

Senior Scope

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

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Hope and help abundant at Overdose Awareness day



Signs in support of people who have died from overdose and those struggling with addictions were carried during the Aug. 31 Overdose Awareness event in New Bedford.

Emotions were raw in the city Aug. 31 as people came together to remember and honor loved ones who died from an overdose.

On the steps of City Hall, people of all ages held signs with photos of deceased family members or friends as officials and legislators addressed the issue of addiction and spoke about the need for more solutions.

The event was held as part of

the International Overdose Awareness Day, a globally-recognized day each year to raise awareness of overdoses, reduce the stigma of drug-related deaths, and acknowledge the grief felt by families and friends.

Mayor Jon Mitchell spoke to the approximately 75 people who gathered at City Hall for the evening, noting that their presence that evening was itself a testament to hope. He suggested that the

stigma of the hopeless drug addict has changed and that people struggling with substance use are our family members, our friends, and our work colleagues.

“We think of the caricature, but it isn’t that,” he said. “It’s people going about their lives in unremarkable ways.”

Forty-three people in the city lost their lives to an overdose in 2021, according to New Bedford

Continued on page 3

Medicare recipients will see relief in prescription costs

Prescription drug changes included in the Inflation Reduction Act signed into law in August could reliably be characterized by adjusting Neil Armstrong’s famous quote when he stepped out onto the moon – that’s one small step for prescription cost changes; one giant leap for seniors on Medicare.

The good news is that provisions included in the act will help thousands of older adults with Medicare better afford their prescriptions, with some relief happening as early as 2023.

The not-so-good news is that there might have been more done to help a broader group of people and that even some of the positive changes won’t begin until 2026

“The certainty of knowing that once you get to a \$2,000 cap there’s not going to be another bill, that certainty will impact lots of seniors in Massachusetts.”

—Mike Festa, AARP Massachusetts

or later, doing little to help struggling seniors in the short term.

In a live Facebook conversation, Congresswoman Lori Trahan and AARP Massachusetts Director Mike Festa discussed the positives and negatives behind the changes, how the law came together, and what older adults in Massachu-

setts can expect going forward.

Based on their conversation and interpretation, here are some of the benefits of the new law:

- Medicare Part D beneficiaries will have their share of prescription expenses capped at \$2,000 a year, as of 2025.
- Premiums for Part D cannot increase more than six percent a year through at least 2029.
- Income levels for qualifying for Medicare Part D expand from 135 percent of the federal poverty level to 150 percent of the federal poverty level.
- A list of 10 drugs will be open to price negotiations with negotiations to begin in 2023 and price

Continued on page 12

Life changes that can impact your SSI income

By Delia De Mello
Social Security

Did you know that certain life changes can affect your Supplemental Security Income (SSI) payments?

Sometimes your circumstances may change after you apply for or begin to receive SSI. When that happens, it's important for you to tell us about these changes. This will ensure that you receive the benefits to which you're eligible.

Here are some common changes you must report if you have applied for or receive SSI:

- Changes in income, wages, or self-employment income;
- Starting, stopping, or changing jobs;
- Changing your address or persons moving in or out of the household;
- Changes in marital status (including any same-sex relationships);
- Having more than \$2,000 if you are single or \$3,000 if you are married in resources that you can cash in, sell, or use to pay for food and shelter; and,
- Changes in resources, including money in financial accounts and buying or selling extra vehicles, stocks, investments, or property.

For a complete list of reporting responsibilities for all our programs, please read our publication, What You Need to Know When You Get Supplemental Security Income at www.ssa.gov/pubs/EN-05-11011.pdf.

Changes can be reported easily using the free SSA Mobile Wage Reporting app for smartphones or the online Wage Reporting Tool using your personal 'my Social Security'

account. If you don't have an account, create one today at www.ssa.gov/myaccount. Sign up for monthly SSI wage reporting emails or text reminders, so you never forget.

Other options include speaking with a representative by calling toll free at 1-800-772-1213 (TTY 1-800-325-0778) or visiting or writing your local Social Security Office.

You must report a change within 10 days after the month it happens. You should report a change even if you're late.

- Failure to report timely may cause you to:
- Receive less than you should and take longer to receive the correct amount;
 - Receive more than you should and have to pay it back;
 - Have a penalty deducted from your SSI payment; or,
 - Lose SSI for not reporting information that we use to determine whether you are still eligible for SSI.

If you cannot use our website, call our National 800 number (1-866-964-7413) or your local Social Security office for help. We will schedule an appointment for you, if necessary. The local office is at Hastings Keith Fed Building, 53 North 6th St., New Bedford.

Securing your today and tomorrow starts with being informed. Please share this information with your friends and family and post it on social media.



Delia DeMello

From the Editor

I was touched this month when I attended the Overdose Awareness event in New Bedford, a gathering of people and professionals to help raise awareness of the impact of substance abuse and overdoses (see story, page one).

A long list of community leaders and elected officials attended — too many to quote here — and spoke about the existence of support services, the need for more treatment options, the good work that has been done, and the devastation the disease has caused for good people and their loved ones.

If there was a central message, it was that hope exists and, as Mayor Mitchell pointed out, just looking around at the people who came out to support families affected by addiction and spread a message that “your battle is our battle,” showed there was good reason to hope we can end overdoses for good.

Perhaps the strongest messages came from those who shared the pain, grief, and uncertainty they felt when a family member was addicted to substances. Hearing them describe the experience of losing their loved one years before an overdose actually took them and being unable to change that was heart-wrenching. They spoke their truth and I hope that it gave them release and affirmed what many other family members have been experiencing and feeling too.

Another hopeful message came from several community leaders and substance treatment professionals who emphasized how important social connection is to a person who is addicted to substances.

You'll read it in Rep. Chris Hendricks words in our story this month and also in Director of Community Health for Seven Hills Behavioral Health Connie Rocha-Mimoso's comments to older adults with substance use problems. If treatment doesn't seem like an option to you, she suggested, start with a friend, find someone to talk to, it may help more than you expect.

