

Senior Scope

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

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Acushnet enjoys summer cookout, page 4

DANCING FOR JOY: Class helps mobility & mood



Like the Dance for PD class, DAPPers (above) is led by Rachel Balaban and reflects her belief in the power of all people to find vitality, creativity and joy within their own bodies.

Nancy Briand wasn't sure what to expect when she learned about a nearby dance class created specifically for people with Parkinson's disease, but the retired Dartmouth school teacher thought she'd give it a try.

Briand had recently been diagnosed with the progressive disease, which affects balance and mobility, and was looking for ways to support herself. Dance for PD was interesting because it was designed to help those with Parkinson's expand their range of movement, reconnect the mind and body, improve mental health, and offer a feeling of community, according to instructor and regional coordinator for the class Rachel Balaban.

Balaban teaches Dance for PD in Rhode Island and

Connecticut as well as at the Dartmouth COA where Briand attends. She is the founder and director of DAPPers (Dance for All People) and an adjunct lecturer at Brown University.

Briand took to the class immediately and is still a regular. She appreciates the chance to move creatively, have fun, and connect with and learn from others who have Parkinson's, she said.

"(Rachel) takes a theme and expands on it. I enjoy that aspect of it. It's not strenuous and yet I know I'm using muscles when I'm here," said Briand. "When I leave here my body feels great. It's not stressed. She gives you a good feeling."

Dance for PD was

Continued on page 3

Stepping up for Falls Prevention Week Sept. 18-24

Falls may not seem like a major health concern, certainly not the same as having heart disease or cancer, until you hear of a friend, family member, or perhaps a neighbor, who ends up in the hospital for a week or more with serious health impacts from falling in their home.

And then you might wonder about your own balance, home environment, and if it could happen to you.

According to several state and U.S. organizations, falls are a major concern for older adults in the U.S. and our healthcare system. About one in four adults, or 28%, age 65 and older report falling each year, an amount that represents about 36 million falls each year, according to the Center for Disease Control and Prevention. In Massachusetts that percentage is only

"(These thoughts) are empowering. You're taking charge. You're not letting fear take charge of you. That's the goal."

—Rachel Fouts,
Matter of Balance

slightly less at nearly 26%.

About 37% of those who fall reported being injured and needing medical treatment for at least one day, which translates to about 8 million fall injuries, the CDC said. More than 3 million adults, age 65 and older, are treated in emergency departments each year.

In Coastline Elderly Services' service area, between 11 and 15% of all consumers fall, according to nursing supervisor Samantha Oliveira. Of

those who fall, 40-60% are injured, she said.

Coastline addresses falls prevention with every visit it makes to older adults, Oliveira said, and then targets its prevention tips and information to the individual's needs, based on a thorough assessment process.

One recommendation for preventing falls is to find a good balance and exercise program. In the SouthCoast, Coastline offers one called Matter of Balance that is an evidence-based program through the Healthy Living Center for Excellence.

Matter of Balance brings participants together for eight weeks to focus on how to prevent falls, and increase balance, strength and flexibility. The

Continued on page 12

You can apply for Medicare online

By Delia De Mello
Social Security

You can apply for Medicare online even if you are not ready to start your retirement benefits. Applying online is quick and easy. There are no forms to sign, and we usually do not require additional documentation. We'll process your application and contact you if we need more information.

Knowing when to apply for Medicare is important. You must apply during your limited initial enrollment period. If you're eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that date. If you miss your initial enrollment period, you may have to pay a higher monthly premium. Visit www.ssa.gov/benefits/medicare to apply for Medicare and find other important information.

If you were unable to enroll or disenroll in Medicare because you could not reach us by phone after Jan. 1, 2022, you will be granted additional time through Dec. 30, 2022. This time applies to the 2022 general enrollment, initial enrollment, and special enrollment periods.

Some who receive Medicare benefits may qualify for *Extra Help* with their Medicare prescription drug plan costs, including the monthly premiums, annual deductibles, and co-payments.

To qualify for *Extra Help*, you must receive Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia. Read our publication *Understanding the Extra Help with Your Medicare Prescription Drug Plan* for more information at www.ssa.gov/pubs/EN-05-10508.pdf.

The Medicare website, Medicare.gov, has answers to your questions and other helpful resources, including:

- What Medicare covers;
- Where to find forms to file a Medicare appeal;
- How to let someone else talk to Medicare on my behalf;
- What Medicare health and prescription drug plans cost in my area, and what services they offer;
- Which doctors, health care providers, and suppliers participate in Medicare;
- Where to learn more about a Medicare prescription drug plan (Part D) and enroll; and,
- Where to find a Medicare Supplement Insurance (Medigap) policy in my area.

Please share with friends and family.



Delia DeMello

From the Editor

I haven't really given the possibility of falling much thought.

My 87-year-old mother fell once a year or so ago, but she was one of the lucky ones who was uninjured, mostly because she happened to be standing in a doorway and was able to guide herself down with her hands.

She had trouble getting back up and needed to call for help but was more emotionally shaken from the experience than anything else.

Then last week, a neighbor's mother fell. Also in her late 80s, she is one of those women who if someone told you her age, you'd be tempted to argue the point. She looks much younger and has remained very active and healthy in her later years.

So, it was a surprise to hear she was in the hospital because of a fall.

She had been enjoying a summer afternoon on the back deck and got up to go inside. It was dizziness that got her off balance, and when she fell, she fell backwards and hit her head hard.

She's doing much better now but it was a harrowing experience and I'm sure it's one that has made her more anxious, at least in the short term, about her mobility.

In doing research for this month's story (page 3), I was struck by how many older adults – many of whom have not fallen – are living with the fear of falling.

The statistics I looked up for this story miss this group entirely.

They capture those who fall, those who are injured by falling, even those who die from it. But they don't reference the group that lives in fear of falling and because of that fear, makes their lives smaller and smaller.

I was happy to hear from Coastline Community Program Manager Rachel Fouts how the Matter of Balance classes focus so closely on this issue. Through conversation and mutual support, as well as some cognitive restructuring work, the class tries to give participants tools to stay active and engaged even as they take steps to protect themselves from falling.

Most participants come in thinking no one else shares their fear and are relieved to meet others with similar feelings.

Coming together around the fear is much better than the alternative where older adults reduce their activities "which leads to isolation which leads to depression," says Fouts.

Connect with editor Beth Perdue at bperdue@coastlinenb.org or by mail to Senior Scope, 863 Belleville Ave., New Bedford, MA 02745.



Beth Perdue

Coastline
508-999-6400

Mass Options 844-422-6277
massoptions.org 844-422-MASS



SHINE Counselors in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 South Main St., Acushnet	508-998-0280	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
PACE, Inc. 166 William St., New Bedford	508-999-9920	Freda St. Marie-Johnson
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Jan Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-758-3781	Denise Dupuis Carla Marcelino Sandra Spoor

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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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Dance for PD continued...

designed in Brooklyn, N.Y. and is a program of the Mark Morris Dance Group. It has been replicated all over, growing from its origins to be taught in 300+ communities in 25 countries, according to the group's website.

While that growth is likely due to the research-based program's ability to combine creative expression, music, and movement in ways that support Parkinson's physically, mentally, and emotionally, it is likely also attributable to an ongoing increase in people being diagnosed with the disease.

According to the Parkinson's Foundation, a Miami and New York City-based organization to improve care and advance research toward a cure, a growing number of people, approximately 60,000, are diagnosed with Parkinson's each year. Nearly one million are living with the disease in the U.S. alone, with more than 10 million worldwide.

For Balaban, teaching the class is more than responding to a disease. It's a pathway to reconnecting people to their bodies and to joy.

