

Senior Scope

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

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City Lights: Remembering Christmases past



This Christmas display lit up the city's main library on Pleasant Street in 1948. Photo courtesy of Spinner Publications.

Senior Scope took a walk downtown with two New Bedford natives in November – Joanne Tschaen, 73, from the South End and Rick Brown, 78, from the North End. Both have fond memories of holidays spent shopping and enjoying the sights and sounds of the city in December. Photo courtesy of Spinner Publications.

No garland hung from the lamp-posts and the sun was still too bright for lights, but Joanne Tschaen and Rick Brown had little trouble remembering the Christmases of their youth as they reminisced together while walking downtown New Bedford last month.

Their memories weren't always in sync, but both city natives agreed that the downtown of their teenage years was a vibrant, festive place, especially during the holidays. The garland draped in wide arches across the streets was distinctive and, with the lamplights, made the downtown atmosphere special, they said.

Downtown was the place to be seen, said Tschaen.

People came to shop and socialize, walking the city blocks from Purchase to Union Street, to Pleasant to William and back to Purchase Street, she said. Others circled the blocks in their souped-up cars, engines revving, hoping to impress the young women out walking in groups, added Brown.

There were many popular spots where people shopped or gathered.

Cherry's was especially popular,



Tschaen said, referring to the retail store that was on Purchase Street where Bristol Community College's New Bedford campus is now.

"It was very fancy," she said. "At Christmas time they used to wrap in beautiful boxes and bows."

The Peanut Shop across the street, now No Problemo's, was another favorite, especially since Tschaen's sister worked there.

"That was a big deal at Christmas time," she said. "The whole street smelled of peanuts."

The city had both small independent shops and large department stores. On the smaller end were stores like

Christmas at Ray's in downtown New Bedford

By Suzanne (Bernier) Luongo

I started working as a waitress at Ray & Joe's on William Street in 1958 when I was 14 years old. I was thrilled to have a "real job" and not just babysitting. I was restricted by law until I was 16 to working no more than 20 hours per week and was not able to work after 7 p.m. This was fine with me as I was in school and planning a career in nursing, so I needed to keep my grades up.

Ray & Joe's was a very popular restaurant and deli owned and operated by Ray Tschaen, his wife Elsie and their son Buddy in the heart of New Bedford's downtown shopping area. Nearby were a number of department stores: Cherry & Webb, Wings, Star Store, Gollis, Mr. A's. In addition to shoppers, we had regular clientele from The Standard-Times newspaper, several banks, the main library and workers in our historic district. The term "white collar workers" would define this era and locale and launched me into

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New start dates for Medicare Part B coming in 2023

By Delia De Mello
Social Security

Approximately 70 million Americans will see an 8.7% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor’s Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social Security account. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don’t need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account to opt out by changing your Preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices

that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don’t have an account yet, you must create one by November 15, 2022 to receive the 2023 COLA notice online.

“Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year’s substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned,” Acting Commissioner Kilolo Kijakazi said.

January 2023 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2023 will be higher. The retirement earnings test exempt amount will also change in 2023.

Be among the first to know! Sign up for or log in to your personal my Social Security account today. Choose email or text under “Message Center Preferences” to receive courtesy notifications.

You can find more information about the 2023 COLA at <https://www.ssa.gov/cola/>.



Delia DeMello

From the Editor

This month I had the pleasure of meeting people who grew up in New Bedford in the late 50s into the 1960s and have such wonderful memories of their youth.

I had so much fun hearing about the city during those years. Not just about the city businesses and vibrant environment, but also about the people who made it special and the adventures these individuals had there.

For example, how Rick Brown and his friends hopped trains to ride into the city. Or, how JoAnn Tschaen’s family knew everyone on Brock Avenue by name and went door to door offering cherry bread for sale during the holidays.

I heard how Jeannine Aidala learned a very different way of customer service than is practiced today at Cherry’s. And, how her sister, Suzanne Luongo enjoyed the regulars who came in and out of Ray’s in the late 1950s.

The memories are priceless.

So too are the stories and memories of local servicemen, passed down through generations, and carefully maintained and shared by the amazing volunteers at the Military Museum at Fort Taber. They care for the city’s history and generously share it with visitors who stop by.

