

# Senior Scope

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

Vol. 4, Issue 7

Published by Coastline Elderly Services, Inc.

April 2022

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## Connor Center for Active Living

### Dartmouth renames senior center to honor Maria Connor

The Dartmouth Senior Center has been renamed to honor the longtime advocacy and fundraising support of Maria Connor, current president of the Dartmouth Friends of the Elderly.

The Connor Center for Active Living recognizes Connor's dedication to supporting and empowering older adults over five decades and, at the same time, reflects the shift in how people are thinking about aging, according to Council on Aging Director Amy DiPietro.

The name change became official with the approval of the Select Board on March 14 and will be celebrated publicly later in the year.

The choice to honor Connor was an easy one, said DiPietro. "There's no better person out there who has given so much. She's dedicated her life to empowering seniors."

This year alone, Connor has



Decades of service are being recognized with the renaming of the Dartmouth Senior Center to honor Maria Connor.

been instrumental in raising more than \$70,000 for the COA, according to DiPietro. Over the years she's been part of the Friends of the Elderly, she has brought in hundreds of thousands of dollars, she estimated.

Connor's fundraising leadership paved the way for multiple Senior Center improvements including a five-car garage, updates to the Veterans Memorial Grove Gazebo,

**"I'm doing what my parents told me to do — leave things better than you found them."**

—**Maria Connor,**  
*President, Friends of the Elderly*

adding a driveway to the front of the senior center, and more.

She supported four extensions to the senior center building and helped create the Bullard Wellness Center on the property.

Inside the building, she's led the effort to create new amenities and beautify the space.

"Everything you see - new floors, paint on the walls, some of the furniture - is because of her efforts," said DiPietro.

Connor has said a prime focus for her work has been creating or improving infrastructure to support better COA experiences. Her work has included support for new housing for veterans and older adults as well as fundraising for other services in the region.

*Continued on page 12*

## Aging can present challenges to mental health

Although older adults are no more likely to have mental health challenges than younger ones, specific life experiences and illnesses, more common as we age, can trigger symptoms of depression or anxiety, according to professionals from three national mental health and aging organizations.

In a recent presentation, representatives from the National Institute for Mental Health, the National Institute on Aging and the Substance Abuse and Mental Health Services Administration advised older adults to pay attention to mood and other changes that could be related to depression or other mental health concerns, particularly if they persist for weeks or months.

Depression, they said, is a serious disorder but it is treatable and seeking help is important.



Social connection is important to overall well-being for older adults.

"Feelings of anxiety, depression or other mental health issues can be normal life changes that happen as you age. These changes can include the passing of a loved one, taking on a caregiver role, or moving into an assisted living facility," said Jovier Evans, Ph.D.

of NIMH in the Facebook live presentation. "All of these things can put you at an increased risk of feelings of grief, social isolation, and loneliness. When they persist, that can lead to depression."

Depression is also more common

*Continued on page 3*

## Get an IRS Identity Protection PIN

The Internal Revenue Service offers taxpayers an opportunity to set an Identity Protection Personal Identification Number to better secure their tax account.

The Identity Protection PIN is a six-digit code known only to the taxpayer and to the IRS that helps prevent identity thieves from filing fraudulent tax returns using a taxpayer's personally identifiable information.

The IRS launched the IP PIN program nearly a decade ago to protect confirmed identity theft victims from ongoing tax-related fraud. Now, the voluntary program is open to taxpayers nationwide.

Here are a few things to know about the IP PIN Opt-In program:

- This is a voluntary program.
- You must pass a rigorous identity verification process.
- Spouses and dependents are eligible for an IP PIN if they can verify their identities.
- An IP PIN is valid for a calendar year.
- You must obtain a new IP PIN each filing season.
- Correct IP PINs must be entered on electronic and paper tax returns to avoid rejections and delays.
- Never share your IP PIN with anyone but your trusted tax provider.



The Identity Protection Personal Identification Number helps to secure your tax account.

- There currently is no opt-out option but the IRS is working on one for 2022.

Taxpayers who want an IP PIN for 2021 should go to [IRS.gov/IPPIN](https://www.irs.gov/ippin) and use the Get an IP PIN tool. This will require taxpayers to verify their identities using the Secure Access authentication process if they do not already have an IRS account. See [IRS.gov/SecureAccess](https://www.irs.gov/SecureAccess) for information you need to be successful. There is no need to file a Form 14039, an Identity Theft Affidavit, to opt into the program.

All taxpayers are encouraged to first use the online IP PIN tool to obtain their IP PIN. Taxpayers who cannot verify their identities online do have options.

See [IRS.gov/IPPIN](https://www.irs.gov/ippin) for additional details.

## From the Editor

Back in February, I became excited about working on a story on the ways that cannabis - medical and recreational - can benefit seniors.

With a little help, I found older adults willing to speak on the subject, addressing both the benefits of using the substance and the fears of taking something that is only recently legal in Massachusetts (and is still illegal on the federal level).

I heard that those who use marijuana regularly do so because it helps with their pain, serious back pain was one example, or for similar complaints.

I also heard that some older adults fear trying it, either because of the precarious legal considerations (19 states have fully legalized marijuana as of last month, in six it is still fully illegal, and the rest have mixed laws on it), or for fear of its effect on them including the possibility of "losing control."

But despite several good leads on doctors who might speak on the subject, I couldn't find a doctor willing to speak on the record about the substance, medical or otherwise.

I thought it might be difficult - it can be tough to speak officially on a subject that is federally illegal for many reasons - but I believed that the reduction of stigma around marijuana might have created more openness to addressing its benefits and risks, or even, that someone might criticize its use.

To be clear, I'm not advocating for cannabis use. I think that's an individual decision for people to make, weighing their personal pros and cons.

But as a journalist, it's frustrating not to be able to talk with confidence about what those pros and cons are - from a medical perspective. To not be able to give readers specific information about whether marijuana might be helpful for them and whether there are specific concerns they should be aware of as older adults.

Especially since research shows older adults are using marijuana more.

According to a 2020 study published in the *Journal of the American Medical Association*, cannabis use by U.S. adults age 65 and older increased sharply from 0.4% in 2006 and 2007 to 2.9% in 2015 and, again, from 2.4% to 4.2% from 2015 to 2018.

Nevertheless, older adults are mostly on their own to learn about the product, navigate its legalities, and figure out dosage, product type, and risk factors. In fact, a useful article from AARP found that true even when older adults speak directly with a medical care professional.

"A few users have a medical marijuana doctor who walks them through products and shows them how to use a vape pen. But that's unusual," it goes on to say.

Stay tuned for more. And share your thoughts by emailing [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org) or mailing to *Senior Scope*, 863 Belleville Ave., New Bedford, MA 02745.



Beth Perdue

**Coastline**  
508-999-6400

**Mass Options** 844-422-6277  
[massoptions.org](https://www.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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Checks can be made out to "Coastline" (not "Senior Scope") and mailed to 863 Belleville Ave., New Bedford, MA 02745.

## Donations for April 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 Ave., 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, at 508-742-9114 to donate with a credit card or use the QR code below to donate online.