"My mission in all I'm doing is to help people find joy because it's here, even with people who are very debilitated with Parkinson's," Balaban said. "This is for people who just want to move and be in community and feel joy in their bodies. It's there. We can dig down and find it."

Some of that comes through the movements that help bodies physically shift and expand, she said.

"I see people shuffle into class feeling rounded and closed-in and



DAPpers brings young and old together to focus on dance and creative expression together. (Photos courtesy of DAPpers.)

leaving physically very different," Balaban said. "We do a lot of movement to elongate and open."

There are no requirements to join the class and participants don't need to have any prior dance experience.

"It's dance, but it's not partner dance," said Balaban. "You don't have to know your right foot from your left. You don't have to stand at all."

Balaban recalls a 94-year-old man who was devoted to the program and came until the end of his life, even asking his wife from his sick bed if they could practice getting into the car when he was better, so he could go back to dance. Although he was in a wheelchair with limited motion, he always found a way to move to the music, she said.

"You could see the life in him

through his eyes."

Another gentleman who had severe Parkinson's symptoms used a cane and was typically very careful walking, Balaban said. Until once, she said, when "he saw we were starting to run through the piece without him and he started running across the dance studio floor."

That spontaneous movement, helped by music and changing choreography, all contribute to getting participants to move beyond their limitations.

"There's this sense of wanting to do more, wanting to push yourself, but not in a way that's damaging," said Balaban.

Connecting with that desire is important, according to Balaban, because people with Parkinson's often

reduce their movements through fear of injury.

"Parkinson's has a psychological aspect to it. 'I have fear of moving. I'm afraid I'm going to fall,'" she said.

But if you get wrapped up in the music, you forget the fear and just move, Balaban said.

Dartmouth COA Program Coordinator Nancy Miller said up until COVID hit, the center had several programs dedicated to Parkinson's: a boxing program, this dance class, and a support group. But social lockdowns and continued fears about the virus decreased the number of participants across the board and now, only the dance class remains.

"We do know the population's there," she said, adding that they hope to grow the number of dance class participants and perhaps restart the support group.

Balaban too is on a mission to reach more people with Parkinson's but also to tap into another group she believes could benefit from the class – anyone who is aging.

"Parkinson's is a window into early aging. So many of the symptoms people with Parkinson's exhibit we will all exhibit at some age," she said. "I want people to understand that people of all abilities are welcome here. All of us, at some point in time, are dealing with some mobility challenges."

Dance for PD is free and open to anyone every Monday at 10:30 a.m. at the Dartmouth Council on Aging. Call 508-999-4717 for more information.



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Update

Public meetings to be held for New Bedford-Fairhaven Bridge replacement

Funds to design, permit and do early action construction for a new New Bedford-Fairhaven bridge were approved with the signing of the \$11 billion Transportation and Climate bill by Governor Baker in August, according to Rep. Bill Straus (D-Mattapoisett) who chairs the Joint Committee on Transportation. In a Facebook post, Straus said he expects public meetings on the design and engineering process for the bridge to be held later this month or in early October. MassDOT and design engineers will host these meetings to receive basic input on community ideas and preferences, he wrote. Additional meetings for stakeholders such as abutters and business owners will also be held. "The goal at this point is that the important and legally critical 25% design threshold will be accomplished for public hearings in the fall of 2023," he wrote.

Avoid Medicare's donut hole

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole." When that happens, they will see their prescription drug costs increase dramatically. If this happens, Prescription Advantage can help. Prescription Advantage is an income-based assistance program for Massachusetts residents that may help pay for prescription drugs once an individual is in the donut hole. For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemass.org.

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. The next and final program is at 1 p.m. Sept. 25 at the Park, 33 William St. with free admission. It will be about, "The All Important Question: Where is Hetty's Money now?" The answer can be found in three last will and testaments, Hetty's, her son, Ned's, and her daughter, Sylvia's, minus inheritance taxes and legal maneuvers. Hetty Green is re-enacted by retired teacher and longtime Park volunteer, Irene Duprey-Gutierrez.

Food security for all

United Way of Greater New Bedford and AmeriCorps are partnering to establish a new program to address hunger in our community. The two organizations are recruiting for two full-time VISTA's to help build the foundation for this outreach. This is a full-time position that receives a living allowance, healthcare, and other benefits. If you or someone you know is interested, please email Victoria Grasela, Vice President of Marketing & Community Engagement, United Way of Greater New Bedford at vgrasela@unitewayofgnb.org.

Walking Book Tours

Sign up for SouthCoast Almanac's Walking Book tours and enjoy literature in the outdoors with fellow book lovers. The next two tours are: No Land to Light On by Yara Zgheib on Sept. 11 and Six Walks: In the Footsteps of Henry David Thoreau on Oct. 3. For Sept. 11, the tour is at West Island, Fairhaven on from 2:15-4:15 p.m. Author Yara Zgheib will join the tour to talk about her book as well as Justin Barrett of the Nasketucket Bird Club who will help the group spot sandpipers, featured in the book. Co-sponsored by Footprints Café in Buzzards Bay. Register here: <https://southcoastalmanac.com/walking-book-club/>

Gifts to Give seeking back-to-school supplies

Gifts to Give in Acushnet is asking for help collecting back-to school supplies for children who need them and adult volunteers who can help process donations. Items needed include clothing for newborns up to age 18; elementary school supplies; and new and used backpacks. Interested volunteers can help on a drop-in basis; mornings are best. Proof of vaccination is required. Drop-in for coffee on Tuesdays at 10 a.m. and get more information and a 15-minute tour of the 1 Titleist Drive, Acushnet facility.

Medicare help available

Maria Pimentel of Senior Medicare Patrol is available from 2-4 p.m. on the second Monday of the month 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 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.

Survey responses requested

Mass Senior Action Council wants to hear from older adults what's wrong with long-term care services like home health care, help with dressing, bathing or making meals, or attending adult day care and how it can support improvements through legislative action. The grassroots senior-run organization has developed a survey that it is asking older adults to complete to share their thoughts about how the current system can be improved. The survey, which takes about 10-12 minutes to complete, can be found at https://umassboston.col.qualtrics.com/jfe/form/SV_0DFW0MUWBQA5MDs. Answers are anonymous, according to MSAC. "The pandemic exposed many problems in the long-term care system. We are exploring ways to improve the system today and to better plan for the needs of a growing and aging population in Massachusetts," the organization said.

RMV cautions customers

The RMV is reminding customers to use only Mass. Gov/RMV for Massachusetts Registry information or to perform transactions, including when trying to renew a license or registration. Customers should beware of text messages or emails which claim to be from MassDOT or the RMV, as these communications often are dangerous phishing scams and not official MassDOT/RMV sources. Customers should only use official Mass. Dept. Of Transportation and RMV links and never disclose personal or account information to suspicious texts.

State warns of SNAP card scam

The Department of Transitional Assistance is issuing warnings to residents about the danger of skimming scams that have impacted some clients. The scams target credit, debit, and electronic benefit transfer card information as well as personal identification numbers for those cards. Scammers use electronic devices to steal card information from card readers such as those at ATMs or other card processing terminals. To keep your cards and SNAP benefits safe, DTA recommends changing the PIN on your card before each scheduled benefit transfer date. Clients do not need to receive a new card to safely access their benefits, DTA said in a released statement. A second scam is sending fake text messages to SNAP recipients saying their benefits have been blocked and directing them to a phone number where they are asked to provide their P-EBT card number. This number is not part of DTA, the agency said, adding that DTA only sends text messages from 382-674 and would only direct clients to call its Assistance Line at 877-382-2363 or EBT Customer Service Line at 800-997-2555.

