue

Coastline
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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	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	Freda St. Marie-Johnson
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Jan Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-758-3781	Denise Dupuis Carla Marcelino Sandra Spoor

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coastlinenb.org/news/seniorscope/

Donations for February 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.

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Submit your Social Security Disability Update Report online

Social Security is required to periodically conduct Continuing Disability Reviews for beneficiaries with disabilities as part of a periodic review of medical impairment(s) to determine if the beneficiary continues to have a disabling condition.



Delia De Mello,

We call this review a continuing disability review (CDR). This process requires that beneficiaries complete a Continuing Disability Review packet, that we mail to beneficiaries, to help us update information about their medical conditions and recent treatments.

Additionally, we now offer an online option for beneficiaries to complete the Disability Update Report form and provide any supporting documents about their medical treatment or work activities.

We designed this form with convenience in mind — and to save you time. You can access the online form at www.ssa.gov/ssa455-online-form. (Use either

the Microsoft Edge browser or Google Chrome for the best online experience.)

To complete your Continuing Disability Review, you will need your Social Security number, current address and phone number, and a valid email address to complete the form.

Also, you must have received a request for an updated disability report in the mail.

Once you “Click to Sign,” you will receive an email from echo-sign.com asking you to confirm your digital signature. Check your junk folder if you don’t receive it within a few minutes. If your signature isn’t complete your form won’t be processed.

Please be sure to let your friends and loved ones know about this new online option.

NOTE: *The mention of Microsoft Edge and Google Chrome is for informational purposes only and does not constitute an endorsement by the Social Security Administration.*

New FCC program to help people connect to the internet

The FCC launched the Affordable Connectivity Program at the end of 2021 to help ensure households can afford the internet connections they need for work, school, health care, and more. The ACP replaces the Emergency Broadband Benefit program.

The ACP will provide a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

Enrollment in the ACP is now open for households with at least one member qualifying under any of the following criteria:

- Has an income that is at or below 200% of the federal poverty guidelines.
- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing

Assistance, SSI, WIC, or Lifeline.

- Participates in tribal-specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations.

- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision.

- Received a Federal Pell Grant during the current award year, or,
- Meets the eligibility criteria for a participating provider’s existing low-income program.

The 9 million households fully enrolled in the EBB program as of Dec. 31 will continue to receive their current monthly benefit until March 1.

More information about steps current EBB recipients must take to continue receiving the ACP benefit after March 1 will be available in the coming weeks, according to the FCC.

For application questions, email ACPSupport@usac.org or call 877-384-2575.

Pharmacies turn away immunocompromised patients seeking 4th Covid shot

By Kaiser Health News

Patients with weakened immune systems — who are at high risk from COVID-19 — say pharmacies are turning them away when they seek additional vaccine doses recommended by federal health officials.

Alyson Smith became eligible this month for a fourth vaccine dose because her medications leave her immunocompromised.

Although the Centers for Disease Control and Prevention encourages most adults to receive a total of three mRNA vaccines — two “primary” vaccinations and a booster — the agency now advises people with weak immune systems to receive three primary shots plus a booster, for a total of four doses.

Many people are confused about the difference between a primary vaccine series and a booster. A primary vaccine series helps people build antibodies to a new pathogen, while a booster combats waning immunity.

As Smith learned, many pharmacists are unaware that the CDC’s vaccine guidance has changed. Smith booked her vaccine appointment online. But when she showed up at a Chicago-area Walgreens for the appointment Jan. 19, an employee told her the pharmacy chain wasn’t administering fourth doses to anyone. Smith said she’s frustrated that vulnerable people are being forced to make multiple visits to crowded pharmacies and supermarkets, where many customers are unmasked.

“I feel for the pharmacists, because they’re overwhelmed like everyone else,” said Smith, 52. “But



Disconnects between pharmacies and CDC guidance has made vaccination processes difficult for some people.

two years into the pandemic, there is a corporate responsibility to take action when the guidance comes down.”

In a written statement, Walgreens said it has administered thousands of fourth doses to immunocompromised people. “As vaccination guidelines continue to evolve, we make every effort to continuously update our pharmacy teams.”

The confusion stems from recent updates in vaccine advice for immunocompromised people, as well as a change in the interval between the end of a primary vaccine series and a booster.

In August, the CDC began allowing immunocompromised people to receive a third dose of mRNA vaccine as part of their primary vaccination.

In October, the CDC quietly updated its website to allow people with suppressed immune systems to

receive a fourth shot as a booster.

In January, the agency shortened the time that anyone must wait for a booster from six months to five.

People who received the one-dose Johnson & Johnson vaccine are eligible for a single booster, for a total of two shots, according to the CDC.

Given how often vaccine guidelines have been revised in recent months, some pharmacists have had a hard time keeping pace, said Mitchel Rothholz, chief of governance and state affiliates at the American Pharmacists Association. Pharmacy employees have coped with an ever-expanding workload but a deepening shortage of employees during the pandemic.

“I don’t know any provider who wants to turn away a patient,” Rothholz said. “The CDC continues to make updates, and it’s becoming very difficult for providers at the grassroots level to keep up. I can understand why a pharmacist would say, ‘Corporate hasn’t given us the green light.’” Confusion about who is eligible for a fourth shot “was inevitable, although I’m not saying it’s right or wrong,” he said.

Yet many patients and their doctors are frustrated. If patients keep up with the latest guidelines, they ask, why can’t their pharmacy?

“It’s ridiculous,” said Dr. Dorry Segev, a transplant surgeon and researcher at Johns Hopkins University. “CDC makes it very clear that it’s allowed, and even people who print out the CDC guidance and take it to their pharmacies are being turned away.”

The CDC did not respond to a request for comment before publication.



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To request our rate sheet, email editor Beth Perdue at bperdue@coastlinenb.org or call 774-438-2729 today.

Update

Ticket discounts are now available for shows at the Z

Coastline is happy to once again be working in concert with the Zeiterion Performing Arts Center to bring arts and entertainment back to the community, after the pandemic hiatus.

The Z is providing discounted tickets as a community benefit. Please see their upcoming show schedule and attendance policies at www.zeiterion.org. Contact your local Council on Aging to purchase discounted tickets.

Supporting Siblings in 2022

A support program for siblings of youth with autism spectrum disorder, developmental disabilities, and/or mental health issues is being held monthly via Zoom. The program lets siblings meet other children and teens who know what it's like to have a brother or sister with behavioral challenges.