Connect with 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

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 508-991-6170 508-991-6170	Natasha Franco Luisana Paez-Espinal Pat Foster Nora Rose
PACE, Inc. 166 William St., New Bedford	508-999-9920	Freda St. Marie-Johnson
Rochester Council on Aging 67 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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Thank you Sacred Heart of Jesus and St. Jude, \$10.

Year-to-Date: \$220

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Overdose Awareness continued...

Police Chief Paul Oliveira.

"We need to know, and we should know that number," he told participants. "They are our friends, our family members, our comrades, and co-workers. They were good people with a horrible problem, swept up in a vicious cycle that is difficult to escape once it has been entered. Tonight, we remember these people as we promise to continue our struggle in their name."

Chief Oliveira asked the crowd to consider a second, equally important, number - 517.

"That is the number of people who have overdosed and survived," he said. "The 517 candles you see (on City Hall steps) represent the individuals who were rescued and given a second chance, another opportunity to turn things around."

"This number represents many positive things. It represents that first responder who arrives on scene to administer Narcan, it represents that good Samaritan who emerges from the crowd to perform CPR, that citizen who sees an individual in distress and does not turn away, but instead calls for help," he continued.

"517 is a number that represents hope. It is a reminder that in the darkest of times, the best of us emerges."

Bristol County District Attorney Thomas Quinn noted that the county's LEAD program - Law Enforcement Assisted Diversion - works to divert substance users



The city recognized Aug. 31 International Overdose Awareness Day with speakers, an awareness march and a resource fair.

charged with lower-level crimes to treatment alternatives. More than 128 people have been successfully diverted to treatment since the program's start, he said.

This year's local theme for the evening focused on the experience of siblings as they watch a sister or brother go through addiction with poignant personal testimonies from several siblings.

"(Siblings) feel guilty. They don't

know what to do. They don't know how to help. They're enabling (the substance user) but at the same time, they're helping them," said Connie Rocha-Mimoso, Director of Community Health for Seven Hills Behavioral Health.

While the focus of the evening was on young people, older adults are not immune from substance use problems, said area professionals.

"This hits any age," said Rocha-

Mimoso, adding that older adults may be more affected by stigma and not as quick to seek treatment or help. "I see a lot (of older adults). A lot of stigma and people who are living in closets. A lot of mental health (problems)."

"Seeing the increase in that population is alarming because they're not coming out to find help," she added.

Lizette David, of House of Hope New Bedford, said she also sees older adults struggling with addiction and looking for help, but not nearly as many as younger people.

David believes that is due to the barriers to getting treatment that older adults face including the lack of transportation to get to services. She also sees reservations among older adults to seek out treatment.

"They want to come, but they don't want to come," she said.

Rocha-Mimoso encouraged all older adults to find help. It doesn't have to be formal treatment, she said, sometimes you just need someone to talk to who will listen and care.

"Don't be afraid to reach out to anyone," she said. "There's always someone who will open up the door with a smile for you."

In his comments, Rep. Chris Hendricks agreed, emphasizing the need to connect and reconnect with people who are struggling with addiction. "Send that text today... and let them know simply that you love them," he said.



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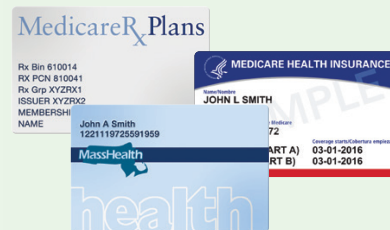
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Update

Harvest Craft Fair is Oct. 15-16 in the city

The Whaling City Catholic Community, the churches of St. Lawrence, St. Francis of Assisi and Holy Name of the Sacred Heart of Jesus, is again hosting their Annual Harvest Craft Fair on Saturday and Sunday, Oct. 15 and 16. Held at the Parish Center at 121 Mt. Pleasant St. in New Bedford, the indoor fair will feature 24 vendor booths, a Ladies' Guild bake sale, a kitchen featuring French meat pie dinners, Chow Mein sandwiches, and other staples of a good old-fashioned fair. The kitchen will feature fresh Malasadas on Sunday morning along with other breakfast items. On the grounds will be a tent with kid's crafts, a Dunk Tank, a Hole-in-One competition and other games. Doors are open from 9 a.m. to 6 p.m. Saturday and 8 a.m. to 1 p.m. Sunday. Admission is free but a donation of one non-perishable food item for the St. Vincent de Paul food pantry is requested. The hall is ADA accessible.

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.

Don't Lose Hope 5K

Child & Family Services is holding its second Don't Lose Hope: 5k Run/Walk for Suicide Awareness 2.0 in October. Mental illnesses are common in the United States. Nearly one in five U.S. adults live with a mental illness. Help them break the stigma attached to mental health by showing your support on Sunday, Oct. 16! You can run, you can jog, you can walk, you can crawl...you could do all four! Your presence is what is appreciated most. To learn more or to register, visit: <https://child-familyservices.org/upcoming-events/dont-lose-hope-5k/>

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.

St. Anthony's Church now wheelchair accessible; music program returns

New Bedford's great cathedral style church, located in the heart of the city at 1359 Acushnet Ave. now has wheelchair access and music programs are once again being held. The cathedral can be spotted from any of the local highways by its distinctive towering steeple, one of the tallest in New England, but until recently, people who were unable to climb the steps to enter the church could not attend any of the religious services, special music events, concerts, or recital series. That is now changing after architects created wheelchair access and preserved the historic structure, including finishing the lift inside of a confessional. On Sunday Oct. 16, at 3 p.m. Peter Krasinski will open the 2022 programming with a recital on the Casavant Frères historic pipe organ. Krasinski is currently the theater organist for Providence Performing Arts Center and twice has improvised accompaniment for silent films at St. Anthony's, in addition to performing recitals there. The event is followed by a Christmas Concert with the Spirit of St. Anthony Choir under the Direction of David Touchette and with Isleila Rodrigues as accompanist on Sunday, Dec. 18 at 3 p.m. For more information, visit www.musicatsaintanthonys.org

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.

