

# SeniorScope

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

Vol. 4, Issue 10

Published by Coastline Elderly Services, Inc.

July 2022

## Inside



COA celebrates summer, page 12

■ Donations .....	2
■ From the Editor .....	2
■ Social Security.....	2
■ Housing Crisis.....	3
■ I&R Continued.....	3
■ Updates .....	4
■ Wellness.....	5
■ Nutrition.....	5
■ Housing Assistance .....	6
■ LGBTQ+ Older Adults .....	7
■ Local News.....	8
■ Trivia .....	8
■ New Suicide Line .....	9
■ TRIAD Cookout.....	9
■ At the COAs .....	10
■ COAs Continued.....	11
■ Dementia Directory.....	11
■ Spinner Photo.....	12
■ Elder Event Continued ..	12

■ Los Articulos en Español .....	Página 6
■ Os Artigos em Português.....	Página 6



New housing group, page 3

## Resource event celebrates SouthCoast seniors



Photo by Robert Hughes

Celebration of Seniors drew nearly 600 older adults to White's of Westport June 17 to hear from speakers like state AARP director, Michael Festa, above. District Attorney Thomas Quinn (above right) shared his message of protecting elders from fraud and abuse and more than 70 vendors (below right) offered resources and information.



**W**hite's of Westport was the place to be June 17 as Celebration of Seniors, the resource event for older adults, returned to the site after a two-year hiatus during the pandemic. Nearly 600 seniors crowded the venue to connect with organizations and hear from speakers about topics that ranged from scams and elder abuse to healthcare, estate planning,

Alzheimer's support, and assisted living options.

Put on through a partnership between the Bristol County District Attorney's Office, Rochester Council on Aging, and Coastline Elderly Services, the event featured more than 70 vendors with resources tailored to older audiences and a sit-down breakfast with both state and

regional speakers.

Asked why she attended, Priscilla Santos said she came to learn. Santos, a volunteer for the Foster Grandparents program at Coastline, was making her way along the vendor tables picking up informational brochures that interested her.

"This is like an in-service for us,"

*Continued on page 12*

## Three-plus decades of connecting people to care

**C**ynthia L. Cobb remembers the days of using typewriters, carbon paper and a single shared phone to help people find the care resources they need. The calls she received back then, 30-plus years ago, were mostly from people looking for support in the home, she said, someone to do laundry for them, help purchase groceries, or perhaps pay their bills.

That's changed dramatically over her 35 years on the job, the information and referral professional for Coastline Elderly Services told the organization's Advisory Council recently. Most calls now are for crisis intervention with people more likely to

ask for help finding housing than in-home support.

"There have been a lot of changes in the amount of time that I've been here, especially in the needs of people calling us," said Cobb. "It's turned into more crisis - dementia, homelessness, and financial concerns. We spend a lot more time on that kind of thing."

**"The most important thing is to get them where they need to go to get the help they need."**  
**—Cindy Cobb**

Cobb is one of a handful of voices who answer the phone when someone calls Coastline, the SouthCoast region's



state-designated ASAP – Aging Service Access Point – for help. As an AIRS-certified community resource specialist in aging/disabilities, her role is to find the right resource to meet the caller's need; but many times, she said, callers don't know what they need or don't under-

stand what services they can ask for help with.

"Sometimes they're calling and they have no idea where to start," Cobb said. "They don't know any of the terminology."

That's because services for older adults are often

*Continued on page 3*

## Resources to help protect you from scams

### By Delia De Mello

#### Social Security

World Elder Abuse Awareness Day, on June 15, is the day when communities, seniors, caregivers, governments, organizations, and the private sector unite to prevent the mistreatment of and violence against older people.

But fraud is an everyday challenge and staying aware of scams, particularly those that target social security topics, should be done all year long.

Social Security scams are widespread across the United States. Scammers use sophisticated tactics to deceive you into providing sensitive information or money. They target everyone – especially the elderly – and their tactics continue to evolve.

Here are five easy-to-use resources to prevent Social Security fraud:

- Check out our Fraud Prevention and Reporting page to learn about Social Security fraud – and how we fight scammers at [www.ssa.gov/fraud](http://www.ssa.gov/fraud).
- Read our Scam Alert fact sheet to learn what tactics scammers use and how to protect yourself at [www.ssa.gov/fraud/assets/materials/EN-05-10597.pdf](http://www.ssa.gov/fraud/assets/materials/EN-05-10597.pdf).

- Create your own personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to stay one step ahead of scammers. Please read our blog post at [blog.ssa.gov/my-social-security-what-to-know-about-signing-up-or-signing-in](http://blog.ssa.gov/my-social-security-what-to-know-about-signing-up-or-signing-in) for more information about creating or signing in to your personal my Social Security account.

- Learn about other types of fraud on our Office of the Inspector General's (OIG) Scam Awareness page at [oig.ssa.gov/scam-awareness/scam-alert](http://oig.ssa.gov/scam-awareness/scam-alert). You'll also see how to report these scams to our OIG and other government agencies.

- Read our blog post to learn how to guard your Social Security card – and protect your personal information at [blog.ssa.gov/guard-your-card-protect-whats-important-to-you/](http://blog.ssa.gov/guard-your-card-protect-whats-important-to-you/).

Please share this information with your friends and family to help spread awareness about Social Security imposter scams.



Delia DeMello

**Coastline**  
508-999-6400

**Mass Options** 844-422-6277  
[massoptions.org](http://massoptions.org) 844-422-MASS



### SHINE Counselors in the Greater New Bedford Area

Acushnet Council on Aging 59 ½ 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 Dantonio
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	Freida St. Marie-Johnson
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Jan Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-758-3781	Denise Dupuis Carla Marcelino Sandra Spoor

## Senior Scope

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

**Justin Lees, CEO Coastline**  
**Beth Perdue, Editor**  
**Ann McCrillis, Managing Editor**  
**Philip Beard, Distribution**



For further information on advertising rates,  
please call: 774.438.2729  
or e-mail: [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org)

**To our readers:** We are able to publish the Senior Scope newspaper through the support of grant funders, such as the Massachusetts Executive Office of Elder Affairs, our advertisers and donors. As the publisher, Coastline is not responsible for the content of third party advertising.

**Senior Scope at Coastline**  
**863 Belleville Ave.**  
**New Bedford, MA 02745**

## From the Editor

Getting help is a tricky thing.

By that, I don't mean simple requests like asking for help picking up your car from being serviced, or needing to borrow a tool to finish a project.

It's the bigger asks — those where we need help with problems we can't live with and also can't solve on our own — that make us feel needy and vulnerable and sometimes, like we are surrendering control in our lives.

For older adults, the challenges can be even more serious because they come with the fear that you might be risking your independence by making the request. For example, do you let people know you need help with daily tasks, like feeding or cleaning yourself or taking care of your home, if it might mean losing your independence?

If this *Senior Scope* issue has a theme, it is about finding help without losing your sense of self or independence.

Being at the Celebration of Seniors event at White's of Westport on Friday (see page one), I was amazed at all of the options available to support older adults and the number of caring people there offering help. It was a powerful experience seeing nearly 600 older adults make their way along aisles of tables manned by organizations focused on providing services and assistance to them.

If you missed the event, our second

front page story, offers an ongoing option for finding help, especially if you, like many others, are uncertain about what services are available and whether or not you qualify for them.



Beth Perdue

After hearing from Cindy Cobb, a Coastline employee who has dedicated her 35-year career to helping people connect to the care they need, I would confidently encourage everyone to call the Information & Referral department to ask your questions (page one).

According to Cindy, most people who call don't know what they are specifically requesting. It is her job, she said, to listen and help figure out where the resource match is. In a complex social service environment, it is reassuring to know there are people, like Cindy, available. To connect with Coastline, call 508-999-6400 and ask for I&R.