Acushnet COA Cookout



Older adults in Acushnet enjoyed a summer meal courtesy of Coastline's Nutrition Program in August. Nutrition Director Phil Beard and Jessica Soares (left) helped get the meal ready for serving. Watermelon slices made for a delicious dessert enjoyed by Acushnet participants (above) and served by Coastline employees Barbara Frechette and Erika Andrews (l-r, at right). (Photos courtesy of the Acushnet Council on Aging.)

Your Health

'I'll take words beginning with "P" for 200, Alex'

By Nanci Winterhalter, MSPT

I like all kinds of words, particularly those that describe movement. Occasionally, I compile lists of words beginning with a certain letter just for pleasure (and to keep my brain agile).

Will you play along with me while we explore words beginning with "P"?



Nanci Winterhalter

There is a preponderance of physical health benefits to movement, including:

- Promotion of bone, heart and lung health to support our everyday activities and protect us against many chronic diseases;
- Improvement in proprioception for better posture, balance and prevention against falls and injury -- proprioception is our sense of where our body parts in space and what they are doing;
- Preparation for healthy sleep to enhance our daytime energy for our passion projects;
- Regulation of our hormones that impacts all our body systems positively; and,
- Lubrication of our joints so we

can move more easily and with less pain.

And, on the softer (but just as potent) side, movement:

- Prompts healthy memory;
- Provides an outlet for self-expression;
- Partners our body and mind, enhancing self-confidence and mood; and,
- Gives us an opportunity for play and pleasure.

To experience its full potential, plan ahead to include movement into your day.

You might like to prepare a dedicated space in your home and select a particular time of day for your practice to build a habit. Give yourself at least an hour after meals and make sure you are well hydrated.

When I don't make it to a local class, I do some purposeful movements at home. An outdoor stroll (when it's not too hot or too cold), a solo dance in the kitchen, some simple joint motions in bed or seated, and then I choose a few yoga poses that are linked to my mindful breath.

What might you enjoy? Start small and build patiently while you pay close attention to what you perceive as you go.

Permit yourself to take a pause as needed and ask yourself: How do I feel? How is my breath? What feels



new? What feels familiar? This can help protect you from overdoing.

Remember, Rome wasn't built in a day. To help you stay in the present ... focus on your activity and refrain from speaking on the phone or watching TV while moving. Allow yourself this dedicated time for personal wellbeing.

Whether it is five minutes, 10 minutes or more; whether your movement practice was in bed, seated, in the kitchen or outdoors, try to always take another five or 10 minutes afterward to sit and notice the subtle changes in your body that accompany every natural inhale and exhale.

You might even ponder the wonders of your body, which breathes you around 20,000 times or so a day! It's truly a miracle... yours and mine.

Warmly,
Nan

PS: How many words beginning with P did you find? As always, discuss your plans with your health care provider for guidance on your unique needs.

"Won't you be my neighbor?" columnist Nanci Winterhalter, MSPT, is a certified yoga teacher and therapist.

What to do when you hit the dreaded weight loss plateau

Have you ever successfully started a weight loss program only to have your progress stop abruptly, even as you continue to follow your plan?

Well, you're not alone.

Registered dietitian Stephanie Boulay told a group of Dartmouth residents recently that reaching a weight loss plateau is a common experience and has a lot to do with how the body is wired.

"A weight loss plateau is something that everybody goes through, believe it or not," Boulay told Pound by Pound, a weight loss group at the Dartmouth Council on Aging. "It's very normal."

It happens because the body compensates for what it sees as the threat of continued weight loss.

"Your body is incredibly smart, so it starts to catch on to what is happening," Boulay said. "When you start dropping weight, the body actually thinks that it's starving, so it's going to halt your metabolism and hold on to every calorie it can."

Not only does your body adjust metabolism rates to keep you healthy, it also increases its efficiency in burning calories. That's another factor that can slow down weight loss, Boulay said.

"As time goes on, your body becomes a lot more efficient at burning calories which reduces

the number of calories burned with activity," she said.

Boulay had several tips for those present to meet their weight loss goals despite hitting a plateau. But she cautioned them not to be too closely focused on the scale and how much they weigh. It's not the only indicator that you're hitting your goals and can sometimes be misleading, she said.

"You can't always trust the scale," said Boulay. "If you're starting to lose inches, your clothes are fitting differently, and you have more energy, that's a good way to tell you're doing something good for your body. Even when the scale number doesn't change."

If you've hit a plateau in your weight loss program, Boulay offers these suggestions for getting beyond it:

- 1. Keep a food diary:** First, be clear on whether you've hit a plateau or not. Examine your routines and recent food consumption to confirm you haven't strayed too far from your plan. A food diary can be helpful here, according to Boulay. Having a diary of past meals can help you see if you've slipped or if you've truly hit a plateau. Tracking your exercise routines can also be helpful.
- 2. Eat more protein:** It takes more calories to metabolize



protein than it does fat or carbohydrates, Boulay said, so adding protein to your diet can help you burn more calories while also supporting important health goals like building muscle. Protein options might include chicken or fish, tofu, dairy products like Greek yogurt, or beans and legumes.

3. Prioritize sleep: Good sleep supports eating and exercising well. When you're not getting enough sleep, your hormones can get out of whack, increasing the food cravings you have for foods not included in your diet plan.

4. De-stress: When you have stress, the stress hormone cortisol travels through your bloodstream which results in more insulin

being produced. When insulin is secreted, it can make your blood sugar drop and increase your cravings for sugary, fatty foods.

5. Switch up your routine: As noted above, the body adapts to our routines, including adapting to exercise patterns. To stimulate weight loss, Boulay suggests mixing it up, perhaps trying a different kind of exercise class — Zumba instead of chair yoga, for example — or extend your routines by half an hour. She also recommends including some form of strength training in any exercise plan.

Whatever your routine, Boulay notes, weight loss is a long game. "Slow and steady does win the race," she said.

Las vacunas se pueden programar en su casa

Si usted o un miembro de su familia no pueden desplazarse a un centro de vacunación en la comunidad, el estado tiene un programa en el que las vacunas pueden administrarse en el hogar. El programa está disponible para los adultos mayores, así como para aquellos de cualquier edad que tengan dificultad para llegar a un lugar de vacunación de la

comunidad.

Los tres tipos de vacunas (Pfizer, Moderna, y J&J) están disponibles a través del programa y las citas pueden programarse en línea o por teléfono. Una vez que llama al servicio, se puede programar una cita en el plazo de una semana desde su solicitud.

En el momento de la cita, un profesional médico completamente vacu-

nado acudirá a su domicilio para administrar la vacuna. Estas personas siguen todas las pautas de seguridad para la salud pública y trabajan para responder a las necesidades de la persona que se está vacunando.

Para programar una vacunación en su casa, vaya a la página web de patientportalma.com o llame a la línea central de vacunación en casa

al (833) 983-0485. Las llamadas son atendidas entre las 9 a.m. y 5 p.m. los días laborales por personal que habla inglés o español y tiene acceso a intérpretes para más de 100 idiomas.

Para más información, visite <https://www.mass.gov/info-details/covid-19-in-home-vaccination-program>

As vacinas podem ser marcadas para a sua casa

Se você ou um membro de sua família está incapacitado de viajar para um local de vacinação na comunidade, o estado tem um programa onde as vacinas podem ser administradas em casa. O programa está disponível para adultos mais idosos assim como aqueles de qualquer idade os quais têm dificuldade de ir a uma localidade de vacinação na

comunidade.

Todos os três tipos de vacinas estão disponíveis (Pfizer, Moderna, e J&J) através do programa e os apontamentos podem ser feitos online ou por telefone. Logo que chame os serviços, um apontamento pode ser marcado dentro de uma semana do seu pedido.

Na altura do apontamento, um

profissional médico totalmente vacinado irá na sua casa para administrar a vacina. Estes indivíduos seguem as linhas de segurança de saúde pública e trabalham para ir de encontro às necessidades da pessoa sendo vacinada.

