

Senior Scope

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

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Tobey Hospital opens modern, expanded ER

Patient-centered ER offers privacy, modern design, & better workflows

The new and expanded Tobey Hospital emergency room is a beautiful 30,000-square-foot space with a patient-centered design that features innovative workflows, thoughtful amenities and privacy options, and a maritime-influenced, open design that feels welcoming and supportive for those in need of ER services as well as the medical and emergency staff who work there.

It is a big step forward over the previous ER which served about 30,000 visitors annually despite being designed to accommodate 15,000. The new space can handle 40,000 or more patients a year with an anticipated average ER stay duration of three hours, according to Southcoast Health.

The ER officially opened for treatment on May 25. The project had experienced several COVID-related delays since its ground-breaking in fall of 2019.

It is now four times its former size with 21 private exam rooms, plus additional hallway spaces to handle overflow. Southcoast directly addressed the broader problem of patients



The new ER includes spacious medical stations with natural lighting (above). Below, a cozy area for sitting includes an electric fireplace.

Continued on page 12

Keeping loved ones with dementia safe at home

One of the first things to keep in mind when creating a safe space for a loved one living with dementia, is that modifications will differ per individual because the disease affects everyone differently.

There are general challenges to look out for, but each person's situation is different and will change as the disease progresses over time, said Julie McMurray, senior manager of Central Massachusetts Region, Alzheimer's Association in a May 11 webinar on home safety for those living with dementia.

"If you've met one person with Alzheimer's and dementia," McMurray said, "you've truly met one person with Alzheimer's and dementia."

Safety modifications need to be tailored to a person's specific needs and updated



The Marion COA's Memory Cafe brings together people experiencing memory loss and a loved one to connect with others.

as the disease progresses.

In the early stages of the disease, for example, McMurray said strategies might focus on supporting autonomy for the individual with dementia. While in later stages, the focus might shift to supporting the caregiver in keeping the individual safe.

In the webinar, McMurray recommended planning for broad changes

including differences in a person's balance or gait; vision accommodations for reduced depth perception and a decreased ability to see contrast; altered sensory perception changes such as reduced temperature sensitivity; increased confusion; difficulty navigating the home environment; and forgetting how to operate household appliances.

A dementia-friendly

June is Alzheimer's and Brain Awareness Month

- Local Alzheimer's advocate finds purpose helping others, page 3.
- Resources for identifying and financing home solutions, page 3.

environment, she said, can promote a feeling of safety, security, and happiness, help a person to think and understand more easily, and promote independence by making needed items easier to find and use.

McMurray was joined by Amy Finke, vice president of business development for Lifeway Mobility, in discussing how caregivers can modify home spaces. Lifeway provides accessi-

Continued on page 3

New fact sheets added to SS statements

By **Delia De Mello**
Social Security

Your Social Security statement tells you how much you or your family can expect to receive in disability, survivors, and retirement benefits. It also provides a record of your most recent earnings history and other valuable information.

We also give you fact sheets with your online statement which provide clear and useful information, based on your age group and earnings situation. They can help you better understand Social Security programs and benefits.

The statement fact sheets cover the following topics:

- Retirement readiness for workers in four age groups;
- Workers with non-covered earnings who may be subject to the Windfall Elimination Provision and Government Pension Offset;
- Social Security basics for new workers;
- How people become eligible for benefits (for people who have not earned enough work credits);
- How additional work can increase your future benefits; and,
- Medicare readiness for workers aged 62 and up.

We recently released a new fact sheet specifically for people with

limited earnings. The new fact sheet covers how they and their family members may qualify for benefits, including:

- Supplemental Security Income;
- Social Security retirement benefits;
- Children's benefits;
- Supplemental Nutrition Assistance Program; and,
- Help with health care costs – including Medicare, Medicare Savings Programs, Extra Help with Medicare prescription drug costs, and Medicaid.

The best way to get access to your statement and the new fact sheets is by using your personal my Social Security account. If you don't have a personal my Social Security account, be sure to create one at www.ssa.gov/myaccount. You can even view your full earnings history there.

To learn more, visit our Social Security Statement webpage at www.ssa.gov/myaccount/statement.html. Please share these resources with your friends and family.



Delia DeMello

From the Editor

By 2050, the number of people age 65 and older with Alzheimer's disease is projected to reach 12.7 million, nearly double the current estimated number of 6.5 million, according to the Alzheimer's Association's 2022 Alzheimer's Disease Facts and Figures report.

It's an alarming statistic that reflects the growing number of aging adults in the U.S. with the debilitating disease.

It's not that the rate of Alzheimer's is increasing, or at least the Alzheimer's Association suggests that is not the case in its comprehensive report. The number of people living with dementia is growing fast, the organization said, but the actual rate of growth may be declining. The increase instead reflects the growing number of adults age 65 and older in the U.S., a number expected to reach 88 million by 2050.

This month's Senior Scope, in honor of brain awareness month, offers a look at support for the disease, examining some of the changes that caregivers can make in their homes to help family members with dementia as they require more support and care (page 1).

We also talk to local advocate, Barbara Meehan, about her journey as a caregiver for her life partner who had Alzheimer's and how that experience inspired her to become an advocate for better policies, support, and information on the disease (page 3).

One fact Meehan stresses in her work is that Alzheimer's is not just a disease affecting those over the age of 65. She has seen too many families struck with early onset dementia to ignore the impact on younger adults.

Beyond age or rate of growth, is another alarming statistic — the impact on caregivers, many of whom are unpaid family members. In fact, the Alzheimer's Association reports more than 11 million Americans provide unpaid care for people with Alzheimer's or other dementias. In 2021, these caregivers provided more than 16 billion hours of care valued at nearly \$272 billion, the organization said.

If you or a family member is caring for someone with Alzheimer's or related dementias, help is available. Don't miss the resource list on page 3 as well as the listing of dementia support groups on page 11.

Connect with editor Beth Perdue at bperdue@coastlinenb.org or by mail to Senior Scope, 863 Belleville Ave., New Bedford, MA 02745. Give the gift of Senior Scope to a homebound older adult for only \$12/year.



Beth Perdue

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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
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
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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

Correction: The fee to become a member of the Coastal Neighbors Network community in Dartmouth and Westport was incorrectly stated in the May 2022 edition of Senior Scope. The correct price is \$660/year for individuals and \$900/year for households of two or more people.

Donations for June 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.

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— with love, Patricia A. Martins, \$25

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— with love, Dolores Santos, \$20

This month: \$45
Year-to-Date: \$175

Donate online via PayPal here:



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Local advocate found purpose and meaning helping others

Barbara Meehan never planned on being an advocate.

In 2007, she was 60-years-old looking forward to retirement with her life partner Faye Miles. They had both worked in public education for decades, Faye as a physical education teacher and Barbara as a guidance counselor, and had plans for post-retirement life together, playing some golf, traveling a little, and visiting family.

Then Faye began exhibiting strange behavior, forgetting things, and becoming easily confused. She got lost on a simple drive. They struggled with getting a diagnosis, but the symptoms were clear.

Over the next 8.5 years, Barbara became Faye's caregiver as she lost parts of herself to Alzheimer's disease. She died in October 2015 at age 75 after 35 years of partnered life with Barbara.

"Anyone caring for someone (with dementia), you're grieving all the time, every day. You may think that when the time comes, you're ready," Barbara said, thinking back on that time. "But no, not at all; even though I knew she needed to leave."

"I asked God all the time, just give her some peace," she continued. "I learned it's important to tell her it's okay to go."