The free program is held at 5:30 p.m. on the first Thursday of the month and is facilitated by psychiatrists and trainees at UMass Chan Medical School. Siblings are eligible if they are 6 -18 years old and do not have significant behavioral issues of their own. Parents and caregivers may also participate.

First-time participants join a Zoom session led by the medical school's trained parent mentor. Returning participants join a different Zoom session to address ongoing family challenges that impact siblings. All caregivers are eligible if the affected child has siblings of any age.

To ask questions or reserve your spot, call (857) 523-1145 or email emily.rubin@umassmed.edu. After signing an online consent form, you will receive an email with instructions to log into Zoom.

Become a personal and home care aide online

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. For more information, and to sign up for the program, visit mass.gov/PHCAST.

Boosters mandated by Feb. 28 for many health agencies

Programs, facilities and people already subject to COVID-19 vaccine requirements according to state mandates are now also required to ensure that their personnel have received a booster vaccine by the deadline of Feb. 28, according to a Jan. 6 announcement from Magret R. Cooke, acting commissioner of the state Department of Public Health. Those on the booster requirement list include: hospice programs; long-term care facilities; specified staff providing home care services; assisted living residences; and, staff at specified agency facilities such as the Holyoke and Chelsea Soldiers' Homes.

Cooke also noted that existing regulatory requirements for vaccine documentation, reporting and data collection, and potential penalties, will remain in place and apply to booster vaccinations. Any accommodations for vaccines, such as medical contraindications or religious beliefs, will also apply to boosters.

COVID eviction help available

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 can be found at nbrenthelp.com.

Food pantry opens for Marion residents

Marion's Food Pantry is now open for Marion residents three days a week. The pantry will be set up like a grocery store, so visitors can select the items they need. Non-perishable food items and paper goods will be offered initially. Your reusable shopping bags are appreciated.

Visitors are asked to limit their visits to once per week per family and only select items they plan to use that week. Masks are required. Hours of operation are: 4-6 p.m. on Tuesdays, and 10 a.m. - noon on Thursdays and Saturdays.

For homebound seniors, delivery is an option. Call 508-748-3570 and ask to speak with Karen. Donations may be dropped off during COA hours, Monday - Friday 9 a.m. - 3 p.m.

NB Farmers Market's winter hours

New Bedford Farmers Market will be open inside the Buttonwood Park Warming House on Saturdays from 10 a.m. to 2 p.m. from November through May, except for holidays. The market accepts SNAP/HIP benefits on eligible items.

SNAP benefits now usable for groceries at BJ's online

Massachusetts residents who receive SNAP benefits can now use their benefits to buy groceries online from participating BJ's stores for pickup and delivery. BJ's is the seventh SNAP online retailer in the state, joining Stop & Shop, Walmart and Amazon, as well as ALDI, Hannaford, Price Chopper and Stop & Shop via Instacart. Residents have spent over \$122 million in SNAP benefits to-date buying groceries from participating retailers online.

SNAP benefits cannot be used to pay delivery fees.

All BJ's clubs accept SNAP and now also accept SNAP EBT payments on BJs.com for in-Club curbside pickup, shipment to home and same day delivery. Similar to using SNAP benefits to purchase food in a store, benefits can be used to buy SNAP-eligible foods online, including fresh produce, frozen foods, dairy and eggs. For more information on the Massachusetts program, visit www.Mass.gov/SNAPOnline.

GRG, Inc. Meeting on hold for February

Grandparents Raising Grandchildren, Inc. will not meet in February but will resume their regular monthly meeting in March. GRG, Inc. offers support for grandfamilies. The monthly support group meets at the New Bedford Public Library, 613 Pleasant St. in New Bedford, on the third Tuesday of the month from 6 to 8 p.m. The next meeting will be March 15.

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.

Coastline's Options Counseling

Options Counseling is a free program that guides adults age 60 and older, families and caregivers through resources that can help them remain in the community. An Options Counselor will work with you to meet your individualized goals, including your present or future planning needs. They can provide counseling to you, whether you're currently at home, in the community, or in a hospital or facility setting. How do I make a referral for services? A referral can be made through Coastline's Information and Referral Department at 508-999-6400.



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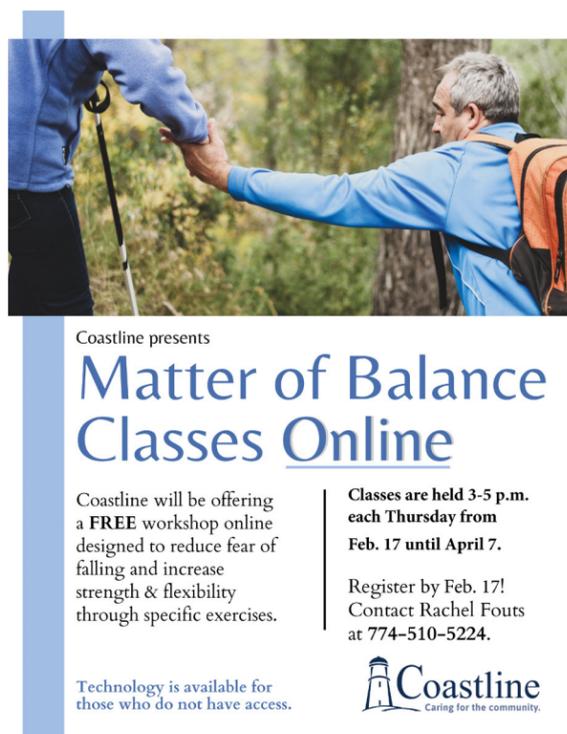
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Coastline presents

Matter of Balance Classes Online

Coastline will be offering a **FREE** workshop online designed to reduce fear of falling and increase strength & flexibility through specific exercises.

Classes are held 3-5 p.m. each Thursday from Feb. 17 until April 7.

Register by Feb. 17!
Contact Rachel Fouts at 774-510-5224.

Technology is available for those who do not have access.

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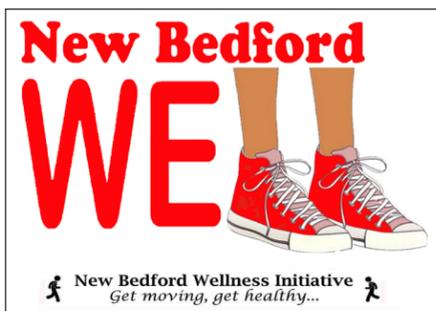
For more information: 508-672-0866
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Your Health

Small changes make a big difference

How to make healthy changes during Heart Month 2022



By Dr. Michael Rocha

New Bedford Wellness Initiative

Do you want to hear a secret for Heart Month?