Para marcar a vacina na sua casa, vá online ao patientportalma.com ou chame a In-Home Vaccination

Central Intake Line no (833) 983-0485. Chamadas são respondidas entre as 9 a.m. e 5 p.m. durante a semana pelo pessoal que fala Inglês ou Espanhol e têm acesso a tradutores em mais de 100 outras línguas.

Para mais informação, visite <https://www.mass.gov/info-details/covid-19-in-home-vaccination-program>

Vaccinations can be scheduled in your home

If you or a member of your family is unable to travel to a vaccination site in the community, the state has a program where vaccines can be administered in the home. The program is available to older adults as well as those of any age who have difficulty getting to a community vaccination location.

All three vaccination types are

available (Pfizer, Moderna, and J&J) through the program and appointments can be made online or by phone. Once you call the service, an appointment can be scheduled within a week of your request.

At the time of the appointment, a fully vaccinated medical professional will come to your

home to administer the vaccine. These individuals follow all public health safety guidelines and work to meet the needs of the person being vaccinated.

To schedule a vaccination in your home, go online to patientportalma.com or call the In-Home Vaccination Central Intake Line at (833) 983-0485. Calls are answered between

9 a.m. and 5 p.m. on weekdays by staff who speak English or Spanish and have access to translators for more than 100 other languages.

For more information, visit <https://www.mass.gov/info-details/covid-19-in-home-vaccination-program>

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

¹\$88/calendar quarter allowance is for the purchase of Medicare-approved OTC items from participating retailers. Under certain circumstances, items may be covered under your Medicare Part B or Part D benefit. \$70/calendar quarter allowance is for the purchase of Medicaid-approved OTC items and eligible grocery items from participating retailers. ²Benefit and/or network limits may apply. ³Non-emergency. Non-medical rides limited to 1 round trip per month, 20 miles each way of trip. Members must use approved vendor to access benefit. Exceptions may apply. ⁴YMCA membership is valid at local YMCA facility located within our service area in Massachusetts. Tufts Health Plan Senior Care Options is an HMO-SNP with a Medicare contract. Enrollment in Tufts Health Plan depends on contract renewal. The HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only. You are not eligible to enroll into Tufts Health Plan Senior Care Options if you are enrolled in any other health insurance plan, with the exception of Medicare. Other eligibility requirements and restrictions may apply. Tufts Health Plan Senior Care Options complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). H8330_2022_58_M

'Essential' older workers find training in senior program

Nonprofits, and government entities benefit from their experience and financial support

At Coastline Elderly Services, Karyl Ryan, director of the senior employment program understands how important it is to find older workers employment – for their well-being and business success. It's no longer an option for organizations to ignore older workers, she said.

"Twenty-five percent of the labor force is trending toward being 55 and older workers, so they're essential," said Ryan. "It's essential that they remain employed."

Ryan has been leading the program, officially called the Senior Community Service Employment program, for the past seven years. In that time, she's seen the value that SCSEP workers bring to the employers they work for. She's also seen how important that work is for the employees and how the extra income helps them live better lives.

"They're available. They show up every day. They're mature," said Ryan. "They come with some skill sets. Their soft skills are pretty much defined and they're more evolved than younger workers."

SCSEP was a lifeline for Janice Harris when she needed it. She'd been working at the New Bedford Career Center when she was laid off. Already familiar with the SCSEP program, and in her 60s, she decided to try it for herself.

She's happy she did.

Harris now works at Coastline in the SCSEP program, helping others take similar journeys to her own. Ironically, she is also back at the Career Center, this time leading a SCSEP workshop to help older adults find work.

"I am parlaying my job search skills to older workers because I know what it feels like to experience job loss," she said.

SCSEP has anywhere from 30 to 60 participants at a time, according to Ryan. They must be 55 years or older and meet other eligibility requirements including income levels. Once in the program, they're placed at local nonprofits or government entities (like councils on aging) and paid minimum wage for their training. Ryan and Harris work with them to find the best fit for training and to support them during their job search.

Another program benefit is that participants are not penalized for the training income if they also receive SNAP or federal housing benefits, which many do, Ryan said. "Once they become employed that changes, but while they're in the program it kind of gives them some extra dollars in their pocket," she said.

On the employer side, non-profits and government entities commit to training the older worker but are not responsible for paying their salary,

Resources

- National Employ Older Workers Week is Sept. 26-30 this year. The week recognition acknowledges the vital role older workers play in the workforce and helps increase awareness of and create strategies to tap this age group for everyone's betterment.

- The Senior Community Service Employment Program (SCSEP), located at Coastline Elderly Services, provides on-the-job skills training to individuals 55 or older with limited financial resources. Call 508-999-6400 to see if you qualify.

find a position well before that time in case it turns out to not be the right fit.

"We advise them to get the training they need for a job and then work to get hired with some of that time left," said Ryan. "So, in case it doesn't work out they can come back and get trained for another job."

Ryan has seen the SCSEP program work well for many organizations in the SouthCoast. She believes the program does more than fill open positions and can help reduce stigma around employing people over age 55.

"We want to take away the stigma that they're slower; that they don't have the technology skills that are needed in this era; that they want to retire earlier," she said. "That's not always the case, certainly not with SCSEP. We have a wait list of people trying to get into this program."

Many SCSEP employees are hired by Coastline. The agency has hired as many as 30 workers through the program in the past eight years, Ryan said. It's a perfect fit for the agency's mission to serve older adults.

Other local organizations who hire SCSEP participants include Coastline, the Salvation Army, the United Way of Greater New Bedford, PACE, and area councils on aging. To learn more, call Coastline at 508-999-6400.

according to Ryan. That income comes through the SCSEP program via its federal oversight, the Center for Workforce Inclusion in Maryland. SCSEP programs fit within CWI's goals to advance best workforce practices and tackle the challenge of bringing underserved job seekers back into our workforce, according to its website.

Ultimately, the goal is to get SCSEP participants using the skills they learn through on-the-job training.

Participants can stay in the program for up to four years, Ryan said, but SCSEP encourages them to

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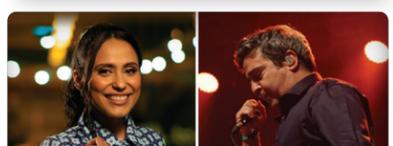
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What can go wrong when the trustee and beneficiaries are siblings

By: Brandon C. Walecka, Esq.

We see this scenario often: A parent passes away and one of the decedent's children, a beneficiary of the trust, takes over because they were named trustee of the parent's trust. Other siblings are also beneficiaries.

Since no one in the family is familiar with the legal and financial technicalities of trust administration, this is uncharted territory for everyone. And buried in that new territory? Land mines that can imperil the bonds between siblings, even those who have gotten along well until now.

Beneficiaries may begin to wonder just what the trustee is doing, what to expect, and of course, when they'll see their money. And because the trustee is "just" a sister or brother, beneficiaries may be inclined to inquire excessively or make outsize demands. On the other side, the trustee/beneficiary may be caught up in the nuts and bolts of handling the trust and consider their siblings' requests as intrusive or suggesting that they are not trustworthy.

Resentment can build on both sides. In the worst-case scenario, one or more beneficiaries may even resort to a lawsuit to have the trustee removed. Most families never recover from this kind of rift; we have seen it happen.

Fortunately, an incendiary situation like this can usually be avoided if all family members understand, in advance, the legal rights and obligations of beneficiaries and trustees. It can help a great deal when the trustee retains an attorney experienced with trust administration. But even if the trustee feels they can handle it and goes it alone, families that want to remain on good terms are well-advised to become familiar with the fundamental ground rules of trust administration.

What are these ground rules?