After Faye's death, Barbara was faced with the question of what to do next, only to discover she was already living her answer.

"The answer was I become an



Barbara Meehan joins friends Christine Voss and Pam Mirick at Marion Council on Aging's Memory Cafe.

advocate and volunteer," she said.

For Barbara, advocacy became a path through grief. She was good at it, receiving invitations to speak at conferences, representing a caregiver's point of view as well as the perspectives and needs of the LGBT communities and finding hope and community as her experiences allowed her to help others.

She sought counseling too, which was helpful, but not the sole solution.

"For the first year (after Faye died) one of the only things that made me happy was Memory Cafe and doing what I was doing with the Alzheimer's Association," Barbara said, referencing the Marion Council on Aging's Memory Café for people living with dementia and their caregivers.

Less than a year after Faye died,

Barbara was speaking at an Alzheimer's Association conference in Washington D.C. to more than 1,200 people, as the first gay partner to be asked to tell their story at the national event. In 2018, she was standing to the left of Gov. Baker as he signed H.4116 An Act relative to Alzheimer's and Related Dementias in the Commonwealth. She is currently one of only three caregivers to serve on the Massachusetts Advisory Council on Alzheimer's Disease and All Other Dementias, formed in 2018 to advise the Executive Office of Health and Human Services and the Legislature on Alzheimer's disease policy.

Barbara's advocacy work began without big expectations soon after Faye was diagnosed. She remembers showing up for her first Alzheimer's

Association walk not knowing anything about the event. When she signed in, they gave her a lanyard and a whistle and she stood there holding them, perplexed.

"The woman told me it was to pull my team together," she said, "And I said, 'I am my team.'"

Before COVID-19 shut things down, she ran regular health fairs and an in-person support group for LGBT caregivers of people living with dementia. She is passionate about reducing the misunderstandings around what the disease is and isn't.

"People think that Alzheimer's is an illness of the elderly and it's not," she said, noting that so many people get diagnosed in younger years. "People really don't understand. This is why it's killed me to have no health fairs for two years (through the pandemic)."

COVID did so much damage, Barbara said, noting the courage of families forced to be apart and the devastating impact of isolation.

Barbara advises anyone struggling with loss from Alzheimer's to find something to focus on, like she did with advocacy. Also learn to let something go. "I opted for ironing," she said laughing. "I said to myself, I am doing everything...I can't iron anymore."

A tougher decision was letting go of the extensive beautiful gardens Faye had created. "You have to find your limits," Barbara said.

Dementia Safety continued...

bility solutions and has a showroom in Westborough.

Key areas to consider, according to both women, include entryways, bathrooms, and stairways with a goal toward reducing the risk of falling and creating supports for confusion and

difficulty navigating spaces.

One concern faced by more than half of families living with dementia is wandering, McMurray said, citing research that shows six in 10 people experiencing dementia will wander.

"Consider enrolling (the person with dementia) in a wanderer response

service, ask neighbors to call if they see the person wandering lost or dressed inappropriately, have a photo on hand to give to police if needed, and also let police know (in advance) that they have the diagnosis and may be at risk for wandering," she said.

Painting a section of the floor black in front of an exit can also help as the paint will appear like a hole to those with reduced depth perception and could keep them from crossing it. Alternatively, not being able to perceive depth can become a problem when stairs, carpeting, or other areas are black in color.

Additional modifications include adding railings and ramps on stairs to get in and out of the home. In the bathroom, grab bars for toilets and showers are useful with one multi-use option being a floor-to-ceiling pole with an adjustable bar allowing for multi-directional uses.

To help increase contrast, especially in all-white bathrooms, brightly-colored toilet seat covers and nightlights can be added to toilets. Cutouts can also be made to existing tubs to help individuals get in and out more easily.

Finke has been helping clients for more than 15 years and has seen a variety of solutions work. Finding the right ones for an individual's circumstances is a process, she said. In some cases, modifications can make navigation easier, but they can also be disruptive to an individual with dementia.

The best starting point is a home evaluation, she said, advising families to ask for references from the Alzheimer's Association and to read reviews before choosing someone.

Home Safety Resources

Alzheimer's Association 24/7 Helpline: 800.272.3900

Confidential support and information to people living with dementia, caregivers, families and the public 365 days a year.

Home Safety Checklist:

<https://www.alz.org/help-support/caregiving/safety/home-safety>
Download a free home safety checklist on the Alzheimer's Association website.

City of New Bedford:

Provides financial assistance to eligible applicants with physical disabilities to help make their New Bedford home handicap accessible. 508-979-1500

Massachusetts Home Modification Loan Program:

Loans for qualified people to make needed modifications to a home. <https://www.mass.gov/home-modification-loan-program-hmlp>

REquipment: Free/reduced cost gently-used durable medical equipment in Massachusetts. (800) 261-9841 <https://dmereuse.org/>

The Hospital Bed Project:

Low-cost hospital beds. <http://thehospitalbedproject.org/>; thehospitalbedproject@gmail.com

A Bristol Plymouth Celebration of Seniors

Presented By:

Friday, June 17, 2022 from 9 a.m. to 12 p.m.
White's of Westport, 66 State Rd. Westport, MA 02790

Join us for a FREE breakfast, a resource fair, and engaging speakers on topics important to seniors in our communities.

For breakfast reservation/RSVP: 508-961-1980 or EPoulin@townofrochester.com
 For vendor information/RSVP: 508-742-9160 or Amccrillis@CoastlineNB.org

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Update

Juneteenth Black in Business vendor market

BuyBlackNB is hosting an outdoor vendor market to celebrate Juneteenth with food, entertainment, shopping & community building. The June 19 event features a hand-selected diverse group of local vendors from 10 a.m. to 3 p.m. at the Rotch-Jones-Duff House, 396 County St., New Bedford. Celebrate the summer and enjoy art, food, clothing, children's entertainment and handmade goods. There will also be children's activities with Doodles Creative Sessions, a 360-photo booth, Father's Day massages, and live music. Lawn chairs are welcome.

Paper shredding is June 11

A Paper Shredding Day will be held from 9 a.m. to noon on June 11 or until the shred truck fills up. The event is at the Highway Department, 976 Russells Mills Road, Dartmouth. All are welcome; there is no residency requirement. Individuals may bring up to two boxes of paper weighing no more than 30 to 40 pounds each. Remove paper from folders and binders; paper clips and staples may remain. For information, visit gnbrmdistrict.org, call (508) 979-1493, or email Marissa@gnbrmdistrict.org.

Cape Verdean Parade returns

The 48th parade overall will take place on July 2. The parade caps Cape Verdean Recognition Week and starts at Rockdale Avenue and Union Street at 11 a.m. It then heads straight down Union Street, turns left on Acushnet Avenue, right onto Grinnell Street, and right onto Purchase. The parade will end at the Cape Verdean American Veteran's Memorial Hall.

Meet and greet with Hetty Green

The New Bedford Whaling National Historical Park launched a five segment meet and greet in May with Hetty Howland Robinson Green, once the richest woman in America and the area's most famous witch/philanthropist/financial wizard. Programs are held monthly at 1 p.m. on the last Sunday of each month through September at the Park, 33 William Street, with free admission. The June event on June 26 is: The Contrary Investor: Hetty went her on way in all things including investing. Though using a strategy quite different from her peers, her way led to untold profit and amazing results. Hetty Green is re-enacted by retired teacher and long-time Park volunteer, Irene Duprey-Gutierrez.