The best medicine for your heart is absolutely free. That's right, you heard me. Free. If only these proven medicines had real marketing money.

Yet, we remain searching for the magic pill or procedure as if there is an easy alternative. Medication commercials make us think that they will make us live happily ever after if we just take the pill. Yes, some medications and procedures are lifesaving or add to our health but we forget too quickly that we have ways to be well.

Here it goes.

What we eat, how we move, social interactions, harmful behaviors such as smoking, and our stress lead to hypertension, diabetes, high cholesterol and ultimately result in heart disease and strokes. There it is the nutshell, the secret. Sounds too easy, right?

Our diet is one of the leading causes of both a healthy heart or a sick heart. Of course, many are trying to sell us a quick fix diet which is confusing us. Which diet is the best? The simple truth is a whole foods

Mediterranean diet has been shown in clinical studies to be our best diet to avoid heart disease. That means more fruits, veggies, nuts, fish, chicken, whole grains such as brown rice and less red meat, dairy, sugar, and processed foods. In fact, there is evidence that simply a combined seven fruits and veggies a day will reduce blood pressure by 10 mmHg! For more information, visit Gaples Institute on the internet for free and easy-to-understand information on what to eat for your heart.

I don't like the word exercise; it causes people to think that they have to go to the gym. Some people love the gym which is fine but we all can move our bodies. Some people have physical limitations. They need to find creative ways to keep moving including things that can be done seated. Also, movement doesn't have to be extreme. Walking is one of the best ways and it can be done inside your own home or simply around your neighborhood. Ideally about 4,500 steps or 20 minutes a day goes a long way. In March, we will resume our Walk with a Doc around Buttonwood Park on Saturday mornings. All are welcome. Walk at your own pace and as far as you wish. Park benches give people that need a break a spot to rest and then resume.

We are living through a pandemic. Our social interactions have been more challenging but we know that loneliness is a disease. Our heart is not just physical and the heart has always been associated with our emotions. Reach out to people, even if we can't always be physically present due to COVID. We can still call,



Dr. Michael Rocha, center, and participants get ready to walk in the 'Walk with a Doc' program at Buttonwood Park. Walks are scheduled to resume in March.

write, email, text and zoom. Be safe during the pandemic, but remember how important our relationships are for our mental and physical well-being.

Our background stress level is high during this pandemic. However, we have some ways to combat the uncomfortable feelings that we may be experiencing. Eating healthy, moving more, and connecting are already three ways.

Unfortunately, when we are stressed, we sometimes use things such as smoking, alcohol, or unhealthy food to treat how we are feeling. These all lead to feeling more unwell, either short or long-term. There are many ways to replace these habits, it's not easy. Sometimes it takes many tries or professional help to beat them. To start, try focusing on things such as music, reading, art, physical activity, or other hobbies in place of one of these habits that we want to replace. If it doesn't happen right away, don't give up!

Small changes make a big difference, commit to making a change that you feel you can do. One last heart secret is gratitude, even in these difficult times, we all have many things to be grateful for.

Wishing everyone a happy and healthy Heart Month.

Dr. Rocha is Director of Heart Failure Services at St. Luke's Hospital and Director of Echocardiography Laboratory at Hawthorn Medical.

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, will resume at 9 a.m. on Saturdays in March, weather permitting.

Bruising Questions: The What, Why, and How of Bruises

Many things can cause a bruise: minor injuries, falls, small collisions. While bruises may hurt, they're usually harmless. But sometimes, they might be a sign of a deeper problem.

If you bump part of your body hard enough, you can break tiny blood vessels under your skin. But if you don't break the skin, the blood has nowhere to go. It gets trapped under the skin's surface, causing a bruise.

When you first get a bruise, the newly trapped blood makes it look pink or red. Over the next few weeks, the body naturally breaks down the blood and absorbs it. So as the bruise fades, it changes colors. This is part of the normal healing process. Some bruises can take weeks or months to heal.

What can contribute to bruising? Some people bruise more easily than others, says Dr. José López, an expert on bleeding disorders at Bloodworks Northwest Research Institute. This can be influenced by many things, including your genes. Other factors, such as diet, can also affect how easily

you bruise. For example, deficiencies in vitamin C or K can make you bruise more easily.

Some people may just be more prone to bumping into things. And skin naturally becomes thinner and bruises more easily as you age.

You can take steps to make your home safer from minor bumps and falls. Keep walkways clear of clutter and furniture. Good lighting can also help you avoid bumping into things.

Bruises may be painful, but they're usually not dangerous. If a bruise does hurt, an over-the-counter pain killer may help. But some drugs used to treat pain, like aspirin or ibuprofen, can actually increase the tendency to bruise, López explains.

Putting ice on the affected area for a few minutes at a time can help reduce swelling. Wrap the ice in a clean towel to avoid irritating the skin.

If you notice a change in where or how often you're bruising, consider talking with a health care professional. "If bruising becomes really common, if it's not provoked, or if there's a

change in your bruising patterns, get it checked out," López says.

These can be signs that bleeding is happening inside the body when it shouldn't. Others include a rash made of tiny bruises, called purpura. Or tiny, pin-point sized red spots called petechiae.

Excessive bruising can be triggered by many things. Examples include liver problems caused by heavy drinking or certain types of cancer. It can also be a sign of a rare problem like an inherited bleeding disorder. If you notice someone has bruises regularly, it may suggest serious problems in their home, like domestic violence.

Medications can also be a cause of excessive bruising. Almost any medication has the potential to change the way platelets work in the body, López says. Platelets are tiny, disc-shaped cells that play an important role in helping your blood clot. "They're one of the things that stop you from bleeding," says López. Let your health care provider know if you notice bruising soon after taking a new drug.

Resources

Talk with your doctor if you:

- Get a large bruise or many smaller bruises without a known injury.
- Have signs of infection such as streaks of redness around the bruise, oozing, or a fever.
- Have a bruise that doesn't show signs of healing and fading.
- Get a large or very painful bruise immediately after an injury. This can be a sign of a sprain or broken bone.
- Bruise more easily or more frequently than you used to.
- Notice bruising soon after taking a new drug.

COVID-19 testing at New Bedford Airport extended through March

Free testing for COVID-19 infections continues to be an important part of the state's Stop the Spread program. To help in that goal, Project Beacon, an organization focused on increasing the availability of COVID-19 testing, will continue to offer testing by appointment in New Bedford through March.