First, the trustee is legally obligated to keep beneficiaries informed. Timely and effective communication goes a long way to neutralizing doubts and misunderstandings. Good communication begins with the trustee alerting beneficiaries that trust administration has commenced. The trustee must also provide all beneficiaries with a copy of the trust and any amendments, as well as a complete list of trust assets. I strongly recommend that all beneficiaries carefully read each of these items.

Typically, beneficiaries are entitled to a full accounting of the trust's transactions on an annual basis, although a trustee may do so more often if they wish. The annual accounting must show all trust transactions: expenses of the trust and all income and growth of trust assets.

The trustee must never co-mingle trust assets with their own assets. Even if a trustee has no intent to defraud, it gives the appearance of impropriety. A trustee

can be no less vigilant about this just because the decedent was a parent and co-beneficiaries are siblings. Trust assets require their own checking accounts, brokerage accounts, even their own safety deposit boxes. Keep a clean paper trail.

Beneficiaries should respect the fact that the trustee is legally bound to carry out the terms and provisions of the trust, which are the wishes of the deceased parent. The trustee cannot and should not make exceptions simply because their co-beneficiaries are siblings. If you are a beneficiary with financial problems asking your trustee sibling for a loan from trust funds, expect to be refused (unless the terms of the trust provide for it). Chances are you have put your trustee sibling in a very uncomfortable position. In refusing, your sibling has made the right decision. Don't resent a sibling trustee for honoring their legal obligations.

A trustee must not sell assets to the trust or buy assets from the trust. Conflicts of interest must be avoided. Where such a situation cannot be avoided, the trustee/beneficiary should get agreement to such a transaction by other siblings, in advance.

A trustee must never "borrow" funds from the trust for their own use, even with the intention of paying back the money. A trustee who is a beneficiary may not favor themselves over the other beneficiaries.

Beneficiaries must realize that the trustee can, at their own discretion, use trust funds to hire professionals to help with administering the trust. Professionals may include bookkeepers, accountants, attorneys, etc. Depending on the provisions of the trust, the trustee may be entitled to reasonable compensation. Most family members do not take compensation, but there can be exceptions.

The above are by no means all of a trustee's duties, but just an overview of the most important ones related to trustee-beneficiary interactions. Again, we urge all beneficiaries, not just the trustee, to read and understand the trust instrument. Knowing everyone's rights and obligations will help preserve family harmony.

Also, while trust administration does not require the services of an attorney, it is often prudent for the trustee to use the services of a qualified trust administration lawyer. This lets the beneficiaries know that the trustee is getting solid legal advice, and diminishes the chances of a sibling accusing the trustee of being unfair, arbitrary, etc.

Do you have a suggestion for an article topic for Attorney Walecka? Reach out with a question or topic at Walecka Law, P.C., 774-203-9003 or Brandon@WaleckaLaw.com. This article does not constitute legal advice.

Trivia

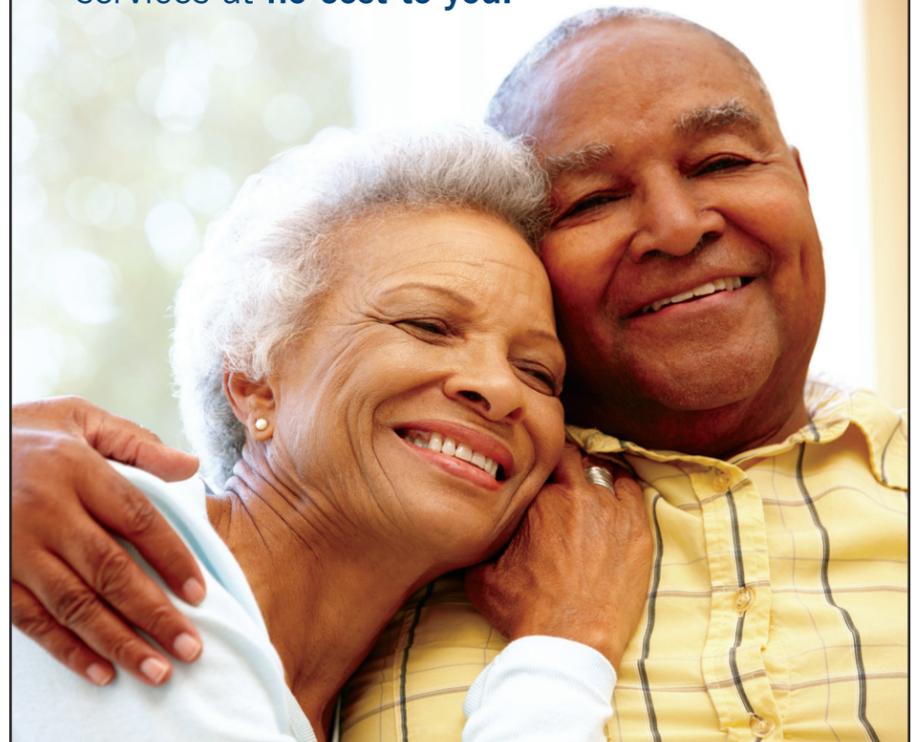
FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) Who is the "Father of our country"?
A.) George Washington B.) Abraham Lincoln
C.) Thomas Jefferson D.) John Quincy Adams
- 2.) Where is the Statue of Liberty?
A.) East River B.) Oyster Bay
C.) New York Harbor D.) Hudson Bay
- 3.) We elect a senator for how many years?
A.) 2 B.) 4 C.) 6 D.) 10
- 4.) Who was the ONLY MLB player to use just his first name on his jersey?
A.) Hank Aaron B.) Babe Ruth C.) Mookie Betts D.) Ichiro Suzuki
- 5.) Which major computer company did not start in a garage?
A.) Apple B.) IBM C.) HP D.) Microsoft
- 6.) What New York town hosted Woodstock?
A.) Hudson B.) Woodstock C.) Buffalo D.) Bethel
- 7.) What is the best-selling cookie in the world?
A.) Oreo B.) Chips Ahoy C.) Nutter Butter D.) Nilla Wafer
- 8.) What state is home to America's oldest carousel?
A.) Indiana B.) Rhode Island C.) Louisiana D.) California
- 9.) What instrument is typically found in an orchestra but not in a concert band?
A.) Clarinet B.) Flute C.) Trombone D.) Violin
- 10.) What are Capri pants named after?
A.) An Italian island B.) The designer's daughter
C.) A Greek Goddess D.) A Spanish queen

[Answers listed on page 11]

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Monkeypox vaccination site and what you need to know about the virus

The number of monkeypox cases continues to grow in Massachusetts with 243 total cases diagnosed in the state since the first Massachusetts case was announced on May 18.

As of Aug. 18, the Massachusetts Department of Public Health announced 41 new monkeypox cases had been diagnosed in the seven days prior to that date. Nationally, the CDC set the number of U.S. cases at 14,115 as of Aug. 18.

Gay and bisexual men and other men who have sex with men continue to make up a significant proportion of the cases identified to date. The risk is not limited to the LGBTQ+ community, and anyone who has been in close contact with someone who has monkeypox is at risk.

DPH is working with local health officials, patients, and healthcare providers to identify individuals who may have been in contact with those diagnosed with monkeypox while they were infectious.

Individuals with monkeypox are advised to isolate and avoid contact with others until they are no longer infectious.

Vaccinations for monkeypox are being offered at 14 health care providers in the state, including Seven Hills Behavioral Health in New Bedford. Local appointments can be made by calling 774-634-



3725, Monday through Friday between 9 a.m. and 5 p.m.

Vaccination providers are updated regularly at the state's website: <https://www.mass.gov/info-details/monkeypox-vaccination>

The state has also activated mobile providers to assist in vaccine administration.