Learn the basics of estate planning

At this free educational seminar, you will learn the basics of estate planning including:

- The importance of quality foundational documents;
- How to determine who to designate for making medical, legal and financial decisions on your behalf;
- Strategic solutions to protect your earnings and assets from long-term care costs;
- Clarity in the difference of Medicaid eligibility requirements and tax rules;
- Protecting your assets and leaving a legacy for your children and grandchildren;
- Eliminating or minimizing estate taxes upon your passing; and,
- Saving your loved ones time, money and added grief when that day arrives!

The 90-minute workshop is June 9 at 1:30 p.m. or 5:30 p.m. at the Wamsutta Club, 427 County St., New Bedford. To register, call 1-800-429-9315 or go to <https://myfamilyestateplanning.com/events/>

Celebration of Seniors resource fair returns June 17

The Bristol County District Attorney's office, Coastline Elderly Services and the Rochester Council are hosting a Bristol Plymouth Celebration of Seniors from 9 a.m. to noon on June 17 at White's of Westport, 66 State Rd. Westport. Come enjoy a free breakfast, resource fair, and engaging speakers on topics important to seniors in our communities. For breakfast reservations, call 508-961-1980 or email EPoulin@townofrochester.com.

Y Community Market is June 7

The New Bedford YMCA Y Community Market is open every second Tuesday of the month beginning at noon and running for 90 minutes or until all food is distributed. The next market is June 7. Fresh produce, meat, pantry items, frozen foods, and more are available for those in need. No registration, town residency, or Y membership required. At 25 S. Water St., New Bedford.

Beds and wheelchairs needed

The City of New Bedford Fresh Start Program needs hospital, queen, and twin beds along with wheelchairs, both manual and powered. If you are able to donate, please contact the Department of Community Services at 508-961-3136 to arrange a pick-up.

Vaccinations for homebound adults

Massachusetts offers assistance for COVID-19 vaccinations to those who need it. If you are eligible to receive a COVID-19 vaccination and are unable to leave your home to access a vaccination site, please call 833-983-0485 (toll free). For more information, visit www.massoptions.org.

Medicare help available by appointment

Maria Pimentel of Senior Medicare Patrol is now available from 2 to 4 p.m. on Mondays at Coastline, 863 Belleville Ave., New Bedford to assist local elders with Medicare billing questions and concerns. Maria can provide one-on-one counseling and guidance as well as respond to questions about healthcare errors, fraud, and abuse. She can also help identify deceptive marketing tactics, scams, abuse, and fraud and make appropriate referrals. Call Coastline at 508-999-6400 to schedule an in-person or phone appointment with Maria. She also speaks Portuguese.

Managing Money: A Caregiver's Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join this Alzheimer's Association educational program to learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning. The in-person workshop will be held from 1-2 p.m. June 14 at the Dartmouth Council on Aging, 628 Dartmouth St. Dartmouth. To register, call the Dartmouth COA at 508-999-4717 or visit the front desk. Visit alz.org/CRF to register online.

Navigating memory loss

When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues. Topics include going to the doctors; deciding when to stop driving; and making legal and financial plans. Presented by the Alzheimer's Association and the Southeastern MA Alzheimer's Partnership, the program will be from 3:30-5 p.m., June 23 at the Wamsutta Club, 427 County St., New Bedford. There will be a Q&A with elder attorneys following the presentation. To register, call the 24/7 helpline at 1-800-272-3900 or visit <https://action.alz.org/MTG/802-40594>.

Help connecting to the 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 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.

Help for mental health challenges

Help and Hope South Coast offers local resources to address mental health issues during the pandemic. Visit them online at www.helphopesouthcoast.com or on Facebook at [Facebook.com/helphopesouthcoast](https://www.facebook.com/helphopesouthcoast).

Give the gift of Senior Scope this Father's Day

Give Dad a year's worth of information with a subscription to Senior Scope this June.

For only \$12, he will receive the monthly newspaper in his mailbox for a full year.



Make payment to [Coastline Elderly Services](http://CoastlineElderlyServices.com), Att. Senior Scope subscriptions, and mail to: 863 Belleville Ave., New Bedford, MA 02745. Include the name and address of the intended recipient.

Your Health

Health disparities still a problem for older LGBTQ+ adults

By **Brian Costa, RN-MSN, FNP-C**

June, also known as PRIDE month, is the month where the LGBTQ+ community reflects on the past, debates the present, and organizes for the future. My focus here is to bring attention to the most resilient individuals of our movement, our older adults.



Brian Costa

Historically, these older individuals experienced irrational and senseless judgement, as well as homophobia in all facets of life. These are the same people who, if outed and openly gay, risked losing their jobs, experienced isolation by their families, friends and colleagues, and faced an unprecedented amount of prejudice in public.

Many LGBTQ+ older individuals live with survivor's guilt after countless friends succumbed to a horrifying virus that would be ignored by their own government for years. Many now face PTSD from years of legal legislation that would condone and support police brutality, refusal of care by medical providers, and discrimination in workplaces.

With all these obstacles, the LGBTQ+ community would persevere, and strive.

However, there continues to be health disparities which our older gay populations struggle with. According to the American Psychological Association, there are 2.4 million people who identify as LGBTQ+ over the age of 65. These older adults are disproportionately affected by poverty, physical,



Social isolation is a concern for older LGBTQ+ adults because they are more likely to live alone and be single, and less likely to have children.

and mental health due to a lifetime of unique stressors associated with being a minority, which have made them more vulnerable to neglect and mistreatment in aging care facilities. They face dual discrimination due to their age, sexual orientation or gender identity.

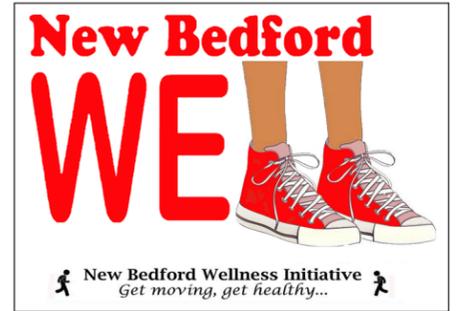
Generational differences and lack of legal protection may cause older LGBTQ+ adults to be less open about their sexuality. Social isolation is also a concern because older LGBTQ+ adults are more likely to live alone, be single, and less likely to have children. Studies suggest that this population has higher rates of chronic conditions such as obesity, hypertension, high cholesterol, arthritis, cardiovascular disease, as well as diabetes. Older LGBTQ+ people may delay their care or necessary tests due to facing discrimination in health

“There are 2.4 million people who identify as LGBTQ+ over the age of 65. These older adults are disproportionately affected by poverty, physical, and mental health due to a lifetime of unique stressors.”

care.

Given all these concerning statistics, it is important for the older LGBTQ+ community here on the Southcoast to recognize they are not alone or abandoned.

There are services and supports



available to them. One of these is the LGBTQ+ Network of SouthCoast Massachusetts, a 501(c)(3) nonprofit organization whose sole mission is to create and support a thriving LGBTQ+ community on Massachusetts' South Coast, where individuals across the age spectrum can freely, safely, and joyously celebrate their true selves and realize their full potential.

My goal as an openly gay medical provider through the Greater New Bedford Community Health Center is to provide specialized, informative, and supportive care to these most fragile populations. As we have seen historically, the movement is only as strong and successful as its members. We must come together to help facilitate building a safer, healthier, and welcoming environment for all of us — a challenge I am more than willing to accept.