Connect with editor Beth Perdue at [bperdue@coastlinenb.org](mailto: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.

## Donations for July 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 Memory of William Somers, \$10**

**For Family, \$5**

— Linda Somers

**Thank you Sacred Heart of Jesus & St. Jude, \$10**

**This month: \$25**  
**Year-to-Date: \$200**

**Donate online via  
PayPal here:**



To: Coastline, 863 Belleville Ave., New Bedford, MA 02745

Yes, I want to support *Senior Scope*. My voluntary donation in the amount of

\$ \_\_\_\_\_ is enclosed. (Checks paid to: *Coastline*.)

My name: \_\_\_\_\_

My address: \_\_\_\_\_

You may list my name in a future issue (Your address will never be published)

Do not list my name; I am an anonymous donor

Donating in honor of:

In memory of  For prayers answered  In thanks

\_\_\_\_\_

# HOME: New group looks to drive positive change

Housing affordability, access, and quality in the SouthCoast, as well as the entire nation, is now one of the most troubling economic issues facing people of all ages, with little expectation of quick solutions to address the multi-faceted problem.

In the SouthCoast, as much as 47% of the population is considered cost-burdened for housing costs (paying more than 30% on housing) and 23% are considered severely cost-burdened, according to data from United Interfaith Action which brought together 150-plus people for a May 17 community event on housing-related problems.

At the New Bedford meeting, Adriana Carreiro told the audience about the nearly double rent increases that forced her out of her apartment in the city. Her monthly rent most recently increased from \$800 to \$1400, an amount she could not afford, she said, according to a report in The Standard-Times.

"For the first time in my life, I have no place to call home. At 74-years-old, I am homeless and have no idea what I am going to do. We need to do something to fix this," she said, her voice breaking.

UIA is not alone in addressing the issue. New Bedford social service agencies are seeing the crisis play



HOME, which stands for Housing Options for Momentum and Equity, met for the first time on June 1.

out in the lives of many families and some like PACE, People Acting in Community Endeavors, in New Bedford have held their own community meetings on the topic.

The crisis was also the motivation behind the creation of a new community group called H.O.M.E. HOME, which stands for Housing Options for Momentum and Equity, met for the first time on June 1 at Keith Middle School as "an open membership of people and organizations that believe, by working together, communicating effectively, and having a smart plan we will ensure that New Bedford's housing future is bright for all

residents," according to its website.

About 30 people were present including local elected officials: Rep. Chris Hendricks; New Bedford City Councillors Shane Burgo, Scott Lima, and Ryan Pereira; Mike Jackman from U.S. Rep. Bill Keating's office; and Al Medeiros from Rep. Tony Cabral's office.

Led by Carl Alves, PAACA executive director and Burgo, the group began by identifying housing-related conditions that need attention and talked about how a combined group of concerned individuals and organizations might make a difference.

Some of the topics, the group

suggested focusing on were: innovative ways to increase housing supply (re-use, new development, regional solutions, and others); better communication about available financial support and eviction help; work to lower neighborhood resistance to new housing; addressing vacant houses in New Bedford and the poor quality of existing housing; considering funding options to help people stay in their homes; creating behavioral health housing; restricting rental increases; better use of mill spaces; and more.

Most of the discussion focused on existing problems, but solutions were also raised including taking a more regional approach to the need for more housing, especially as New Bedford does not have a lot of open space available for building.

One idea, from Paul Chasse, CEO of the Realtor Association of Southeastern Massachusetts, was to leverage the city's three-decker homes to create owner-occupied apartments that could support residents gaining more equity in ownership without having to create a corresponding increase in housing stock.

To attend HOME's next meeting, email Carl Alves at [celves@paaca.org](mailto:celves@paaca.org).

## I&R continued...

a confusing mix of agencies, acronyms, and eligibilities that most people are unfamiliar with until crisis hits. This includes the services that Coastline offers, each of which have different eligibility, residence, and age requirements, or necessary income levels, specifically for homecare services.

It's I&R's job to connect the dots between people and available resources.

"The most important thing is to get them where they need to go to get the help they need. We're sort of like traffic directors," Cobb said, noting that I&R also makes referrals to other agencies and services when needed.

"We listen first and gather information so we can understand why they're calling, what it is that they're looking for," she said. "Sometimes they just need a referral or a phone number. If

**"We never know when the phone rings what that's going to be and what we need to do. I thought I'd seen it all, but I haven't because then I'll get a call on something else."**

—Cindy Cobb

we determine they're looking for services, then the next step is to find out what program in Coastline is the appropriate referral."

Once services are determined, I&R works with callers to make sure they meet basic eligibility requirements. Requirements vary but might include age, income, or the town they live in. Not all programs have eligibility requirements, but some, like homecare services, may require copayments.

And it's not always the person needing help who makes the call. Calls, Cobb said, can come from many sources including family members, primary care physicians,

or visiting nurse associations. If it's from someone other than the person who needs help, I&R follows up with the individual in question.

"If a doctor's office called, then we call the individual and say, 'We received a referral on your behalf from your doctor and we want to talk to you about that. Were you aware? Are you agreeable?'"

"We tell them the case manager will be calling you. They'll set up an appointment with you and that they always do that first. Then they'll come out to your home and they'll do an assessment," she said.

As an information and referral professional, Cobb has received training to do her job well. She is also certified through the Alliance for Information & Referral Systems, an organization which educates individuals on professional standards for I&R and certifies them when they demonstrate that they know how to use them.

Even with all of her experience and training though, calls about housing can be the most difficult to answer, Cobb said.

"What we're getting now unfortunately is people who are looking for housing. One person had lived in an apartment for years and years and now the new owner has doubled the rent or tripled the rent and the people come to us and

Donate to Senior Scope to support local news for older adults each month. A single donation of \$25 can make a difference.

# Senior Scope

Free community news for older adults

Mail your donation to  
Coastline, 863 Belleville Ave.,  
New Bedford, MA 02745  
Make checks payable to Coastline.

## Resources

Coastline Elderly Services serves the towns of Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett and Rochester and the city of New Bedford.

If you need assistance, call them at **508-999-6400**.

say, 'I don't know what to do,'" she said.

In these situations, Coastline refers individuals to area non-profit legal services first, then considers other services. But Cobb added, the agency can't produce housing that doesn't exist.

"The number one problem that we see are rents going up. People can't afford it," said Cobb, adding, "We can't produce an apartment. There just aren't any."

With a rise in elder abuse and fraud, I&R specialists are also trained to be alert to abuse and mandated to report it.

"If we identify abuse or self-neglect during our intake, we are required by law to report that to the elder abuse hotline," Cobb said. "I probably have filed hundreds of protective reports in my time."

For all the challenges, Cobb wouldn't change what she does. The job is never boring, she said, not even 35 years later.

"We never know when the phone rings what that's going to be and what we need to do. I thought I'd seen it all, but I haven't because then I'll get a call on something else."

# Update

## Mental fitness for older adults

Buzzards Bay Speech Therapy's popular course Brain Builders continues via Zoom on Mondays from 10:30 to 11:30 a.m. and on Wednesdays from 7 to 8 p.m. Participants can join the class by phone or online or choose at-home programs delivered each week by mail or email. The class is meant to improve memory, word-finding skills, thinking skills, and socialization. Brain Builders is led by Lisa Yauch-Cadden, MS CCC-SLP, Kari Star, MS CCC-SLP, and Lori Yauch, MA CCC-SLP. For information and to obtain the link to connect to the class, contact Lisa at 508-326-0353; [lycslp@gmail.com](mailto:lycslp@gmail.com); or @buzzardsbayspeech. Funded in part by Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs. Classes are for education and socialization and not intended to diagnose/treat any condition/problem.