Due to extremely limited national availability of vaccines, the JYNNEOS vaccine in Massachusetts remains restricted at this time. Vaccination is available to individuals who meet the CDC's eligibility criteria and who live or work in Massachusetts.

This includes:

Known contacts identified by public health via case investigation, contact tracing, and risk exposure assessments (this may include sexual partners, household contacts, and healthcare workers); as well as,

- Presumed contacts who meet

Resources

- In the SouthCoast, monkeypox vaccines are available to those who meet eligibility criteria at Seven Hills Behavioral Health in New Bedford. Appointments can be made by calling 774-634-3725, 9 a.m. - 5 p.m., Monday through Friday. SevenHills.org

the following criteria:

- Know that a sexual partner in the past 14 days was diagnosed with monkeypox; or,
- Had multiple sexual partners in the past 14 days in a jurisdiction with known monkeypox.

The vaccine is prioritized for individuals at greatest risk of exposure to someone with monkeypox.

If an individual believes they qualify for a monkeypox vaccine, they should contact their healthcare provider or one of the state's designated provider locations.

Patients generally recover fully from monkeypox in 2-4 weeks.

The World Health Organization declared the global monkeypox outbreak a public health emergency of international concern in July. Subsequently, on Aug. 4, the Biden administration declared monkeypox a national health emergency.

While the virus does not spread easily between people, individuals

can spread the infection once they develop symptoms. Transmission occurs through direct contact with body fluids and monkeypox sores, by touching items that have been contaminated with fluids or sores (clothing, bedding, etc.), or less commonly, through respiratory droplets following prolonged face-to-face contact.

In many recent cases, the locations of the rash lesions suggest transmission during sexual contact.

Early symptoms of monkeypox can include fever, headache, sore throat, and swollen lymph nodes, but rash may be the first symptom. Rash lesions start flat, become raised, fill with clear fluid (vesicles), and then become pustules (filled with pus). A person with monkeypox can have many lesions or only a few.

Clinicians are asked to be alert to the possibility of monkeypox virus infection in individuals who have rash illnesses consistent with monkeypox.

Early symptoms of monkeypox can include fever, headache, sore throat, and swollen lymph nodes, but rash may be the first symptom. Rash lesions start flat, become raised, fill with clear fluid (vesicles), and then become pustules (filled with pus). A person with monkeypox can have many lesions or only a few.



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.

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Councils on Aging

Acushnet COA

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

REAL ID Information: Sept. 19 at 1 p.m. Join to learn more about the ReEAL ID. Beginning May 3, 2023, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or ID card for domestic air travel and to enter certain federal facilities. Free but please RSVP, 508-998-0280.

Needle Arts: Every Thursday, 1 p.m. grab your own project and join this social group.

St. Mary's Book Club: Fourth Monday of the month under the Pavillion. 6:30 p.m.

Learn to Crochet: Thursdays at 1 p.m. with Cindy Francis. Bring your own supplies or use ours. Free.

Cribbage Players Needed: Players needed for the Monday League, 11:30 a.m. and drop-in games on Fridays, noon.

Painting with Kristen: Thursday afternoons. Each week is a different painting; reservations are required. \$6/class includes everything you need. Call for details.

Bunco: Wednesday Sept. 21 at 12:30 p.m. To sign up call: 508-998-0280.

Left Center Right: Oct. 19 at 12:30 p.m.

Zumba Gold with Pati: Fridays at 9 a.m. & Tuesday afternoons at 4:30 p.m. \$6/class.

Strong Women, Strong Bones, a Title III program: Monday-Thursday, 9 a.m. \$2/suggested, voluntary donation. Great exercise program for those living with osteoporosis or osteo arthritis.

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

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

Dartmouth COA

For more information, call the Dartmouth Council on Aging at 508-999-4717. The center is located at 628 Dartmouth St., South Dartmouth, MA 02748. Read the current newsletter or previous newsletters online at: www.town.dartmouth.ma.us/council-aging/pages/coa-newsletters.

EnPlein Air Painting: At Apponogansett Beach. Sept. 7 & 14 \$30 in advance. Call for details.

Senior Supper Club: First Tuesday of the month 4-6 p.m. Reservations required. Cost is \$5.

COA Beach Party: Sept. 9, 9:30 a.m. - 2:30 p.m. Sign-up required.

Emotional Eating: Sept. 14, 10:15 a.m. Are you eating your emotions? Learn how to break your mood-food cycle. Walk-ins welcome. Free.

Japanese Sumi Painting: Sept. 19, 10 a.m. Cost is \$12 in advance.

Art for Your Mind: "Why So Famous?" Sept. 20, 2:30 p.m. Take a close look at some masters and why some works have become famous. Free. Sign-up required.

Dance for Parkinson's: Mondays 10:30-11:30 a.m. The class incorporates physical exercise, cognitive tasks, social interaction, and creativity. All levels welcome to walk in. Free.

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

Music with Friends: Join this informal group on Tuesdays at 1:00 to share songs, sounds and stories. Free. Walk-ins welcome.

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

YWCA Widow Person Program: At the Center -1st and 3rd Thursday. Two sessions from 8:30-10 a.m. and 10:30-noon. Walk-ins are welcome.

Elder Law consultations: With Atty. Brandon Walecka. Second 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 p.m. by appointment.

Hearing Evaluations & Hearing Aid Checks: Third Thursday of the month from 10 a.m. - noon. Call the Center to schedule an appointment.

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

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

Free Pain Consultations: Baystate Physical Therapy. By appt., 3rd Thursday at 1 p.m.

Coffee Hour: Tuesdays and Thursdays from 9:15-10:15 a.m.

Pound by Pound: Weight loss support. Wednesdays, 10:15-11. Walk-ins welcome.

Country Three Band: First and third from 1:30-3:30 p.m. Cost is \$4. Live music and dancing. Walk-ins welcome.

Osteo Exercise: Mondays 10:15 a.m., Fridays 10 a.m. Free weights provided. Much of class is seated. Walk-ins welcome. Free.

Dance Yoga: With Jane Hoffman. Tuesdays 1:15-2 p.m. beginning Sept. 13 Cost is \$5. Walk-ins welcome.

Tai Chi: Tuesdays 9 to 10 a.m. Eight-week session \$30. First class is free.

Zumba Gold: Tuesdays at 10:30 a.m. \$7.

Cam's Body Awareness & Adaptability: Wednesdays 9:30-10:15 a.m., Fridays 11:15 a.m. - noon. Eliminate the risk of falls. Learn proper body mechanics and movements through exercise. \$2. Walk-ins welcome.

Strength and Flex with Larry: Mondays and Thursdays 9-10 a.m. Full body routine using weights. Fit for all levels. \$2.

Fairhaven COA

For more information, call the Fairhaven Council on Aging at 508-979-4029, located at 229 Huttleston Ave., Fairhaven, MA 02719. Visit the Fairhaven COA website at: fairhaven-ma.gov/council-aging. Open to 8 p.m. on Wednesdays, beginning in September.

October Trips: Twin River Casino, Oct. 5; Providence Place Mall & Whole Foods, Oct. 12; South Shore Plaza, Oct. 19; Warwick Mall, Oct. 26. \$6. Reservations open Sept. 15. Van leaves the center at 9 a.m.

Health Awareness: Thursdays, 9-10 a.m. Supportive group for health and fitness awareness.

Fairhaven Senior Center LGBTQ Senior Supper Club: The 4th Wednesday of the month from 5 p.m. to 7 p.m. Next supper club is Sept. 26.

Single Senior Supper Club: Third Tuesday of each month- Sept. 20, from 4-6 p.m.

The Uncommon Lunch: 1 p.m. Sept. 21 at the Senior Center. A selection of fun, entertaining and relevant short plays with Culture Park. Coastline roast pork lunch available with reservation. \$2 voluntary donation.

