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Senior Scope

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

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Lawn Bowling returns to Hazelwood Park

On a warm September Saturday, New Bedford native Emile Lambalot showed that despite not having bowled in New Bedford for decades, the 94-year-old still had good form on the bowling green.

Lambalot bowled his nearly three-pound ball down the rink on the newly revived lawns at Hazelwood Park as teams from New Jersey, Connecticut, New York and New Bedford, readied for a divisional meet to be held there that day.

Lambalot and his brothers had been part of a thriving lawn bowling environment in New Bedford in the 1950s at a time when both Hazelwood and Brooklawn parks had lawns and people young and old joined teams to compete against each other regularly.

The sport had become popular from the English families working in the textile mills, including Lambalot's brother-in-law who introduced him to the game. It remained popular into the 1970s when it began to die out, mainly because of a lack of new players, according to several people who remembered the sport in its glory days.

Above: Emile Lambalot, 94, proves age doesn't matter when lawn bowling. *At top:* Hazelwood Park is drawing praise and players from New England and beyond to its revived lawns.

On this particular Saturday, the city's revived bowling greens were in full action as teams from the Northeast Bowls Division converged to compete there, many of them dressed in traditional white for the games.

Teams lined up at both ends of a rink, or lane, down which the biased bowling ball (not perfectly round) was thrown in an attempt to get closest to the jack, or smaller ball at the other end. All six lanes of the lawn were being used with teams of three or four players each playing at the same time.

Most of those playing on Sept. 24

Continued on page 3

Gifts to Give is teaching children the power of caring for each other

Most nonprofits rely on philanthropy or government funding to sustain their operations, but when Jim Stevens created Gifts to Give he was determined to do good sustainably and that included finding a way to create his own revenue.

Stevens gave a presentation recently on the Acushnet-based nonprofit, why he started it, and how it helps children and others in the region.

"I was embarrassed for the legacy of my generation," he said, speaking about baby boomers. "Race, class and gender were the issues of my generation in the '60s...50 years later, race, class and gender are still the issues."

Stevens had been a "serial entrepreneur" for years, but this desire for social change pushed him to shift his attention to directly helping others, especially children. His early efforts – giving money and things away – were fun, he said, but didn't provide the change he was hoping to see.

"It made me feel really good," said Stevens, "but it didn't change anything."

After a few years of observation and experimentation, working to understand how nonprofits succeed in help-

Continued on page 12

New start dates for Medicare Part B coverage coming in 2023

By Delia De Mello
Social Security

Changes are coming next year for when Medicare Part B coverage starts.

First, here's what is not changing.

If you are eligible at age 65, your Initial Enrollment Period (IEP):

- Begins three months before your 65th birthday.
- Includes the month of your 65th birthday.
- Ends three months after your 65th birthday.

If you are automatically enrolled in Medicare Part B or if you sign up during the first three months of your IEP, your coverage will start the month you're first eligible. If you sign up the month you turn 65, your coverage will start the first day of the following month. This won't change with the new rule.

Now, here's what is changing.

Starting Jan. 1, 2023, your Medicare Part B coverage starts the first day of the month after you sign up, if you sign up during the last three months of your IEP.

Delia DeMello

Before this change, if you signed up during the last three months of your IEP, your Medicare Part B coverage started two to three months after you enrolled.

If you don't sign up for Medicare Part B during your IEP, you have another chance each year during the General Enrollment Period (GEP). The GEP lasts from Jan. 1 through March 31. Starting Jan. 1, 2023, your coverage starts the first day of the month after you sign up.

You can learn more about these updates on our Medicare webpage at www.ssa.gov/medicare and our Medicare publication at www.ssa.gov/pubs/EN-05-10043.pdf.

Please pass this information along to someone who may need it.

From the Editor

One of the really beautiful things about being older for me has been seeing the continuity in my life in ways that I couldn't when I was younger. I didn't have enough experience then to capture the bigger picture and the themes – both personal and social – that influenced my life clearly.

With age, I have a broader perspective and can more easily recognize the personal milestones I've passed, appreciating my accomplishments, and tolerating and forgiving my mistakes.

This truth hit home recently while listening to Jim Stevens speak to an Advisory board at Coastline Elderly Services. He told folks at the table that when he hit 50, he realized how the same issues that challenged the bright young baby boomers in the 1960s – issues around race, class, and gender – were still the challenges we face today.

In his words, it made him embarrassed for his generation and seeing all the work that had been in the '60s as a waste.

But I disagree.

Just look at what Stevens did with his reactions. He turned everything around and used that passion and energy to create a self-sustaining nonprofit that brings people together to help children and, at the same time, supports a future of caring for others as a way of life.

Now there's a lever to shift the world on. (See story on page one.)

Beth Perdue

There is something special happening at Gifts to Give worth checking out. Since the pandemic, the organization is getting more and more orders from people and having trouble filling them all as quickly as needed – not for want of the goods requested but more for the manpower needed to put together the orders.

Stevens also has many new ideas for boosting the reach of the organization, accepting more quality goods from people who no longer want them and getting them into the hands of people who need them.

If you have a desire to help others in creative, big picture ways, Gifts to Give might be the right opportunity for you. Stevens has an organized volunteer system that seems to function best by putting people in charge of departments and projects and letting them use their skills without a lot of interference.

If that sounds fun to you, check them out.

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

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Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Ann Raymond
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GNB Community Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes
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Checks can be made out to "Coastline" (not "Senior Scope") and mailed to 863 Belleville Ave., New Bedford, MA 02745.

Donations for November 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 Payment Department at 508-742-9114 to donate with a credit card or use the QR code below to donate online.

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Lawn Bowling continued...

were 50 years old or older, but several younger adults and even a few children were also present, enjoying the sunny day.

The age range of those able to bowl is one of the reasons the city was so thrilled to bring the bowling greens back, according to Mary Rapoza, director of Parks Recreation and Beaches for the city.

"From the city's perspective, literally anyone from eight-years -old to 82-years-old can play. Folks in wheelchairs can play," she said. "Everybody's really excited about these greens."

The restoration project to bring the lawns back cost $583,000, according to the city, in what was a public-private funding venture that included $253,000 in city funding. The project got started in September 2020 with the lawns officially opening in July.

Lambalot, who was looking forward to his 95th birthday just a few days away, said he was definitely young enough to still play the sport and that he was happy to be back on the green. Although lawn bowling looks leisurely, the former competitor said the intent was always to win.

"Oh, we wanted to win," he said of the team he played on. "We did very well."