Oct. 3 and 6 New Bedford-Fairhaven Bridge replacement meetings

MassDOT will hold two public meetings this month on the redesign of the New Bedford-Fairhaven Bridge. The first meeting will be held Oct. 3 at Fairhaven High School, 12 Huttleston Ave., Fairhaven. The Oct. 6 meeting will be held at New Bedford Vocational Technical High School, 1121 Ashley Boulevard, New Bedford. Both are from 6:30-8 p.m. In August, the legislature approved \$100 million in funding for the bridge project as part of the \$11 billion Transportation and Climate bill. These meetings are the public's opportunity to learn about the project design and plan and give their input.

Your Pelvic Floor and Yoga

Join a discussion on the pelvic floor, its importance and how to support pelvic health at Sangha New Bedford, 693 Purchase St., New Bedford from 1-3:30 p.m. on Oct. 15. Experience awareness, breathing, and movement practices to support your pelvic health, guided by Justina Perry PT, DPT, PRPC and Nanci Winterhalter, Certified Yoga Therapist, MSPT. Cost is \$55. Limited registration at www.sanghanewbedford.com/happypelvis or call 508.990.0178.

SRTA purchases hybrid buses

The Southeastern Regional Transit Authority has received a federal award of more than \$12.2 million to buy 18 hybrid buses through Fiscal Year 2026. SRTA applied through the Federal Transit Administration for grant awards funded by the recent Bipartisan Infrastructure Law. It received federal support in the process from U.S. Representatives Bill Keating and Jake Auchincloss, and local support from New Bedford Mayor Jon Mitchell – chairman of the SRTA Advisory Board – and Fall River Mayor Paul Coogan, the board's vice-chair. The new hybrid buses will improve fuel economy and local air quality and help ensure continued reliable service for transit passengers. The award will not only help SRTA meet its annual bus replacement schedule, but also do so with hybrid electric vehicles, which were cost-prohibitive before the award. The new hybrid buses will have double doors, enabling expedited boarding and alighting through the rear door along with better regulation of social distancing. The proposed 35-foot hybrid, fixed-route buses will serve as replacements for 30-foot, conventional diesel fixed-route buses.



New Bedford H.S. Class of '59

Graduates of the New Bedford High School class of 1959 celebrated a high school reunion on Sept. 17 at the Wamsutta Club in the city. It was the group's 63rd reunion year and about 75 people attended the festive event.

Your Health

'Falling' back into a routine after the summer months

We want to hold onto summer as long as we can, but cooler mornings and nights remind us that autumn has officially arrived. Senior Scope spoke with co-director of the New Bedford Wellness Initiative, Julie Fostin, about the transitions between seasons and how to kick start exercise routines that were put on hold during the summer months.

Q: What do you recommend people who have had fun-filled summers do to begin exercising?

A: First, fall back into your health and wellness routine slowly. Too much too soon could result in an injury. I have many new clients who come to me very motivated. They tell me they are going to exercise seven days a week. I often tell them that with their busy lifestyle they need to take it slow to be successful. Exercise hasn't been part of their routine for a while so keeping it manageable until they can establish an exercise schedule that works for them consistently is important.

Q: How do we restart those healthy habits?

A: As Dr. B.J. Fogg says, "Keep It Tiny!" Start small, very small. Maybe do a favorite exercise activity five to 10 minutes a day



and once you feel successful then add on another five to 10 minutes. Folks need to build their exercise habit slowly to stay healthy, well, and successful because the more successful they feel the more motivated they will be to continue growing a healthy exercise routine.

Q: Are there ways to stay healthy and well as we head into winter and we're indoors more?

A: Yes! The New Bedford Wellness Initiative offers many free classes on Facebook and in the next few months, we will be going back inside at The Greater New Bedford Boys & Girls Club on Sundays. Also, check with your local senior center or recreation center for any free programs they may offer or if they honor senior discounts.

Q: What's most important for people to focus on in terms of wellness as fall kicks in seriously?

A: Adopting healthy habits such



as:

- A healthy sleep schedule and getting 7-8 hours of sleep a night.
- Try to get outside in the sun for a little bit to get a healthy dose of vitamin D for a mood lifter.
- Grab a buddy and go for a walk or take advantage of a free exercise class. Because everything is better together! A buddy will help keep you more consistent with a regular exercise routine.
- Adopt a healthy diet with healthy proteins, fats, and lots of fruits and vegetables.

Q: What one area do people often overlook during summer months

that they should pay more attention to this fall?

A: Folks usually feel like they want to take the summer off and just pick up where they left off which can be very hard and defeating. This can result in them giving up on exercise altogether.

My best advice would be to maintain your exercise program during the summer months just enough so that you don't feel like you are starting all over again in the fall.

Stay healthy and well all year!

Julie Fostin is a personal assistant, co-director of New Bedford Wellness Initiative and manager of Total Fitness in Bristol, R.I.

WON'T YOU BE MY NEIGHBOR?

2022 Day of Older Persons recognizes the resilience and contribution of older women

By Nanci Winterhalter, MSPT

Indulge me while I share an announcement that affects all of us!

In 1991, the United Nations declared Oct. 1 as the International Day of Older Persons (UNIDOP). Drum roll. The 2022 theme is "The Resilience and Contribution of Older Women." Women constitute the majority of older persons around the globe and many of us certainly do know a thing or two about resilience!

According to UNIDOP, this theme is a "hallmark reminder of the significant role older women play in traversing global challenges and contributing to their solutions with resilience and fortitude."