Brian Costa, RN-MSN, FNP-C, is a primary care provider at the Greater New Bedford Community Health Center, <https://gnbchc.org>, and an executive board member for the LGBTQ+ Network Southcoast MA, <https://www.sclgbtqnetwork.org/about.html>.

Preschool assistant makes sure kids get to know indigenous foods

By **Kaiser Health News**

MINNEAPOLIS — Bison pastrami is not typical school lunch fare, but it's a crowd favorite at a preschool in Minneapolis.

Fawn Youngbear-Tibbetts — the seemingly always on-the-go coordinator of Indigenous foods at the Wicoie Nandagikendan Early Childhood Urban Immersion Project — is frequently found tweaking recipes in the kitchen or offering homemade goodies like flourless black-bean brownies.

Youngbear-Tibbetts, a longtime Minneapolis resident and member of the White Earth Band of the Minnesota Chippewa Tribe, has made it her mission to bring traditional recipes to the 178 children attending Wicoie, who are taught several hours each day in the Dakota and Ojibwe languages. She said the dishes not only help Native American students and their families connect with their culture, but also bolster their nutrition.

“Part of it is getting their palates [used to] eating traditional foods, so that they want it,” she said. “Our kids are so used to eating all of this processed food — the snacks, the sugar.” She hopes students develop a taste for healthier food they will

carry through their lives.

Across the breakfasts, lunches, and snacks Wicoie Nandagikendan serves, Youngbear-Tibbetts incorporates sweet potatoes, fresh fruits, leafy greens, fish, and meat from large game animals like bison, which is extremely low in fat, she said. Recently, she distributed a donation of 300 pounds of bison to students' families.

Partly because of a lack of access to healthy food, nearly half of Native American children are overweight or obese, Indian Health Service researchers found in a study published in 2017.

A 2018 report from the First Nations Development Institute found that for “Native American children, their school or school-related meals may be the most reliable, consistent and nutritionally-balanced food they receive,” which Youngbear-Tibbetts has found to be true.

Many children at the Minneapolis school come from families with severely limited incomes who may not have cars or be able to get to grocery stores. They often rely on convenience stores for shopping. “A lot of our kids only eat food at school so that's when it becomes



Traditional recipes can help children connect with their culture and bolster nutrition.

really important to make sure we're serving the most nutritious” meals, Youngbear-Tibbetts said.

When money is tight, she added, “people tend to purchase the most calories they can with their dollars.”

“That's potato chips, that's ramen, that's highly processed foods, because there's more calories and it's cheaper to buy it,” she said.

Youngbear-Tibbetts said many urban American Indian families never learned how to cook Indige-

nous food. She has taught students how to harvest wild rice and catch fish. She also has shown their families how to smoke and fillet fish.

“We have multiple generations of people and some families that are removed from even knowing how to clean a fish or how to cook deer meat,” she said.

Ariel Gans and Katherine Huggins are Northwestern University graduate students in the Medill School of Journalism's Washington, D.C., program.

Ajude a parar o abuso de idosos em Massachusetts

O abuso de adultos mais velhos é experimentado por cerca de 10% dos adultos dos EUA com 60 anos ou mais que vivem em casa, de acordo com o CDC. O termo inclui abuso que é físico, sexual, emocional ou financeiro, assim como negligência e pode ocorrer nas mãos dos responsáveis por cuidados ou uma pessoa em quem o idoso confia.

Os números são surpreendentes e considerados subrepresentativos da realidade. Por exemplo, entre 2002 e 2016, o CDC disse que mais de 643,000 adultos velhos foram tratados no departamento de emergência por assaltos não fatais acreditados estarem ligados a abuso.

Mas o abuso pode ser evitado, especialmente ao aprender a recon-

hecer os sinais de abuso. Isto inclui adultos velhos os quais não podem mais participar em atividades que gostam; aparecendo bagunçados com cabelo ou roupa suja; têm manchas negras sem explicação, cortes ou queimaduras; precisando de ajuda médica tal como andadeiras; ou, estão vivendo em condições sujas, de acordo com o National

Institute on Aging.

Em Massachusetts, qualquer pessoa pode reportar abuso. Se pensa que alguém está em perigo imediato, chame 911. De outra forma, reporte o abuso de idosos chamando para o Massachusetts-based Elder Abuse Hotline no 1-800-922-2275. Serviços são também oferecidos para pessoas que não falam Inglês.

Ayude a detener el maltrato o el abuso a los adultos mayores en Massachusetts

De acuerdo a los Centros para el control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) alrededor del 10 % de los adultos de 60 años o más en los EE.UU. que viven en sus casas sufren de maltrato o abuso. Los términos incluyen el maltrato físico, el maltrato emocional, el abuso sexual o financiero, así como la negligencia y puede ocurrir a manos de un cuidador o de una persona de

confianza de la persona mayor.

Las cifras son sorprendentes y se cree que no representan la realidad. Por ejemplo, entre 2002 y 2016, los CDC dicen que más de 643,000 adultos mayores fueron atendidos en el departamento de emergencias por agresiones no fatales que se cree que estaban relacionadas con el maltrato o el abuso.

Según el Instituto Nacional del Envejecimiento, el maltrato o

el abuso de una persona mayor puede prevenirse, especialmente aprendiendo a reconocer los indicios. Esto incluye los adultos mayores que dejan de participar en actividades placenteras; que tienen un aspecto descuidado, con el cabello sin lavar o la ropa sucia; tienen moretones, cortes o quemaduras inexplicables; carecen de aparatos médicos que necesitan como los andadores; o que viven en condiciones sucias.

En Massachusetts, cualquier persona puede denunciar el maltrato o el abuso a una persona mayor. Si piensa que alguien está en peligro inmediato, llame al 911. En caso contrario, denuncie el maltrato o el abuso a una persona mayor llamando a la línea directa Elder Abuse Hotline con sede en Massachusetts al 1-800-922-2275. Los servicios se ofrecen también a las personas que no hablan inglés.

Help prevent elder abuse in Massachusetts

The abuse of older adults is experienced by about 10 percent of U.S. adults age 60 or older who are living at home, according to the CDC. The term includes abuse that is physical, sexual, emotional, or financial, as well as neglect and can occur at the hands of a caregiver or a person the elder trusts.

The numbers are staggering and thought to be under-representative of reality. For example, between 2002 and 2016, the CDC said more than 643,000 older adults were treated in the emergency department for nonfatal assaults believed to be connected to abuse.

But elder abuse can be prevented,

especially by learning to recognize signs of abuse. These include older adults who no longer take part in enjoyable activities; appear messy with dirty hair or clothing; have unexplained bruises, cuts or burns; lack needed medical aids such as walkers; or, are living in unclean conditions, according to the National

Institute on Aging.

In Massachusetts, anyone can report elder abuse. If you think someone is in immediate danger, call 911. Otherwise, report elder abuse by calling the Massachusetts-based Elder Abuse Hotline at 1-800-922-2275. Services are also offered for non-English speakers.

Translations provided by:

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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

Beyond the mat

Yoga group combines exercise and social connection for better health

Yoga is well-known for its restorative poses, but the Tuesday morning chair yoga class for older adults at Sangha in New Bedford isn't just about gentle movement. It's physically, emotionally, and mentally inspiring for the group of about 15 older women who attend each week.

For Anne Boisvert, of New Bedford, the class helps her with knee pain and gives her a connected social experience with women she's come to know well.

"I see the same people each week. We know each other. We know what's going on in each other's lives," Boisvert said. "And it helps with my knee and posture. I think the mental health aspect of it helps me to be calmer."