Lambalot met JoAnn Tschaen, former Trips for Kids executive director, Community Boating Center founder, and one of the organizers working to revive the lawns at Hazelwood Park, before the project was completed. He shared his memories of playing the sport with her and told her when he stopped playing he stored his lawn balls in the park building. He was insistent they were still in there, according to Ann Marie Briand, Lambalot's daughter.

Tschaen was happy to take a look and after a thorough search was able to find one of the three balls that Lambalot had order from Scotland decades earlier. The ball was identifiable,not just by its style, but because it had been stamped with Lambalot's initials, EGL.

Although the Hazelwood Park greens had become unusable over the years, a push to revive them began about nine years ago, according to Tschaen.

The city got behind the project, she said, as did the Friends of Hazelwood Park which formed about three years ago.

The new lawns have been getting very positive reviews from out-of-state teams who have visited, according to Rapoza. The addition of another location is especially welcome because not many areas have lawns anymore. The next closest green to New Bedford is in Hartford, Conn.

The lawn can also be used for croquet.

Players at a divisional meet at Hazelwood Park came from Connecticut, New York, New Jersey, and New Bedford.

The project has been a success locally too with people of all ages interested in trying out the game. Many of the area seniors have fond memories of playing the sport, Tschaen said.

Anyone who would like to try bowling can still get in a game or two before winter. Everyone is welcome, including newcomers, from 6-8 p.m. on Friday evenings through November when the Friends of Hazelwood Park holds an open invitation for bowling. After that, the lawns will be closed and reopened in April, Rapoza said.

"People of all ages are welcome to find out more, learn how to play, or come and play seriously or just for fun," she said.

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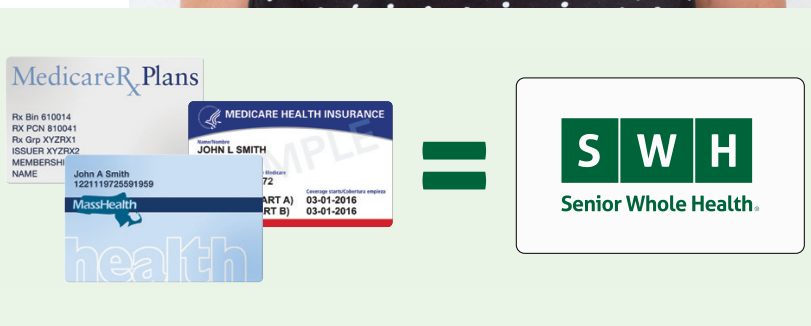

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Update

Fall Open Studios at Hatch Street

Hatch Street studios will hold their fall open studio event Nov. 18 – 20. The community is invited to visit the studio creative workspaces during the Fall Open Studios. Wander from studio to studio, discover the arts in all mediums, listen to live music, and attend art demos and workshops. Open Studios runs from 5-8 p.m. on Friday, 10 a.m. - 5 p.m. on Saturday and 11 a.m. - 5 p.m. on Sunday. Hatch Street Studios is located at 88-90 Hatch St., New Bedford.

Election Day is Nov. 8

Election day is on Tuesday, Nov. 8 from 7 a.m. until 8 p.m. To find your polling place, click this link to the state website: https://www.sec.state.ma.us/WhereDoIVoteMA/WhereDoIVote

Get help connecting to the internet through the FCC

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

New waste bans announced

New waste bans for textile products including mattresses and clothing have gone into effect as of Nov. 1, according to the Massachusetts Department of Environmental Protection. In a recent announcement, MassDEP said specific textile materials can no longer be disposed of in the trash including: mattresses and box springs; textiles including clothing, footwear, bedding, towels, curtains, fabric, and similar products, except for textiles that are contaminated with mold, bodily fluids, insects, oil, or hazardous substances; and, food material from entities generating more than one-half ton of food material per week. In a statement on the decision, the Greater New Bedford Regional Refuse Management District said that New Bedford residents can continue to dispose of mattresses and box springs at the district through Dec. 31 but will be charged a fee as of Jan. 1. More details will be available by then. Visit mass.gov/guides/massdep-waste-disposal-bans for more information on the textile bans.

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 residents about skimming scams

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.

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 answer questions about healthcare errors, fraud, and abuse. She can help identify deceptive marketing tactics and fraud and make appropriate referrals. Call 508-999-6400 to schedule an in-person or phone appointment with Maria. She also speaks Portuguese.

Lebanese Christmas Bazaar is Nov. 12 and 13

The annual Lebanese Christmas Bazaar will be held Nov. 12 and 13th at the future home of Our Lady of Purgatory Catholic Church (formerly Our Lady of Fatima) at 4254 Acushnet Ave., New Bedford. The bazaar will be open from 10 a.m. - 6 p.m. on Saturday and 10 a.m. - 3 p.m. on Sunday. Money and basket raffles, caravan and silent auctions, crafts, as well as Lebanese food and pastries will be available. Kibbeh trays may be preordered for $30 by calling the church office at 508-996-8934 or by ordering from the church website at www.ourladyofpurgatory.org.

Acushnet Library events

The Acushnet Public Library has two events in November of interest to older adults. First, the library will host a special intergenerational screening of Cycle of Memory, a new award-winning documentary about two siblings' bicycle adventure to find the memories their grandfather lost to Alzheimer's at 6 p.m. on Nov. 2. The film is 72 minutes long and will be followed by a Zoom Q&A with the filmmaker. It will start promptly at 6 p.m. On Nov. 7, the library will host Vietnam War veteran Bill Comeau for a slideshow presentation & Q&A on his book Duel with the Dragon at the Battle of Suoi Tre. Both events are free and will be held in the Library Community Room at 232 Middle Road, Acushnet.

Mass Seniors meet every fourth Thursday

Mass Senior Action Meeting Schedule Mass Senior Action wants you! Massachusetts Senior Action Council (MSAC) is a statewide, grassroots, senior-led organization that empowers its members to use their own voices to address key public policy and community issues that affect their health and well-being. MSAC's Bristol County chapter holds monthly Zoom meetings on the fourth Thursday of every month at 1 p.m. If you are interested in joining one of our meetings or finding out more about Mass Senior Action, please contact Carolyn Villers at 508-965-2354 or e-mail at cvillers@MassSeniorAction.org. You may also visit our website www.MassSeniorAction.org to find out about our campaigns, members and accomplishments.

Spreading awareness of falls prevention for older adults

Coastline Elderly Services staff and friends walked Buttonwood Park in September as part of Falls Prevention Week.

Your Health

Good posture is important for physical and mental health

By Deborah D. Fraine, MS, OTR/L,CHT, RYT-200
Yoga Instructor, New Bedford Wellness Initiative

I've heard students after a yoga class say, 'I feel taller.'