A UN-wide initiative has further declared 2021 to 2030 as the decade of healthy aging. International collaborations between governments, civil agencies, professionals, academia and the private sectors are taking place with older peeps at the center. Yay for us!

Among their many priorities are:

- Creating age-friendly environments that remove physical and social barriers;
- Combating ageism - how we think, feel and act about people based on age; and,
- Integrated Care - ensuring non-discriminatory access to qual-

ity health care without causing financial hardship.

While longer life can bring certain challenges, it also offers opportunities for individuals, our families and society. We now have the time to explore new activities such as formal or informal educational opportunities.

Check out your local school system's Division of Adult Education, a nearby community college, UMass Dartmouth, The Second Half: Lifelong Learning Institute in Fall River, or your local library. For a terrific online learning resource where experts teach about Humanities, check out www.clementecourse.org. We can delve into writing, art, music, passion projects/hobbies or contribute to our family or community through social connections or volunteerism!

Much of this, however, depends significantly on our own health. What contributes to how we age? There are certainly genetic factors that affect aging, but, more often, aging is influ-



Nanci Winterhalter



enced by our homes, neighborhoods and communities. Emerging research suggests that the environment we lived in as children can have long term effects on how we age!

Personal factors such as gender, ethnicity, and socio-economics are also at play. We know that healthy behaviors throughout our lives, especially a balanced diet, physical activity and being a non-smoker, decreases our risk for a host of diseases and can improve our physical and mental capacity while delaying dependency on others. Even if you feel you have "missed the boat," there is no time like the present to begin or recommit yourself to do your best.

Time marches on, let's march with it!

Yours,

Nan

P.S. Looking for inspiration?

Check out Change the Way you Think About Age! Centenarians Answer the Right Questions on YouTube. It's sure to bring a smile! "Won't you be my neighbor?" columnist Nanci Winterhalter, MSPT, is a certified yoga teacher and therapist.

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

Se aprueban los audífonos de venta libre o sin receta

La capacidad de acceder y pagar por los audífonos se ha hecho más fácil para los adultos mayores después de que la Administración de Alimentos y Medicamentos de los Estados Unidos (Food and Drug Administration) finalizara la aprobación de los audífonos de venta libre en agosto.

Esta decisión permitirá a quienes tienen una pérdida de audición entre leve a moderada comprar audífonos

directamente en las tiendas y por internet sin necesidad de un examen médico, una receta o un ajuste por parte de un audiólogo.

La norma entró en vigor el 16 de agosto y se espera que aumente la competencia y baje los precios. Su objetivo es estimular la competencia y facilitar la compra de audífonos de venta libre (OTC, por sus siglas en inglés) en las tiendas tradicionales o por internet en

todo el país.

En su comunicado sobre la decisión, la FDA dijo que casi 30 millones de adultos en los EE.UU. podrán beneficiarse del uso de audífonos. Aproximadamente uno de cada tres adultos estadounidenses entre los 65 y 74 años de edad tienen pérdida de audición, de acuerdo a las estadísticas de los Institutos Nacionales de la Salud (National Institutes of Health). Sin embargo, los

altos costos y la limitada cobertura de los seguros han hecho que muchos adultos no usen audífonos.

“Establecer esta nueva norma regulatoria les permitirá a las personas con una pérdida de audición entre leve a moderada tener acceso conveniente a una variedad de audífonos seguros, eficaces, y accesibles de sus tiendas de barrio o la internet,” expresó el Comisionado de la FDA Robert M. Califf, M.D.

Aparelhos Auditivos aprovados sem receita

A capacidade de comprar e acessar aparelhos auditivos ficou mais fácil para adultos mais idosos após a Food and Drug Administration ter finalizado a sua aprovação para aparelhos auditivos sem receita em Agosto.

A decisão permite aqueles com deficiência auditiva leve a moderada a comprar aparelhos auditivos diretamente das lojas ou retalhista

online sem a necessidade de um exame médico, receitas ou ajuste de montagem por um audiologista.

O regulamento entrou em vigor a 16 de Agosto e espera-se um aumento na competição e abaixamento dos preços. Visa estimular a concorrência e facilitar a compra de aparelhos auditivos OTC nas lojas tradicionais ou online em todo o país.

Na sua declaração divulgada

sobre a decisão, a FDA disse que cerca de 30 milhões de adultos nos EUA poderiam beneficiar do uso de aparelhos auditivos. Cerca de um em cada três adultos nos EUA entre as idades de 65 e 74 tem perda auditiva, de acordo com as estatísticas do National Institutes of Health. No entanto, os elevados custos e a cobertura limitada dos seguros fizeram com que muitos

adultos passassem sem aparelhos auditivos.

“Estabelecendo esta nova categoria regulamentar permitirá que as pessoas com perda auditiva leve a moderada a terem acesso conveniente a uma série de aparelhos auditivos seguros, eficazes e acessíveis das suas lojas locais ou online,” disse o Comissário da FDA Robert M. Califf, M.D.

Over-the-counter hearing aids approved for sale

The ability to afford and access hearing aids just got easier for older adults after the Food and Drug Administration finalized its approval of over-the-counter hearing aids in August.

The decision allows those with mild-to-moderate hearing impairment to purchase hearing aids directly from stores or online retailers without the need of a

medical exam, prescription or fitting adjustment by an audiologist.

The rule became effective Aug. 16 and is expected to increase competition and drive down prices. It aims to stimulate competition and make purchasing OTC hearing aids easier in traditional retail stores or online nationwide.

In its released statement on the ruling, the FDA said that close to

30 million adults in the U.S. could benefit from hearing aid use. About one in three U.S. adults between the ages of 65 and 74 has hearing loss, according to statistics from the National Institutes of Health. Yet, high costs and limited insurance coverage has meant many adults go without hearing aids.

“Establishing this new regulatory

category will allow people with perceived mild to moderate hearing loss to have convenient access to an array of safe, effective and affordable hearing aids from their neighborhood store or online,” said FDA Commissioner Robert M. Califf, M.D.