**In Honor of: Debra Lee, \$50**

**This month: \$50  
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## Senior Scope

Published by Coastline Elderly Services, Inc. with  
Title III funds from the Executive Office of Elder Affairs

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# Celebrating Meals on Wheels



Coastline celebrated its Meals for Wheels program with special events in New Bedford, Dartmouth, and Acushnet during the week of March 21. The organization delivers meals through seven local communities, distributing more than 1,000 meals per day.

Each March is the anniversary of senior nutrition being added to the Older American's Act, paving the

way for federal funding for providing meals to older adults. This March was particularly special, marking 50 years of senior nutrition support.

Several seniors opened their door during the week to find a local official, like City Councillor Shane Burgo and Dartmouth Town Administrator Shawn MacInnes at their doorstep holding their weekday meal.

Shown here are (photos from left, clockwise) Dartmouth Town Administrator Shawn MacInnes and COA Director Amy DiPietro deliver lunch to Mary C. Macedo.

New Bedford Mayor Jon Mitchell and the City Council recognized Coastline's meals programs with special proclamations. In a presentation at the Buttonwood Senior Center, are: (l-r) City Council President Ian

Abreu, Councillor Shane Burgo, Coastline CEO Justin Lees, and Councillor Brad Markey.

The Councillors also helped assemble and package meals for delivery in the Buttonwood kitchen, including (l-r) Shane Burgo, Justin Lees, Brad Markey, and Ian Abreu.

For more photos, see Coastline's Facebook page at Facebook.com/CoastlineNB.

## Mental Health continued...

in people who have had other illnesses such as heart disease or cancer or whose mobility becomes limited, again experiences that can increase as we age, Dr. Evans said.

"Common signs in any age group include feelings of hopelessness, persistent sadness, decreased energy or fatigue, difficulty sleeping, change in eating habits and difficulty concentrating or making decisions," said Elizabeth Necka, Ph.D. of NIA. "You might also experience thoughts of death or suicide."

Depression can sometimes look different for older adults, she added, particularly when it comes to cognitive issues.

"One symptom of depression that is more unique to older adults is experiencing cognitive problems or challenges with one's ability to clearly think, learn, and remember," said Necka.

Depression can cause similar

symptoms as dementia while not being dementia or it can be an early warning sign of possible dementia, Necka said.

"So, if you or someone you know has been recently diagnosed with dementia it's important to make sure that you have a support system in place. This might include a local support group or an organization, family, friends or a faith group," she said.

This is equally important for those caring for someone with dementia.

"Dementia caregivers, along with all caregivers," said Necka, "are at increased risk for depression. So, the everyday stress of taking care of another person can make someone more likely to feel socially isolated or lonely which can lead to depression."

For all of the situations that may trigger feelings leading to depression, Necka was clear that depression is not a normal part of aging.

Unfortunately, the life experiences

that come with aging that can lead to loneliness and isolation mean older adults can often be misdiagnosed or undertreated for mental health concerns.

"Healthcare providers may mistake an older person's symptoms of depression as just a normal or natural reaction to an illness, disability, or the life changes that may occur as you get older, and therefore not think that the depression is something that needs to be treated," said Evans. "This unfortunately means that older adults are often misdiagnosed and undertreated when it comes to depression."

This makes it even more important that older adults pay attention to persistent feelings of grief, loneliness, or isolation and raise their concerns with their medical teams.

In addition to professional help, older adults can take steps to improve their mental health, many of them the same steps that help a person stay physically healthy.

"Self-care and a healthy lifestyle can play a role in maintaining both your mental and physical health, and it can help support your treatment and recovery if you have a mental illness," said Evans. "Being physically active, eating a healthy diet, is one way to improve your mood and your overall health. Staying hydrated can also improve your energy and keep you focused throughout the day."

"Getting the recommended seven to nine hours of sleep each night can also help," he added.

Maintaining a sense of connection with others is also crucial, the group said.

"The pandemic has shed light on how important it is that we stay connected for our mental health," said Necka. "Research has shown that staying in touch with family and friends and not socially isolating yourself really makes a difference and can boost your mood."



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To request our rate sheet, email editor Beth Perdue at [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org) or call 774-438-2729 today.

# Update

## Financial support for internet

The Affordable Connectivity Program is an FCC program that helps families to be able to afford to connect to the internet. The benefit provides a \$30 or more monthly discount on your monthly cable bill and a one-time discount of up to \$100 toward a laptop, computer or tablet. Income limitations and other guidelines apply. Apply online at [www.ACPBenefit.org](http://www.ACPBenefit.org) to submit or print out an application to mail in. Then, contact your preferred participating provider to select an eligible plan and have the discount applied to your bill. To learn more, call 877-384-2575, or visit [fcc.gov/acp](http://fcc.gov/acp).

## Older letter writers sought

The Dartmouth COA is inviting people to participate in the Dartmouth Senior Pen Pal Program. Seniors will be paired with a community member and will be able to correspond at a frequency of their preference. If interested, send the Council on Aging your name, address, and phone number along with a list of topics you love, hobbies, interests, passions, etc. The COA will work to pair you with a match who shares those interests. Mail the information to the Dartmouth Council on Aging, 628 Dartmouth St., Dartmouth, MA 02748.

## Alzheimer's group resuming

Find support with others who understand the impact and needs of those with Alzheimer's. This Alzheimer's Support Group meets at the Dartmouth COA regularly and is resuming their in-person meetings on Tuesday, April 19th at 3 p.m. The group meets every other Tuesday from 3-4 p.m. Contact Carolyn Greany at 508-304-4587 prior to attending.

## Food Pantry open April 16

The Food Pantry at the Congregational Church of South Dartmouth, UCC, is open every third Saturday of the month from noon to 2 p.m. All are welcome. Drive up and pick up at 17 Middle St., Dartmouth, MA.

## Church sale has used jewelry

Costume, vintage, designer, sterling, watches and new items will be available from 9 a.m. - 2 p.m., Saturday, May 14, in the Church Hall, St. Julie Billiard Church Hall, 494 Slocum Rd., North Dartmouth.

## Yoga for early Parkinsons

A small group class focused on functionally-based movements on and off the mat, yoga postures, and breathing exercises. Improve your strength, flexibility, balance, and energy while addressing challenges as they arise. With Nanci Winterhalter, certified yoga therapist, yoga teacher and physical therapist. \$75 for six Fridays at 10:30 a.m., beginning April 15 at Sangha New Bedford. Call Nanci at 508-990-0178 or email [nanciwinterhalter@gmail.com](mailto:nanciwinterhalter@gmail.com) for details or to register. Financial assistance available. With funding from the Mass. chapter of APDA.

## Compost bins for sale

The Greater New Bedford Regional Refuse Management District has two types of compost bins for sale to New Bedford and Dartmouth residents. The Earth Machine and the New Age Composter are available at the discounted rate of \$25 each (including tax). Starting April 9, the first 10 residents from either community who purchase a compost bin, will also receive a free stainless steel kitchen counter bin. To purchase a compost bin, go to the scale house at the Crapo Hill Landfill, 300 Samuel Barnet Blvd., New Bedford Monday-Friday, 7:15 a.m.-3 p.m., and Saturday 8-10:45 a.m. Cash or check only. Proof of residency required. For composting questions, visit <http://gnbrmdistrict.org/about-us/>, contact waste reduction office at (508) 979-1493, or [Marissa@gnbrmdistrict.org](mailto:Marissa@gnbrmdistrict.org).