Yoga has increasingly been linked to mental health benefits including as a helpful activity to combat isolation. Women's yoga experience serves as a self-care technique for stress and experiences connected with depression, according to a 2013 Department of Health & Human Services published study that tracked 12 women with depression through a gentle yoga class. In the study, researchers found the class facilitated connectedness and shared experiences in a safe environment.

Boisvert had been paying for private



Humor and friendship have become as important as physical movement to this chair yoga class.

yoga classes and was disappointed when told her knee injuries prevented her from joining a group class. After retiring, she searched for a class she could attend and discovered Nancy Winterhalter's chair yoga group.

She never looked back.

The class atmosphere is open and friendly as women enter the studio each week, greeting each other by name and catching up on the week's events. It's the kind of social connection that led the group to send a card to one member who had an injury, Boisvert said.

Yet for all the fun and camaraderie, participants and Winterhalter take the practice seriously.

A physical therapist who left her job behind when she began teaching yoga, Winterhalter uses her professional skills to combine an understanding of the body with yoga practices and

postures. Her classes are a mixture of balance and strengthening poses, healthy tips, and lots and lots of humor.

On one Tuesday morning, Winterhalter checks in before class with a regular attendee who says she is feeling slightly dizzy. "No getting up today," Winterhalter tells her, suggesting she remain in her chair. "You're here just to be with others."

Later she encourages the class to create new habits for better health, like staying hydrated. "We have to find new ways to nourish ourselves even if it's not intuitive," she tells the class. "You have to find that place between ease and effort."

Most importantly, Winterhalter stresses that class participants should pay more attention to their bodies than anything else, including her instructions. "We're old enough to do our own thing, right?" she says to laughter.

Telehealth help to COVID-19 treatment

Massachusetts launched a new free telehealth program on May 4 to help residents easily access COVID-19 treatment.

The program helps residents who have tested positive for COVID-19 and are experiencing symptoms learn if Paxlovid is an appropriate treatment for them via a video consultation with a trained health care clinician. Paxlovid is a COVID-19 treatment pill taken orally that can reduce the risk for severe symptoms and hospitalization by nearly 90 percent.

The telehealth video is available to COVID-19-positive Massachusetts residents 18 years or older who are experiencing symptoms.

The telehealth visit consists of a short health intake survey and, if eligible, a video consultation with a health care clinician. During the telehealth visit, similar to an in-person visit with a medical provider, the clinician will review symptoms and risk factors, and determine if Paxlovid treatment is appropriate.

If an individual is eligible for the treatment, the clinician will send a prescription to a local pharmacy or arrange for free overnight delivery to the individual's home.

Learn more at mass.gov/COVIDtelehealth.

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There are more good reasons to create an estate plan than not.

Debunking reasons for not planning your estate

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

Many people fail to plan because they are under the assumption that estate planning is for wealthy or older people. If you have any assets or children, you have a need to plan.

Estate planning is used to protect individuals and their loved ones of all ages and at all stages of life. Here are some reasons we've heard about why an individual does not have an Estate Plan:

- **"I am single."** Did you know that by not having a will you allow Massachusetts's intestacy statute to dictate where your things go after you are gone? And without documents, in case of your incapacity, you do not get to designate who will make decisions – financial or medical – for you.

- **"I am young and have a long life ahead of me."** While this may be the case, we unfortunately never know when or if we will become incapacitated by a random accident or a sudden illness. You should plan and ensure your loved ones can help you in the best way possible.

- **"I'm afraid if I plan for it, I will die or become incapacitated."** We hate to be the bearer of bad news, but this can happen even if you do not plan. Wouldn't you rather make sure you have a plan in place to cover your needs and those of your family members?

- **"My children are too young to inherit anything."** This is a twofold problem. You need to have a mechanism in place that allows your chil-

dren to inherit should you pass away that provides for them in the way you design, not dictated by guardianship laws and court processes. Also, through planning, you can designate who will be the guardian of your minor children and name who will make financial decisions until they are old enough to receive their inheritance outright.

- **"I am not wealthy so I do not need an estate plan."** No matter how small of an estate you have, you still should have an estate plan. Estate Planning is the ability to control your assets during your lifetime, to plan for how your assets and your health will be managed (and by whom) for your benefit during incapacity, and to determine to whom, how and when your assets will be transferred to your loved ones at your death. And that is something everyone needs.

Contact our office today to discuss what estate planning is and how you can benefit and get peace of mind from the estate planning process.

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Massachusetts is most bike-friendly state

The League of American Bicyclists has ranked Massachusetts number 1 in the country in the organization's 2022 Bicycle Friendly State Report Card released in April. Massachusetts ousted Washington for the top spot for the first time since ranking began in 2008.

The League gave Massachusetts the grade of "A" in three categories: infrastructure & funding, education & encouragement, and policies & programs. For more details, see the report at <https://bike-league.org/content/new-2022-bicycle-friendly-states-rankings-massachusetts>.

In the last five-plus years, Massachusetts has taken steps to improve its bike-ways, according to a release from the state Department of Transportation.

These steps include:

Creating the Complete Streets Funding Program in 2016 resulting in miles of new sidewalks, trails, paths, and bicycle lanes, plus safety improvements like pedestrian

crossings, intersection reconfigurations, and road diets;

Supporting efforts to make biking and walking a safe, comfortable, and convenient option for everyday travel and short trips with a dedicated \$60 million five-year capital program begun in 2019;

Developing the Municipal Resource Guide for Bikeability in 2019, through MassDOT. The Resource Guide introduces core concepts to enhance community bikeability and directs readers to additional resources for more detailed information;

Launching the MassTrails program to expand and connect the Commonwealth's networks of off-road, shared use pathways and recreational trails; and,

Launching the Shared Streets and Spaces Program in 2020 which has awarded \$33 million dollars to 183 municipalities and four transit authorities to implement 310 projects.