## GRG, Inc. summer schedule

Grandparents Raising Grandchildren, Inc. offers support for grandfamilies. The monthly support group meets at New Bedford Public Library, 613 Pleasant St. in New Bedford, on the third Tuesday of the month from 6-8 p.m. Please note that there will be no meeting in July. The next meeting will be on Aug. 16 at 6 p.m. Grandparents, please call Brenda Grace at 508-996-0168 for more information on Tuesdays and Wednesdays or after 5 p.m. on other weekdays. You may also support the group's annual scholarship program, which benefits local students who were raised by their grandparents. Checks can be made out to Grandparents Raising Grandchildren Inc., and mailed to 119 Parker St., New Bedford, MA 02740. Grandparents Raising Grandchildren is partly funded by Coastline and the Executive Office of Elder Affairs.

## Hetty Green in reenactment

The New Bedford Whaling National Historical Park launched a five segment meet and greet in May with an impersonation of Hetty Howland Robinson Green, once the richest woman in America and the area's most famous witch/philanthropist/financial wizard. Programs are monthly at 1 p.m. on the last Sunday of each month through September at the Park, 33 William Street, with free admission. The July event on 7-24 is: Friends and Foes: Certainly there were more foes than friends as the unpopular Mrs. Green battled being an unwelcome woman among adversarial male financiers, journalists and others whose aim was to destroy her. Hetty Green is re-enacted by long-time Park volunteer Irene Duprey-Gutierrez.

## 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](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).

## NBHS Class of '59 reunion

The New Bedford High School Class of '59 is hosting its annual brunch on Sept. 17 at the Wamsutta Club, 427 County St., New Bedford from 11 a.m. to 4 p.m. The cost is \$32 per person. To attend, classmates can contact Nancy Hall Whitlock at 508-995-5503; Sherry King Medeiros at 774-417-6118; or Linda Busnongo Poyant at 508-763-5288. Checks are payable to "Class of '59 NBHS" and can be mailed to Nancy Whitlock, 6 Beechwood Drive, Acushnet, MA 02743; or Sheridan Medeiros, 9 Benjamin Drive, Rochester, MA 02770.

## 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.

## Vaccinations for homebound adults

If you are eligible to receive a COVID-19 vaccination and are unable to leave your home to access a vaccination site, the state can help. Please call 833-983-0485 (toll free). For more information, visit [www.massoptions.org](http://www.massoptions.org).

## Medicare help available

Maria Pimentel of Senior Medicare Patrol is available from 2-4 p.m. 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 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 508-999-6400 to schedule an in-person or phone appointment with Maria. She also speaks Portuguese.

## Full Plate has new hours

The Full Plate Project's Tuesday Mobile Market located at the Dartmouth Y has changed its hours for the summer. The new hours start June 14 and are from 5:30 to 7 p.m. on Tuesdays, although the market will close once all food has been distributed. The project asks recipients to be prepared to share the number of adults and children in their household and their zip code when they arrive. For this location, Full Plate also asks people to pull into the parking lot no earlier than 4:30 p.m. to ensure the safety of children in the afterschool program and summer camp.

## Homeless data released

City officials recently released data from the 2022 Point-in-Time Count, an annual city-wide outreach effort counting the numbers of people without housing in the city. The 2022 count identified a total of 370 adults or children in New Bedford experiencing homelessness, just below the 2021 total of 372 and substantially below the 2020 total (398), the 2019 total (433), and the 2018 total (398). The Point-in-Time Count is required by the U.S. Department of Housing & Urban Development and is usually completed across the nation during the last 10 days of January. This year's count was delayed a month due to January's COVID-19 surge and instead held Feb. 23. The count is conducted through the efforts of the Homeless Service Providers Network (HSPN), a network convened and staffed by the city's Office of Housing and Community Development.

## Fitness in Cushman Park starts

Now in its 11th year, Fitness in the Park is offered free to the public for 10 weeks of yoga and exercise classes in Cushman Park, Green Street, Fairhaven. The classes take place Tuesdays and Thursdays at 8:30 a.m. from June 21 to Aug. 25. The series begins Tuesday, June 21 with Certified Yoga Teacher Jeff Costa E-RYT 500. Yoga in the Park is a series for all levels, designed to introduce newcomers to the basics of stretching and mindfulness. Summer Bootcamp begins Thursday June 23 with AFPA Certified Personal Trainer Wayne Goulart. The class consists of exercises that build functional strength and core stability with circuits utilizing light dumbbells and body weight. Participants should bring a mat for yoga and a mat plus a set of weights for bootcamp. Weather cancellations will be posted on the Fitness in Cushman Park Facebook page by 7:30 a.m. each day.

## Pickleball courts open for first full season



Four new pickleball courts were officially opened for the season at Fort Phoenix in Fairhaven last month. The courts were constructed in late 2021 and are the first state park courts dedicated for the popular game that is enjoyed by many older adults.

Rep. Bill Straus worked with Fairhaven residents Ken Pottel and Bob Foster, among others, to make the courts a reality. The group convinced "the state's park agency, DCR, to rededicate an unused portion of the park grounds to this use," he wrote in a Facebook post about the season opener.

Pickleball is a sport that contains elements of tennis, ping pong and badminton and is especially popular among older adults for reasons that include being played on a court that is smaller than a tennis court, requiring less movement. The game is easy to learn, fun and uses a lighter ball that has less physical impact when hit.

# Your Health

## Won't you be my neighbor?: Introducing a new columnist

**By Nanci Winterhalter, MSPT, Certified Yoga Teacher and Therapist**

Today, after teaching a yoga class, I dropped into Lee's market to pick up some Avonaise. That's mayonnaise- made from avocados! I soon had 65 dollars worth of groceries! After paying, I noticed a flier alerting me that it was Senior Day, which means 5% off of your total bill if you are over 55. An employee saw me reading this and said "if you qualify, go to customer service and they will give you a refund, no problem." I did as she advised and realized that, indeed, I am a qualified senior! Who knew? So, it makes perfect sense that I should be writing to you, my fellow seniors, on this auspicious day.

Starting this month, I am joining the team of Senior Scope columnists. As a community physical therapist locally for many years, I was privileged to enter your home at the most challenging times of your lives, to help you recover from injury, illness and surgery. One might say that you raised me from young adulthood to the person I am today. I saw you in the face of adversity and I learned some of the most impor-



Nanci Winterhalter (center with white top), with her chair yoga class at Sangha Yoga Studio in New Bedford.

tant lessons of my life.

For the last several years, I have been joyfully practicing as a therapeutic yoga teacher. I hope to share some of what I have learned over these last 3 decades or so with you in our collective quest for well-being.

Always interested in the human condition, I often wonder why we do what we do.

As for me, I am the 6th child of Italian-American parents, my paternal grandparents owned a modest Italian delicatessen in

Brooklyn. Picture cured meats and cheeses hanging and pasta available by the scoop. My maternal grandparents worked in a shoe factory in NYC. I always had a decent pair of sneakers. After serving in WWII in the South Pacific in the Army Air Corp, my Dad returned home, married and started our family. Despite Mom's devoted care and cooking, I watched Dad suffer with life-long digestive issues, which I now believe were partly related to PTS (post-traumatic stress).

"For the last several years, I have been joyfully practicing as a therapeutic yoga teacher. I hope to share some of what I have learned over these last 3 decades or so with you in our collective quest for well-being."

Dad enjoyed order and obedience, which was not abundant in a family of 8! But, when feeling well, he had a twinkle in his eye that I often feel in my own eyes!

Both mom and my beloved Nana endured Alzheimer's the last decade of their long lives. Though I am made of sturdy stuff, I learned that long lives do not always mean healthy lives. I suppose this is why I decided to become a healthcare professional. Now, with a grateful heart, I will be writing this column for you on various topics of health, wellness and life!