## How to driver smarter and save gas

A webinar on driving smarter and saving gas will be held from 1:30-2:30 p.m. on April 13. The virtual workshop is being put on by Deaf, Inc. and features presenters Anuja Nadarajah and Todd Suffreti. To join, use the Zoom ID 918 8838 8357 and the password: brainfood. For more information, or for accommodations, call 617-505-4823 or email [frontdesk@deafinonline.org](mailto:frontdesk@deafinonline.org).

## Easter Sunrise Service is April 17

The annual sunrise service on Easter morning will be held at 6:29 a.m. April 17 this year at Fort Phoenix in Fairhaven. The gates will open at 5:30 a.m. All are welcome.

## Celebrate Earth Eve during AHA!

AHA! celebrates a sustainable South Coast on April 14 in downtown New Bedford and features a 'Be a Super Hero & Love Mother Earth procession.' Events start at 5 p.m. every second Thursday. Start at and learn more at the National Park Visitor Center, 33 William St.

## Share your art each month

Artists Share! is a free monthly artist discussion group that meets both on Zoom and at the Co-Creative Center, 137 Union St., in New Bedford. Hosted by Midori Creativity, all artists and artist friends are welcomed. The group meets every second Tuesday of the month from 7-8:30 p.m. We help each other progress and grow in our work by sharing and exploring our art together. It's about sharing ideas, supporting each other, and enjoying artistic connections.

## Responding to signs of dementia

A virtual program offering tips on having honest and caring conversations on the signs of dementia in a loved one will be held from noon-1:30 p.m. on April 6. Topics will range from legal and financial questions to behavioral changes in a loved one. The Alzheimer's Association program is being hosted by New Bedford law firm Suprenant & Beneski, P.C. Elder Law. To register, call the association's 24/7 helpline at 1-800-272-3900.

## Know your options

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. They can provide counseling to you, whether you're currently at home, in the community, or in a hospital or facility setting. The program is part of the Aging and Disability Consortium of Southeast Massachusetts, which partners with Independent Living Centers to assist people with disabilities of any age and can assist with connecting you with a local partner to receive Options Counseling Services. A referral can be made through Coastline's Information and Referral Department at 508-999-6400.

## 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](http://www.zeiterion.org). Contact your local Council on Aging to purchase discounted tickets.

## Transit grant program to open

The next round of the Community Transit Grant Program for state fiscal year 2023 is opening this month. The program is a joint funding opportunity for the Federal Transit Administration Section 5310 Enhanced Mobility of Seniors and Individuals with Disabilities funds and the State Mobility Assistance Program funds.

The application period opens April 29 and closes at 5 p.m. June 24. Applications will be submitted through the Transit Division's online system. MassDOT will host two virtual trainings from 1-3 p.m. on April 21 and 27 to cover eligibility and requirements, the application process, and tips for completing an effective proposal. Attendance at a training is mandatory for new applicants. Previous CTGP awardees are also encouraged to attend.

RSVP to [jennifer.n.henning@dot.state.ma.us](mailto:jennifer.n.henning@dot.state.ma.us) by April 20 and a Zoom link will be emailed. For grant information, go to <https://www.mass.gov/how-to/apply-for-a-community-transit-grant>.

## Calling all older adults daily

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](http://pcsdma.org).

the **healthy living**  
Center of Excellence

**Savvy Caregiver Training**

The Savvy Caregiver Training is a **FREE** six-week program for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.

*Offered at no cost by Coastline.*



April 12-May 17  
Tuesdays, 10 a.m. - Noon  
At the Mattapoissett COA,  
17 Barstow St., Mattapoissett

For more information and registration, contact  
Stephanie Gibson at 774-510-0193 or you may register  
online at [healthyliving4me.org](http://healthyliving4me.org).

Funding for this program was provided by a grant from the Administration for Community Living in collaboration with the Massachusetts Executive Office of Elder Affairs and Elder Services of the Merrimack Valley and North Shore, Inc.

# Your Health

## Breathing better to increase relaxation and peace



Breathing deeply can be a tool for experience life with more ease and peace of mind.

*“Can words describe the fragrance of the very breath of spring?”*  
-Neltje Blanchan

By Deb Fraine, MS, OTR/L, CHT, RYT-200, Co-Director of the NB Well Yoga Program

Spring is a wonderful time to take a full breath, to fully enjoy the freshness of the air and the fragrance of the blooms. As we anticipate the onset of the spring outdoor yoga season, one of the most important benefits of yoga comes to mind. This aspect or “limb” of yoga - the breath or “pranayama” can be practiced anywhere. No yoga mat is needed.

Many of us have become accustomed to breathing very shallowly in our upper chest especially in times of stress. This shallow breathing can contribute to anxiety, fatigue, muscle weakness and high blood pressure. In yoga, we teach our students to breathe through the nose which produces a more efficient breath. We teach that with the inhalation, the ribs and belly expand and with exhalation the ribs lower and the belly draws into the spine. In times of stress, it is customary for us to “hold our breath.” Yoga teaches us that breathing through the difficult postures or challenges in life actually helps us to get through them with more ease and peace of mind.

The anatomy of breathing includes the lungs, rib cage, abdomen and diaphragm which work together to move air in and out of our lungs. The diaphragm is a dome like muscle that divides the thoracic and abdominal cavity. When we inhale the diaphragm contracts, the ribs expand and the lungs fill. When we exhale the diaphragm lowers the rib cage and air is forced out of the lungs. This deep breathing stimulates the vagus nerve which connects



our brains to our bodies producing a relaxation response.

To practice this technique of deep breathing, place one hand on your upper chest and one hand on your belly. As you inhale through the nose, notice your chest lift and belly expand. As you exhale through the nose, notice the chest lower and abdomen contract. This practice can be done in a chair or lying on your back. In order to produce a deeper relaxation response, you can make the exhales twice as long as your inhales. (Inhale for a count of 2, exhale for a count of 4).

This method of breathing produces a sense of relaxation and well-being. As it becomes more natural, you will find yourself breathing in this way throughout your yoga practice and your daily activities.

The onset of spring gives us a sense of renewal and hope as well as an opportunity to be outside and connect to each other. The New Bedford Wellness Initiative looks forward to bringing you free yoga classes in Buttonwood Park on Monday evenings and at Haskell Public Garden on Thursday evenings. Both classes will begin in early June and will be held at 5:30 p.m. Stay tuned to the NB Well Facebook page and newsletter for further information.

## Mixing it up: Adding whole grains can make for a healthier diet

Between the amount of carbohydrates and the presence of gluten, grains have gotten a bad rap recently, but they are an important component of a well-balanced meal and necessary for healthy eating, according to Stephanie Boulay, registered dietician for Coastline Elderly.

In a March 16 presentation before the Dartmouth COA's Pound by Pound group, Boulay stressed both the need to include grains in our diets and the importance of choosing them wisely.

Some grains – particularly processed ones – have less nutritional value than others, but whole grains have been shown to play an important role in staying healthy.

In fact, one study, Boulay referenced, found that including whole grains in meals can reduce the risk of heart disease by 25% and the risk of a stroke by 27%.

“Just by switching out and putting whole grains in,” she said.

One possibility is to swap white rice for brown two times a week or add in other grains like bulgur, Israeli couscous or quinoa, technically a seed but classified as a grain.