As a yoga instructor for more than seven years and an orthopaedic occupational therapist for over 35 years, I have pondered this statement and wondered why students would feel this effect in their bodies after practicing yoga.

Posture is defined as "how you hold your body while sitting or standing." The postures of yoga (asanas) help us to strengthen our core muscles and lengthen our paraspinal muscles contributing to better posture. The breath of yoga (pranayama) facilitates the effectiveness of our breathing and opens the ribs and anterior shoulders to bring our posture into better alignment.

Why is it important to maintain a healthy posture?

Good posture is important for not only our physical, but also for our mental health.

When we "stand tall," we feel more confident, optimistic and emotionally strong. A healthy posture prevents back pain and headaches as the strain of muscles on the neck or lower back is decreased with optimal spinal alignment.

Unfortunately, the use of technology on a regular basis including our smart phones, iPads and laptops, contributes to our slumped posture.

The effect of this "computer posture" includes tightness in the front of the shoulders, hips, back and neck. It also causes weakness in the upper back and core. Tight hip flexors can even contribute to a feeling of anxiety as our mind perceives that we are "crouching to avoid a threat of danger."

Many yoga poses including locust, camel, 5-pointed star and mountain pose are the remedy for this technology induced forward posture.

During the course of a yoga class, the spine is moved in all possible directions.

In cat-cow, we practice spinal flexion and extension. In warrior II as we "reverse the warrior" and move into "side angle," we practice lateral flexion. We experience forward bending in forward folds and backward bending in our bridge and sun salutations. These motions of the spine help to lubricate the space between the joints and promote spinal mobility. When we lose mobility in the spine, we are more likely to experience pain and put more stress on our extremities.

Beginning Dec. 4, the New Beford Wellness Initiative will once again offer free yoga and meditation classes at the New Bedford Boys and Girls Club.

"These motions of the spine help to lubricate the space between the joints and promote spinal mobility. When we lose mobility in the spine, we are more likely to experience pain and put more stress on our extremities."

Of course, if you have had back surgery or an injury, it is always important to discuss any precautions for this activity with your physician.

It is important to note that postural work in yoga can be beneficial in chair yoga, on a mat, in your bed or in a standing position. Yoga is accessible to anyone who has a desire to try it.

Many of the instructors at New Bedford Wellness Initiative are trained in Accessible Yoga. They can offer ideas for adaptations to assist you in performing yoga poses safely, conforming to your body's needs.

Good news! You can 'feel taller' too. Beginning Dec. 4, a full program of free classes including yoga and meditation will once again be offered by the New Bedford Wellness Initiative at the New Bedford Boys and Girls Club.

WON'T YOU BE MY NEIGHBOR?

Pelvic floor dysfunctions are common but not normal and can be improved

By Nanci Winterhalter, MSPT

Nanci Winterhalter

Dear Neighbors,

I have invited a guest contributor to address an important topic we don't usually talk that much about -- your pelvic health.

Justina Perry is the owner of Oshun Physical Therapy & Pelvic Health in New Bedford. With her strong orthopedic background and pelvic floor expertise, we're happy to have her answer some questions for our readers!

Here's a quick Q&A.

Nanci: When you say "pelvic floor," what do you mean?

Justina: The pelvic floor is the group of muscles extending from the front of the pelvis to the tailbone that hold up the organs (the bladder, bowel, and uterus) inside the pelvis. It also stabilizes your pelvis, contracts to keep you continent and relaxes for sexual pleasure. You might be surprised by how much your pelvic floor does for you 24/7!

Nanci: What are some signs of pelvic floor dysfunction?

Justina: Pelvic floor dysfunction is incredibly common, especially for women. Bowel or bladder leakage, difficulty emptying the bowel or bladder, urinary frequency and urgency, pelvic pain, heaviness or even a sensation like something is falling out are some of the most common signs. Good news: if you have difficulties, a pelvic floor physical therapist can help you improve your pelvic floor function.

Nanci: Why do pelvic floor problems arise?

Justina: Some causes of weak or injured pelvic floor muscles may include childbirth, illness, surgery, aging, or cancer. Retraining this muscle group is as important as if you had trauma to another body part.

Nanci: So how did you get interested in pelvic floor physical therapy?

Justina: My first introduction to pelvic floor physical therapy was actually when I attended a conference as a Doctoral student. Afterward, I wanted to learn everything I could about the pelvic floor and I pursued clinicals, mentorship and specialized training and my passion for women's health grew.

Nanci: What do you enjoy most about working with those with pelvic floor problems?

Justina: Most of my patients have been dealing with these issues for years so it feels good to be able to give them hope and the tools to empower them in their rehab. This area of healthcare is very underserved and so these patients often don't get the help that they deserve.

Nanci: What do you want women to know about pelvic health?

Justina: I want anyone reading this to know that pelvic conditions are common but not normal. No one should wait to receive pelvic physical therapy and no one should need to feel embarrassed by pelvic conditions. Another thing to know is that it's never too late to get help for these problems that occur throughout the lifespan. You can learn more at www.oshunpt.com.

Justina Perry

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

La explotación financiera de los adultos mayores está aumentando desde la pandemia

La tasa de explotación financiera dirigida a los adultos mayores ha aumentado con creces desde el inicio de la pandemia de COVID-19, de acuerdo a un nuevo informe de AARP, (American Association of Retired Persons).

En el informe, "Respuesta al repunte de la explotación financiera en la era de la pandemia," AARP encontró que la explotación financiera ha aumentado tanto por parte de desconocidos como de personas de confianza como familiares. La organización sugiere que esta tasa es probablemente una estimación modesta ya que solo una de 44 víctimas adultas mayores denuncia su explotación a las autoridades, y son menos aún las denuncias realizadas cuando el robo es perpetuado por alguien a quien la víctima conoce y confía.

La pandemia ha empeorado las cosas. Para los adultos mayores, los factores de riesgo existentes como el aislamiento, el deterioro, la dependencia de otros y un mayor riesgo de enfermedad, se vieron exacerbados por las estrategias de salud pública relacionadas al COVID-19.

Al mismo tiempo, surgieron nuevos factores de riesgo ya que muchos adultos mayores navegaban el uso de la tecnología, los servicios de pago entre pares y otras plataformas en línea para atender sus asuntos financieros por primera vez. Esta adopción de la tecnología, junto con la guía de salud pública en constante evolución sobre el aislamiento, son algunas de las tendencias más destacadas que probablemente han llegado para quedarse.

El informe recomienda soluciones que hagan hincapié en la eficacia de congelar, retrasar o rechazar las transacciones sospechosas para evitar el robo antes de que se produzca. Otro método es la adopción de un formulario de contacto de confianza que ofrezca a los clientes la posibilidad de designar a alguien de su confianza para que la entidad financiera se ponga en contacto con ellos en caso de necesidad.