Project Beacon's schedule will remain at four days a week at the

following hours:

- Sundays, 9 a.m. to 5 p.m.
- Mondays, 8 a.m. to 4 p.m.
- Tuesdays, 11 a.m. to 7 p.m.
- Thursdays, 11 a.m. to 7 p.m.

To make an appointment, go to beacontesting.com.

All testing will take place at New Bedford Regional Airport, 1569 Airport

Road, New Bedford. Airport officials ask that people reach the site via the airport's side entrance on Downey St.

Testing is being extended as the Omicron variant of COVID-19 continues to spread quickly, leading to infection rates that are higher than they were at 2020 peak times, according to the CwDC.

The CDC began saying in late

December that it was anticipating a surge of Omicron infections in January 2022 or later. It recommends staying safe by following guidelines including getting vaccinated or receiving a booster shot for COVID-19 and wearing masks in public indoor settings in areas of substantial or high community transmission, even if you have been vaccinated.

Las pruebas de COVID-19 en el aeropuerto se prolongan hasta marzo

Las pruebas gratuitas para detectar infecciones por COVID-19 siguen siendo una parte importante del programa estatal Stop the Spread (Detener la Propagación). Para ayudar con ese objetivo, el Proyecto Beacon, una organización de beneficio social centrada en aumentar la disponibilidad de las pruebas de COVID-19, seguirá ofreciendo pruebas con cita previa en New Bedford hasta marzo.

El programa del Proyecto Beacon

seguirá siendo de cuatro días a la semana en el siguiente horario:

- Domingos, de 9 a.m. a 5 p.m.
- Lunes, de 8 a.m. a 4 p.m.
- Martes, de 11 a.m. a 7 p.m.
- Jueves, de 11 a.m. a 7 p.m.

Para hacer una cita, visite beacontesting.com.

Todas las pruebas se realizarán en el Aeropuerto Regional de New Bedford, en el 1569 Airport Road, New Bedford. Los funcionarios del

aeropuerto piden que la gente llegue al lugar por la entrada lateral del aeropuerto en Downey Street.

Las pruebas se están ampliando, ya que la variante Omicron de COVID-19 sigue propagándose rápidamente, lo que ha provocado que las tasas de infección sean más altas que en las épocas de máxima actividad de 2020, según los Centros para el Control y Prevención de Enfermedades (CDC, por sus siglas en inglés).

Los CDC empezaron a decir a finales de diciembre que anticipaban un aumento de las infecciones de Omicron en enero de 2022 o más adelante. Los CDC recomiendan seguir cuidándose siguiendo las pautas, como vacunarse o recibir una vacuna de refuerzo contra el COVID-19 y utilizar mascarillas en lugares públicos cerrados en zonas de considerable o elevada transmisión comunitaria, incluso si se ha vacunado.

Testes do COVID-19 no New Bedford Airport continuam através de Março

Testes gratuitos para as infeções do COVID-19 continuam a ser uma parte muito importante do programa do estado de Parar e Espalhar. Para ajudar a obter este objetivo, o Project Beacon, uma organização de benefício social focada no aumento de disponibilidade dos testes do COVID-19, continuará a oferecer testes por meio de apontamento em New Bedford através de Março.

O horário do Project Beacon

continuará por quatro dias por semana com as horas seguintes:

- Domingos, 9 a.m. às 5 p.m.
- Segundas, 8 a.m. às 4 p.m.
- Terças, 11 a.m. às 7 p.m.
- Quintas, 11 a.m. às 7 p.m.

Para fazer um apontamento, vá no beacontesting.com.

Todos os testes terão lugar no New Bedford Regional Airport, 1569 Airport Road, New Bedford. Os oficiais do Aeroporto pedem que as

pessoas cheguem no local via a porta de entrada do aeroporto no lado na Downey Street.

Os testes estão a ser prolongados conforme a variante Omicron do COVID-19 continua a se espalhar rapidamente dando origem a taxas de infeções as quais são mais altas do que eram em 2020 nas alturas mais altas, de acordo com o CDC.

O CDC começou a falar em Dezembro que antecipavam um surto

nas infeções do Omicron em Janeiro de 2022 ou mais tarde.

O CDC recomenda continuar a permanecer com segurança seguindo as linhas de orientação incluindo ser vacinado/a ou recebendo o reforço para o COVID-19 e usando máscara em ambientes interiores públicos em áreas de transmissão comunitária substancial ou alta, mesmo que tenha sido vacinado.

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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

Older adult driving continued...

which helps us judge distances, visual acuity which affects our ability to see lane markings, difficulty seeing well at night, and more restricted peripheral vision.

This is why older drivers often create self-imposed limitations, Ellicks said, like choosing not to drive at night or not to drive long distance.

Plan Ahead

Planning for the time when you will no longer be driving is one of the first things Ellicks suggests older drivers do.

First, she advises making a list of locations you normally drive to and from on a regular basis. Then, she said, "Look at that list and try to identify ways to get to those locations without having to drive."

Ellicks also recommends regular fitness routines, including balance exercises, to say fit for driving longer.

For some people, choosing to stop driving is not a difficult decision. They simply decide they no longer want to drive.

"Maybe the joy of driving is waning; maybe there are too many cars out there," Ellicks said. "This happened to my own father. One day he just came home and said, 'I don't want to drive anymore.' He made a decision in his heart and in his mind to not drive."

For others no longer being able to drive can be a shock, especially if it happens due to a sudden medical condition.

In both cases, advance planning can make the transition easier.

"We don't want people trying to figure out their mobility in a crisis," said Ellicks. "Plan ahead. Find out what's



Warning signs of unsafe driving

- Seeing clearly in dusk and dark
- Vehicle headlights obstructing your sight
- Reading road signs
- Following detours or police details
- Seeing train crossing signals
- Keeping up with the speed limit
- Concentrating or staying alert behind the wheel
- Hearing other vehicles
- Driving basics like seat belts or head lights
- Slow reaction times

Source: Mass.gov

available in your community."

Options to consider include local Councils on Aging, public transportation like SRTA, and also ride-sharing programs like Uber and Lyft.

Most COAs offer rides to medical appointments or to grocery stores, said Jackie Coucci, director of the Mattapoissett COA. "People should look at the COA website or newsletters or contact the COA about where they have regular rides set," she said.

She advises people "not be afraid to ask people for rides if need them."