Stephanie Boulay speaks to the Pound by Pound members at the Dartmouth COA.

While growing fears about gluten, a substance found in grains, has led many to reduce their consumption of grains, the reality is most people don't need to worry about it, Boulay said. About one percent of the population cannot have gluten at all and another two to six percent are sensitive to it, she said.

That leaves 93% of people who can eat it without problems.

“My concern as a dietician is we have a lot of headlines out there that say grain is bad, wheat is bad,” Boulay said, adding that is untrue.

Whole grains are the best grains to choose but Boulay advised being careful when grocery shopping. Packaging can sometimes be misleading, she said. For example, multigrain does not necessarily mean whole grain.

“Always check the label,” she

said. “Whole should be the very first word that you're seeing.”

In her remarks, Boulay took aim at the traditional meat and potato dinner and asked the group to mix it up by adding a whole grain, vegetable, or side salad with their meal. Or, she suggested, add a healthy snack, such as whole grain Triscuits with hummus or cottage cheese before or after the meal.

Pound by Pound members were also reminded to balance the foods they eat to include protein, fat and fiber sources in the same meal.

Although she recommended making changes, Boulay did not advise keeping to a super strict diet.

Those foods we label bad don't need to be eliminated completely, she said. By keeping portions smaller and pairing them with other healthier foods, they can still be enjoyed safely.

“It's all about taking the things that you like and making some tweaks,” she said.

That's good news for pasta fans. “If you wanted to have your pasta, sit there and enjoy it,” Boulay said. “You eat it slow; you enjoy it.”

## La guía anual “Street Sheet (Hoja de Calle) de los servicios de apoyo locales ya está disponible

La “Street Sheet” de 2022 ya está disponible para las personas o familias que necesitan servicios relacionados con la vivienda y las necesidades de la vida diaria como la alimentación y la ropa. Publicada con información actualizada cada año, la “Street Sheet” ayuda a las personas a encontrar rápidamente los recursos que necesitan.

La guía está pensada para aquellas personas que se encuentran sin hogar

o en situación de inestabilidad con la vivienda, o que puedan sentirse amenazadas por la falta de vivienda, que necesiten alimentos, ropa, servicios jurídicos, asistencia médica y/o servicios de asesoramiento.

Está producida y publicada por la Office of Housing & Community Development (Oficina de Vivienda y Desarrollo Comunitario) de New Bedford en nombre de Homeless

Service Provider’s Network -HSPN- (Red de Proveedores de Servicios para Personas sin Hogar) de New Bedford para que sirva tanto como guía de recursos y referencia.

Se pide a las personas que necesiten servicios que se pongan en contacto directamente con las agencias y organizaciones que figuran en la guía, ya que sus horarios y ofertas pueden haber cambiado desde la fecha de

publicación.

La “Street Sheet” se puede encontrar en inglés, español o portugués entrando en el sitio web de HSPN en <https://www.nbhspn.com/homeless-assistance/>

Las copias impresas se pueden conseguir en la Office of Housing & Community Development de la ciudad. Póngase en contacto con Jennifer.Clarke@newbedford-ma.gov para solicitarlas.

## Annual “StreetSheet” guide to local support services is available

The 2022 “StreetSheet” is now available for individuals or families in need of services related to housing and daily life needs such as food and clothing. Released with updated information each year, the “StreetSheet” helps people quickly find the resources they need.

The guide is designed for those who

are either experiencing homelessness or housing instability, or who may be threatened with homelessness, in need of food, clothing, legal services, medical assistance and/or counseling services.

It is produced and published by New Bedford’s Office of Housing & Community Development on behalf

of the New Bedford Homeless Service Provider’s Network (HSPN) to serve as both a resource guide and referral tool.

People in need of services are asked to contact the agencies and organizations listed in the guide directly, as their hours and offerings may have changed since the publication date.

The “StreetSheet” can be found in

English, Spanish, or Portuguese by going to the HSPN website at <https://www.nbhspn.com/homeless-assistance/>

Hardcopies are available for pickup at the City’s Office of Housing & Community Development. Contact Jennifer.Clarke@newbedford-ma.gov to make a request.

## O guia anual “StreetSheet” para serviços de suporte está disponível

O “StreetSheet” de 2022 está agora disponível para indivíduos ou famílias em necessidade de serviços relacionados com habitação e necessidades da vida diária tais como comida e roupa. Publicado com informação atualizada todos os anos, o “StreetSheet” ajuda as pessoas a encontrarem os recursos rapidamente que necessitam.

O guia está designado para aqueles

que estão vivendo sem teto ou instabilidade habitacional, ou os quais poderão estar ameaçados com perda de casa, em necessidade de comida, roupa, serviços legais, assistência médica e/ou serviços de aconselhamento.

É produzido e publicado em New Bedford’s Office of Housing & Community Development por parte do New Bedford Homeless Service

Provider’s Network (HSPN) para servir como ambos um guia de recursos e de referência.

É pedido às pessoas com necessidade dos serviços que contatem as agências e organizações mencionadas no guia, diretamente, pois seus horários e ofertas podem ter mudado desde a data da publicação.

O “StreetSheet” pode ser encontrado

em Inglês, Espanhol ou Português indo na página da web da HSPN no <https://www.nbhspn.com/homeless-assistance/>

Cópias impresas estão disponíveis para serem levantadas no City’s Office of Housing & Community Development. Contate Jennifer.Clarke@newbedford-ma.gov para fazer o seu pedido.

Translations provided by:

 Southcoast Health



## 65 or older with MassHealth Standard?

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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**

<sup>1</sup>\$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. <sup>2</sup>Benefit and/or network limits may apply. <sup>3</sup>Non-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. <sup>4</sup>YMCA 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



Groundwork South Coast's Urban Farm and Community Garden

### Join a multigenerational gardening project

Groundwork South Coast's Urban Farm and Community Garden is looking for older adults (and children too) to learn about and help grow food from seeds in a community garden in Riverside Park in New Bedford, next to the basketball courts.

A Sow & Grow seed starter program and community garden is starting now, helping families plant seeds indoors to later transplant seedlings into raised beds at the Community Garden.

The Groundwork South Coast project is looking to cultivate relationships between youth and older adults in New Bedford, to foster a sense of belonging and connection to support those who may feel isolated or even homebound.

The Urban Farm is also seeking volunteers to join them from 10 a.m. to 1 p.m. April 9 for a Community Volun-

teer Day. Adopt a raised garden bed, help clean up the park, meet the Green Team and more.

Low to moderate income New Bedford families are the project's target audience, but those interested who do not live in the city can contact Groundwork with questions about participation. Income eligibility verification may be required.

All are welcome to join in the April 9 Volunteer Day.

Groundwork may offer support caring for a participant's raised bed or delivery of the harvested produce to those who have mobility or transportation challenges. Support is limited and decisions will be made on a case-by-case basis.

For questions or to request a seed starter kit, email [info@groundwork-southcoast.org](mailto:info@groundwork-southcoast.org).

## 'Slam the Scam' campaign targets government scams

Last month's designated National Consumer Protection Week (March 6-March 12, 2022) was the inspiration for a flow of information coming out in March on how to identify and avoid scams and other fraud techniques, especially those targeting older adults.

As part of the education campaign, the Inspector General for the Social Security Administration worked to raise awareness specifically on social security scams and other government imposter scams, designating March 10 as National "Slam the Scam" Day.