Exploração financeira de idosos em ascensão desde a pandemia

A taxa de exploração financeira atingindo os adultos idosos dobrou desde o início da pandemia do COVID-19, de acordo com um novo relatório da AARP.

No relatório, "Respondendo à subida da era pandémica na Exploração Financeira," a AARP encontrou que a exploração financeira tinha subido de tanto estranhos como outros de confiança, como membros familiares. A organização sugere que esta taxa é provavelmente um cálculo modesto desde que somente uma em 44 vítimas de idosos reportam a sua exploração às autoridades, com ainda menos relatórios feitos quando o roubo é perpetrado por alguém que a vítima conhece e confia.

A pandemia, piorou as coisas. Para adultos idosos, existindo os fatores de risco tais como isolamento, deficiência cognitiva, dependência dos outros e aumento do risco a doença foi exacerbada pelas estratégias de saúde pública relacionadas com o COVID-19.

Ao mesmo tempo, fatores de risco novos surgiram à medida que muitos idosos navegaram no uso da tecnologia, serviços de pagamento peer-to-peer e outras plataformas online para tender a assuntos financeiros pela primeira vez. Esta adoção de tecnologia, juntamente com a orientação de saúde pública em constante evolução do isolamento estão entre as tendências mais proeminentes que são suscetíveis de ficar aqui.

O relatório recomenda soluções que enfatizam a eficácia do congelamento, atraso ou rejeição de transações suspeitas para evitar roubos antes de ocorrer. Outro método é a adoção de um formulário de contacto fidedigno que oferece aos clientes a oportunidade de designar alguém em quem confiam para ser contactado por uma instituição financeira, se necessário.

Financial exploitation of older adults has been rising since the pandemic

The rate of financial exploitation targeting older adults has more than doubled since the start of the COVID-19 pandemic, according to a new AARP report. In the report, "Responding to the Pandemic-era Uptick in Financial Exploitation," AARP found that financial exploitation has risen from both strangers and trusted others such as family members. The organization suggests that this rate is likely a modest estimate since only one in 44 older adult victims reports their exploitation to authorities, with even fewer reports made when the theft is perpetrated by someone the victim knows and trusts.

The pandemic has made matters worse. For older adults, existing risk factors such as isolation, cognitive impairment, dependence on others and increased risk for illness were exacerbated by COVID-19 related public health strategies.

At the same time, new risk factors emerged as many older adults were navigating the use of technology, peer-to-peer payment services and other online platforms to tend to financial affairs for the first time. This technology adoption, along with the ever-evolving public health guidance of isolation, are among the most prominent trends that are likely here to stay.

The report emphasizes the effectiveness of freezing, delaying or rejecting suspicious transactions to prevent theft before it occurs. Another solution is the adoption of a trusted contact form which offers customers a chance to designate someone they trust to be contacted by a financial institution if needed.

Translations provided by:
Southcoast Health

The Way Things Were

Buttonwood Warming House, 1935

Buttonwood Warming House: Boys gather around the log fire inside the new Buttonwood Pond warming house, 1935. In 1917, a city-commissioned architect drew up plans for "a warming house and convenience station" at Buttonwood Park. By the 1930s, however, the old wooden structure had outlived its usefulness and was on the verge of collapse. In 1934-35, the Works Progress Administration built a new warming house with bricks recycled from the demolished Potomska Mills. To accommodate winter ice skaters, the pond was enlarged by dredging an adjoining swamp. For decades, the warming house provided warmth and hot chocolate to skaters using the frozen pond. During summers the pond's many bathers used the brick warming house as a changing house. By the 1970s, the pond seldom froze and has since been of little use to skaters. Today the building serves the community as a senior center. The pond provides respite for Canadian geese.

City residents can put pumpkins out with yard trash

Give your unpainted Halloween pumpkin and cornstalks second lives by setting them out with the City of New Bedford's yard waste pickup. Or place them in your backyard compost bin.

Harvey Waste and Recycling, formerly ABC Disposal, will collect the pumpkins and cornstalks on your yard waste collection day, which is the weekday after trash and recycling collection. If your trash and recycling are collected on Fridays, your yard waste is collected on Mondays. Even if you do not have other yard waste, place pumpkins and cornstalks in a paper yard waste bag or loose in a barrel (not a city cart) and set it at the curb by 7 a.m.

Please do not make bags or barrels too heavy. Yard waste collection ends the week of December 12th this year.

The yard waste from New Bedford residents is delivered to the Crapo Hill Landfill where it is composted.

Also, pumpkins and cornstalks can be placed in your backyard compost bin along with fruit and vegetable scraps, coffee grounds and coffee filters, eggshells, tea bags that tear, grass, leaves, and twigs. New Bedford residents may purchase compost bins at the Crapo Hill Landfill Scale House, New Bedford, Monday – Friday 7:15 a.m.-3 p.m. and Saturday 8-10:45 a.m. The Earth Machine and the New Age Composter are both available at a cost of $25 each. Cash, check, or money order only. No credit or debit cards.

Chef Ken Vieira welcomes all at Rochester's thriving breakfast café

Rochester COA celebrated its café chef, Ken Vieira recently for achieving three necessary certifications for running the cafe. Above left, COA Director Eric Poulin gives Vieira framed copies of his certifications. Below left, one of Vieira's volunteer kitchen teams with Shine counselor Jan Cote, Coastline site manager Barbara Medeiros, and Colleen McAdams, wraps up after a busy morning. And, (right) Vieira (center) beams from the many warm wishes from his colleagues and friends.

A recent celebration at the Rochester Council on Aging was planned to recognize Chef Kenneth Vieira for achieving multiple certifications related to his position running the Friends & Family Breakfast Cafe each weekday morning.

But the many visitors enthusiastically cheering him on that day seemed just as happy to applaud Vieira just for being the kind and giving individual he is.

As the chef of the successful breakfast café, located within the COA, Vieira is known for his warmth and willingness to welcome everyone to a café table.

The chef sets the tone for the kitchen, and Vieira's kitchen is fun, said café volunteer Ann Cambra.

Under Vieira's leadership, she said, "It's a fun time all the time. It's a laid-back just-get-it-done atmosphere."

Vieira starts his weekdays at 5:30 each morning, preparing potatoes for home fries, baking muffins, and getting the pancake mix ready. By 6:30 a.m., people start coming in ready to eat.

Although breakfast isn't officially served until 7 a.m., Vieira is not a stickler about the time. If he's there (and he's never missed a day yet), he'll welcome whoever comes in and feed them whatever they ask for. (The café has a full breakfast menu available online.)