Trivia

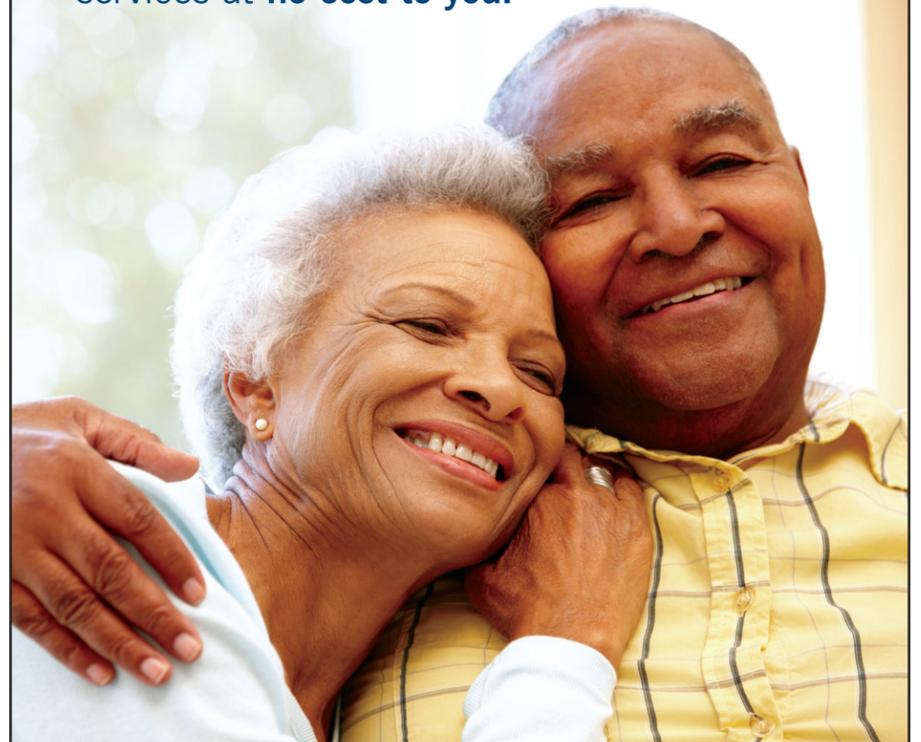
FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) In what state can you find the tomb of the unknown soldier?
A.) Maryland B.) Delaware C.) Washington D.) Virginia
- 2.) What action are sea turtles unable to perform?
A.) Blinking B.) Retracting into their shells
C.) Diving into deep water D.) Eating solids
- 3.) Clock, Klondike, Spider & Pyramid are all variations of what game?
A.) Hearts B.) Poker C.) Solitaire D.) Rummy
- 4.) Where is the world's oldest underground railway (also known as "The Tube")?
A.) Munich, Germany B.) Boston, Massachusetts
C.) London, England D.) Brussels, Belgium
- 5.) Where was the first Disney Park outside of the United States?
A.) Sydney, Australia B.) Shanghai, China
C.) Tokyo, Japan D.) London, England
- 6.) What does the French term "deja vu" translate to?
A.) Very determined B.) Already seen
C.) Change of heart D.) Happiness
- 7.) What facial feature did Howdy Doody have?
A.) Freckles B.) Different colored eyes
C.) Mustache D.) Long nose
- 8.) What is a narrow passage of water connecting 2 bodies of water?
A.) Bight B.) Furrow C.) Cove D.) Strait
- 9.) What classic cookie was invented by mistake in Massachusetts in 1930?
A.) Chocolate chip B.) Macaroon C.) Gingerbread D.) Oreo
- 10.) What food was commonly used as currency in ancient Rome?
A.) Saffron B.) Salt C.) Barley D.) Dates

[Answers listed on page 11]

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Community health workers are key to better health equity

Community health workers may have one of the most important health positions existing, particularly for underserved communities, but they've been historically misunderstood and undervalued and at times invisible within the healthcare structure.

That's changing, according to Lisette Blondet, executive director of the Massachusetts Association of Community Health Workers, the first professional organization in the U.S. created for the position.

Blondet has been working to anchor the idea of community health workers as public health professionals since 1993 when she founded the Community Health Education Center, one of the first training and resource centers for CHWs in the country. In May, she spoke before a group of SouthCoast healthcare and social service professionals, including CHWs, as part of a monthly meeting of GNB Allies for Health and Wellness.

The lack of a shared understanding of what the CHW role is has meant it sometimes goes unrecognized, invisible to the healthcare professionals who CHWs work with and for, she said.

The title, community health worker, refers to a variety of positions with titles like outreach worker, recovery coach, peer health educator, youth worker, health navigator, and more. The roles are similar but carry

“Despite being essential to the state’s healthcare system, ...CHWs still remain largely unrecognized, underpaid, and undervalued.”

—Ruhi Nath, MACHW

different expectations, use different strategies, and have different job descriptions.

That hasn't helped others understand the role, even, at times, a CHW's supervisor, according to Blondet.

“There are little tensions between CHWs and their supervisors, some of whom don't understand the practice and try to impose ways of doing outreach that are really not effective and CHWs know this,” Blondet said during the GNB Allies meeting.

Blondet's work and that of the MACHW is helping add clarity and consistency to the role which, in turn, is helping strengthen the voices of CHWs in the community and with their healthcare partners.

That's important because CHWs could be the future of healthcare and particularly health equity in the U.S., according to Ruhi Nath, MPH, manager of equity and impact for MACHW.

In an April blog post for the Com-

munity Health Training Institute, Nath suggested that the community health worker has already embraced patient-centered care and is the future of healthcare in the U.S. with the potential to help achieve health equity.

“As frontline public health workers who are typically locals of the neighborhoods they serve, (CHWs) provide an element of trust, credibility and a bridge to traditional healthcare structures that have often been severely damaged through repeated unjust experiences,” Nath wrote.

But, she continued, “Despite being essential to the state's healthcare system, reducing barriers to preventive care and providing highly effective, culturally competent, accessible care to patients, CHWs still remain largely unrecognized, underpaid, and undervalued.”

Locally, several CHWs at the GNB Allies meeting suggested they are already seeing positive change including more acceptance within the care teams they participate on.

“They hear us out,” one individual said. “We're working on a team with licensed social workers, pharmacists and nurses. I don't feel less than they are. They've done a really good job of making us feel equal.”

MACHW provides educational and professional development opportunities for CHWs and support for becoming certified in Massachusetts. Visit machw.org to learn more.

Physician named regional Community Clinician of year

Southcoast Health pulmonologist and critical care physician Daniel Sousa MD has been selected as the Bristol South District Medical Society's 2022 Community Clinician of the Year, according to an announcement from the Massachusetts Medical Society. The award recognizes his professionalism and contributions as a physician.

Dr. Sousa has been on the frontlines of the pandemic during the past few years. In 2020, he was profiled in the Fall River Herald News about his work caring for patients with COVID-19.

“It is a great honor to be recognized by the Massachusetts Medical Society. There are so many deserving physicians at Southcoast Health and in Bristol County, especially with the work that's been done to fight the pandemic in the last two years,” Sousa said. “I am very grateful to receive this award and to the dedicated team I work with at Southcoast Health. When you work with great people they make you shine. This award is as much theirs as it is mine.”

Dr. Sousa has practiced in the Fall River area since 2004 and is board certified in internal medicine, pulmonary medicine and critical care medicine.



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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 ½ South Main St., Acushnet, MA 02743.

DeRossi Family Concert: Wednesday, June 1 at 1 p.m. Join Barry and Judy DeRossi while they entertain with their musical talents. This concert is free but you must RSVP to 508-998-0280.

Left, Center, Right (LCR): Back by popular demand! Wednesday, June 15 at 12:30 p.m. Take turns rolling the same number of dice as you have in tokens; the last player with tokens wins! \$1 per game (3 tokens). You must RSVP to 508-998-0280.

Buried in Treasures Support Group: Alternating Saturdays, 10 a.m. to noon Learn about hoarding in a safe and supportive group environment with your peers. Contact Brittany Botelho at 508-961-3136 or bdejesus88@yahoo.com or just drop in! Next meeting June 4 at the Acushnet Senior Center.

Cookout and Bunco: Enjoy a cookout with hotdogs and hamburgers while playing bunco (\$2 per game) on July 20 at 12:30 p.m at the COA. Prizes awarded. \$14.50 due by June 25. Call the COA to register.

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. No class May 16. To sign up, call Rose 508-998-0280.

Dental Cleanings: Mobile Dental Hygiene Services with Teresa Simison, RDH, MSDH and Andrea Read, RDH, MSDH for dental cleanings, screenings, including denture adjustments and cleanings. For appointments, call 508-827-6725.

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.

Beach Party at Apponagansett Park: June 6, 11:30 a.m.-3 p.m. Entertainment, hamburgers and hot dogs. Cost is \$5 in advance. Rain date 6/13.

Cup Cake Decorating: With Nina, June 16, 1 p.m. Learn to frost, fill and customize your own cupcakes. Recipes, cupcakes and tools included. Cost is \$5. Pre-registration required.

Vintage Car Slide Show: With Root Beer floats. From Rambler to Studebaker, take a ride down memory lane with John from Orphan Garage. Friday, June 17 at 1 p.m. Sign up required.