The numbers of these types of scams are concerning. In 2021 alone, over 396,000 complaints of government imposter scams were made, according to the the Federal Trade Commission, nearly 9 percent of which involved the loss of money to a scammer.

In all, more than \$442 million was stolen.

To prevent further losses, the Social Security Administration urges everyone to use caution when receiving calls from someone claiming to be from a

government agency.

The Social Security Administration will never do any of the following:

- Threaten arrest or legal action if someone does not immediately send money to resolve an overpayment;
- Promise to increase benefits or resolve identity theft issues for a fee or by moving money into a protected account;
- Require payment with a retail gift card, prepaid debit card, cryptocurrency, wire transfer, internet currency, or by mailing cash; and,
- Send text or email messages that contain personal information.

To prevent fraud the SSA advises:

- Hanging up on suspicious calls from "government officials" calling about a problem with your Social Security number or account;
- Never making payments with gift cards, wire transfers, or by mailing cash;
- Reporting Social Security scams to [OIG.SSA.GOV](http://OIG.SSA.GOV); and,
- Reporting other scams to [reportfraud.ftc.gov](http://reportfraud.ftc.gov).

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What are your options when your rental term or rent increases?

## Know your rental rights now

By Andrew Bardetti

South Coastal Counties Legal Services

Imagine this—you've been renting the same apartment for ten years at \$500 a month when a new landlord takes over. A couple of months later, your landlord comes to you asking for \$1,000 a month. What are your options? And what about that leaky sink your landlord hasn't fixed?

First, your landlord may not increase the rent if: (1) you do not agree to the rent increase; (2) you have a written agreement that has not ended (such as a lease for a year that does not give your landlord the right to increase the rent during the year); (3) you have a Section 8 voucher and the housing agency has not approved the increase and/or you did not agree to the increase; (4) the increase is to get back at you for something you did, like reporting bad conditions; or (5) you did not get proper advance notice of the increase.

For those tenants who do not have a lease, your landlord must give you at least 30 days' advance written notice to end your tenancy. Your landlord cannot ask that you pay more in rent and then try to evict you in court because you refused to pay the increased amount—your tenancy must first be terminated before your landlord can proceed to court to evict you.

When you are facing a rent increase, you have several options. You can negotiate with your landlord, and also speak with other tenants. You can choose to pay the increase but be sure you can afford to do so—once you pay that new amount, it will most likely be your new rent moving forward. Last, you can refuse the increase and keep paying the old amount. Whichever option you choose, when your landlord asks you to pay an amount you cannot afford, you may want to start applying to affordable housing options.

Second, about that leaky sink—your

landlord has an obligation to ensure that your apartment or home is kept up to code. If you find something that needs repair, tell your landlord as soon as possible and document the issue. If the problem is not repaired in a reasonable amount of time, you may want to send your landlord a letter informing them of the issue again. If that fails, and especially if something like your heat or water is broken, then you may want to call your local Board of Health. As mentioned above, your landlord may not evict you for reporting a bad condition or for contacting the Board of Health.

For more information on your rights as a tenant, you may visit [masslegal-help.org/housing](http://masslegal-help.org/housing).

The information contained here does not constitute legal advice and is intended to provide a basic understanding of landlord-tenant law. This information is provided by South Coastal Counties Legal Services (SCCLS) which provides free legal services to eligible clients. There are no income criteria for adults age 60+ but individual representation is prioritized to those with the greatest economic and social need. SCCLS has offices in New Bedford, Fall River, Brockton, and Hyannis. For more information, please call our intake line at (800) 244-9023.

*The information contained here does not constitute legal advice and is intended to provide a basic understanding of landlord-tenant law. This information is provided by South Coastal Counties Legal Services (SCCLS) which provides free legal services to eligible clients. There are no income criteria for adults age 60+ but individual representation is prioritized to those with the greatest economic and social need. SCCLS has offices in New Bedford, Fall River, Brockton, and Hyannis. For more information, please call our intake line at (800) 244-9023.*

## Whaling Museum announces building purchase and campus expansion plan

The New Bedford Whaling Museum has purchased the property at 11 William St, adjacent to its location, and has engaged the internationally-recognized architectural firm Machado Silvetti to develop a plan to weave the property into a contiguous and visitor-centric building.

"We are confident that this acquisition will allow the museum to offer even more engaging, meaningful experiences for visitors and the New Bedford community, and deepen our efforts to bring the stories of the SouthCoast to life," said Amanda McMullen, President and CEO of the New Bedford Whaling Museum.

Machado Silvetti will lead the development of the museum's campus master

plan project including design work for the newly acquired property and a holistic view of the museum's operations, facilities and offerings.

To ensure this process is reflective of New Bedford, Machado Silvetti and the museum will engage in an exhaustive discovery phase that will include opportunities for the public to provide input in the form of surveys and comment, ahead of the Museum's Annual Members' Meeting on May 25. Specifically, the museum will open the meeting early at 2 p.m. for public input for the project with the meeting agenda set to begin immediately following. Other engagement opportunities will be announced throughout the Spring.

## Trivia

### FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What was Johnny Cash's first #1 hit on the country charts?  
A.) Ring of Fire      B.) Folsom prison blues  
C.) Hurt                D.) I Walk the Line
- 2.) Where is the world's largest INDOOR theatre?  
A.) Mexico City, Mexico      B.) New York, New York  
C.) Milan, Italy                D.) Manaus, Brazil
- 3.) Which of these animals is an amphibian?  
A.) Python                B.) Platypus  
C.) Salamander              D.) Great White Shark
- 4.) Charlie Chaplin popularized what kind of hat in his silent films?  
A.) Pork Pie      B.) Bowler      C.) Boater      D.) Fedora
- 5.) What patriotic song shares its tune with "God save the Queen"?  
A.) America the Beautiful      B.) You're a Grand Old Flag  
C.) God Bless America        D.) America (My country tis of thee)
- 6.) In many old west movies the phrase "Boot Hill" referred to what?  
A.) Cemetery      B.) Army camp      C.) Jail      D.) Funeral parlor
- 7.) What was the original name for Cheerios?  
A.) Happy-O's      B.) CheeriOats      C.) Cheer Ups      D.) Oaties
- 8.) What US state is named after the Spanish word for snow?  
A.) Alaska      B.) Vermont      C.) Colorado      D.) Nevada
- 9.) Which of these sodas does NOT contain caffeine?  
A.) Mountain Dew      B.) Dr. Pepper  
C.) Diet Coke            D.) A&W Root beer
- 10.) The word "crochet" comes from the French word for what?  
A.) Wool      B.) Scarf  
C.) Difficult      D.) Small hook

[Answers listed on page 11]

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## Are you eligible for increased benefits?

By Delia De Mello  
*Social Security*

We know your circumstances may change after you apply — or become eligible — for benefits. If you, or a family member, receive Social Security or Supplemental Security Income (SSI), certain life changes could increase your benefit amount.

As part of our Potential Entitlement initiative, we want to help you identify where you might qualify for a higher benefit. For example, you may be entitled to higher benefits based on your own earnings record or someone else's record.