"Everybody needs to go to the grocery store. Ask when they're going that way, would you mind letting me know," she said. "It's about getting creative."

COAs are always willing to

help, Coucci said, including assisting with technology that allows people to use ride sharing programs, like Uber and Lyft.

Massachusetts Regulations

While there is no state-mandated age to stop driving, state law does require that a license holder who is 75 years or older must renew their driver's license in person every five years. That means the individual will be taking a vision test during that visit. Until age 75, individuals can renew their license online two consecutive times.

The age-related regulation is similar to those in other states and is based on data, according to Ellicks. "The crash rate gets higher and higher at age 80 and older unfortunately," she said,

"with high crash rates and also high fatality rates."

Massachusetts policy is also a self-reporting policy, according to Ellicks, which means an individual who has been diagnosed with a medical condition that affects their driving is asked to self-report that condition to the registry. If an individual reports a condition, the state is then not able to process their renewal application, she said.

"It triggers them to say, 'We're not able to renew at this time. Here is a medical evaluation form for you to take to your doctor and get checked out. Complete the medical evaluation, bring it back to the state, and then the registry makes a determination based on what the expert says.'"

Alternatively, if a medical or law enforcement official submits a report that says the individual is not fit to drive, the registry will act on that report immediately. The driver can then request a hearing on the decision, Ellicks said.

Learning More

In addition to Mass.gov website resources, Ellicks teaches a free workshop at COAs called *Shifting Gears*, focusing on assessing one's ability to drive and understanding what the limitations are. She also recommends the program, CarFit, which was started by the American Occupational Therapy Association with the American Society on Aging, AAA, and AARP. CarFit helps older drivers better fit their vehicle, understand the adjustments and safety features and discuss driving safety without fear of losing their license.

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While paying for home care aides “under-the-table” can be tempting, it could cause problems with some Medicaid reimbursements.

Medicaid Pitfall: Pay attention to how you pay private aides

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

Many families go to great efforts to keep senior loved ones at home, even if that means bringing care into the home. Unfortunately, care is expensive. Paying for an aide through a home health care agency can cost \$25 or more per hour. Thus, many families opt to hire persons “under the table” (i.e., not through an agency and, often, paid in cash) to help care for their loved ones. Hiring a caregiver “under the table” may be a less expensive alternative to hiring a caregiver through an agency, but it could prove problematic if the person needing care requires Medicaid assistance in the future.

Medicaid (MassHealth in Massachusetts) is a means-based government benefit that helps qualifying persons pay for their long-term care costs. However, Medicaid has strict rules about how a person can spend their assets prior to qualifying for benefits. What may seem like an innocuous, or even reasonable, expense at the time could result in a period of Medicaid ineligibility for your loved one in the future if you aren’t careful.

According to Massachusetts’ Medicaid regulations, if a person transfers or disposes of resources for less than fair market value within five years of an application for Medicaid benefits (unless a certain exception can be satisfied), the Medicaid applicant will be penalized for having made such transfers. The penalty is a period of ineligibility that is calculated based on the total value of assets transferred.

In the case of paying an aide “under the table”, such private payments could be considered penalizing transfers for Medicaid eligibility purposes. To avoid this possibility, consider entering a service contract with the aide to memorialize the aides’ compensation rates and the services they are to perform. Also, be sure that the caregiver keeps a very detailed log of the work performed. Often, challenge occurs where the aide is paid for inconsistent amounts, with no documentation, and checks are made out to “cash.”

While it may seem easiest to pay an aide

“under the table,” doing so can leave your loved one unprotected against lawsuits and tax evasion penalties. While paying aides “under-the-table,” the senior is personally liable for any injury or illness they receive in the workplace. This means if the aide should happen to have an accident, such as slipping on the icy sidewalk and requiring medical attention, they could sue for the medical bills. Your loved one could end up paying these expenses out-of-pocket. By employing an aide legally, workers compensation insurance can help protect from this type of lawsuit. Workers compensation covers lost wages and medical treatment of an employee’s work-related injury or illness.

When employees are paid “under-the-table” and don’t report their aide’s income on taxes, they are participating in tax evasion. By not paying household employer taxes, you are also evading necessary taxes. Individuals caught evading taxes are generally subject to substantial penalties from the IRS. For your aide to be legally employed, all required federal, state, and local taxes must be withheld and deposited throughout the year, taxes must be processed, and W2s must be issued to caregiver employees.

Also, obtaining workers compensation and filing proper taxes further supports the fair market relationship between your loved one and the aide, reducing the risk of challenge by Medicaid. If you are considering hiring a private health care aide for yourself or a loved one, it is important that you first speak to a qualified elder law attorney to structure the arrangement in a legal manner so that payments to the caregivers are not later questioned by Medicaid.

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 some of the more common estate planning tools. This article does not constitute legal advice.

Free N95 masks to be available week of Feb. 1

Free N95 masks are being made available from the federal government and are expected to arrive in local pharmacies sometime during the week of Feb. 1.

About 400 million masks are being distributed to tens of thousands of pharmacies and health centers, according to a Jan. 19 White House announcement.

As of late last week, when Senior Scope was going to press, several pharmacy and grocery chains were expecting to begin distributing free masks the week of Feb. 1. In a statement on its website, Walgreens anticipated it would have masks in varying sizes to distribute as of Jan. 28.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- Where is the tallest mountain in the United States?
A.) California B.) Nevada C.) Oregon D.) Alaska
- What is the longest river in the United States?
A.) Mississippi River B.) Colorado River
C.) Missouri River D.) Rio Grande River
- Where do the Cleavers of ‘Leave it to Beaver’ live?
A.) Mayberry B.) Mayfield C.) Springfield D.) Cleveland
- In ‘I Love Lucy,’ how do Lucy & Ricky know Ethel & Fred?
A.) They’re family friends B.) Fred is Lucy’s cousin
C.) Fred works with Ricky D.) They’re the Ricardo’s landlord
- What’s the dad’s job in ‘Father Knows Best’?
A.) Television executive B.) Auto Salesman
C.) Insurance Salesman D.) Surgeon
- What product did KitchenAid introduce in the 1950’s?
A.) Blender B.) Colorful Stand-mixers
C.) Dishwashers with heat drying D.) Automatic Can-openers
- To ‘blither’ means to what?
A.) Talk foolishly B.) Take your time
C.) Laugh D.) Ponder deeply
- How can you tell when cranberries are ripe?
A.) They turn brownish red B.) They get soft
C.) They glow in the dark D.) They bounce like a rubber ball
- Which of these decimal numbers is the largest?
A.) 0.88 B.) 0.8 C.) 0.08 D.) 0.808
- What state grows one third of all U.S. potatoes?
A.) Oregon B.) Michigan C.) Florida D.) Idaho

[Answers listed on page 11]

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Plan Your Plate: How to Shift to a Healthier Eating Style

What's the eating style that's best for health? Is it a Mediterranean eating plan? Vegetarian? Low carb? With all the eating styles out there, it's hard to know which one to follow.