Translations provided by:

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FGP VOLUNTEERS: Changing lives through love

In a presentation called Changing Lives through Love, executive director of New Bedford Children Marissa Fay Martins told AmeriCorps volunteers that their role as foster grandparents in city classrooms gives them a unique opportunity to affect children's lives in positive ways.

"You guys have the time to build those relationships, to get to know the child, and that's what it is all about. That's what is going to make an impact in their lives," said Martins.

Research on the resilience of children, she said, looked at "which child was able to bounce back and succeed despite all these obstacles" and what they found is that a key difference was in the relationships the child had.

Martins spoke during a Sept. 9 Coastline training for about 45 volunteers in its Foster Grandparent program, a program of the federally-run AmeriCorps Seniors. Foster grandparents assist in classrooms including elementary schools, preschools, head starts, and other youth-based organizations, working on literacy and academics, communication, and social skills with children.

In her presentation, Martins showed the group a popular TED video of Rita Pierson, a now-deceased professional educator who taught for more than 40 years and died in 2013. Older adults in the room quickly recognized and embraced Pierson's message that educators need to build relationships with students even the challenging



About 45 Foster Grandparent volunteers gathered at the Wamsutta Club on Sept. 9 to hear New Bedford Children Executive Director Marissa Fay Martins speak about the importance of adult relationships for the success of school children.

ones.

There was audible agreement from the many volunteers when Pierson said that no significant learning can occur without a significant relationship and more nodding heads and laughter when she said, "You know, kids don't learn from people they don't like."

Pierson spoke about working to raise a child's academic achievement at the same time you raise their self-esteem.

"Every child deserves a champion, an adult who will never give up on them," the third-generation educator said. "We can do this. We're educators. We were born to make a difference."

"I've watched that video so many times and every time I'm so inspired," Martins said.

Martins acknowledged that it feels unusual to speak about love when talking about education and professional roles, but she said, love is so important to learning - it is the basis of the relationships that Pierson was speaking about.

There's always a reason for a child's actions, one that teachers can't always observe firsthand, she said.

"There's no one answer; you have to try things out," she suggested to the group. "The more that you can see the child's strengths, the more that you get to see the child as a person and less of a problem."

Martins offered the grandparents' group techniques that are backed by research for helping children under-

stand and accept strong emotions including mindfulness activities and using language in ways that support growth.

Students praised for their effort tend to develop a growth mindset - one more willing to take on new challenges - versus those praised for their intelligence which supports a more fixed mindset and less growth, she said.

Language is important, she continued, noting the difference between saying, 'I'm proud of you,' and 'You must feel really proud of yourself.'

Foster Grandparent volunteers must be 55 years and older and meet income and other eligibility requirements. To learn more, call program director Jacqueline Medeiros at 508-742-9198.

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Caregiver Contract: What is it and how can it be beneficial?

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

A caregiver contract is an agreement that ensures caregivers are protected and the family members who are involved in elder care fully understand all expectations and responsibilities of the caregiver. A caregiver contract may also be referred to as a personal care agreement.

Millions of Americans are currently caring for an elderly family member or friend at home and receive regular compensation. Depending on the circumstances, however, it may be beneficial for both parties to enter into a care contract wherein the caregiver accepts payments for the care that they are providing. A care contract also allows the caregiver to formally assume responsibility for that care.

For example, if the loved one that you are caring for reaches a point where nursing home placement is the only option, all of their money will be considered available to pay for their care at a nursing home and they will not be eligible for Medicaid assistance until all their assets have been depleted. Certainly, the care you provided while they remained in the community is just as valuable to them and worthy of payment as what will be provided in the nursing home. With a Care Contract in place, the caregiver can be paid going forward and every penny spent will count towards their “Medicaid spend down” should they apply for benefits.

Having a Care Contract in place also ensures Medicaid will not impose those penalties on the money received by the caregiver. Sometimes an elderly person will randomly give sums of money to their caregiver as past payment for the care they provide. Without a contract in place, Medicaid will assume the money transferred is a “gift” or a “transfer of assets” and will impose penalties resulting in the ineligibility for Medicaid benefits.

RMV makes changes to inspection sticker rules

Starting Nov. 1, vehicles passing inspection will get a new sticker with the month the last sticker expired valid for one year, according to the Mass. Registry of Motor Vehicles. That means that any vehicle owner late in getting a vehicle inspected, beyond one year from the last inspection, will no longer get a sticker displaying the month the new inspection occurred.

Vehicles with inspection stickers that expired last year will receive a January sticker of the current year the vehicle is being inspected, no matter the month the vehicle is inspected this year.

Driving vehicles with an expired sticker, or driving an uninspected vehicle, may result in a moving violation and lead to

From a caregiver’s perspective, although they are willing to provide services for free, it is often difficult for them when, at the time of the loved one’s passing, the caregiver who has provided years of service, receives the same inheritance as the other heirs, many of whom have not been involved in caring for the loved one. On the flip side, if a caregiver is receiving payment and there is no contract in place, the other heirs may be upset by the additional monies the caregiver received.

The bottom line is this: if you are caring for a loved one or receiving care from a loved one, a care contract is a good idea for both parties involved, for multiple reasons. But, before entering into such a contract, be sure to contact someone experienced in drafting such contracts and knowledgeable with respect to their effect on Medicaid qualifications.

Also, if you are the child who has been caring for your parent for over two years, there is another Medicaid planning technique that may be available which would allow your parents to transfer their home to you without incurring Medicaid penalties. This is not true in all cases, but if you and your parent(s) meet certain criteria, the exemption known as the “Caretaker Child Exemption” could be a way to ensure their home stays in the family. If you need to discuss these options, please call our office at 508-994-5200.

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additional fines, or suspension if unpaid.