Regulars generally sit in the same seats each time – choosing a spot at one of the round COA tables that fit about six people. If newcomers appear shy to join the group, Vieira coaxes them in, encouraging them to find a seat.

"We make them feel welcome," he said. "The whole world's welcome. We have quite a unique thing going on here."

In keeping with his fun approach, Vieira is not opposed to menu suggestions and recently said he planned to try a version of barbecue pancakes at the suggestion of a regular breakfast patron.

Vieira is one of the many success stories of the Senior Community Service Employment Program at Coastline Elderly Services which provides funding to retrain workers over the age of 55 as a bridge to continued employment.

His recent certification achievements – becoming certified in CPR & First Aid; Food Safety; ServSafe Food Handler; and Allergen Awareness Training – were one more step to help him get hired officially in the role he currently fills.

> **"The whole world's welcome. We have quite a unique thing going on here."**
>
> **—Ken Vieira**

SCSEP director Karyl Ryan has only good things to say about the 59-year-old worker who has been an SCSEP worker for four years.

"He never missed a day, not one, in four years," she said.

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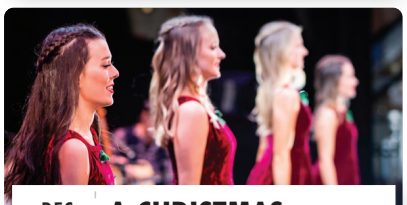

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'No Fault' evictions: What to do when you need more time to find a place to live

By Peter Pawelczyk
South Coastal Counties Legal Services, Inc.

Please consider the following hypothetical fact-pattern that exemplifies an all-too-common scenario in these days of rising rental rates:

'My name is Susan. I am 71 years old. I have lived in my apartment for several years. I have been happy here, and my rent is reasonably affordable. Just this past week, I received a "Notice to Quit" telling me that my tenancy ends after 30 days because the landlord wants "possession" of the apartment. I started looking for a new apartment, but I cannot afford the rents that I see advertised in the area where I live. I have started the application process for some of the subsidized public housing options nearby, but I am told it may take many months before any such rental units become available. Without anywhere else to go, I will have to remain in my current apartment until I can find another place. When my current landlord takes me to court to evict me, will the court put me out on the street?'

Unfortunately, Susan's question is one that may seniors are facing these days. Through "no fault" of their own, they are forced to try to find new housing in a hurry, simply because the landlord wants to recover "possession" of the apartment. As a result, folks like Susan face the horrifying question, "What will the court do when I'm evicted if I still have nowhere else to go?"

While the answer to this question will differ from case to case, it is important to know that in most "no fault" eviction cases Massachusetts law gives judges discretion to allow more time by granting what is called a "stay."

For example, suppose Susan's landlord wins "possession" of the apartment in court; the judge may grant Susan's request for a "stay," which would allow her to remain in the apartment for additional time.

Of course, that begs the question, "How much additional time?" Again, the answer to this question will differ from case to case, but in most "no fault" evictions, judges have discretion to allow a "stay" of up to six months [up to 12 months for those 60 years or older or disabled].

Does this mean that Susan can remain in her apartment for an entire year, even after her landlord wins possession of the apartment in court? The frustrating answer to this question is, "It depends." The "12-month" period described in the law represents the outer limit of the judge's discretion. Practically speaking, the length of any "stay" granted to her by the judge could be considerably less than one year.

What should Susan do to convince the judge to give as much time as possible?

In order to increase the likelihood of receiving a "stay" and to maximize the length of any "stay" she receives, Susan should make every reasonable effort to secure new suitable housing.

Not only that, Susan should also document every step she takes to secure new suitable housing. If she can convince the judge that she is actively doing everything she can to find a new place to live, the judge will have more incentive to allow additional time. If Susan needs help applying for housing, she should contact her local Council on Aging, where she can also learn about additional services in her area that can help with housing applications.

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

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

1.) In 1964 fewer than 5 babies in the United States were named this?
A.) Geff B.) Groff C.) Green D.) Gilmer

2.) What 1962 jingle boasted "A wonderful toy that's fun "for a girl or a boy"?
A.) Jacks B.) BB gun C.) Stick horse D.) Slinky

3.) What was the name of the first network cooking show?
A.) I love to eat B.) Kitchen Magic
C.) America's test kitchen D.) Chopping Block

4.) What classic minivan was introduced in 1983?
A.) Chevrolet Astro B.) Dodge Caravan
C.) Ford Aerostar D.) Chrysler Pacifica

5.) Which of these is NOT a nickname associated with Nashville?
A.) Music City B.) Athens of the south
C.) Nash Vegas D.) Marble City

6.) What word currently has the most English definitions?
A.) Run B.) Go C.) Place D.) Home

7.) How did the bald eagle get its name?
A.) Its lack of hair B.) Its featherless legs
C.) Its white feathers D.) Rocks where it builds its nest

8.) Which Ernest Hemingway book earned a Pulitzer prize?
A.) The Old Man and the Sea B.) The Sun Also Rises
C.) A Farewell to Arms D.) For Whom the Bell Tolls

9.) What is the average lifespan of a butterfly?
A.) 72 hours B.) 1 week C.) 1 month D.) 3 years

10.) In 1819 the US took control of Florida from what country?
A.) Spain B.) Britain
C.) France D.) Mexico

[***Answers listed on page 11***]

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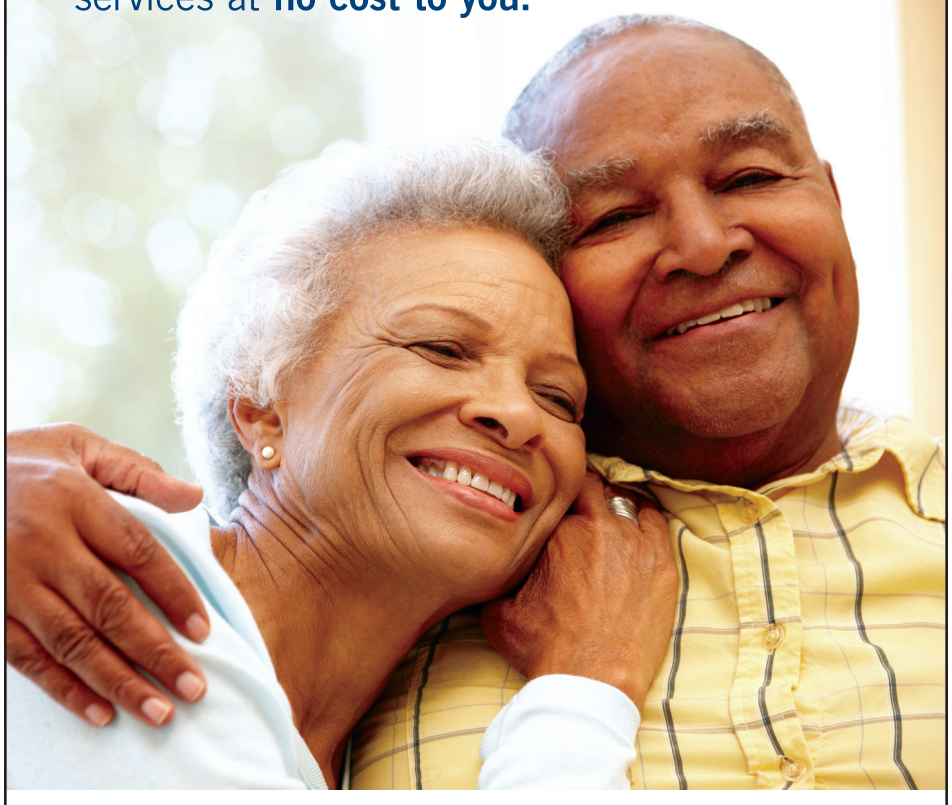
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Dashing seniors enjoy an elegant prom at Whaler's Cove