*Yours truly,  
Nanci Winterhalter, MSPT,  
Certified Yoga Teacher and  
Therapist*

## Medi-Cal delivers ready meals in California grand experiment

**By Kaiser Health News**

Every Friday, Frances De Los Santos waits for a shipment of healthy, prepared meals to land on her front porch at the edge of the Mojave Desert in California. From the box, the 80-year-old retired property manager with stage 4 chronic kidney disease unpacks frozen food trays that she can heat in the microwave. Her favorite is sweet-and-sour chicken.

In the three months since she began eating the customized meals, De Los Santos has learned to manage her diabetes by maintaining a healthy blood sugar level.

Two hours to the south, in Indio, Vidal Fonseca gets ready for his third dialysis appointment of the week. He, too, battles kidney disease and diabetes. The 54-year-old former farm-worker was released from the hospital in November with an order to follow a strict diet, but he makes a mess in the kitchen and struggles to get his glucose under control. He doesn't receive the prepared meals.

Here in California's vast Inland Empire, where more than half of adults have diabetes or are at risk of developing diabetes, one health plan is delivering medically tailored meals to select patients. In bringing food straight to their door for a few months, state officials hope patients will develop healthier eating habits long after the shipments stop.

It's all part of a grand state experiment to improve the health of some of its sickest and costliest patients.

California's five-year initiative,

known as CalAIM, will test whether Democratic Gov. Gavin Newsom can slow public spending on Medi-Cal, the state's Medicaid program for people with low incomes, which skyrocketed to \$124 billion this fiscal year, up nearly threefold from a decade ago. Medi-Cal managed-care insurers will try to keep people out of expensive health care institutions by delivering social services, such as helping patients find housing, removing toxic mold from their homes, and delivering medically tailored food.

CalAIM, which is expected to cost \$8.7 billion, is unconventional because it is being carried out primarily by health plans, not county social service departments. It will serve only a sliver of the 14.5 million Californians enrolled in Medi-Cal. And the state is still developing a way to track health outcomes, meaning nobody knows yet whether it will save money.

"This is a new program, and often with new programs, you're building the plane as you're flying it," said Shelly LaMaster, director of integrated care at Inland Empire Health Plan.

The health plan is one of two Medi-Cal managed-care insurers serving San Bernardino and Riverside counties and has about 1.5 million enrollees. Inland Empire Health Plan says about 11,000 of its enrollees will be eligible for deliveries of meals and food boxes. The average meal benefit has a value of \$1,596 and lasts three months, though health insurers can choose to extend food deliveries.

Because plans decide which enrollees



One health plan is delivering medically tailored meals to select patients in California.

receive services, many worthy patients — even those enrolled in the same plan or who live in the same county — are being left out. In the Inland Empire, some patients have started receiving food while others are still getting enrolled. So far, 40% of the recipients are Hispanic, 35% are white, and 18% are Black, which tracks with the region's demographics. (Hispanics can be of any race or combination of races.)

De Los Santos is among the lucky 720 enrollees who have been approved for the benefit since January. Participants must be referred to the program, but referrals can come from doctors, community groups, and family members — Medi-Cal enrollees can even refer themselves.

Each week she receives convenient, microwave-ready meals and an information sheet with the macronutrient

breakdown of each dish.

"I'm on an eating schedule now," she said. "I'm eating lots of meats and salads and vegetables, like broccoli and cauliflower, that are good for me."

Meanwhile, Fonseca, also an Inland Empire Health Plan enrollee, relies on his wife and daughter to figure out how to get his diabetes under control. After he was diagnosed in November, they scrambled to learn how to cook for him by looking up recipes online.

The California Department of Health Care Services, which runs Medi-Cal, hopes the patients who receive medically tailored meals will tap the health system less often. The goal is to make people healthier by empowering them to adopt better eating habits and learn to sustain a good diet.

*This story was produced by Kaiser Health News.*

## Fundos para assistência à habitação visa evitar execuções hipotecárias

Indivíduos que estejam pelo menos com três meses de atraso no pagamento da hipoteca de suas casas devido a razões relacionadas com a pandemia poderão ter acesso a suporte financeiro para pagamento da hipoteca através da ARPA-Fundo Estadual de Assistência à Habitação que se esforça para evitar execuções hipotecárias.

Se aprovados, os fundos são enviados directamente para a empresa de serviços

de hipoteca do indivíduo e aplicados no empréstimo à habitação.

Os requerimentos de elegibilidade incluem que os indivíduos:

- Tenham experimentado um impacto nas suas finanças devido ao COVID em ou após 21 de Janeiro de 2020 que tenha causado a falta de pagamento da hipoteca. Exemplos de dificuldades incluem a perda de trabalho, redução de receita, redução nas horas de trabalho, aumento

de custas devido a cuidados de saúde, aumento de despesas devido a ter a necessidade de cuidar de membros familiares, ou outros problemas os quais tenham tido impacto na receita familiar;

- São proprietários de uma casa unifamiliar, condomínio ou casa de 2- 3- ou 4-famílias localizada em Massachusetts;
- Estão usando a casa como a sua residência principal;
- Tem uma receita igual ou menor do que

150% da receita Média da Área, uma quantia a qual é diferente por regiões e tamanho do agregado familiar; e,

- Tem um empréstimo em conformidade e não um empréstimo jumbo.

Para ajuda no processo de aplicação, visite <https://www.mass.gov/info-details/homeowner-assistance-fund-haf> ou chame para 833-270-2953. A aplicação pode ser encontrada online no <https://massmortgagehelp.org/>.

## El fondo de ayuda a la vivienda busca evitar las ejecuciones hipotecarias

Las personas que llevan al menos tres meses de retraso en el pago de su hipoteca por motivos relacionados con la pandemia podrán acceder a una ayuda financiera para el pago de la hipoteca a través de un Fondo Estatal de Ayuda a la Vivienda creado por la Ley del Plan de Rescate Estadounidense conocida como ARPA que se esfuerza por evitar las ejecuciones hipotecarias.

En caso de ser aprobado, los fondos se envían directamente a la empresa de

servicios hipotecarios de la persona y se aplican al préstamo de la vivienda, según el estado.

Los requisitos de elegibilidad incluyen que las personas:

- Hayan experimentado un impacto financiero relacionado con el COVID en o después del 21 de enero de 2020 que les hizo perder los pagos de la hipoteca. Los ejemplos de dificultades incluyen la pérdida de empleo, la reducción de los ingresos, la reducción

de las horas de trabajo, aumento de los costos debido a la atención médica, aumento de los costos debido a la necesidad de cuidar a miembros de la familia, u otros problemas que hayan afectado los ingresos del hogar;

- Sean propietarias de una vivienda unifamiliar, de un condominio o de una casa de dos, tres o cuatro familias situada en Massachusetts;
- Utilicen la vivienda como residencia principal;

• Tengan un ingreso igual o inferior al 150% del ingreso medio de la zona, un monto que difiere según la región y tamaño del hogar; y,

- Tengan un préstamo conforme y no un préstamo Jumbo.

Para obtener ayuda con la solicitud, visite <https://www.mass.gov/info-details/homeowner-assistance-fund-haf> o llame al 833-270-2953. La solicitud se puede encontrar en línea en <https://massmortgagehelp.org/>.

## Housing assistance fund looks to prevent foreclosures due to late payments

Individuals who are at least three months behind on their mortgage payments for pandemic-related reasons may be able to access financial support for mortgage payments through a ARPA-created state Housing Assistance Fund that strives to prevent foreclosures.

If approved, funds are sent directly to the individual's mortgage servicing company and applied to the housing

loan, according to the state.

Eligibility requirements include that the individuals:

- Have experienced a COVID-related impact to their finances on or after Jan. 21, 2020 that caused them to miss the mortgage payments. Hardship examples include job loss, reduction in income, reduction in hours worked, increased costs due to healthcare, increased costs due to the need to care

for family members, or other issues which have impacted the household's income.;

- Are owner-occupants of a single-family home, condo or 2-3- or 4-family home located in Massachusetts;
- Are using the home as their primary residence;
- Have an income equal to or less than 150% of Area Median Income, an amount which differs by region and

household size; and,

- Have a conforming loan and not a jumbo loan.