Medicare Seminar: Free seminar on the difference between Medicare Supplement Plans versus Medicare Advantage Plans on Tuesday, June 21 at 2 p.m. Pre-registration is required.

New Chair Massage: With Linda by appointment on Tuesdays at 11:30 a.m. Cost is \$2.

Single Senior Supper Club: June 7 from 4-6 p.m. Sign-ups begin 13th of month. Cost is \$5.

New Music with Friends: Do you love music, play an instrument, love to sing? Join this informal group on Tuesdays at 1 p.m. to share songs, sounds and stories. Free. Walk ins welcome.

Family Caregiver Support Group: Join Coastline in a partnership with the DCOA for a monthly support group the first Thursday of the month from 1-2:30 p.m. No pre-registration needed

Gentle Yoga Dance with Jane Hoffman: Fridays, 11:30-12:30. Cost is \$5.

Parkinson's Chair Yoga: Class restarts on May 24. Tuesdays 1-2 p.m. \$75 for six sessions. Pre-registration required.

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.

Billiards Lessons: Mondays from 1-2 p.m. Limit of four per class. Please call the Center to reserve your spot.

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

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

Book Club: Second Monday of the month at 1 p.m. June book: The Night Circus by Erin Morgenstern. For more info call the Center.

Guided Meditation with Lynda: Tuesdays, 10:15-11:00. Class is free. This class is great for those who are looking for potential new ways to release tension and stress in the mind and body.

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.

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

Mah Jongg: Fridays, 1-3 p.m

Cribbage: Tuesdays and Wednesdays 8:30-10:30 a.m.

Fairhaven COA

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

LGBTQ Senior Supper Club: The 4th Wednesday of the month from 5 p.m. to 7 p.m. at the Fairhaven COA. Next supper club is June 27.

Single Senior Supper Club: Third Tuesday of each month- June 21, from 4-6 p.m.

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

Cops and Donuts: June 3 from 10-11 a.m. Detective Janis Guerreiro from the Fairhaven Police Department will be hosting a question and answer session regarding scams that target persons over 60 in our area.

July Trips: July 6, Twin River Casino; July 13, Mashpee Commons; July 20, Thames Street, Newport, R.I.; July 27, Wrentham Village. Reservations open. Fee is \$6 unless otherwise marked. Van leaves the Center at 9 a.m.

Commodity Supplemental Food Program: Once a month food distribution for individuals 60 years of age or older. Call the Fairhaven Senior Center to see if you are eligible at 508-979-4029.

Medicare Presentation: June 13 at 2 p.m. Plan to attend an informational presentation by Bill Bjerke from Fallon Health. Learn what you need to do if you are thinking about enrolling in Original Medicare, a Medicare Advantage plan or a Medicare Supplement. Differences will be discussed. This is not a sales presentation and all are welcome to attend. Call 508-979-4029 to reserve your place.

Summer Music Series: Second Thursdays, June to September, 1-2 p.m. at the COA. June 9, Jordan Paiva; June 16, New Bedford Symphony Performers.

Wellness/Blood Pressure clinic: 1-3 p.m. on the 2nd and 4th Wednesday of month. Call the Board of Health for information at 508-979-4023, ext. 125.

Mobile Dental Hygienist: Call Teresa or Andrea at 508-827-6725 or email them a smile@mobiledentalhygiene.com.

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

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

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

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.

Community Shred: June 4, 8 a.m. - noon. Securely dispose of unwanted papers and keep your identity safe. Paper will be collected on-site and transported to a shredding facility. Free, but sponsors ask for non-perishable donation for food pantry.

Chair Yoga: Mondays at 10

Continued on Page 11

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Meditation: Tuesdays at 10:30 a.m. with Susan Pisapia.
Memory Café: Wednesdays from noon to 2 p.m. Start the afternoon enjoying lunch and conversation with some new and old friends and then take in some music, play a friendly game or a different form of entertainment something new each week. Please register to attend by calling Linda at 508-748-3570.

Mah Jong: Tuesdays at 1 p.m. starting in September.
Tai Chi: 9 a.m. Wednesdays and Thursdays, pre-registration is required, call 508-748-3570.

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

Strength and conditioning: Tuesdays and Fridays at 12:30 p.m. with Larry.
Zumba: Fridays at 9 a.m. with Pati. (\$5/class or \$25/6 classes).

Duplicate Bridge: Duplicate Bridge for the intermediate player is held every Thursday at 1 p.m. Cost is \$2. For more information or to sign up call M.J. Wheeler at 508-748-6688. Resumes in September.

Community Shred: June 4, 8 a.m. - noon. Securely dispose of unwanted papers and keep your identity safe. Paper will be collected on-site and transported to a shredding facility. Free, but sponsors ask for non-perishable donation for food pantry.

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.

Hiking/Walking Group: June 16 at 10:30 a.m. introduction and Q&A with MLT Manager Colleen Andrews plus short walk around to point out the three trail heads. Meet at Santos Farm/Grace Pond Preserve located at the end of Bowman Road. Rain date: June 18. Call the COA at 508-758-4110 or email coadirector@mattapoissett.net to register.

Dinner with Music: June 9 at the COA. Doors open at 4:30 p.m.; meal at 5 p.m. Cost: \$5. Registration required; seating is limited. Mattapoissett residents 60+ have priority; then 55+, then out-of-town. Call 508-758-4110.

Walking Group: Wednesdays, 9 a.m. 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.

Art History & MFA Trip: June 1, 12:30 p.m. Join local art historian Jill Sanford for a class on J. M. W. Turner, the Pride of Great Britain. Explore his light-infused images with bright colors and unusual brushwork which were a mystery to many of those around him, and a powerful inspiration to those who followed. Also, July 7 trip to the Museum of Fine Arts to see the Turner Exhibit. Contact COA if interested.

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 then sent to the kiln for final glazing.

Movie & Pizza: June 29 at 12:15 p.m. Movie is Rescued by Ruby. Ruby was adopted and then returned five times. Hours away from being euthanized, officer Daniel O'Neil thought she had potential and decided to pursue his dream of being a canine officer. This is the true story of how these two underdogs found their dream together. Pizza \$1/slice. Prepay and registration required.

Trips: June 10, 9:15 a.m. Trader Joe's, Foxboro, \$5 van. June 16, 11:30 a.m., RI School of Design Museum, \$12 admission, \$5 van. June 23, 11:15 a.m. Grist Mill Restaurant, \$5 van. June 30, 12:15 p.m. Cape Cod Canal Cruise, \$13 ticket, \$3 van. Pre-payment required one week prior to trip date.

Knitting: Mondays at 10 a.m.
Games: Cribbage on Tuesdays from 3 to 4:30 p.m.; and Bridge on Thursdays from 1 to 2:30 p.m. Please call to register.

Widowed Persons Support Group: First Thursday of each month at 9:30 a.m. A confidential, respectful group of people who share and care. Call Nancy at 508-973-3227 to register.

New Bedford COA

For updates and assistance, contact the New Bedford Council on Aging at 508-991-6250. The vaccine mandate for the Buttonwood Senior Center was lifted on April 20. All are welcome.