Summer Music Series: Second Thursdays, wraps up in September, 1-2 p.m. at the COA. Sept. 8 is Judy and Barry DeRossi.

Wellness 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@mobiledentahygiene.com.

Chair Yoga: New days - Wednesdays and Fridays from 10:15 to 11:15 a.m. \$3. Modified yoga program in a seated/standing position. No class Sept. 1.

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. \$8 starting Sept. 2.

COA Drop-In hour: Third Friday of month from 10:30-11:30 a.m. Light refreshments served. COA director available to talk, answer questions, and provide information.

Osteoporosis Class: Mon. and Wed., 8:30-10 a.m. Simple, safe, bone-boosting exercises.

Computer Class: Monday and Wednesday 9:00-10:30 am. Must register for class.

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

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

Marion COA

Call the center at 508-748-3570. The center is located at the Benjamin D. Cushing Community Center, 465 Mill St., Marion, MA 02738. Like us on Facebook: facebook.com/marioncoa. COA hours of operation are: Monday through Thursday, 8 a.m. to 1 p.m. Marion Board of Health: 508-748-3530.

Home: Sept. 12, 1 p.m. Hear from a representative from AARP on how to navigate all types of living spaces independently to allow us to remain in our own homes.

Birds of Your Backyard: Sept. 16, 1 p.m. Judy Marzolk from The Joys of Nature will share information about a wide variety of birds that may be in your backyard.

Continued on Page 11



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Culture Park Short Plays: Sept. 19 1 p.m. The Culture Park Uncommon Lunch Players will be presenting a selection of fun, entertaining and relevant short plays by local and regional playwrights. Call 508-748-3570.

Watercolor Classes: Watercolor Classes with Canalside Artist Kate Furler Fridays, 9-11 a.m. This class focuses on watercolor techniques. Cost per each class is \$14 payable to the instructor. Call 508-748-3570 to register and to receive the list of class S-supplies you will need.

Lunchtime Cooking Demonstration: Noon, Sept. 20. Join Linda Medeiros and learn how to prepare a quick and nutritious lunch and tricks on how to save money and time while preparing delicious meals. Call to make your reservation. \$5 suggested donation requested.

Marconi Telegraph Station: Sept. 30, 1 p.m. Join Frank McNamee as he gives a history of the Marconi Telegraph Station, at one time the world's largest, it was the main campus in the U.S. where Marconi sent signals across the Atlantic. Learn interesting facts of Marion's place in telegraph history.

Bingo Monday: Sept. 26, 1 p.m. Cost is \$5 for a standard pack of play, \$1.00 coverall & \$1.00 50/50 game.

Trip to Foxwoods: Sept. 27 at 8:30 a.m. Visit the Foxwoods Resort Casino, the internationally recognized gaming destination. Foxwoods offers more than 7,400 slot machines, 388 table games, and the world's largest bingo hall. Trip includes: Casino time 10 a.m. to 4 p.m. and deluxe motorcoach transportation. For reservations, call 508-748-3570. Cost is \$37, no refunds. Tour operated by Bloom Tours.

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.

The COA's 50th Anniversary Celebration: The public is invited on Saturday, Sept. 10, 10 a.m. – 1 p.m. under the tents at Barstow and Church streets. Enjoy activities (including sampling a class or two, cornhole, water balloon toss, & other games), learn what the COA has to offer, including Medicare support, Outreach, and more! Special speakers at 11 a.m. with lunch following. Parking is available at Ying Dynasty with a shuttle bus available. RSVP to 508-758-4110 or coadirector@mattapoissett.net.

Meet and Eat: Sept. 13, noon. Join us for a light lunch and meet new team members, Jessica Fraine, Admin. Coord., Donna Smith, Volunteer Coord., and the rest of our team. Registration required.

Supper & Something: Sept. 22, 4:30 p.m. As promised, this is our third supper, "just because." The first was a "supper and song;" the second was "supper & trivia;" what will this one be? Whatever it is, it'll be more fun if you're there! Seating is limited, so register early.

Annual Fall Luncheon: By the Friends of the COA. Sept. 8, noon. Food, entertainment, raffle and good company for Mattapoissett residents over 60 and friends. At the Knights of Columbus, Route 6. RSVP required.

Art for your Mind: Wed., Sept. 7 at 12:30 p.m. Winslow Homer's America showcases the artist who helped shape America's artistic identity during the 19th Century. Call or email the COA to register.

Memory Cafe: For people with memory issues with one of their loved ones. Informative, helpful, fun, for all. Wednesdays 1 p.m. at the Marion's Benjamin Cushing Center, Rte 6. Lunch available. Call for more info and to register at 508-748-3570.

Movie & Pizza: 12:15 p.m. Sept. 28. *Everything, Everywhere, All at Once*. Evelyn is visited by another version of her husband from what he calls the Alpha verse where humans have learned to "verse jump" and are threatened by an omniverse agent of chaos in this universe-hopping adventure that has her questioning everything she thought she knew. Pizza \$1/slice. Prepay and registration required.

Sandwich Heritage Museum & Gardens: Oct. 6. The 18,000 items in the collections celebrate the culture, work, leisure, and life of people in southeastern New England, with a special emphasis on Cape Cod and the Islands. Pay COA \$20, includes \$15 admission and \$5 van. Van leaves at 9:30 a.m.

Chair Yoga: Thursdays at 9 a.m.

New Bedford COA

For updates and assistance, contact the New Bedford Council on Aging at 508-991-6250. 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.

Special Gala: Wednesday, Sept. 21, 7 – 9 p.m. A Black and White Night. Dress in black and white. Private screening of Roy Orbison documentary of the same name. Refreshments from The Baker and dancing. \$5 in advance. Call to sign up, 508-991-6270.

Line Dancing: At Home Hearing Healthcare, Monday Sept. 19, 10 a.m. – noon.

RUOK Presentation and Ice Cream Social: Thursday, Sept. 15, noon – 1 p.m.

Retired Policemen's group: Wednesdays 9 a.m. - noon.

Mahjong: 10 a.m. - 1:30 p.m. Wednesdays.

Strength and Conditioning: 2-3 p.m. Fridays.

Dental Hygienist: Sept. 6. Morning appointments available.

Monthly Blood Pressure Screening: From GNBCHC on the second Monday of each month. Next meeting is Sept. 12, 11 a.m. - noon.

Tai Chi: Mondays, 2-3 p.m. 8-week program. Participants can join any time.

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 townofrochester.mass.com/council-aging. Facebook: facebook.com/RochesterMass.

Trips: Sept. 10, Southwick Zoo, Mendon, \$25 includes \$20 zoo admission. Sept. 19, Wrentham Village, Wrentham, \$5. Leaves the COA at 9 a.m. Call Carol at 508-763-8723 to sign up. Advance payment required.

Preventative Dental: Sept. 9 with Mobile Dental Hygiene Services. Call 508-827-6725 to make an appointment.

Learn how to craft a mystery novel: Sept. 28 from 10:30-11:30 a.m. Learn from New England Author Debi Graham-Leard about her mystery-writing novel process.

TRIAD Debut: We need as many people as possible to join us at 10 a.m. on Sept. 30 for a very important TRIAD meeting with Rochester Fire Chief Scott Weigel, Police Chief Robert Small, the Plymouth County District Attorney Tim Cruz and Plymouth County Sheriff Joe McDonald. What is a TRIAD? Come to the meeting and find out as Rochester seniors and local and county public safety officials are a very important part of the equation!

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

Line Dancing: Fridays at 9:30 a.m.; beginner class is 12:30 p.m. Tuesdays. Classes are with Instructor Nancy Cabral. \$3 donation is requested.