For assistance in applying, visit <https://www.mass.gov/info-details/homeowner-assistance-fund-haf> or call 833-270-2953. The application can be found online at <https://massmortgagehelp.org/>.

*Translations provided by:*



## 65 or older with MassHealth Standard?

Join Tufts Health Plan Senior Care Options (HMO-SNP)!

### For \$0, you could receive:

Up to **\$632 a year** to buy health, hygiene, and select grocery products at local stores<sup>1</sup>

**Free** dental exams, dentures, root planing, implants, crowns, and more<sup>2</sup>

**Free** rides to medical appointments, plus 12 non-medical rides per year<sup>3</sup>

**Free** membership to your local Massachusetts YMCA facility<sup>4</sup>

**...And much more!**

### Call today to get started!

Licensed representatives are ready to answer your questions and help you enroll:

**1-877-218-4845 (TTY: 711)**

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

## LGBTQ+ Network wants to reduce isolation

Following June's PRIDE events, a series of joyous celebrations honoring LGBTQ+ people, it can be hard to recall the days when being gay meant hiding your identity, risking violence, the loss of employment, prejudice or incarceration for being who you are.

But for many elders, even the ones who were once on the frontlines of fighting for better rights, growing older has reintroduced prejudices and rejections, forcing many to return to silence about who they are.

It was this population that South Coast LGBTQ+ Network was trying to reach at LePlace in New Bedford last month, hoping to let older LGBTQ+ adults know they are seen and supported. The Network held a resource fair for elder services there on June 10 as part of the city's first 20mi2 festival.

"There are a lot of barriers and challenges (for older LGBTQ+ adults) that we don't even see because people don't talk about it," said Traci Welch, a network board member, adding that the network is working to support and reduce isolation and loneliness among the population.

"I think it's important that people know that we see you," she said.

Barriers to accessing services include anti-LGBT prejudice; mental health needs specific to social isolation and the lack of connection during the COVID-19 pandemic;



The LGBTQ+ Network held a resource fair as part of the citywide event series, 20mi2, in June to help connect and inform older LGBTQ+ adults.

experiencing discrimination in assisted living and other housing; and a lack of available transportation, according to information on the network's website.

There are many reasons for older LGBTQ+ adults to reach out, including simply needing company, according to Joanie Vaughn, a LGBTQ+ Network friendly visitor. Vaughn offers transportation through the network where individuals can ask for rides to appointments, doctor's visits, or even "a run to the beach to see a sunset," she said.

"Anything they want," Vaughn said, stressing the importance of reducing loneliness and isolation among LGBTQ+ elderly.

"Isolation is a killer," agreed Welch,

noting that the LGBTQ+ Network has received grants to address challenges for aging LGBTQ+ populations, including isolation.

Informational booths at the resource fair included representatives from Coastline, Comcast, Relief Home Health Services and the LGBTQ+ Network. The Whaling Museum's Common Ground project was also present to collect stories from older adults. Music and arts and crafts were also offered.

The network, which celebrated its annual PRIDE event on June 4, also offers intergenerational programming that includes older adults and a monthly supper club for LGBTQ+ seniors at the Fairhaven Council on Aging. Learn more at <https://www.sclgbtqnetwork.org/>.

## New Medal of Liberty license plate issued

The Massachusetts Registry of Motor Vehicles is accepting applications for a new Medal of Liberty license plate which will be issued free to approved family members of servicemen and women from Massachusetts who were killed in action, died in service while in a designated combat area in the line of duty, or died as a result of wounds received in action.

Each qualifying applicant can register one private passenger motor vehicle owned and principally used by him/her on the state's mass.gov website. The Medal of Liberty plate needs to be renewed every two years and is not available for motorcycles.

Applicants must be approved by the Office of the Adjutant General before submitting an application. Once approved, they can apply online at <https://www.mass.gov/doc/application-for-medal-of-liberty-plates> or by mail. All of the following documents need to be submitted with the request:

- A completed Application for Medal of Liberty Plates;
- A Recommendation for the Massachusetts Medal of Liberty form (TAGMA form 3367) approved by the Office of the Adjutant General;
- The service member's DD-214, DD Form 1300, Deployment Orders, or NGB 22; and,
- A completed Registration and Title Application stamped by an insurance company.

## ZEITERION PERFORMING ARTS CENTER

**NEW BEDFORD FOLK FESTIVAL**  
Shop, eat, and stroll through downtown NB

**CINEMA NEW BEDFORD**

**MOVIES**

JUL 9-10 **THE DEPARTED**  
AUG 9 **ALICE DOESN'T LIVE HERE ANYMORE**

**BILLY OCEAN**  
GRAMMY AWARD WINNER  
OVER 30 MILLION RECORDS SOLD  
3 #1 SINGLES • 6 TOP 10 HITS  
2 TOP 10 ALBUMS

OCT 09 **BILLY OCEAN**  
A Grammy award-winning pop and soul artist

3PM MATINEE

**YOUNG@HEART CHORUS – LIVE!**  
Featuring the South Coast Children's Chorus

NOV 13

PERFORMANCES, FILMS, CLASSES | 2021/22 SEASON SPONSOR | BRISTOL COUNTY SAVINGS BANK 175 YEARS



### Surprenant & Beneski, P.C.

Strategic Planning for Your Peace of Mind

NEW BEDFORD • HYANNIS • EASTON

VIRTUAL  
consultations  
available.

Give your family peace of mind for generations to come.

Estate planning may seem overwhelming, but it's really a matter of getting your affairs in order. Of course, no two estate plans are alike. Some individuals may only require a will-based plan, while others may benefit from establishing trusts. The best way to plan for your future, protect your interests, and provide for your loved ones is to consult a qualified elder law & estate planning attorney.

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

FOUNDATIONAL DOCUMENTS  
(WILLS, DURABLE POWER OF ATTORNEYS, HEALTHCARE PROXIES, HIPAA AUTHORIZATIONS, ADVANCE DIRECTIVES)

ASSET PROTECTION & ESTATE TAX PLANNING

SPECIAL NEEDS PLANNING

ESTATE & TRUST ADMINISTRATION

GUARDIANSHIP / CONSERVATORSHIP

MEDICAID PRE-PLANNING & CRISIS PLANNING



508-994-5200 • [www.MyFamilyEstatePlanning.com](http://www.MyFamilyEstatePlanning.com)



## Padanaram named best harbor by US Harbors

Padanaram was named the best harbor in the U.S. for 2022 by USHarbors.com, a free online site that provides weather, tides, and other information for 1,400-plus U.S. harbors in 30 coastal states, including the Great Lakes.

The harbor was selected after six weeks of online voting with more than 2,500 people participating, according to US Harbors. Now in its fourth year, the contest chooses winners in five regional categories and then selects one overall grand winner.

In addition to its 2022 win, Padanaram was also the top winner in 2019 and placed as the winner of the Northeast category in 2021. In its announcement, US Harbors quoted one voter as saying the Padanaram Harbor is "Small, not crowded, great food, great views, awesome birds."

Additional regional "best harbors" from the 2022 contest include: Fort Myers, Fla.; Gowanus Bay, N.Y.; Charlevoix, Mich.; Depoe, Ore.; and Hilton Head Island, S.C.

According to US Harbors, the purpose of the annual contest is to promote the strength and vitality of coastal communities. Past winners have been harbors whose residents are passionate about where they live and work and have strong communication networks, the website said, noting that strong networks "are vital in supporting the resilience—and sustainability—of coastal communities as they face the impacts of climate change and other events."