There is no change for owners who get their vehicles inspected on time or before the due date. Owners will continue to receive the sticker with the number of the month in which the vehicle was inspected.

In addition, as of Oct. 1, vehicle owners will no longer receive a printed inspection report when a vehicle passes inspection. Instead, owners can access and print a report by going online to <https://www.mavehiclecheck.com/apps/vir-lookup-tool> or by using a cell phone and scanning the QR code displayed at the inspection site. If a vehicle fails the inspection, the owner will be provided with a printed report by the inspection station.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- Halloween was started by what group?
A.) Vikings B.) Moors C.) Celts D.) Romans
- What was the most popular Halloween costume in 2021?
A.) Elsa B.) Spiderman C.) Ghost D.) Hulk
- What is the most popular candy for Halloween in the US?
A.) M&M’s B.) Snickers C.) Milk Duds D.) Reese’s
- In what country did Halloween start?
A.) Ireland B.) England C.) United States D.) Germany
- What was the name of Dracula’s sidekick?
A.) Renfield B.) Garfield C.) Igor D.) Lurch
- Out of which vegetable were Jack-o-Lanterns originally made?
A.) Eggplant B.) Turnip C.) Cantaloupe D.) Pumpkin
- From which region of the world do pumpkins originate?
A.) Brazil B.) Central America C.) Ecuador D.) California
- Pumpkins can be white, orange, green, and what other color?
A.) Red B.) Yellow C.) Black D.) Blue
- Who wrote the classic novel Dracula?
A.) Edgar Allen Poe B.) Bram Stoker
C.) Ernest Hemingway D.) Danielle Steele
- What do people in New England call the night before Halloween?
A.) All Hallows Eve B.) Witching Night
C.) Cabbage Night D.) Pumpkin Patch Night

BONUS: On Senior Scope’s front page last month, there was an article about chair dancing to help with what disease?

- A.) High Blood Pressure B.) Alzheimer’s
C.) Diabetes D.) Parkinson’s

[Answers listed on page 11]

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The Way Things Were



Candlepin bowling at Lincoln Park, circa 1949

The 14-lane bowling alley at Lincoln Park in Dartmouth was a hot bed of entertainment visited by groups and individuals from throughout southeastern New England. In this photo, team Continental Screw competes in the Industrial League. Friday night at Lincoln Park was mainstay fun and excitement for old and young from Wareham

to Newport to Taunton.

“The Way Things Were” is a collaboration between *Senior Scope* and *Spinner Publications*. To share your photos and memories, email Beth Perdue at bperdue@coastlinenb.org or mail to her at *Senior Scope*, 863 Belleville Ave., New Bedford, MA 02745.

AARP offers resource for adding ‘middle housing’

A housing resource that considers the lack of middle housing in the U.S., why it’s needed, and how it can be better developed is now being offered through AARP, the organization said in September.

The resource guide, *Discovering and Developing Missing Middle Housing*, is meant to give local community leaders and housing developers information to support a resurgence of this type of housing. It was created by AARP Livable Communities and Opticos Design.

Middle housing is mid-sized, often moderately-priced homes that are ideally located in walkable areas and close to amenities, according to AARP. The current shortage, the organization asserts, is mainly due to zoning laws, a reliance on automobiles for transportation, and the challenges of financing multi-unit dwellings. “Across the United States, there is a mismatch between the available housing stock and what the market wants and needs,” AARP said in a statement on the new guide. “The nation is mostly missing (and needs) a set of residential building types that exist in the middle of the continuum from detached single-family houses to large apartment buildings.”

To download a copy, visit <https://www.aarp.org/livable-communities/housing/info-2022/missing-middle-housing.html>



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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.

Dance for Breast Cancer: Dance for breast cancer with certified Zumba instructors Pati Cautillo and Ann Marie Gallos on Oct. 4 at 4:30 p.m. at the Acushnet Senior Community Center. Voluntary donations, all proceeds benefit breast cancer research. No pre-registration required for this all ages event. Remember to wear something pink!

An Afternoon of Tea: Oct. 13 at noon. Limited to the first 25 to register. Menu to include scones, sandwiches, assorted hot and cold teas and more. \$5/per person due at time of registration.

Poker: Wednesday-Friday, 8:30 a.m. – noon. Walk-ins welcome.

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.

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/

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: "The Boy Who Harnessed the Wind," Oct. 13 at 1 p.m. Preregistration required. Free.

New Bedford Art Museum: Oct. 13. Van will leave the Center at 10 a.m., stop at The Baker bakery and proceed to the Museum for an 11 a.m. tour. Free. Preregistration required.

Technology Classes: Participants must have a smartphone. Oct. 14 and 21, 9-11 a.m. Class 1: Let's learn all about Smartphones; Class 2: Smartphone Apps for Seniors. Preregistration is required. Cost is \$5 for each session.

Flu Clinic: Oct. 21 9-noon. For information, contact the Dartmouth Board of Health at 508-910-1804. Clinic will be held in the Bullard Building in rear of DCOA.

Open Enrollment Seminar: Oct. 26 1:30-3 p.m. A Center for Medicare and Medicaid Service approved presentation on any individual product such as Medex, Blue MedicareRx or our Medicare Advantage Plans including Medicare HMO Blue and Medicare PPO Blue or a combined presentation covering Medex, MedicareRX (Part D Drug Coverage) and our Medicare Advantage plans. Preregistration required.

Halloween Party: Oct. 31, 1:30-3:30 p.m. Dessert, coffee and prizes for best costume. Entertainment: The Meadowlarks Trio. Cost is \$5. Preregistration required.

Yoga Dance with Jane Hoffman: Tuesdays 1:15-2:00. Cost is \$5. Walks in welcome.

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

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.

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 and 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.