Adult Social Day: 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.
Sound Healing: June 20 at 3 p.m. presented by Anne-Marie Desorcy of Oracle Moon.
Art History: June 14 at 2:30 p.m. Celebrating Father's Day art history presentation, "The Masters.... As Husbands and Fathers."
Health Fair: June 24, 10 a.m. - 3 p.m.
Tai Chi: Mondays, 2-3 p.m. as of June 6. 8-week program. Participants can join any time.
Bingo: Monday, Wednesday and Friday, Noon-1:30 p.m.
Zumba Gold: Mondays 10-11 a.m.
Creative Writing: Tuesdays 12:30-2:30 p.m.
Mahjong: Tuesdays and Wednesdays 10 a.m. - 1:30 p.m.
Pool: Tuesdays and Thursdays 12:30-2:30 p.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. Facebook: [facebook.com/RochesterMass](https://www.facebook.com/RochesterMass).

Open House: June 1, 10 a.m. - 12:30 p.m. Free Chair Massages in the conference room by Soothing Touch. Piano playing & music in activity room, 10 a.m. - noon. Upbeat hits from the 40s to the 90s. 12:30 p.m. Bingo; last pot will be at least \$100. 4-6 p.m. Karaoke by Extreme Karaoke. Come, sing and enjoy!

RMS Jazz Band: June 13 from 11:30 a.m. to noon. Band will play a few musical selections for us during lunch.

Book Club: Meets next on Tuesday, June 14 at 1 p.m.
Celebration of Seniors: 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.

Office Hours: Maureen Estes Flanagan, legislative aide from Senator Michael Rodrigues office, will visit the COA on June 22 from noon to 2 p.m.

Line Dancing: Tuesdays and Fridays, 9:30 a.m. with Instructor Nancy Cabral \$3 donation.

Happy Hookers: 10 a.m.-2 p.m., 3rd Tuesday of the month. June 21, and July 19. Rug hooking.

Veterans Assistance: The State Chapter 115 Assistance Program, run by the Tri-Town Veterans Office, provides financial assistance for shelter/housing, fuel and medical reimbursements to veterans and their dependents who have limited incomes and assets (not including their primary residence). Contact the Tri-Town Veterans Office, to see if you qualify as a veteran or widow/widower. Call Monday-Thursday at (508) 758-4100 Ext. 7 or email veterans@mattapoissett.net.

Mahjong: 1st Monday of the month, May 2, June 6 at 9 a.m.

Dementia Directory

www.alzconnected.org

In-Person Groups

Alzheimer's Support Group: Every other Tuesday, 2:45 to 4 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

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.

June 2022 Trivia Quiz Answers

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

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Community

The Way Things Were



YWCA gymnasts show off pyramid-forming skills, 1938

Florence Smith, Annie Longee Howland and Eloise Hafford organized the Young Women's Christian Association in New Bedford in 1911 with its mission "to advance the physical, social, intellectual, moral and spiritual interests of young women."

Another early activist, Ruth Hawkins, arrived in New Bedford for the first time on a nighttime ferry from New York City. She walked up the hill and asked a passerby to direct her to the YWCA. The man replied, "Oh, you mean the women's YMCA!" Ms. Hawkins knew she had some work to do. She stayed around until 1927 and saw the young YWCA grow and flourish. The staff went from three to 15, and new fields of interest opened up, including an Industrial Department, an International Institute and a Health Education program.

The local YWCA urged the Y to embrace women's involvement in the world and to educate girls and women about social issues and legislation, particularly those affecting their own well-being. The YWCA provided young women ample and safe opportunities for after-school recreation. Youth and teens could drop into the convenient downtown location for exercise and gymnastics in the auditorium and swimming pool.

The Way Things Were is a collaboration between Senior Scope and Spinner Publications bringing you historic photos of New Bedford and surrounding areas from Spinner's unique collection. To share your older photos and memories with readers, email digital photos to Beth Perdue at bperdue@coastlinenb.org or call 774-438-2729 for information.

Report shows higher incidence of senior pedestrian fatalities

Numbers are low in the SouthCoast region

At least 75 pedestrians died in traffic crashes in Massachusetts in 2021, accounting for 18 percent of all lives lost in traffic accidents, according to a recent report by WalkBoston, a group that promotes safe pedestrian walking conditions across Massachusetts.

Older adults were hit and killed at a higher rate than those in other age groups, WalkBoston said. Of the 75 killed, 36 percent were over the age of 65 despite Massachusetts having only 17 percent of its population over 65. Over half of the state's fatal pedestrian crashes (50.67%) occurred on streets with speed limits of 30 to 35 miles per hour.

Locally, only New Bedford and Fairhaven recorded pedestrian fatalities in 2021 with 2 deaths in New Bedford and 1 in Fairhaven.

Nationwide, pedestrian fatalities have been increasing. The number of people nationwide struck and

killed by drivers while walking increased by 45 percent from 2010 to 2019, according to Smart Growth America in its 2021 report *Dangerous by Design*. The four most recent years on record, 2016-2019, are the deadliest for pedestrian deaths since 1990, the organization said. During this ten-year period, 53,435 people were hit and killed by drivers. In 2019 alone, 6,237 people were killed in pedestrian accidents.

In its report, Smart Growth America noted that people age 50 and up, and especially those age 75 and older, are overrepresented in pedestrian deaths.

"These age groups are more likely to experience challenges seeing, hearing, or moving, and if these trends are any indication, we are not devoting nearly enough attention to the unique needs of older adults when we design our streets," it said in a statement.



Celebrating the COA's name change together are (l-r) Eleanor White, Maria Connor, and Claudia Settele, all of the Dartmouth Friends of the Elderly.

DCOA celebrates new name and the woman who inspired it

The Dartmouth Council on Aging made its new name change official on May 13 with the adding of a sign proclaiming the Senior Center, the Maria Connor Center for Active Living. As the sign went up, about 50 people were within the center congratulating Maria Connor for the well-deserved honor in a Friends of the Elderly community event.

The name change came after a vote by both the COA board and Dartmouth Select Board in March.

Those in attendance presented the Friends of the Elderly president with numerous citations and celebratory comments.

In her remarks, Connor noted how many people in the room had helped her accomplish all of the community improvements and support for older adults that she had over the years.

"I'm not going to call out names, because you all had something to do with this," she said.

Tobey Hospital continued...

forced to wait in hallways in overcrowded ERs by creating cutout spaces fit to hold wheeled gurneys. Curtains can be drawn for privacy and the smart glass windows can be made opaque with the touch of a button for additional privacy.

"We realize patients really do want privacy when they come in," said Michele Wakeman, Southcoast Health associate chief nursing officer and site administrator, about the privacy options.

The ER has two state-of-the-art trauma rooms with movable equipment to allow for additional patients when needed. It also has negative pressure rooms, used to isolate patients with contagious, airborne diseases such as COVID-19.

A designated ambulance entry includes a decontamination area and a comfortable lounge for emergency personnel. The ER also has a private family room should families need a gathering place.

A dedicated area for behavioral health has six individual rooms in an enclosed, monitored space. Three of the six rooms are designed for acute patients and have additional safety measures for patients.

Workflow improvements include wall-mounted computers in exams



The new ER officially opened on May 25.

rooms that mean nurses no longer have to wheel laptops from room to room. Medications are stocked in designated carts and filled from a secure space where inventory is digitally-tracked and refills automatically ordered.

The ER was designed in a modern motif that incorporates photographs and artwork from local artists in a theme of browns and blues and greens that pay homage to the local maritime setting and the Wareham River which is within view of the hospital.

A small café-like space has a counter where drinks and light fare will be available. Nearby seating is warmed by an electric fireplace and is lit by multiple small bulbs hanging from a high ceiling. The décor includes a wall dedicated to a timeline of key moments in Tobey Hospital's history.