A live, online awards ceremony was held on June 14. For more information on the contest, see <https://usharbors.com/best-harbor-2022>.

## EPA funding to complete harbor cleanup promised

Local, state and federal officials were in the city May 31 to announce that the decades-long clean-up of the New Bedford Harbor is expected to be complete in the next three years with the help of a \$72.7 million funding commitment from the Biden administration as part of the Bipartisan Infrastructure Law.

An additional \$3.6 million from the state and U.S. Environmental Protection Agency settlement with South Carolina-based Cornell Dubilier Electronics will support finishing shoreline remediation. Also from the settlement, \$400,000 will be used for operating and maintaining the remediation efforts.

The \$72.7 million allocation for the New Bedford Harbor Superfund Site is part of a \$1 billion "first wave" of funding from \$3.5 billion in the Bipartisan Infrastructure Law to help cleanup polluted Superfund sites in communities across the country, according to the EPA.

"For decades, the PCB contamination of New Bedford Harbor has been

an environmental blight on our region and a barrier to investment in the Port of New Bedford. The acceleration of the cleanup will pave the way for more maritime investment and jobs in the Port, and open up recreational opportunities for our residents, especially in the near North End," said City of New Bedford Mayor Jon Mitchell in a prepared statement.

"Nearly 40 years ago EPA began a generational, transformational cleanup commitment to remove and address PCB pollution in New Bedford Harbor and surrounding areas. Because of the funding announced today, we can now foresee the end of this lengthy chapter of cleanup work," said EPA New England Regional Administrator David W. Cash in a statement. "We can also clearly see the future for New Bedford as a vital coastal community coming into focus, maintaining its vibrant fishing industry while also pivoting to servicing the offshore clean energy economy of the 21st Century and growing much needed jobs in the community."

## Hurricane season expected to be above average activity...again

The 2022 hurricane season is forecasted to be above-average in activity, according to forecasters at the National Oceanic and Atmospheric Administration.

NOAA's Climate Prediction Center, a division of the National Weather Service, announced the prediction in May on their website saying the expectation for the season is in a range of 14 to 21 named storms (those with winds of 39 mph or higher). Between six and 10 of those storms are predicted to become hurricanes (winds of 74 mph or higher) with the possibility of three to six major hurricanes.

If this is the case, the 2022 season

would become the seventh consecutive above average season. The hurricane season runs from June 1 to Nov. 30.

"As we reflect on another potentially busy hurricane season, past storms — such as Superstorm Sandy, which devastated the New York metro area ten years ago — remind us that the impact of one storm can be felt for years," said NOAA Administrator Rick Spinrad, Ph.D. in an online statement. "Since Sandy, NOAA's forecasting accuracy has continued to improve, allowing us to better predict the impacts of major hurricanes to lives and livelihoods."

# Trivia

## FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) Las Vegas translates to what term in English?  
A.) The meadows      B.) The city of gold  
C.) The desert      D.) The oasis
- 2.) What is the English translation of the word "ALIBI"?  
A.) Excuse      B.) Elsewhere      C.) Innocent      D.) Also known as
- 3.) What actress debuted the song "New York, New York" before Frank Sinatra?  
A.) Lena Horne      B.) Liza Minnelli      C.) Judy Garland      D.) Julie Andrews
- 4.) Which is the best selling Barbie doll of all time?  
A.) Malibu Barbie      B.) Totally hair Barbie  
C.) Astronaut Barbie      D.) Glam n' Jam Barbie
- 5.) The very first TV commercial for a toy was featured which product?  
A.) Silly putty      B.) Slinky      C.) Barbie      D.) Mr. Potato Head
- 6.) Who was the youngest president in US history?  
A.) Bill Clinton      B.) Teddy Roosevelt  
C.) George Washington      D.) Jimmy Carter
- 7.) Where was the Cannoli invented?  
A.) Sicily      B.) Florence      C.) Venice      D.) Rome
- 8.) For whom was pizza invented?  
A.) A king who loved cheese      B.) The clergy  
C.) The working class      D.) Gladiators
- 9.) In traditional beach volleyball, how many players are on each side?  
A.) 2      B.) 4      C.) 6      D.) 5
- 10.) Which July 4th tradition began in Philadelphia in 1777?  
A.) Fireworks      B.) March to congress  
C.) Cookouts      D.) Ringing the Liberty Bell

[Answers listed on page 11]

**Because some of the best moments**

**happen at home**

A senior health plan offering in-home services at **no cost to you.**



**For seniors 65+  
with MassHealth**

1-855-833-8124 | TTY: 711

H9585\_18\_026\_SCO\_Newspaper

BOSTON MEDICAL CENTER  
**HEALTHNet PLAN**  
SENIOR CARE OPTIONS

## 988 suicide help line launches nationwide on July 16

A new, nationwide 3-digit code to access crisis services goes live this month to support anyone experiencing a behavioral health crisis, including but not limited to thoughts of suicide.

As of July 16, people will be able to call 988 and access the suicide prevention lifeline in Massachusetts and all other U.S. states.

The newly designated line allows for rapid access to suicide prevention and mental health support.

The three-digit designation is intended to help callers who are at risk of suicide have an easy-to-remember number to call in times of distress and crisis.

Like 911, calling 988 "will deliver a full range of crisis care services, essential to meeting behavioral health crisis needs across the nation," according to the Mass.gov website.

As a nationwide line, each U.S. state has been working to transition existing support to 988, including Massachusetts. The state has connected with partners to answer calls

made to the line, including Samaritans SouthCoast, the regional hotline for suicide prevention and emotional support.

The establishment of 988 has been in the works for years. Key milestones that led to its creation include:

**2001:** The 10-digit suicide prevention hotline gets its start when Congress appropriates funding for a suicide prevention hotline.

**July 2020:** The FCC adopted rules to establish 988 as the nationwide, easy-to-remember 3-digit dialing code for those in crisis to connect with suicide prevention and mental health crisis counselors.

**April 2022:** The Substance Abuse and Mental Health Services Administration (SAMHSA) awards nearly \$105 million in ARPA-related grant funding to 54 states and territories to support the transition of the National Suicide Prevention Lifeline to 988.

**July 16, 2022:** 988 goes live nationwide and is available for calls, texts, or chats.

## Plymouth County DA hosts cookout for seniors



The Plymouth County District Attorney and Sheriff's offices held their annual TRIAD cookout on June 9 at the Sheriff's County Farm in Plymouth. The event drew seniors from across the county and featured a cookout-style meal and a chance to meet and speak with DA Timothy Cruz. Seniors were also treated to two K-9 presentations including the one shown above (lower left) with canine Boing and Captain James Creed from the Sheriff's office. At top, Joyce Bean from Duxbury gets her meal and (lower right) the Rochester COA contingent including: (l-r) Outreach Coordinator Lorraine Thompson, Jackie Demers, and COA director Eric Poulin, tackle the trivia quiz together.



The road to recovery due to a serious medical condition can be a lengthy process that is seldom easy. But there is help along the way.

**Vibra Hospitals** are here to provide the specialized care you need right when you need it.

Beginning with a seamless transfer from the hospital, up until the time a patient is able to transition home, the Vibra team of dedicated physicians, nurses and specialized therapists are there every step of the way. Providing the kind of personalized care that makes a real difference. Helping patients with everything from relearning to walk, to breathing without a ventilator, while helping families to understand the process and the outcomes.

All with one goal in mind. **Getting patients back to better.**

### Our Services Include:

- Pulmonary/Ventilator Tracheostomy Services
- Complex Wound Care
- Multi-System Complications
- Medically Complex
- Cardiac Services
- IV Therapy
- Renal Failure/Dialysis



# 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.

**Mini Resource fair:** July 18, 12:30 – 3 p.m. Learn about programs from the Sheriff's office, transportation, mobility assistance and more. Free IDs available.