Some of the life changes that could possibly increase your benefits include the following scenarios:

If your spouse or ex-spouse dies, you may be eligible for a higher survivor benefit based on their earnings record. The death of an ex-spouse may entitle you to a higher survivor benefit even if you are already receiving a survivor benefit on another spouse's record. We encourage you to read our publication, *Survivors Benefits*, for additional information at [www.ssa.gov/pubs/EN-05-10084.pdf](http://www.ssa.gov/pubs/EN-05-10084.pdf).

If you are receiving Social Security benefits based on your spouse's work and you worked and earned credits, you may be eligible for a higher retirement benefit based on your own work. You can view our *Retirement* page at [www.ssa.gov/retirement.Survivors Benefits](http://www.ssa.gov/retirement.Survivors%20Benefits), for additional information at [www.ssa.gov/pubs/EN-05-10084.pdf](http://www.ssa.gov/pubs/EN-05-10084.pdf).

If your deceased adult child provided

at least half of your support, you may be eligible for a higher parent's benefit based on your child's work history. Our publication, *Parent's Benefits*, includes information you may want to consider at [www.ssa.gov/pubs/EN-05-10036.pdf](http://www.ssa.gov/pubs/EN-05-10036.pdf).

We continue to focus our Potential Entitlement initiative on people who face barriers. These populations include older people, children with disabilities, veterans, SSI recipients, and people with limited English proficiency.

We are proud to say that since we started the initiative in 2017, our efforts have resulted in approximately \$553 million in retroactive and total monthly increased benefits paid., includes information you may want to consider at [www.ssa.gov/pubs/EN-05-10036.pdf](http://www.ssa.gov/pubs/EN-05-10036.pdf).

Check out our *Explore the Benefits You May Be Due* page at [www.ssa.gov/potentialentitlement](http://www.ssa.gov/potentialentitlement) for more information on any additional benefits available for you and your family. You can use your personal 'my Social Security' account to check your benefit and payment information — along with your earnings record. If you don't have a personal 'my Social Security' account, you can create one today at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).



Delia DeMello

## Southcoast Health names CEO

Southcoast Health named Dr. Ray Kruger president and CEO in March, removing the word acting from his title. Kruger had taken over the leadership role after Keith Hovan was released from employment after a two month leave of absence.

Kruger graduated from Dartmouth Medical School in New Hampshire and completed his resi-

dency at the Dartmouth-Hitchcock Medical Center in Hanover, N.H.

He has practiced general surgery at Tobey Hospital for more than 18 years, according to the hospital system. He has extensive training in gastric bypass surgery at Boston teaching hospitals. He is board certified in general surgery and is a fellow of the American College of Surgeons.

## Southcoast CARES to expand health equity

Southcoast Health has launched Southcoast CARES, part of a newly rebranded Community Health and Wellness department, reflecting the department's expanded focus on improving health equity and health status across the South Coast region, the hospital system said in a statement. Formerly the Community Benefits department, the rebranded department includes Community Relations, Data Analysis and Reporting.

Southcoast CARES is composed of three strategic areas—Community Wellness Initiatives, Community Engagement and Impact, and Community Health Improvement Planning—to address the current and future health and social needs of the region.

**Community Wellness Initiatives:** Programs that support ongoing population health initiatives and expand access to services, outreach, education and connection to basic health and social resources, including the

new Community Wellness Program, The New Beginnings Program, The Basics, Southcoast and The Southcoast Resource Connect Platform.

**Community Engagement and Impact:** Southcoast's community support through contributions, coalition participation, volunteerism efforts and grant programs.

**Community Health Improvement Planning:** A community-driven initiative on collaboration with a diverse group of residents and leaders to create long-term, transformational change to the health and wellness of the region.

"As we continue developing new community health initiatives, it is important that we not only react to specific community needs but proactively address them," said Rachel Davis, Director of Community Health and Wellness. "Focusing on initiatives targeting socioeconomic needs, we are hoping to get ahead of the root causes of many current health problems and break the cycle."



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# Councils on Aging

## Acushnet COA

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

**New Class:** Resistance Bands with Karen Corcoran. Every Thursday in April, 10:15 a.m. \$2/suggested, voluntary donation.

**Strong Women, Strong Bones:** A Title III program. Exercise program great for those living with osteoporosis or osteoarthritis. Monday-Thursday, 9 a.m. \$2/suggested, voluntary donation.

**Cribbage League:** 10-week league. Players and subs needed. Every Monday at 11 a.m. To sign up, call Rose 508-998-0280.

**Medicare 101:** April 19, 5:30 p.m. Are you turning 65? New to Medicare? Join William Bjerke as he navigates through the Medicare process and options. This is not a sales presentation but will provide some basic information about Medicare and the different types of plans available. Free, open to the public. Please RSVP to 508-998-0280.

**Left, Right, Center:** Wednesday, April 20 at 12:30 p.m. To sign up please call the center.

**Dental Cleanings:** Mobile Dental Hygiene Services with Teresa Simison, RDH, MSDH and Andrea Read, RDH, MSDH. This service provides consumers with a dental hygienist for dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment, call 508-827-6725.

**Red Hats:** New members always welcome to join this social group. Thursday, April 14 at 11 a.m.

**Chair Yoga:** With Sue Ashley. Every Friday at 1 p.m. \$3/class.

## 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](http://www.town.dartmouth.ma.us/council-aging/pages/coa-newsletters).

**Family Caregiver Support Group:** Join Coastline in a partnership with the DCOA for monthly support group the first Thursday of the month from 1-2:30.

**YWCA Widow Person Program at the Center:** Two sessions, 8:30-10 and 10:30 - noon on the 1st and 3rd Thursday. Walk ins are welcome.

**Elder Law consultations:** With Atty. Brandon Walecka, 2nd Thursday of the month from 10-11 by appointment.

**Free Legal consultation:** With Justice Bridge through UMass Law the last Wednesday of the month from 2-3 by appointment.

**Hearing Clinic with At Home Healthcare:** Hearing Evaluations & Hearing Aid Checks, 10 a.m. to noon, 3rd Thursday of the month. Call the Center to schedule an appointment.

**Visiting Dental Hygienists Clinic:** Call 508-827-6725 for more information and to schedule an appointment.

**Blood Pressure Clinic is back:** 10-11 a.m., the last Tuesday of the month. Walk-ins welcome.

**Pen Pal project:** Contact the Center if you would like to be paired with a writing buddy in the community.

**Free Pain Consultations:** With Baystate Physical Therapy by appointment the 3rd Thursday of the month at 1 p.m.

**Chill with Ava:** Meet the 'Great Dame' service dog Mondays at 11:30 a.m. Walk ins welcome.

**Coffee Hour is Back!:** Beginning in April walk in and enjoy a fresh brewed coffee and assorted pastry. Tuesdays and Thursdays from 9:15-10:15 a.m.

**Country Three Band:** 1st and 3rd Wednesday in April from 1:30-3:30 p.m. Cost is \$4. Live music and dancing. Walk-ins welcome.

**Watercolor Class:** This series of 4 sessions will cover various techniques for watercolor paintings. This is NOT a beginner's class. You should have some watercolor experience and supplies when taking this class. Mondays from 10 to 12. April 4, 11, 18, and 25. \$50 for all four weeks. For more info, please call the Center. Instructor: Jane Bregoli

**The Date:** Single Senior Supper Club, first Tuesday in April from 4-6 p.m. Reservations required. Cost is \$3. For more info, contact the Center.