Healthy eating is one of the best ways to prevent or delay health problems. Eating well, plus getting enough physical activity, can help you lower your risk of health problems like heart disease, diabetes, obesity, and more.

To reach your goals, experts advise making small, gradual changes.

"People often ask me what is the best diet out there and my answer is always the same," says Stephanie Boulay, registered dietitian with Coastline Elderly Services. "It's the diet that you can do long term. Anyone can go on a diet for an extended period of time and lose weight but it's important to think about if this diet is something you will be doing a year from now."

"I tell my consumers to avoid any diets that are strict, rigid and avoid certain food groups because that diet will be harder to maintain for the long term and they could be lacking in certain micro and macronutrients."

Dietary Guidelines for Americans describe which nutrients you need and how much. They also point out which ones to limit or avoid. The guidelines are regularly updated, because our scientific understanding of what's healthy is continuously evolving. These changes can be confusing, but the key recommendations have been consistent over time. In general, healthy eating means getting a variety of foods,



The best diet is the one that you can do long-term, say experts.

limiting certain kinds of carbs and fats, watching out for salt, and being aware of your portion sizes.

Limit Added Sugars

Added sugar is the extra sugar added to foods and drinks during preparation. Corn syrup, high-fructose corn syrup, brown sugar, and honey are examples of sweeteners added to foods and drinks, especially regular sodas.

The Dietary Guidelines for Americans suggest a daily limit on added sugar of no more than 10% of calories. That's about the amount in 16 ounces of regular soda (190 calories). You can find information about added sugars on most Nutrition Facts labels now.

Consider Your Fats

Fat is high in calories. Getting too many calories can contribute to obesity, which raises your risk for heart

disease and other health problems. But there are different kinds of fats.

Fats that are liquid at room temperature, or oils, are generally healthier than those that are solid. Solid fats are found in high amounts in beef, chicken, pork, cheese, butter, and whole milk and have more saturated fats than liquid oils. Liquid oils—such as canola, corn, olive, or peanut oil—have mostly unsaturated or polyunsaturated fats.

Dr. Holly Nicastro, an NIH nutrition research expert, advises that you examine the fat content on the Nutrition Facts label which shows how much saturated fat a product contains. Experts suggest that you aim for getting less than 10% of your calories from saturated fats.

Check Labels for Salt

The Nutrition Facts label also shows

salt, or sodium. Experts advise you to limit salt, which tends to be very high in processed foods. If you eat salty, highly processed food, you can quickly go over the daily limit of one teaspoon of salt (2,300 milligrams, or mg, of sodium). Two hot dogs might have 900 mg of sodium. A can of ravioli might have 1400 mg. Other examples of salty, highly processed foods are bacon, frozen pizzas, and salad dressings.

Make a Meal Plan

"Figuring out what to eat is less than half the battle," Nicastro says. "Sticking to your plan is a bigger challenge. So that's why it helps to be really prepared and plan ahead."

"My advice is to focus on one thing that you know needs to change, and then as the weeks go on you build on that," advises Boulay. "Say, for example, your goal is to cut back on the number of sweets you have per week. The first thing you need to do would be to make a plan, so if you normally have sweets five times per week, then your goal for the first week is to decrease your sweets to three times that week, and replace the other nights with fruit. Then the following week your goal is to have sweets two times per week, etc."

"Over time you'll start to see that your cravings for sugary foods will go down, and your body will crave more fruit. Once you've mastered this area then you can move onto another nutrition goal. These slow changes over time will lead to an overall well-balanced diet that you can maintain for the long haul."

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Councils on Aging



As this issue went to print, some Councils on Aging announced they were reopening and others were remaining closed temporarily due to COVID-19. 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.

Adoption Day with CARE: Looking for love in all the wrong places? Looking to change your life? Maybe a little unconditional love? Just in time for Valentine's Day, if you answered yes to any of these questions it might be time to consider adopting from your local pet shelter! CARE, Southcoast will be holding a kitten/cat adoption event at the Acushnet Senior Community Center on Saturday, Feb. 12 from 11:00 a.m. - 1:00 p.m. Walk-ins welcome. For more information or to fill out an application before the event, please visit www.caresouthcoast.com

Hip Hop Dance Chair Exercise: MUSIC Dance.edu is offering a one-hour senior exercise class every month beginning in March at the Acushnet Senior Community Center. "Hip Hop Dance Chair Exercise for Seniors!" Travel through time and space on the Soul Train and chair dance to clean hip hop music. Free but you must pre-register, 508-998-0280. Funded, in part, by the Acushnet Cultural Council. First class is March 7 at 1 p.m.

Love is in the Air Belated Valentine's Celebration: Feb. 21 at 1 p.m. Light refreshments and the musical talents of our friend, Lisa Soares. Free, please call to register.

Intro to Resistance Bands: Join us for three weeks only for an introduction to resistance bands. Led by certified instructor Karen Corcoran, this program is perfect for home workouts and is ideal for strengthening your upper body, glutes, hips, thighs, and calves. A limited number of bands are available to use or bring your own. This class is free but you must pre-register. Thursday, Feb. 10, 17 and 24 at 10:30 a.m. For more information, call 508-998-0280.

Zumba Update: Our Zumba program will be on hiatus in February but will return in March with the same Tuesday - Thursday schedule.

EMA Members Needed: The Town of Acushnet Office of Emergency Management is looking for individuals 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.

Dartmouth COA

CLOSURE: The Dartmouth Council on Aging announced it would remain closed until at least Feb. 7. The 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.

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.

Mind the Gap: Bridging Coverage Disparities in MassHealth & Medicare: Feb. 7 at 1 p.m. Presented by South Coastal Counties Legal Services (SCCLS). Medicare covers a significant amount, but certainly not everything. Learn how Mass Health coverage can help bridge the gaps in medical coverage for individuals who qualify. Pre-registration required.

Lavender Bath Bomb Workshop: Feb. 10 at 1 p.m. Make your own all natural bath bombs. Space is limited. Pre-registration is required.