Whaler's Cove Assisted Living in New Bedford hosted its first Senior Prom, themed The Roaring Twenties, on Sept. 13. Local businesses came together to offer their services for the event out of the kindness of their hearts, the assisted living site said in a news release. The community also came together to donate formal wear and costume jewelry for residents that did not have their own.

After the last few years and the impact Covid-19 has had on everyone, especially our seniors, Whaler's Cove wanted to give its residents an event where they could let go of their worries and feel young again. Ahead of the event, many residents expressed their excitement as they had not had the opportunity to attend their high school senior proms.

On the morning of prom, residents received complimentary hair and make-up by Cozy Corner Hair Salon owner and hairstylist, Phyllis Lourenco. That afternoon they got dressed up and ready to attend a special lunch in the dining room followed by taking their senior portraits by Megan Rego Photography and Beeden Design Photography LLC in front of a beautiful balloon arc backdrop donated by Confetti Chic Party Decor.

They also received gorgeous boutonnieres and corsages compliments of Flowers by NR. After their portraits, residents went into the auditorium which was beautifully decorated in the Roaring Twenties theme with stunning floral center pieces donated by Whaling City Florist. Residents enjoyed an afternoon of dancing (thanks to DJ Don Hunt with City Lights) a full snack table spread, and a game of "Guess that Senior Portrait."

"Yesterday was a "heart happy day" for us both [referring to Megan Rego and herself]. We truly loved the energy felt and were so happy to be part of the day. As someone who has no elders left here on earth, it was extra sentimental for me. It made me miss my loved ones but reminded me of all the sweet memories, like your residents were making, that I have of them," said Jessica, Beeden Design Photography owner.

"It was so heartwarming to see the smiles on our resident's faces and the outpouring of love from the community. It's a reminder to all of us that after the last three years and long stressful days, this is what we are in it for," said Amanda Costa, Move-In Coordinator at Whaler's Cove Assisted Living.

Whaler's Cove residents enjoyed a full day of activities to prepare for the senior prom including make-up, hair styling, and a photo shoot.

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Councils on Aging

Acushnet COA

For more information, call the Acushnet Council on Aging at 508-998-0280. The center is located at 59 ½ South Main St., Acushnet, MA 02743.
Patriotic Concert: With the musical talents of Dan McGowan, 1 p.m. Nov. 7. Free. RSVP required. Call the Senior Center at 508-998-0280.
Self-Care, the New Health Care: Join Jackie and "Nurses with a Mission" on Nov. 10 at noon as they discuss the difference between hemp products and marijuana. They will provide educational material about how to obtain safe, quality-based hemp oils, products and their benefits. This program is free but RSVP, 508-998-0280.
Paint Afternoon: 12 people, 12 canvases, all very different paintings. Join Kristen every Thursday at 1 p.m. as she walks you through creating your very own masterpiece. $6/per person includes all supplies. Seats reserve quickly so call today to schedule, 508-998-0280.
Holiday Centerpieces: Join Marketing Director, Alice, from Vibra Hospital of Southeastern, MA on Nov. 8 as she guides you through creating your own holiday centerpiece. The same class will be offered twice, at 11 a.m. and then again at 1 p.m. Participants may only sign up for one (1) class. $5/per person. Limited to the first 25 to register. Menu to include scones, sandwiches, assorted hot and cold teas and more.
Thanksgiving Meal: 11 a.m. - 1 p.m. Nov. 24 at the Fairhaven COA. You must call to reserve your seat(s) one week prior to the event. 508-979-4029
New Bedford Garden Club: Every 1st Wednesday of the month, 1 p.m. New members welcome.
Needle Arts: Every Thursday, 1 p.m. grab your own project and join this social group.

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.
Popcorn & Movie: "Hustle," Nov. 30 at 1 p.m. Preregistration required. Free.
Beginning Drawing: With Jane Bregoli Nov. 7, 14, and 28, 10 a.m. - noon. $36 due at registration. Preregistration required.
Fort Tabor Military Tour: Nov. 10. Van leaves the center at 10:45 a.m. Followed by lunch at Cisco. Tour is free. Cost of lunch is not included.
Grief Support for the Holidays: Discussion will acknowledge challenges grief during the holidays and affirm new growth and possibilities. Nov. 10 1-2:30 p.m. Call the Center to preregister.
Antique Road Show with Assoc. Estate & Appraisal Co.: Nov. 16 1-3 p.m. One item per person. Preregistration required. Free.
Thanksgiving Dinner: Nov. 17 at 12:30 p.m. Cost is $5. Preregistration required.
Adcare Hospital: 10 a.m., Nov. 21. Learn the risks associated with alcohol abuse as we age and where to find help.
The Holiday Survival Guide: Habits to help you stay healthy during this holiday season with Life and Health Coach, Joanne Mello, 10:15 a.m., Nov. 30. Walk-ins welcome.
Yoga Dance with Jane Hoffman: Tuesdays 1:15-2:00. Cost is $5. Walks in welcome.
Chair Massage: With Linda by appointment. Tuesdays at 11:30 a.m. cost is $2.
Meditation with Lynda: Tuesdays at 10:15 a.m. Walk-ins welcome. Free.
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.
Music with Friends: Join this informal group on Tuesdays at 1 p.m. to share songs, sounds and stories. Free. Walk-ins welcome.
Family Caregiver Support Group: A Coastline partnership 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.
Knitting and Sewing for Charity: Knitting at 9 on Thursdays and sewing at 10 Thursdays. Walk-ins welcome.
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.
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.
Osteo Exercise: Mondays 10:15 a.m., Fridays 10 a.m. Free weights provided. Much of class is seated. Walk-ins welcome. Free.
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 nd movements through exercise. $2. Walk-ins welcome.