**Resistance Band Class:** Thursdays, 10:15 a.m. Free.

**St. Mary's Book Club at the COA:** 4th Monday of the month, 6:30 p.m.

**Zumba:** \*New class\* Wednesdays, 4:30 p.m., \$6/class. Call for start date.

**Chair Yoga:** Fridays, 1:00 p.m. \$3/class.

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

**Don Who Travel Club:** 2nd and 4th Wednesday of the month, 1 p.m.

**Poker:** Tuesdays, 12:00 p.m. and Wednesdays, 8:30 a.m.

**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 July 2 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.

**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,

## 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).

**Osteoporosis Education:** Presented by Amgen. Learn how to take charge of your bone health. July 11 at 11:30 a.m. Walk-ins welcome.

**Music on the Lawn with NB Symphony Orchestra trio:** July 13 at 1 p.m. Free. Please call to preregister and bring a chair.

**Trader Joe's Trip:** July 13. Van leaves the Center at 9:30 a.m. Preregistration is required.

**Veteran's 3rd annual Pool Tournament:** July 15 at 9 a.m. Please call the Center for more information.

**Sumie Art Class with Jane Bergoli:** July 25 at 10 a.m. Cost is \$10. Supplies are included. Preregistration is required.

**Free Art Kits:** With NB Art Museum Creative Care Art Class; July 28-August 25. Take home a different art project to complete each week. If you do not have transportation to the Center, we can deliver a kit to you. Contact the Center for more information.

**Free Outdoor Meditation with Lynda:** July 27 at 3 p.m. Please call the Center to preregister.

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

**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.

**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.

**Visiting Dental Hygienists Clinic:** Aug. 12; Call 508-827-6725 for more info and to schedule an appointment.

**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.

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

**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.

## 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).

**Veteran's Services Office:** As of July 5, the Veteran's Office for Fairhaven, with Brad Fish and Jane Bettencourt, will be located in the Council on Aging building. Their hours are 7:30 a.m. to 3:30 p.m., the same as the COA's.

**Greedy Dice:** New game on Fridays 9-11 a.m. beginning July 8. Beginners welcome. Register at 508-979-4029, so the COA will know how many dice will be needed.

**Fairhaven Senior Center 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:** Aug. 10 from 10-11 a.m. Detective Janis Guerreiro will be coming back to the center for another Cops and Donuts.

**August Trips:** Aug. 3, Plainridge Park Casino; Aug. 10, Hyannis Mall, Xmas Shop, Trader Joe's & Whole Foods; Aug. 17, Warwick Mall; Aug. 24, Plymouth Shopping; Aug. 31 Thames Street, Newport, R.I. Reservations open. Fee is \$6 unless otherwise marked. Van leaves the Center at 9 a.m.

**Bingo and Ice Cream Social:** July 21 at 10 a.m. at the Fairhaven Senior Center. Call to sign up.

**Intergenerational Project:** This Pen Pal Project between the COA and the students of the Champi-ons Program at Wood School is an effort to bring children and seniors together to communicate via letters once a week. To sign up or if you have any questions, call the Center at 508-979-4029.

**Summer Music Series:** Second Thursdays, June to September, 1-2 p.m. at the COA. July 14 is Beth Butts & Her Bag Pipes.

**Wellness Clinic:** 1-3 p.m. on the 2nd and 4th Wednesday of month. July clinics are July 13 and 27. 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@mobilidentalhygiene.com](mailto:smile@mobilidentalhygiene.com).

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

## 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://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.

**Newport Playhouse:** Enjoy, Murder at the Howard Johnsons, a light comedic play, and a delicious luncheon buffet. After lunch, be delighted by a cabaret presentation. \$64.95. Call 508-748-3570 to reserve your spot beginning July 5. Space is limited. Trip will depart the Marion COA at 9:45 a.m. and return at 5:30 p.m.

*Continued on Page 11*

## SENIOR SCOPE

*Advertise here*

**Senior Scope offers advertising packages at great rates.**

**Get your ad seen by older adults in New Bedford and surrounding communities.**

Contact Beth Perdue at  
[bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org)  
or call 774-438-2729.



**Coastline**  
Caring for the community.

**Looking for a career?**

Do you need a profession that provides a good working environment with a great work-life balance and allows you to make a difference?

If so, visit:  
**[www.coastlinenb.org](http://www.coastlinenb.org)**  
for employment opportunities.

Coastline is an AA/EOE employer.



**Place your ad here next month**

**Senior Scope offers advertising packages at great rates.**

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

**Dexter Beach Artisans:** Mixed media art show with opening reception July 7 from 5-7 p.m. Work will be on display through Aug. 16 at the Council on Aging.

**Singo Bingo:** July 8 1 p.m. Bingo with a beat. We replace the numbers with your favorite songs! Test your musical knowledge, win some prizes & have some fun! Call 508-748-3570 to reserve your spot.

**Art for your Mind:** Early New England Seascapes, July 11 at 1 p.m. A pre-event luncheon will be offered at noon. Limited seating; reservations are a must. Call 508-748-3570. A suggested donation of \$5 is requested to cover the cost of the luncheon.

**Celebrate Cabo Verde Independence with Candida Rose:** July 18 at 1 p.m. recognizes the July 5 Independence Day for Cape Verdeans. Celebrates and recognize contributions Cape Verdeans have made to the community. Candida Rose will be giving a multimedia performance about Cabo Verde. Preceded by authenc luncheon at noon. Limited seating; reservations are a must. Call 508-748-3570. \$5 donation requested.

**Lunch-time Cooking Demonstration:** July 19 at noon. Join Linda Medeiros and learn how to prepare a quick and nutritious lunch and learn some tips and tricks on how to save money and time while preparing delicious meals. Bring your appe(te)! Call 508-748-3570 to make your reservation. A suggested donation of \$5 is requested.

**Meditation:** Tuesdays at 10:30 a.m. with Susan Pisapia.

## Mattapoisett COA

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

**Community band:** Performs Wednesday evenings at Shipyard Park during the summer season. July 6 - Aug. 21s 7:30-9:00 p.m. Transportation available for Mattapoisett residents. Call the COA 48 hours ahead to secure your ride to the concerts.

**Taste of the Town:** July 12, 5-7 p.m. Enjoy food from Mattapoisett restaurants and entertainment by The Showstoppers. Presented by the Mattapoisett Woman's Club. Shuttle vans will pick up at/near the St. Anthony's Church lot and bring to Shipyard Park, starting at 4:30 p.m.

**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@mattapoisett.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. Mattapoisett 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 for your Mind:** July 6 at 12:30 p.m. Join local art historian Jill Sanford for a class on the art of ancient Greece. Next class, Aug. 3, on the Art of Watercolor.

**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.

**PILATES:** With Shawn Sweet, Mondays at 8:15 a.m., \$5. Registration requested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the entire body. This is a floor-based exercise.

**Movie & Pizza:** July 27 at 12:15 p.m. Movie is Father Stu. After surviving a terrible motorcycle accident, Stuart Long (Mark Wahlberg) wonders if he can use his second chance to help others find their way. The former amateur boxer comes to the surprising realization that he is meant to be a priest. Pizza \$1/slice. Prepay and registration required.

**Trips:** July 7 8:30 a.m. Museum of Fine Arts, \$5 van. July 14, 11:30 a.m., the Cove Restaurant, \$5 van. July 21 9:30 a.m. Newport Car Museum, \$5 van. July 28, 11:30 a.m. Fireside Grille, \$3 van. Pre-payment required one week prior to trip date.

## 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.

**Day of Activities:** July 11. Zumba will be 10-11 a.m., New Bedford Symphony Orchestra members will be playing 11:30-noon through the lunch hour. People can pre-register to attend the luncheon by calling Pat or Sharon at 508-991-6170. Cut off date to sign up is Wednesday July 6. Tai Chi will be 2-3 p.m. and Sound Healing will be 3-4 p.m.