November Trips: Tiverton Casino, Nov. 2; Hyannis Mall, Christmas Tree Shops, Trader Joe's & Whole Foods, Nov. 9; Providence Place Mall & Whole Foods, Nov. 16; Warwick Mall, Nov. 23; South Shore Plaza, Nov. 30. \$6. Reservations open Oct. 15. Van leaves the center at 9 a.m.

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. Oct. 28. Free for residents. \$5 non-residents.

Cops & Donuts: Det. Janice Guerriero will be at the center at 10 a.m. Oct. 19. Call the COA to reserve your seat and ensure there are enough donuts available.

Author presentation with Bill Comeau: Speaking about his book, *Duel with the Dragon* at the Battle of Suoi Tre. Oct. 12 at noon. Come for lunch and stay.

Excursion to the Knob: Be at the COA at 8:30 a.m. sharp on Oct. 20 to join. \$10. The Knob is the area where Quisset Harbor meets Buzzards Bay in Falmouth. Wear your walking shoes. There will be a stop to purchase lunch afterwards.

Reiki / Alphasonic sessions: Oct. 31, 9 a.m. - noon. \$20/session. Call the COA to sign up.

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.

Single Senior Supper Club: Third Tuesday of each month- Oct. 18, from 4-6 p.m.

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.

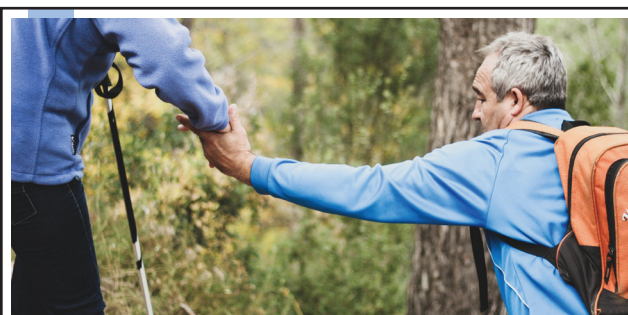
Zumba: Fridays, 11:30-12:30. Sign up at Senior Center. \$8 starting Sept. 2.

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.

Healthy Living For Your Brain & Body: Oct. 14 at 1 p.m. Join us as we learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. An educational program presented by the Alzheimer's Association based on the latest research. Registration is required. Call 508.748.3570.

Continued on Page 11



Coastline presents

Matter of Balance Classes

Come join us and learn how to prevent falls, increase balance, strength and flexibility! Those who complete the workshop will receive a \$25 gift card to Market Basket!

For questions or to sign up, call Rachel Fouts at 774-510-5224.

Classes are held 1-3 p.m. Tuesday afternoons from Oct. 4 until Nov. 22 in the community room at Boa Vista, 134 S. Second St. New Bedford.

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This program is funded in part by the Executive Office of Elder Affairs & Coastline Elderly Services. Voluntary donations are accepted but not required; any voluntary donations received will be kept confidential and used to expand the program's services. You will not be denied services if you choose not to donate. Any consumer who is dissatisfied with or has been denied a service, has a right to file a grievance with Coastline Elderly Services within 21 days business days.

Art for Your Mind: Why So Famous? Oct. 17, 1 p.m. Ever wonder why some works of art became as famous as they have? Take a close look at the works of Da Vinci, Monet, Van Gogh, O'Keeffe, Picasso, Warhol. Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds. Call 508-748-3570 to register.

Paint Party with Lidia: Oct. 20 at 1 p.m. You will be given all of the materials necessary to go home with a beautiful 11 X 14 canvas that you will create under Lidia's direction. The cost of this two hour class is just \$20 and includes everything you will need. Come and enjoy time with friends and have fun while making beautiful art. Call 508-748-3570 to reserve your spot.

Lunchtime Cooking Demonstration: Noon, Oct. 18. 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.

Community Health Fair: Oct. 24, 9 a.m. - noon.

Bingo Monday: Oct. 31, 1 p.m. Cost is \$5 for a standard pack of play, \$1.00 coverall & \$1.00 50/50 game.

LGBTQ Senior Suppoer Club: Meets Oct. 19 from 5-7 p.m. at the Marion COA. The meal will consist of a delicious Italian Feast. Please call 508-748-3570 so we know to expect you.

Flower Arranging: Oct. 25 at 1 p.m. \$5 materials fee. Payment due at sign-up.

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.

Medicare Open Enrollment Information Session: Tuesday, Nov. 8, 4 p.m., at the Mattapoissett COA, 17 Barstow St., Mattapoissett. Sign up by calling 508-758-4110 or email coadirector@mattapoissett.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.

Art for Your Mind: Oct. 5, 12:30 p.m. Appreciating Sculpture. 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. Registration required.

Halloween Luncheon Scare: Oct. 31, Noon. Adorn your most spooktacular costume for an afternoon filled with mayhem, mischief, and other frights. Free lunch. Costumes optional. Registration required.

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.

Movie & Pizza: 12:15 p.m. Oct. 26. *Where the Crawdads Sing*. Abandoned by her family, Kya raises herself all alone in the marshes outside of her small town. When her former boyfriend is found dead, Kya is instantly branded by the local townspeople and law enforcement as the prime suspect for his murder. Pizza \$1/slice. Prepay and registration required.

Boston Symphony Orchestra: Experience a BSO concert in the making. You can 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 as soon as possible to reserve your seat on the van.

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.

Heart To Home Meal: Wednesday, Oct. 26 at 11:30 a.m.

Halloween Bingo: Noon-1:30 p.m. Oct. 31. Costumes and prizes.

Birthday Party: Starting Oct. 19. Third Wednesday at 2 p.m.

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.

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

Rochester COA

For more information, call 508-763-8723. The Rochester Council on Aging is located at 67 Dexter Lane, Rochester, MA 02770. Visit the website at townofrochestermass.com/council-aging. Facebook: facebook.com/RochesterMass.

Veteran's Social: 6 p.m. Oct. 6.

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 Oct. 26 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. Oct. 18. 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 at 10 a.m. with Instructor Nancy Barrett. \$7.50/person.