If you haven’t been, go and be sure to ask questions. You’ll be amazed at the local knowledge held there.

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

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in the Greater New Bedford Area

| | | |
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| Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven | 508-979-4029 | Dianne Perkins Carolyn Dantoni |
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| PACE, Inc. 166 William St., New Bedford | 508-999-9920 | Freda St. Marie-Johnson |
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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 December 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.

Year-to-Date: \$220

Donate online via PayPal here:

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Christmas Past continued...

the Victory Shop, located next to the Peanut Shop, which offered beautiful clothing but was considered too expensive to buy from regularly.

“We saved it for holiday shopping,” Tschaen said.

Mr. A’s, further up on Union, sold fancy dresses and across the street was Casual Corner with young sportswear and other clothing outfits.

The Kresge 5 and 10 store – where Rite Aid is today – sat diagonally across Purchase and was a great place to stop for hamburgers and frappes, eating at their counter, according to Tschaen and Brown.

“They had the best candy counter and malted milkshakes,” Tschaen recalled.

Department stores included Hutchinson’s, later Saltmarsh’s, where Tschaen and her friends would buy Nancy Drew mysteries. There was also Wing’s Department store in Wing’s Court, and the Star Store, on Union Street, where the escalator to the upper floor gave people a bird’s eye view of the expansive first floor, all bright and decorated for the holidays.

While Tschaen would catch the bus uptown from Brock Avenue to shop, Brown and his friends preferred to travel for free, hopping the train heading south into the city from the woods near their home and jumping off in the Whale’s Tooth area. The boys helped themselves to a few hay bales from a nearby farm to set up their own “landing pad,” he said, so their purchases wouldn’t break as

they jumped out. At Christmas, Brown was in those woods, cutting holly branches for a local florist to earn money for gifts. He received \$5 for each oversized basket of holly he collected and delivered to Melanson’s Florist in the North End.

“Growing up I had more fun than you could ever know,” he said about those days, noting that his family didn’t have a lot of money, but they worked hard for what they had. “We hustled.”

“I would come downtown and buy my mother a Hummel for Christmas,” Brown said, using the extra cash from the holly cutting.

Tschaen’s holiday memories included visits to and later employment at the family-owned Ray & Joe’s restaurant on William Street. Ray Tschaen, the owner, and her grandfather, opened the restaurant in 1948, she said, but she never knew who Joe was.

The restaurant was a favorite hangout for many who worked or lived in the city including journalists from The Standard-Times, she said.

“It was a popular to-go spot after school. We’d drink Cokes and eat french fries,” said Tschaen, who attended Holy Family High School. “My grandfather would make us french fries in a brown paper bag covered with salt.”

Ray’s included a deli section and a quality foods area with specialty and gourmet food items from S.S. Pierce. The section offered foods like sardines, Finnan Haddie, French



JoAnn Tschaen revisits Ray & Joe’s restaurant started by her grandfather, Ray Tschaen.

vegetables in glass jars, chutneys and jams, cheese, teas, cigars and more. For the holidays, restaurant staff would put together big baskets of these items to be given as gifts.

The usual décor was a collection of items brought back from family holidays in Florida such as dolphin pictures, as well as paintings from New Bedford artist E.W. Kirby. But around Christmas, Tschaen would decorate Ray’s William Street windows for the holidays, with a big snowman she still owns today.

Next to Ray’s was Mr. Brand’s Jeweler’s, one of the best spots to buy jewelry gifts, according to Tschaen.

“He had the best little bracelets and earrings. He didn’t fuss much. He was kind of a cranky guy, but he had

really good jewelry,” she said. Tschaen and Brown agreed that one of the best shops for gifts was the Joke Shop, which featured whoopee cushions, blow-up pens and other unexpected items.

“Oh my God, it was awesome,” said Tschaen. “We bought stocking stuffers there.”

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- **Ray & Joe’s** was a popular spot year-round, especially at Christmas, p. 1, & continued on p. 12.