Valentine Movie: A romantic comedy, 'Definitely Maybe' will be shown on Feb. 11 at 12:30 p.m. Walk-ins are welcome.

Therapy Gardens Workshop: Make Your Own Bone Broth on Feb. 23 at 1 p.m. Pre-registration required.

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.

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.

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

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.

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 Jan. 3.

March Trips: March 2 - Tiverton Casino; March 9 - Warwick Mall; March 16 - Providence Place Mall & Whole Foods; March 23 - Hyannis Mall, Xmas Shop, Trader Joe's & Whole Foods and March 30 - South Shore Plaza. Reservations open Feb. 15. Fee is \$6 unless marked. Van leaves the Center at 9 a.m.

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 and Wednesdays, 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. No walking Feb. 22-25.

Zumba: Fridays, 11:30-12:30. Sign up at Senior Center. \$7.

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.

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.

Valentine's Day Luncheon & Matinee: Feb. 14 at noon. Lunch of chicken Cacciatore, garden salad, Caprese garlic bread & dessert. Followed by movie Moonstruck. Limited seating. Reservations required; call 508-748-3570. \$5 donation request.

USSR Russia: Myths, Mysteries & Spying: Feb. 15, 1 p.m. Join Henry M. Quinlan to hear about his 30-year involvement with the former Soviet Union and Russia, including living in Moscow for five years during the collapse of the USSR and the rise of the new Russia. Call 508-748-3570 to register.

Continued on Page 11

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Paint Party with Lidia: Feb. 22 at 1 p.m. Make a beautiful 11x14 canvas that you can take home the same day. Materials provided. \$20, due at sign up. Call 508-748-3570 for reservations.

Vintage Car Slideshow Social: Feb. 25, 1 p.m. Take a ride down memory lane with John of Orphan Car Garage. John will highlight some of the most notorious vehicles of the past from the Rambler to the Studebaker, Corvair to Vega. Root beer floats. Call 508-748-3570 to register.

Culture Park of New Bedford Presents... Winter & Spring Shorts: Feb. 28, 1 p.m. A collection of entertaining and thoughtful 10-minute plays performed as staged readings by theater professionals. Themes of friends and partnerships will be explored. Lunch of tuna salad plate will be offered at noon. Limited seating. Reservations required; call 508-748-3570. \$5 donation request.

Walking Path Challenge: Feb. 7, 1 p.m. February is Heart Health Month. Join us as we challenge ourselves to complete a few laps around the 1/8-mile walking path. Followed by a heart healthy dessert. Registered dietitian, Barbara Canuel, will share ideas for promoting heart health when making food choices. Call 508-748-3570 to register.

Mardi Gras Bingo: March 1, 1 p.m. Celebrate Mardi Gras with themed bingo. \$5 for a standard pack of play; \$1 coverall and \$1 50/50 game.

Soup's On: Register 48 hours in advance, call 508-748-3570. Please consider a \$5 donation. Dine-in served at noon; take-out served at 12:30 p.m. Feb. 4 – Pasta Fagioli; Feb. 11 – French Onion; Feb. 18 – Smoky Chicken Corn Chowder; and, Feb. 25 – Borscht.

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: Feb. 2 at 12:30 p.m. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! Learn about the famous people, places and events of the Revolutionary War through the eyes of those who experienced it. Register at 508-758-4110 or email to: coadirector@mattapoissett.net.

Painting Party: Feb. 9 from 2-4 p.m. Cost: \$20* includes all necessary supplies. Registration with payment is required. Instructor: Lidia Medeiros. No experience needed. Bring a friend! Anyone 18+ can join. *Mattapoissett residents, please contact Jackie at the Council on Aging if cost is a challenge.

Peabody Essex Museum trip: Feb. 10, Mattapoissett residents have priority on all trips. Van space is limited; masks required per state of MA. \$10 van and \$16 museum admission. Pre-payment required one week prior to trip date. Museum requires masks and proof of vaccination.

Movie & Pizza: Feb. 23 at 12:15 p.m. Veteran comedy writer Charlie Burnz (Billy Crystal) forms an unlikely yet hilarious and touching friendship with New York singer Emma Payge (Tiffany Haddish) in the new comedy-drama, Here Today. Pizza \$1/slice. Prepay and registration required.

Knitting: Mondays at 10 a.m.

Games: Cribbage on Tuesdays from 3 to 4:30 p.m.; and Bridge on Thursdays from 12:30 to 2 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: 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 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

As of Feb. 1, the Buttonwood Senior Center remained closed due to a surge in COVID-19 cases. The City of New Bedford intends to announce when Buttonwood will reopen on its website and social media accounts. Follow the City on Facebook at: [facebook.com/CityofNewBedford](https://www.facebook.com/CityofNewBedford).

For updates and assistance, also 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.

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

The Rochester Senior Center will re-open on Jan. 31. Our Monday through Friday breakfast program, which runs from 7 a.m. to 9 a.m., may have a limited menu during our first full week back in operation. We thank everyone for their patience as we were closed from Jan. 1 through Jan. 30 and we look forward to seeing you soon.

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 townofrochester.com/council-aging. Facebook: [facebook.com/RochesterMass](https://www.facebook.com/RochesterMass).

Tax assistance: Begins Feb. 9. Every Wednesday, 9 a.m. to noon. through April 13 volunteers will be at the center to help with taxes. To register, call the center at 508-763-8723.

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.

Monday Lunches: Feb. 7 - Chef Kenny Viera - Ham, Baked Beans & Coleslaw; Feb. 14 - Meat Pies with Marsha Hartley; Feb. 21 - Closed for President's Day; Feb. 28 - Pampered Chef with Linda Medeiros. Please register at the front desk for Monday Lunches or call 508-763-8723 or email at: epoulin@townofrochester.com. \$5.

Creative Crafters: Formerly Busy Bees, at a new time. Thursdays, 1 p.m. If you like to knit, crochet or any other craft, join us.

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

Tai-Yo-Ba: Mondays, 11:45 a.m. - 12:30 p.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.

Fitness Room hours: The Fitness Room is open Monday through Friday from 9:30 a.m. to 1:30 p.m.

Barre-Balance-Stretch: Thursdays at 12:45 p.m. with Marsha Hartley. \$5.

Chair Yoga: Fridays at 11:30 a.m. with Marsha Hartley. \$5.

Line Dancing: Beginners, Tuesdays at 12:30 p.m.; otherwise Fridays at 9:30 a.m. With Nancy Cabral; \$3.