Blood Pressure Clinic: Wednesdays, 10 a.m. - noon in the SHINE office.

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.

October 2022 Trivia Quiz Answers

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

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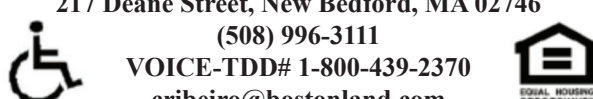
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Community



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 receiving their produce bags.

Farm-grown fruits and vegetables donated to homebound seniors

People who say they ate a ton of food are nearly always using hyperbole, but not so Coastal Foodshed and Coastline when they delivered “tons of food” to homebound and non-driving older adults last month.

The two organizations joined forces to do what each does best – Coastal Foodshed to source healthy, delicious local foods for area consumers, and Coastline to deliver nutritious food to older adults who have limited or no access to markets.

Using Coastline’s delivery systems, including Meals on Wheels drivers, older adults in the greater New Bedford area received bags with about 15 pounds of fruits and vegetables including potatoes, summer squash, corn on the cob, and apples through the collaboration.

The produce was grown and harvested by four area farms: Young Family Farm in

Little Compton, Sampson Farm in Westport, Ward’s Berry Farm in Sharon, and Four Town Farm in Seekonk.

Over a six-week period, 540 seniors benefited from the program, receiving a collective total of more than four tons of fresh, healthy, locally-grown produce.

Elders living at Oxford Terrace, a Fairhaven Housing Authority property, were thrilled to receive their produce bags in early September.

FHA Resident Service Coordinator Kendra Rebello said the fruits and vegetables will go to older adults in Oxford Terrace who don’t have access to markets or means to purchase the produce themselves.

“They can’t get to the pharmacy. They can’t get to the supermarket, and they definitely can’t get to farmers markets,” she said.

said Festa. “The certainty of knowing that once you get to a \$2,000 cap there’s not going to be another bill, that certainty will impact lots of seniors in Massachusetts.”

They also praised the list of 10 drugs whose prices can be negotiated beginning in 2023 but recognized that the delay for when those prices take effect will be painful for older adults who are already forced to choose between daily necessities and expensive prescription medications.

“(Prices are) not going to kick in essentially until 2026, and that’s a challenge because it doesn’t give us the instant solution to the problem,” said Festa.

Festa also criticized the deci-

sion to limit insulin price cuts to those on Medicare instead of everyone who relies on the drug, saying AARP will continue to work to expand that price limit to more people.

“This was a compromise and it was not right,” he said. “There’s more to be done...We’re going to keep that fight going and extend it to everyone who is getting that insulin and that means the private markets.”

See the entire Facebook conversation on Rep. Trahan’s Facebook page at [Facebook.com/RepLoriTrahan](https://www.facebook.com/RepLoriTrahan). For more information on these and related changes as well as additional prescription drug information, visit aarp.org/prescriptiondrugs.

Medicare open enrollment is from Oct. 15 - Dec. 7

Anyone already enrolled in a Medicare plan should have received a plan Annual Notice of Change in the mail that details any changes that will be effective as of January 2023, including coverage, costs, and other details.

The change notice precedes the start of open enrollment which runs from Oct. 15 until Dec. 7. All plan participants are encouraged to review their coverage options at this time and make a choice that meets their health care needs, according to the Centers for Medicare & Medicaid Services.

All plan changes are effective Jan. 1.

CMS suggests these ways that people can compare plans and consider the savings options available to them:

- Find plans at [Medicare.gov](https://www.Medicare.gov) and do side-by-side comparisons of costs and coverage.
- Call 1-800-MEDICARE. Help is available 24 hours a day, including weekends.
- Check eligibility for Medicare Savings Programs. People with Medicare facing challenges paying for health care may qualify for Medicare Saving Programs run by their state. These programs can help save money on premiums, prescription drugs, and other health care costs.

To find out more, contact your state’s Medicaid program about help that may be available to you or 1-800-MEDICARE to find out where to apply.

Locally, assistance can also be found through SHINE (Serving the Health Insurance Needs of Everyone), a program that provides free health insurance information, counseling and assistance to Massachusetts residents.

Administered by the Executive Office of Elder Affairs, SHINE is operated by a mix of volunteers and employees stationed at various agencies, such as councils on aging and Coastline.

If you need help navigating your coverage options during the open enrollment period, you can schedule an appointment with a SHINE counselor, each of whom is certified annually and provides free, unbiased assistance. Call the Regional SHINE office at 1-800-231-1155 or contact your local council on aging to schedule an appointment.

SHINE also offers a Medicare 101 presentation that offers an introduction to Medicare for current beneficiaries and those who will soon be eligible for it. The virtual presentation is done through Zoom and information is specific to Massachusetts. Visit <https://shinema.org/> to sign up.

There is also a list of local numbers to call for the SHINE program published on page 2 of every edition of *Senior Scope*. Your local COA may also offer an informational session on Medicare. See listings on pages 10-11.

Prescription costs continued...

changes to happen in 2026. More drugs will be added to the negotiation list in subsequent years, with as many as 60 to be included by 2029.

• The cost of insulin for Medicare beneficiaries is capped at \$35 a month.

In their discussion, both Trahan and Festa noted that many seniors will see their prescription expenses dramatically reduced from the decision to cap Medicare Part D costs to \$2,000.

“For the 1.3 million Medicare Part D recipients who exceed the cap, we’re talking about thousands and thousands of dollars they’re paying out of pocket,”

Resources



• For more information on these changes and more prescription drug information, visit aarp.org/prescriptiondrugs.

• For a deeper dive into the reasons behind the changes and the process of making specific changes, see <https://bit.ly/medicarereport>.

• For the National Councils on Aging perspective on the Inflation Reduction Act and what it means for older adults, visit <https://bit.ly/prescriptionsNCOA>.