**MOW's Lunch Party:** Join us in celebration Meals on Wheels 50th year! April 15 at 11:30 a.m. featuring MOW's Italian Stuffed Shells. Music, Bingo/prizes and cake. Preregistration is required. Free.

**Neurographic Art Workshop:** 1 p.m., April 22. \$5. Neurographic Art stimulates creativity and imagination. Let go, enjoy and explore the freedom creativity will bring you. Christine Cummings, artist and expressive arts therapist, will guide and ground the group through this 1.5 hour practice. No prior art experience needed. Cost is \$5.

**Guided Meditation with Lynda:** Tuesdays, 10:15-11 a.m. Free. Great for those who are looking for potential new ways to release any tension and stress in the mind and body. Let Lynda be your step by step guide into relaxation.

**New Tai Chi Ball:** Fridays from 10-11 a.m., beginning April 22 for six weeks. \$20. Ball is provided. Move the ball in either horizontal or vertical circles. A movement that stays near the body is designed to work big muscles groups, whereas farther away from the body will improve general arm strength and give your balance and posture a bit of a boost.

## 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](http://fairhaven-ma.gov/council-aging).

**Bridge Classes:** Thursdays, April 28 to June 23, 9:30 a.m. to noon. Call The Second Half at 508-677-4694 for registration and information.

**May Trips:** May 4, Plainridge Park Casino; May 11, Providence Place and Whole Foods; May 18, Derby Street Shops, Hingham; May 25, Garden City, Cranston, R.I. Reservations open. Fee is \$6 unless marked. Van leaves the Center at 9 a.m.

**Single Senior Supper Club returns:** Third Tuesday of each month, beginning April 19 from 4-6 p.m.

**COA Drop-In hour:** The third Thursday of each month from 10:30-11:30 a.m. beginning April 21. Light refreshments will be served. COA director will be available to talk, answer questions, and provide information on various topics.

**Poverty Point Walking Tour:** April 30, 1 p.m. Starts at Cooke Memorial Park, Pilgrim Ave. A revised and updated walk along a new tour route in the oldest village area in present-day Fairhaven. Guide is Christopher Richard. Sponsored by the Fairhaven Office of Tourism. Free. Parking is allowed on the west side of Cherry Street and the south side of Pilgrim Ave. For more information, call 508-979-4085 or email [FairhavenTours@fairhaven-ma.gov](mailto:FairhavenTours@fairhaven-ma.gov).

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

**Computer Class:** Monday and Wednesday 9 - 10:30 a.m. Must register for class.

**Mobile Dental Hygienist:** Call Teresa or Andrea at 508-827-6725 or email them a [smile@mobiledentallygiene.com](mailto:smile@mobiledentallygiene.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.

## 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](https://www.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.

**Vladimir Putin:** Corrupt, Competent and Environmentalist. Coming Cold War? April 8 at 1 p.m. Henry Quinlan will be on hand to give us a look at the career of Vladimir Pun, as a corrupt, competent autocrat, yet an environmentalist.

**Art For Your Mind:** American Women Artists, April 11, 1 p.m. Admire a selection of women from the 18th-21st centuries, their pastels, painngs, photographs, sculptures, quilts and more. A catered lunch of Greek Orzo Salad will be offered prior to the presentation at noon. There will be limited seating for the luncheon and lecture and reservations are a must. Call 508-748-3570. A suggested donation of \$5 is requested.

*Continued on Page 11*

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### Savvy Caregiver Training

The Savvy Caregiver Training is a **FREE** six-week program for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.

*Offered at no cost by Coastline.*



April 12-May 17  
Tuesdays, 10 a.m. - Noon  
At the Mattapoissett COA,  
17 Barstow St., Mattapoissett

For more information and registration, contact  
Stephanie Gibson at 774-510-0193 or you may register  
online at [healthyliving4me.org](http://healthyliving4me.org).

Funding for this program was provided by a grant from the Administration for Community Living in collaboration with the Massachusetts Executive Office of Elder Affairs and Elder Services of the Merrimack Valley and North Shore, Inc.



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Caring for the community.

### Looking for a career?

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for employment opportunities.

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### Olympia Tower

Now Accepting Applications. Overlooking New Bedford Harbor and Buzzards Bay, Olympia Tower is now accepting applications for 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped or disabled persons who are 18 years old and over. Enjoy the convenient downtown location and feel secure in the friendly atmosphere. Rent based on 30% of adjusted income. Income requirements, please call for info.

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**Trip:** To Old Colony Regional Vocational Technical High School, April 12, 9:30 a.m. We will be getting complimentary manicures from the Cosmetology students. After this special treatment, it will be on to lunch prepared by the culinary students at the Cougar's Den. Participants will be responsible for the cost of lunch and gratuity. Reserve your space beginning April 1 by calling 508-748-3570.

**Bunny Hop Around the Walking Path:** April 12, 1 p.m. The Bunny Hop is a 1950s novelty dance invented by the students of Balboa High School in San Francisco in 1952. Upon hearing of the dance, bandleader Ray Anthony wrote a tune to accompany it, and a timeless dance craze was born. Whether you do the Bunny Hop or just take a few laps around the walking path, we encourage all to get out and get some exercise as the warmer days of Spring are upon us. Light refreshments and prizes will be enjoyed after the activity. Call 508-748-3570 to let us know that you will be joining us.

**Think Spring:** On exhibit through April 26. Stop by the Community Center to view the works of this talented group of artists and delight in their interpretations of Springtime.

**Fenway Park Tour:** April 28, 8:30 a.m. Join us as we travel to Fenway Park for a tour of the classic ballpark! Check out the Green Monster, press box area and hall of fame. After the tour, we will dine at a local eatery. Cost of is \$22 for the tour. Lunch will be an additional charge. Sign ups for this trip will begin April 14. Call 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](http://mattapoissett.net/council-aging). The center is located at 17 Barstow St., Mattapoissett, MA 02739.

**Annual Pie & Cake Sale:** April 16, 8:30 a.m.-noon at the Knights of Columbus Hall, 57 Fairhaven Road, Mattapoissett. Sponsored by the Friends of the Mattapoissett COA.

**Pot Roast dinner with live music:** April 14 at the COA. Doors open at 4:30; meal at 5 p.m. Music and singing (along) with Steve Richardson (fun & engaging talent who is popular at the Sagamore Inn). \$5 Registration required. Seating is limited: Mattapoissett residents 60+ have priority; then 55+, then out-of-town.

**Step-by-Step Acrylic Painting Lessons:** Fridays 10-11:30 a.m. Starts April 22. One painting approx. 5-7 weeks to complete. \$10. One-time-fee for all weeks for a painting. All supplies included. Registration required. Space is limited. First painting subject: Ned's Point.

**New Walking Group:** Wednesdays, 9 a.m. beginning April 6. Meet at 17 Barstow St. near bench. Join a moderate-paced walk through the Village. Call if you have questions. Sign up recommended or just show up.

**Boston Symphony Orchestra Open Rehearsals Returns:** 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.

**Early American Colonial Painting:** April 6 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](mailto:coadirector@mattapoissett.net).