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.
December Trips: Tiverton Casino, Dec. 7; Hyannis Mall, Christmas Tree Shops, Trader Joe's & Whole Foods, Dec. 14; Warwick Mall, Dec. 21; Providence Place Mall & Whole Foods, Dec. 28; $6. Reservations required. Van leaves the center at 9 a.m.
Veteran's Day Parade: Nov. 11 at 10 a.m. Main Street from benoit Square, south to Fairhaven High School. For more information or to ride in the van, call 508-979-4029.
Veteran's Lunch: Nov. 9 11:30 a.m. Menu: Chicken Cordon Bleu. RSVP by Nov. 4. Entertainment by Judy and Barry DeRossi after lunch.
Flu Vaccine clinic: 2-6 p.m. Nov. 16 at the Senior Center. Please bring your insurance card and license/identification.
Memory Café: Nov. 17, noon to 2 p.m. Reservations required by Nov. 14.
Hey Kathy: Come chat with Kathy Clark from Moxie Mobility Training about exercise, vitals, navigating health care, home modification, home safety, fall prevention and more. 10-11 a.m. Nov 28. Free for residents. $5 non-residents.
Author presentation with Clement Smith: Speaking about his book, My Great Life with a Perfect Wife. Nov. 14 at 1 p.m.
Chair Yoga: Wednesdays and Fridays from 10:15 to 11:15 a.m. $3. Modified yoga program in a seated/standing position.
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.
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. Call the COA for details.
Mobile Dental Hygienist: Call Teresa or Andrea at 508-827-6725 or email them a smile@mobiledentalhygiene.com.
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.

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.
Silent Movie: Nov. 14 at 1 p.m. Take a trip into the past when Nickelodeon theatres showed black & white flickers to the accompaniment of live piano. Richard Hughes will recreate the atmosphere, talk about the Golden Age of silent movies, before playing an original musical score. The silent movie shorts include "The Immigrant" and "The Goat.".

Continued on Page 11

Backyard Mammals: Nov. 18 1 p.m., Joy Marzolf from The Joys of Nature will be sharing the wide range of mammals that are found around New England. Learn about mammal behavior, tracks and signs to help figure out who is hanging out in your neighborhood.
Cooking Demonstration: Nov. 15, noon. Join Linda Medeiros and learn how to prepare a quick and nutrious lunch and learn some tips and tricks on how to save money and time while preparing delicious meals. Call 508-748-3570 to make your reservation. A suggested donation of $5 is requested.
Festival of Trees: Nov. 26 - Dec. 8 with an opening reception on Nov. 26 from 1-3 p.m. Organizations, businesses, community groups or interested individuals are invited to sponsor and decorate a tree for this year's festival. Three foot table top, prelit trees will be made available to participants. Raffle tickets will be sold, and on Dec. 8 at noon the winners will be drawn. For more information, to sponsor a tree or donate a basket please contact Karen Gregory at 508-748-3570. Deadline to register for sponsorship of a tree is Nov. 14.
Veteran's Ceremony: Annual Marion Veterans Day Ceremony to be held at Old Landing Veterans Park, Front Street at 11 a.m. on Nov. 11. All veterans, active duty service members, spouses and their guest are invited for a luncheon following the ceremony. RSVP by Tuesday, Nov. 8 by calling 508-748-3570. Doors open at 11:30 a.m. and lunch will be served at noon.
Bingo Monday: Nov. 28, 1 p.m. Cost is $5 for a standard pack of play, $1.00 coverall & $1.00 50/50 game.

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.
Turkey Meal: 11:30 a.m. speaker and 12:30 p.m. lunch Nov. 17. With guest speaker, John Buckley, the Plymouth County Register of Deeds, whose topic is "The Homestead Act". The public is welcome to attend the talk without the meal or join in at meal time. Register either way. You will be able to research your deed and file a Homestead at this session.
Medicare Open Enrollment Information Session: Tuesday, Nov. 8, 4 p.m., at the Mattapoisett COA, 17 Barstow St., Mattapoisett. Sign up by calling 508-758-4110 or email coadirector@mattapoisett.net.
Historical Women: Nov. 10 at noon. Join us for lunch followed by a visit from Abigail Adams as she will be portrayed by actress, Sheryl Faye. Ms. Faye has received rave reviews for her convincing and moving performances. $5 for lunch.
The Art of France: 12:30 p.m., Nov. 2. Experience the versatile medium of sculpture more fully. From ancient masterpieces to modern creations, increase your understanding of the complex choices artists make as they give physical form to the elements of design.
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.
Grieving during the Holidays: Nov. 3 at 9:30 a.m. A one-hour workshop at the COA. Call 508-973-3227 for in person registration. Additional times and locations include: Nov. 7, 6 p.m. at the Somerset Library and Nov. 10 at 5 p.m. at the Fairhaven COA.
Movie & Pizza: 12:15 p.m. Nov. 30. *Elvis.* Pizza $1/slice. Prepay and registration required.
Boston Symphony Orchestra: Experience a BSO concert in the making. Buy tickets online through the BSO or at the door. Ride with us and save on gas and parking. Rehearsal dates are: Nov. 3; Jan. 19, Feb. 16 and April 13, 2023. Cost: $10 van ride for each date. Sign up for one or more. Leave Park & Ride at 6:30 a.m., stop for breakfast then walk to Symphony Hall. Contact the COA to reserve your seat on the van.
Chair Yoga: Thursdays at 9 a.m.
Trips: Dec. 1 Olde Mistick Village, Mystic, Conn. This beloved community of shops and restaurants, a waterwheel, gazebo and duck pond, offer you a shopping/dining experience unlike anything else. 9 a.m. $5 van.

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.
RUOK Ice Cream Social: 1:45 p.m., Nov. 2.
District Attorney Quinn: Nov. 9 at 1:45 p.m. on SCAM Education.
Home Health Hearing: Monday Nov. 21 11 a.m. – 1:30 p.m.
New Bedford Symphony: 10:30 – 11:30 a.m., Friday,Nov. 18.
Oil Painting: 9:30-11:30 a.m. Thursdays.
Coffee Social/Cards: 10 -11:30 a.m. Wednesday and Friday.
Monthly Blood Pressure Screening: From GNBCHC on the second Monday of each month. 11 a.m. - noon. Oct. 11 is a holiday, so next screening will be Oct. 17.
Tai Chi: Mondays, 2-3 p.m. 8-week program. Participants can join any time.
Bingo: Monday, Wednesday and Friday, Noon-1:30 p.m.
Zumba Gold: Mondays 10-11 a.m.
Creative Writing: Tuesdays 12:30-2:30 p.m.