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.

February 2022 Trivia Quiz Answers

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

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Community

MLK Day continued...

at Woolworth's and ask for equal service at the white counter," they told his mother. "We're going to be nonviolent."

"I hope you're going to be nonviolent," his mother responded. "So, what's going to happen if you get arrested?"

"Well, we plan to go to jail," Dr. Khazan answered.

On his way home that evening, Dr. Khazan saw two shooting stars in the sky, a sign of God, his great-great-grandmother had taught him. Although he tossed and turned all night, he got up the next day and met his friends at the library so they could go into town together.

The foursome bought a few items at Woolworth's before heading to the whites-only lunch counter where they sat down and asked to be served.

They were polite, Dr. Khazan said.

When a white woman asked them what they wanted, saying, "You know we don't serve colored people here," Khazan said they responded calmly, "We'd like to be served, please."

Again, when they were asked to move to the "colored" counter, they answered, "Thank you very much. We'd rather sit here."



Martin Luther King Day, traditionally a day of service, was celebrated in the South-Coast on Monday, Jan. 17.

"We had manners," he said.

By the next day, when they returned to continue their sit-in, they had more than doubled their numbers, with 16-20 people joining in. And the numbers continued to grow from there, not just in Greensboro, but in cities across the U.S.

Although there had been sit-ins before 1960, this one in Greensboro, with Dr. Khazan, Frank McCain, Joseph McNeil, and David Richmond, is credited with igniting the movement that led to

change.

Civil Rights leader, Diane Nash, who was also a college student at the time the Greensboro Four began sitting, remembers joining the cause because not acting wasn't an option.

"The truth is I was afraid the whole time," she said in a documentary called Reflections on the Greensboro Lunch Counter. "But the choice was to do what was necessary to end segregation, or to tolerate segregation, and that was just not acceptable."

Now deceased, civil rights activist

Sen. John Lewis, also praised the Greensboro Four's bravery. In the documentary, he described the way ordinary people changed the way this country operates.

"You may not have a lot of money. You may not have a lot of power," Sen. Lewis said. "But you have what Dr. King and Gandhi and others called 'Soul Power.' Just using your body as a non-violent instrument, as a tool, you can change things. You can inspire hundreds and thousands and millions of people to speak up, to speak out."

When asked what he'd say to activists today who are taking a stand for their rights, Dr. Khazan advised learning to meditate and continuing to stand up for equal rights, especially voting rights.

"Keep on trying. Don't give up," he said.

Robert Delaleu, diversity, equity, and inclusion leader at Bristol Community College, thanked Dr. Khazan for his work and expressed his personal reaction to hearing his words.

"Thank you on behalf of BCC," he said. "Myself, as a black man, being able to sit here because of those who have paved the way such as yourself and Dr. King...I get emotional just thinking about it."

Online tool lets residents create digital vaccine card

A new tool to give residents a way to access their COVID-19 digital vaccine card and vaccination history was announced by the state in mid-January. The tool, called My Vax Records, allows people who were vaccinated in Massachusetts to access their own vaccination history and create a COVID-19 digital vaccine card, which would contain similar vaccination information to a paper CDC card.

The digital vaccine cards produced by the system use the SMART Health Card platform and generate a QR code that can be used to verify vaccination.

Although the state is not requiring residents to show proof of vaccination to enter any venue, this tool will help residents who would like to access and produce a digital copy of their record.

The new tool is easy to use: a person enters their name, date of birth, and mobile phone number or email associated with their vaccine record at the state website: MyVaxRecords.Mass.Gov.

After creating a 4-digit personal identification number (PIN), the user receives a link to their vaccine record that will open upon re-entry of the PIN.

The electronic record shows the same information as a paper CDC vaccine card: name, date of birth, date of vaccinations, and vaccine manufacturer. It also includes a QR code that makes these same details readable by a QR scanner, including smartphone apps.

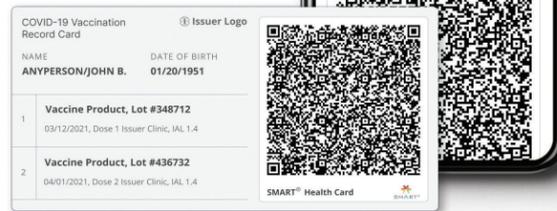
Once the SMART Health Card is received, users are able to save the QR code to their phone, such as the Apple

Fifteen U.S. states and territories, including Massachusetts, have become SMART Health Card issuers.

Wallet, screenshot the information and save it to their phone's photos, or print out a copy for a paper record. The system follows national standards for security and privacy.

This system provides an optional way that residents can access their vaccination information and a COVID-19 digital vaccine card. This will provide residents with another tool to provide proof of COVID-19 vaccination, should it be requested by businesses, local governments, or other entities.

The system leverages the Massachusetts Immunization Information System (MIIS), the official database used by health care providers across the state to record vaccination information. The system relies on hundreds of providers inputting demographic and health information. Some users may not be able to immediately find their record, or may find an incomplete record.



Residents whose record cannot be found or is incomplete can either contact their health care provider or contact the MIIS team to update their records. Learn more about the tool and view frequently-asked-questions at www.mass.gov/myvaxrecord.

Massachusetts has worked with VCI,™ a voluntary coalition of public and private organizations which developed the open-source SMART Health Card Framework in use by other states. The VCI coalition is dedicated to improving privacy and security of patient information, making medical records portable and reducing fraud.

My Vax Records is just one way residents can obtain their COVID vaccination record. Pharmacies that administered the COVID vaccine and many health care providers also are making SMART Health Cards available, or are providing additional options.

Coastline to offer computer training for older adults

Learn how to use your device and connect with others virtually

Coastline Elderly Services is hosting free computer classes beginning in March 2022 and continuing through May 2024. The classes are meant for seniors who want a better understanding of technology, to learn how to use their devices, and/or to connect with family and friends virtually.

They will be taught by instructor Kraig Perry.

Classes will be limited to 10 students each and will be taught weekly in two-hour segments.

Participants will meet once a week for six weeks, covering topics such as the basic operations of a computer, the internet, email, Zoom, social media, and others.

Dates and times are still being determined, but if you are interested in learning more or deepening your understanding of technology, please sign up now.

To register, contact your local Council on Aging director to fill out an intake form, or reach out to Zach Boyer, Coastline Assistant Planning Director at 508-742-9161.

These classes will be filled on a first-come, first-served basis; so please sign up today!