**Ice Cream Social:** July 15, noon-3 p.m. We will welcome First Responders. Call to register by July 12 by calling the number above.

**Save the Date:** Cookout in the planning stages for Aug. 5. Stay tuned.

**Sewing Circle:** Monday afternoons 1-3:30 p.m. Sewing clothing for children in Haiti.

## 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 townofrochestermass.com/council-aging. Facebook: facebook.com/RochesterMass.

**Monthly Veterans Meeting:** First Thursdays from 6 to 8 p.m. a group of veterans from town over age 60 gather to enjoy refreshments, talk a bit and discuss good things. Stop by and say hello! Next meeting is July 7.

**Essential Oils Class:** Join Erica Benoit on July 8 at 2 p.m. See what essential oils can do for you! Class is free but items that you make may cost \$5-\$10 to purchase.

**Creative Crafters:** 1 p.m. Thursdays. Knitting, crocheting or any craft. Meets in the Conference Room.

**Office Hours:** Maureen Estes Flanagan, legislative aide from Senator Michael Rodrigues office, will visit the COA on July 27 from noon to 2 p.m.

**Tai-Yo-Ba:** Mondays 11:30 a.m. - 12:15 p.m. With instructor Cam Bergeron. No cost; voluntary donations accepted.

**Line Dancing:** Mondays at 9:30 a.m. With Instructor Nancy Cabral. \$3 donation.

**Friends of the Elderly dinner:** Pineapple Jerk Chicken or Shrimp Thursday, July 21 at 5:30 p.m. \$10 per person.

**Bereavement Group:** Second Tuesdays at 1 p.m.

**Book Club:** Meets next on Tuesday, June 14 at 1 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.

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

**Step and Stretch:** Exercise Group with Instructor Larry Bigos Tuesdays and Thursdays at 2 p.m. \$2 voluntary donation.

## 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.

**Caregivers Support Group:** First Thursday of the month from 1 to 2 p.m. Held at Fairhaven COA at 508-979-4029.

**Caregiver Group:** First and Third Tuesdays 10 a.m. at the Rochester COA. Come join us and find out more. Register with Carol at 508-763-8723.

**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.

## July 2022 Trivia Quiz Answers

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

**PBM** Patricia Bloom-McDonald, Attorney-at-Law  
Your Attorney for Life's Planning

Call for a complimentary consultation:  
508-646-9888  
1105 State Rd. | P.O. Box 858 | Westport, MA

Satellite Office • Canton, MA  
781-713-4709

Website: [www.McBloomLaw.com](http://www.McBloomLaw.com)  
Also available to meet at YOUR office, home, or place of convenience.



**PROJECT INDEPENDENCE**  
Serving adults with medical needs for more than 35 years

**Adult Day Services**  
Karen A. MacIulewicz, M.S. R.N.C.  
250 Elm Street,  
New Bedford, MA 02740  
Phone: 508-997-1441  
Fax: 508-997-5594  
[www.piadh.org](http://www.piadh.org)  
Caregiver Grant Funded by Title III-E  
of O.A.A. Sponsored by Coastline Elderly

**Melville Towers**  
508-993-3077  
[melville@peabodyproperties.com](mailto:melville@peabodyproperties.com)  
[www.peabodyproperties.com](http://www.peabodyproperties.com)

850 Pleasant Street  
New Bedford, MA  
Hours: 8am - 4:30pm  
Monday - Wednesday - Friday

Housing for 62 yrs+ & handicapped & disabled person.  
Rent based on 30% of adjusted gross income.



Privately owned building in the North End of New Bedford. Taber Mill is now accepting applications for bright 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped and disabled persons who are 18 years old and over. Rent based on 30% of adjusted income. Income requirements, please call for more info.

217 Deane Street, New Bedford, MA 02746  
(508) 996-3111  
VOICE-TDD# 1-800-439-2370  
[cribeiro@bostonland.com](mailto:cribeiro@bostonland.com)



# Community

## The Way Things Were



**Angling for bluefish from the Coggeshall Street Bridge, New Bedford, Sept. 23, 1938.**

Just two days after the Great Hurricane of 1938 struck southeastern New England, local residents found opportunity in rivers swelling with fish. The Coggeshall Street Bridge suffered extensive damage and was closed to traffic for several weeks—but left open to local anglers. Schools of young snapper bluefish were pursued with long branches, bamboo poles and fishing rods fitted with wooden bobbins and baited with sand eels,

shiners, pogies (menhaden) or mumpers.

*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](mailto:bperdue@coastlinenb.org) or call 774-438-2729 for information.*

### Elder event continued...

she said.

A highlight of the event was the sit-down breakfast, where District Attorney Tom Quinn led a line-up of six speakers, telling seniors they have the right to be safe in their homes and communities.

Nationally, an estimated five million people are victims of elder abuse or exploitation each year, he said, noting that one-third of these are cases of financial abuse.

"My hope is to reduce such crimes through investigation and prosecution on the one hand and prevention and education on the other," he told seniors, adding, "I will aggressively prosecute those who prey on seniors, but a number of these crimes are often preventable when people are educated and informed."

"Seniors have given so much to our communities over the years... you deserve to be protected," he added.

Quinn especially emphasized financial abuse and fraud including the many scams that exist that target older adults.

"I'll make it very simple. Don't answer the phone if you don't know who it is. Don't do it," he said. "I would rather have you avoid a scam than to give \$5,000 of your money that you'll never get back."

Quinn's comments were echoed by Taryn Lee-Turgeon, assistant director of protective services for the state Executive Office of Elder



*Photo by Robert Hughes*

Older adults pack the breakfast to hear from DA Tom Quinn and other speakers.

Affairs. EOEA, she said, contracts with 19 agencies to oversee and investigate cases of elder abuse in the state.

"If you believe you are the victim of abuse or neglect, we will come out and investigate," she said. "You deserve all the safety and happiness in your home."

AARP Massachusetts Director Michael E. Festa gave those attending a rundown of some of the organization's legislative priorities including the Fair Drug Prices Now campaign which advocates to allow Medicare to negotiate pricing with pharmaceutical producers.

To general applause, Festa said, "The cost of prescriptions is out-of-control...We've got to stop



## Dartmouth seniors celebrate summer

The Dartmouth Council on Aging put on a rockin' beach party at Apponnagansett Park on June 6 with good music, good food, ice cream, and a scavenger hunt to get the summer started right. The weather was perfect for socializing with friends. Enjoying the day were (at top) Eileen Rice, of Dartmouth, and Ray Berberick Sr., of Westport. Below right, COA director Amy DiPietro takes food orders at the bucket (below left). Shown on the front page are Ellie Martins, of Dartmouth, and Violet Tracey, of Dartmouth, cooling off by the water.

two key documents every older adult needs to have at the ready.

A healthcare proxy and durable power of attorney document "are the most important documents in my opinion," Beneski said.

The many vendors on-site answered questions for seniors, offered information and gave out promotional gifts and materials.

SSTAR was on site giving vaccines and booster shots to those who wanted them. Anyone who got their booster received a \$25 Market Basket card for getting vaccinated.

Donna Frazier, mobile vaccine coordinator for the Fall River-based organization, said the exposure for the vaccination process went very well and about 14 people were vaccinated during the three-hour event.

"There was a lot of interest," she said. "We answered a lot of questions for people so yes, it was definitely worth us being there."

Coastline's nutrition program had portion advice and a chance to taste healthy dishes like Southwestern Black-eyed Pea and Corn Salad. Registered Dietitian Stephanie Boulay showed seniors a representation of a pound of body fat which was bigger and heavier than a paperweight. She said she uses it as a visual representation of what a person eliminates when they lose even a few pounds of weight.

It may not sound like a lot, but it is a big achievement, she said.