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/Rochester, Mass.
Veteran's Social: 6 p.m. Nov. 3.
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 Nov. 23 from 7:30-9 a.m.
Line Dancing: Mondays at 9:30 a.m. With Instructor Nancy Cabral. $3 donation.
Bereavement Group: Second Tuesdays 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. Rug hooking.
Mahjong: 1st Monday of the month at 9 a.m.
Step and Stretch: Exercise Group with Instructor Larry Bigos Tuesdays and Thursdays at 2 p.m. $2 voluntary donation.
Ballroom Dancing: Wednesdays, 10 a.m. with Instructor Nancy Barrett. $7.50/ person.

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.

LGBTQIA+ Bereavement Support Group: An 8-week free online support group for LGBTQIA+ meets via Zoom from Nov. 1 to January 3 on Tuesdays from 6-7:30 p.m. Email Lisa Krinsky at lkrinsky@fenwayhealth.org if interested.

November 2022 Trivia Quiz Answers

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

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EQUAL HOUSING OPPORTUNITY

Community

Rochester to support seniors through new TRIAD partnership

Public safety officials visited the Rochester Council on Aging Sept. 30 to formalize a partnership designed to support older adults and provide tools and connections to assist them in living safely.

A nationally-recognized community public safety initiative, TRIAD operates in several Massachusetts counties including Plymouth County. It is designed to "reduce criminal activity targeted at older residents, alleviate victimization and build confidence in the community to improve quality of life," according to the initiative's local website.

Public safety officials, the Rochester town administrator, and COA director signed the official agreement before an audience of older adults to establish the partnership between the agencies. TRIAD includes multiple benefits for seniors like wellness-check programs, and tools for maintaining medical information.

"This is about supporting seniors in our community," said District Attorney Timothy Cruz at the event.

Rochester Police Chief Robert F. Small Jr. called the TRIAD partnership worthwhile, saying, "I think it's really great that we can share resources, especially with the sheriff's department."

Cruz and Sheriff Joseph MacDonald praised the partnership's effectiveness and highlighted the programs available through it, especially the Safety Assurance program, formerly known as R.U.O.K.

R.U.O.K. is a free program for older adults and people with disabilities that provides a daily wellness call, at about the same time each day. If no one answers, a second call is placed soon after the first. If no one answers a second time, a first responder is called to check on the individual's status.

More than four tons of food were delivered over a six-week period. Oxford Terrace residents including Betty Lou Smith (at top) and Sandra Soares (bottom right) enjoyed

Also participating in the partnership agreement were Rochester Town Administrator Glenn Cannon, Council on Aging Director Eric Poulin, and Fire Chief Scott Weigel.

TRIAD programs and resources include:

- Safety Assurance: Well-being calls to support independent living;
- Code Red: Public safety alerts in your neighborhood;
- File for Life: Medical history kit kept for easy referral;
- Unused or Expired Medicine Disposal Program;
- Grandparents Raising Grandchildren: A listing of virtual support groups near you; and,
- Senior ID cards.

Airport terminal gets green light

New Bedford Mayor Jon Mitchell and Rep. Bill Straus received a commitment for design and project funding for a new terminal and control tower for New Bedford Regional Airport from the Massachusetts Department of Transportation.

The current administration and passenger facility at the New Bedford Regional Airport was built in the 1950's and is in need of replacement and infrastructure updates. The terminal is the oldest commercial airport terminal in New England still in active use.

The commitment from the state means the city's airport commission can begin immediate design and permitting to bring the replacement facility to a bid-ready level of completion while funding for the project's completion will be a part of the state's five-year Capital Improvement Plan. As a result of this funding authorization by the state, completed designs and permits can be expected by mid-2023.

"I want to thank the Mayor and the Commission for their aggressive pursuit of this needed project which meets an important need in the region's transportation growth over the next several years," said Straus. "This state commitment, however, would not have been possible without the strong interest in the South Coast by Governor Baker and Lieutenant Governor Polito."

Gifts to Give continued...

ing others and where they fall short, Stevens started to plan his own nonprofit. His challenge was to figure out how to configure the organization so that it helps its target audience, in this case children living in poverty, while supporting social change and without taking funds from other issues.

That's when an epiphany hit.

Technically, Hurricane Katrina hit first and Stevens, through his role with Boston-based Cradles to Crayons, was part of an effort to bring four truckloads of supplies to Baton Rouge, La. The experience taught him firsthand what it felt like to support thousands of children yet look around and see hundreds of thousands more still struggling.

Afterwards, he realized his goal wasn't really giving goods to those in need, but instead building a generation of people who instinctively saw their role in the community and world as one where they take care of each other.

"That's when I started to realize through this experience that it wasn't about giving stuff away, it was about volunteers," Stevens said. "I knew if I wanted to effect change, it had to be a generational understanding. It's what I learned in Kindergarten, but also giving people a practical place to see it happen."

Today, Gifts to Give is a nonprofit that takes in unwanted goods, cleans and repairs those it can, and provides an outlet for people to receive them. It operates 100 percent by volunteers – the adults (Stevens refers to them as the grandmas) who run the operation, and the youth, from three-years-old to college age, who clean and sort goods for pick-up and simultaneously learn the power of helping others.

The youngest volunteers color and stamp wrapping paper, according to Stevens. Children begin filling orders early, he said, before they really understand how to do it. So Stevens has each successive age group check and redo orders. "It's not an efficient process, but we're not selling efficiency. We're selling a volunteer experience for a child," he said.

Twelve years after coming to New Bedford, Stevens hit his revenue goal.

"This year, the thrift store will pay the whole operating expense, so we have a nonprofit that has some impact and clearly can pay for itself," he said, referring to the Saturday-only thrift store that sells adult clothing and home goods.

"Every dollar we make we're putting towards the program," he said. "99.5 percent of the money we make goes directly to the programs."

Stevens is able to do that because of his adult volunteer team – the older adults who run the operation and sometimes Stevens himself. "We have 120 grandmas, 18 grandpas, a lot of drama, but no payroll," he said. "That's what makes this thing work."

Volunteers keep Gifts to Give running smoothly, processing goods that are dropped off, and filling orders that are placed by teachers, social workers, community health workers, and many others to provide goods to children who need them.

Gifts to Give is seeking additional talented grandmas and grandpas (grandchildren not required) to expand its volunteer team. For anyone interested who has a few morning hours free to share, learn more at https://www.giftstogive.org/how-to-get-involved/volunteer/ or call 508-717-8715.