**Trips:** April 21, 11 a.m. Colombo's Café & Pastries, Hyannis. A hot-spot in downtown Hyannis. Walk/shop downtown after the meal. April 28, 8:30 a.m., Worcester Art Museum has a collection of 38,000 objects from around the world and spanning 8 millennia. Pre-payment required one week prior to trip date. Museum requires masks and proof of vaccination.

**Movie & Pizza:** April 27 at 12:15 p.m. "Cry Macho" stars Clint Eastwood as a one-time rodeo star and washed-up horse breeder who is tasked with helping a young boy home. Pizza \$1/slice. Prepay and registration required.

**Pottery/Clay Sculpting:** 10-11:30 a.m., every 2nd and 4th Thursday. \$10 fee. Registration requested. Your clay will be put into a kiln and returned for you to paint/decorate, and sent to the kiln for final glazing.

### New Bedford COA

*The Buttonwood Senior Center reopens on April 4.*

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.

**Creative Writing:** Tuesdays, 12:30-2:30.

**Cribbage:** Wednesdays, 9:30-11:30 a.m.

**Knitting:** Thursdays, 9:30-11:30 a.m.

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

**Tax assistance:** 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.

**Protect Yourself From Medicare Fraud:** Come meet Maria Pimentel, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, on April 27 at 10:30 a.m. at the Rochester Senior Center and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud, and abuse. This free information workshop will provide you with the tools to become a more informed and engaged health care consumer, including the importance of protecting your Medicare number.

**Save the Date:** June 17 from 9 a.m. to noon is the Bristol Plymouth Celebration of Seniors at White's of Westport. There will be a free breakfast for seniors from 9 a.m. to 10 a.m. and a resource fair with agencies that serve seniors from 10 a.m. to 12 p.m.

**Book Club:** Meets next on Tuesday, April 12th at 1 p.m.

**Essential Oils Class:** Join Erica Benoit on April 12 at 10 a.m. to see what essential oils can do for you! Class is free but items that you make may cost \$5-\$10 to purchase.

**Office Hours:** A legislative aide from Senator Michael Rodrigues office will visit the COA on April 27 from noon to 2 p.m.

**Hip Hop Dance Class:** April 20 at 11 a.m.

**Podiatrist:** Dr. Sarah Desrosier joins us once again on March 24. Please call her office at 508-946-1444 to make an appointment.

**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.

### Dementia Directory

[www.alzconnected.org](http://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](mailto: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](http://www.alzconnected.org).

### April 2022 Trivia Quiz Answers

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

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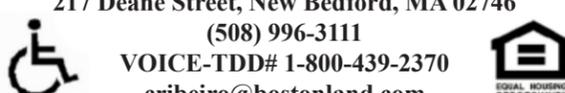
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# Community

## School Committee and Coastline deliver books to school

Coastline and the New Bedford School Committee teamed up in March to give local schoolchildren more opportunities to read.

The two organizations hosted a book drive during March to collect books for the Jireh Swift Elementary School in the city.

The successful drive collected more than 350 children's books that were shared with the school on March 29.

Book donations came from the community, School Committee members and Coastline volunteers and employees.

Jireh Swift Elementary School was the selected destination for the book drive, as the school is located on Acushnet Avenue in the city's North End, just two blocks from Coastline's new building on Belleville Avenue.

School Committee Vice-chair Colleen Dawicki and member Ross Grace Jr. joined Coastline Foster Grandparent Director Jacqueline Medeiros and Assistant Planning Director Zachary Boyer along with program volunteers to deliver and give the books to the school.

Foster Grandparents is an Americorps Seniors Program and is accepting volunteers. Volunteers give a minimum of 15 hours a week assisting in a classroom or with children enrolled in educational programs such



Coastline's Foster Grandparent Program and the New Bedford School Committee delivered more than 350 books to Jireh Swift School. Pictured above are (l-r): School Committee Vice-Colleen Dawicki, FGP volunteer Anne Demers, Coastline Assistant Planner Zachary Boyer, Teacher Heidi Telles, Teacher Ashley Sylvia, FGP volunteer Mary Rios, FGP Director Jacqueline Medeiros, Teacher Nicole Dressel, Volunteer Priscilla Santos, Teacher Stephanie Conde, Principal Tonya Vitorino, and School Committee member Ross Grace Jr., shown in Jireh Swift's second grade class. At right, FGP Program Director Jacqueline Medeiros and Anne Demers, who at age 91 is the oldest FGP volunteer.



focusing on literacy and academics, communication, and social skills which are needed to help a child succeed.

To apply, call 508-742-9198 or email Jacqueline Medeiros at [jmedeiros@coastlinenb.org](mailto:jmedeiros@coastlinenb.org).

as preschools, head starts, and other youth-based organizations. Volunteers work one-on-one and in small groups with children,

## HSPN recognizes Patrick Sullivan

The Homeless Service Providers Network presented its Annual Sister Rose Award for 2021 to Patrick J. Sullivan during its virtual membership meeting in January.

The award recognizes an outstanding current or former member of the New Bedford HSPN or member agency staff and is named in honor of its first recipient, Sister Rose Ellen Gallogly, former executive director of Market Ministries (renamed the Sister Rose House) and one of the founding members of the HSPN.

Sullivan was selected for the award for nearly three decades of service around housing as the director of the New Bedford Office of Housing & Community Development, the administrative entity of the HSPN.

In the presentation, Sullivan was noted as an individual who "has always been a very dedicated advocate whose heart, compassion goes beyond numbers and reports. ... (He is) a great humanitarian that works to ensure things are done as they should be."

This is the 17th year the Sister Rose award was presented.

## The Way Things Were



Elnora M. Williams (right) and the West End Day Nursery, 1943.

A total of 126 children ages 5-12 were enrolled for the noon meal, solving the problem of how to feed children of working mothers. Meals consisted of meat loaf, mashed potatoes, cabbage, carrot salad, wheat bread, tapioca cream and chocolate milk served at a charge of 10¢ per child.

Parents paid what they could afford, while the Martha Briggs Educational Club paid the

rest. Milk was provided daily by the Children's Aid Society and meats were sent once a month by two local markets.

*We invite readers to join in by sharing their older photos and memories of times past for publication. To participate, email digital photos and background stories to Beth Perdue at [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org) or call 774-438-2729 for information.*

### Connor Center continued...

Her projects benefited from the work of many, frequently including students from the Greater New Bedford Regional Vocational Technical High School.

She worked in social services for most of her career, is a licensed social worker, and serves on Coastline's Advisory Council.

"The existing senior center would really not be what it is today without Maria's fundraising skills. As the president of the Friends of the Elderly she's been able to use the platform to do so much. She really is the go-getter when it comes to fundraising," said DiPietro.

The name change does more than honor Connor, it reflects a growing change in how people think about aging and consequently, in the role COAs play among older populations, according to DiPietro.

"The past few years, we have been turning our focus to the health and overall well-being of older adults. We really want to start educating people at a younger age and a lot of our programs focus on that newly retired senior."

"We're getting rid of the stigma that it's an old-folks place," she added. "I don't even know their age anymore because they could be 65 or they could be 78. There's really no difference in the people who are living that active lifestyle."

Connor said she feels honored for the recognition.

"It is an honor and as long as I'm around I will continue to improve the infrastructure, not only for those that we're providing for but for the next generation of seniors coming up. We should be prepared for them," she said.

"I'm doing what my parents told me to do, 'Leave things better than you found them.'"