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

Step & Stretch Exercise Class: With Instructor Larry Bigos at 2 p.m. on Tuesdays and Thursdays. \$2 donation requested.

Office Hours: Maureen Estes Flanagan, legislative aide from Senator Michael Rodrigues office, will visit the COA on Sept. 28 from 7:30-9 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.

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.

September 2022 Trivia Quiz Answers

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

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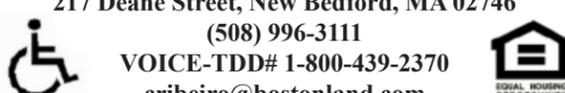
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Community

Home care workers: Current shortage threatens independent living for older adults

Homecare assistance is in growing demand even as a shortage of home health aides, homemaking, personal care attendants, and similar positions has grown during the pandemic and continues today. The two conditions have collided with the greatest impact on older adults who need these services to remain in their homes.

At Coastline Elderly Services, a waitlist for services exists with weekend times hardest hit, according to Sylvia Nobre-Hilton, chief operating officer for the New Bedford-based aging services access point.

Speaking in July, Nobre-Hilton said there are between 40 and 60 people on the list for services, with many of them seeking weekend help.

“Until the pandemic, it was rare for us to have a waiting list of this size. It’s always difficult to get weekends, but some people just can’t get care now,” she said, adding that those who need Spanish and Portuguese-speakers are also finding longer wait times because there are fewer aides with these language skills.

“We have referrals coming in and we aren’t able to fill them,” she said.

The shortage reached near-crisis levels during the pandemic when a variety of factors came together to exacerbate an already difficult situation, say those connected to the problem. Many older adults were feeling vulnerable due to the COVID-19 virus and unwilling to allow people into their homes.

Workers too had their concerns about infecting their families. Some were unwilling to be vaccinated even with employer mandates to do so.

At Attentive Homecare, a homecare provider in Marion, supervisor Gary Arpa called the situation complex and fluid.

“We do our best every day, especially in this shortage,” he said. “It changes. Caregivers really have control of how they work, when they work, and how long they work. We don’t hold



“We’re doing everything we can to get the services in place. But it’s been hard to find workers.”

—Justin Lees,
Coastline Elderly Services

anyone to a specific schedule.”

Attentive is putting energy into continuous hiring, according to Arpa, and better retention strategies in its attempt to fill all care requests.

Arpa and other homecare providers spoken to for this article acknowledged the worker shortage and the impact it is having on people, both those employed to give care and those in need of it. Most said it’s better now than it was during the pandemic, but problems still exist.

One of the biggest problems to overcome is the current pay rates for home care positions, according to Coastline CEO Justin Lees.

“We’re doing everything we can to get the services in place. But it’s been hard to find workers,” he said.

The job isn’t easy, includes traveling from home to home with many not paid for their time while on the road, and requires heavy manual labor while working with people.

“It’s difficult work,” said Nobre-

Hilton. “You physically have to pick people up, bathe them, and dress them. It’s really difficult.”

The strain is everywhere but the ones who may feel it most are the older adults, especially those with chronic illnesses, who have no solutions when they cannot get care. These are individuals who need regular medical care, often daily, but cannot access services in the home. Without options, they often end up in hospitals.

“In the past...if someone has little or no informal support or if a worker calls out, there’s COVID, or it’s not safe to be at home, we have to call and send (the person) to the emergency room,” said Nobre-Hilton.

For the older adult that’s traumatic. It’s also difficult for the healthcare system which finds itself with people who are staying long-term in the ER.

The waiting rooms back up and hallways fill with patients, according to Jacqueline Somerville, Southcoast Health’s chief nursing officer, describ-

ing the strain of having patients who stay more than 20 days. The hospital system hit 80 long-term stays recently, but that number was at 40 at the time of this conversation, according to Christine Cernak, executive director, Integrated Care Management at Southcoast Health.

“It also creates a strain on our internal resources,” Somerville said. “Oftentimes these patients may not be medically complex but their need for care...is enormous.”

The closing of some agencies including skilled nursing and nursing homes has made the problem worse, according to Somerville.

“They left us in this conundrum of not being able to get a nursing home bed and then the shortage of home health aides and personal care attendants is critical,” she said.

When no alternatives exist, it’s the hospital who works with individuals to go through the lengthy process of finding long-term care placement for them, sometimes taking up to a year to do that, said Cernak.

In addition to increasing pay rates, Somerville said these caregiver roles also need to be recognized as professional positions. “How do we create a professional practice environment and how do we communicate the message to them that they are valuable members of the team,” she said, noting that Southcoast Health has had some success working with Bristol Community College to help employees who want to become certified nurses’ aides.

Solutions like these exist, including a temporary boost to pay for homecare workers that is happening now through the American Rescue Plan Act. But more is needed, say those involved.

It doesn’t address the core issue, according to Nobre-Hilton, and for those who are on federal benefits, the additional funds can work against them, causing them to lose some of their benefits.

Falls Prevention continued...

class combines discussion with exercise and group interaction.

Participants say one of the best benefits from Matter of Balance classes is learning they’re not alone with their fears of falling, according to Rachel Fouts, program instructor and community program manager at Coastline.

“They’re meeting other people and finding out that they’re not the only ones that are worried about falling,” said Fouts about the class. “They get ideas from each other. They really support each other, getting together, hearing common concerns, and also brainstorming together.”

“Some people make friends with each other, exchange numbers and go for walks together. They feel a little more inspired to take charge of their health,” she added.

Talking about falls in the home is important because most falls occur there, according to the Mass. Execu-

tive Office of Elder Affairs (EOEA), which says 60 percent happen in the home, 30 percent in a public setting, and 10 percent in a health care center.

Each year in September, the U.S. recognizes Falls Prevention week as a way of raising awareness of falls and helping people learn to prevent them.

This year, the awareness campaign falls from Sept. 18-24 with a statewide campaign and annual step challenge, now in its fourth year. Last year, EOEA said it almost doubled its goal, collectively taking 43,352,487 steps. For 2022, it stepped up its goal to achieve a statewide total of 45 million steps.

Coastline plans to help out with a Falls Prevention walk at 1 p.m. on Sept. 22 at Buttonwood Park. Walkers can meet at the Senior Center.

Both Fouts and Oliveira have proactive tips for anyone concerned about falling to consider implementing:

• **Choose proper footwear.** One of the most important things is proper footwear such as non-skid rubber sole

supportive shoes.

• **Check your vision and hearing:** Balance can be affected by both.

• **Review your medications:** Talk to your physician about side effects and if they affect your balance.

• **Be aware of your environment:** Uneven surfaces like a carpet with a raised edge or sidewalks with bumps and cracks can create hazards to walking. Clear pathways and check that rug edges lie flat. Fouts also suggests using a cane, if you need it.

• **Reconsider your perspective:** Fouts says an individual’s perspective on issues can be as important as physical concerns. By changing your perspective, you change your outlook on activities and events that you might have avoided for fear of falling.

For example, she said, “I might want to go to this concert, but there’s going to be a lot of people there and I’m nervous. By changing my perspective, I realize, I can bring a friend with me because there’s strength in numbers.

Resources



• Coastline’s Falls Prevention walk is 1-2 p.m., Sept. 22. Meet at the Senior Center at 1 p.m. No sign-up required. Log your steps for EOEA here: <https://app.keysurvey.com/f/41629693/130e/>

• Matter of Balance classes are free. Registration required. The next class starts Sept. 20 and will be held on Tuesdays at the Boa Vista Community Room, 134 South Second St., New Bedford. If interested, call Rachel Fouts at 774-510-5224 for more details or to sign up.

Or I could bring a younger family member. Also, people will respect me. (These thoughts) are empowering. You’re taking charge. You’re not letting fear take charge of you. That’s the goal.”