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Update

Local program can help with consumer problems

The New Bedford Regional Local Consumer Program wants people to know that gift cards are for gifts and not for payments. If someone calls you and asks you to buy a gift card to pay bail or ransom; keep your social security benefits; pay an IRS debt; pay for computer tech support; pay for a family member in trouble; keep your utilities on; or, pay for a lottery prize, beware. Hang up because it's a scam. The consumer program made the announcement working in cooperation with the Office of the MA Attorney General. Contact them at 508-979-1693 or consumer@newbedford-ma.gov if you have a consumer problem or question.

DA to lead identity theft workshop in Dartmouth

'What you need to know about identity theft' will be held at the Dartmouth Council on Aging at 1 p.m. on Dec. 16. Learn about what identity theft is, how to protect yourself against it, and how to know if someone has stolen your identity in this event led by Bristol County District Attorney Thomas Quinn and Assistant District Attorney Michael Scott. The event is free; preregistration is required. Call the COA at 508-999-4717.

Behavioral Help Line update

The Massachusetts Behavioral Health Partnership was selected as the exclusive clinical provider for the Behavioral Health Help Line which will help residents easily find available providers and services, the state announced in November. Set to launch in January, the Help Line will offer a single point of contact to receive real-time support, initial clinical assessment, and connection to the right mental health and SUD evaluation and treatment, regardless of insurance status or ability to pay. The phone and chat line will offer real-time clinical triage and service navigation to help individuals and families access the range of treatment for mental health and addiction offered in the Commonwealth, including outpatient, urgent and immediate crisis intervention. Starting in early January, any Massachusetts resident in need of a clinical assessment and support will be able to access the Help Line 24/7 via phone and text at 833-773-BHHL, as well as online at masshelpline.com. Every call, text, or chat conversation will include clinical follow up. The Help Line will be accessible in more than 200 languages.

Boston Hospital Shuttle runs Tuesdays, Thursdays

The Southeastern Regional Transit Authority offers long distance medical transportation through its Boston Hospital Shuttle twice a week. The shuttle leaves New Bedford at 8:30 a.m. on Tuesdays and Fall River at 8:30 a.m. on Thursdays to arrive in Boston by 10:30 a.m. Return trips leave Boston at 2 p.m. Hospitals served include Boston Medical Center, Tufts Medical Center, Floating Hospital for Children, Mass General, and Mass Eye & Ear, Beth Israel Deaconess Medical Center, Brigham & Women's Hospital, New England Baptist Hospital, Dana Farber Cancer Institute, Veteran's Affairs Healthcare – Jamaica Plain, and Boston Children's Hospital. Times are subject to change as route specifics become finalized. Reservations are required. Older adults who want to make a reservation are asked to call their local Council on Aging.

Skimming scams warning

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 to assist local elders with Medicare billing questions and concerns at Coastline, 863 Belleville Ave., New Bedford. Maria can provide one-on-one counseling and answer questions about healthcare errors, fraud, and abuse. Call 508-999-6400 to schedule an in-person or phone appointment with Maria. She also speaks Portuguese.

Acushnet caregivers sought for community focus group

The Acushnet Council on Aging is looking for town residents who are caregivers to participate in a one-hour focus group to discuss issues and concerns of health in your community. Participating caregivers can choose from three upcoming Tuesdays: Nov. 29, Dec. 6 or Dec. 13 at a time to be determined when your date is selected. Focus groups will be held at the Acushnet Council of Aging, 59 1/2 South Main St., Acushnet. To sign-up or for more information, contact: Pim LeSeure, College of Nursing and Health Science, at (508) 910-6511 or by email at pleseure@umassd.edu

Free wind energy training

The sixth and last cohort of the Environmental Workforce Job Training program, a free prerequisite 40-hour OSHA Hazardous Waste Operator class, will be held from Dec. 12-16. The class is designed for unemployed or underemployed New Bedford adults. Training can lead to careers in: Environmental Lead, Asbestos Abatement/Construction; Clean Water Certification; Environmental Emergency Response and Waste Management Services; Waterfront Industrial and Wind Energy; and, Industrial Health & Safety. Once participants have successfully completed this week-long course, they are eligible for additional free training modules including lead abatement, asbestos abatement, OSHA 30-hour construction, green infrastructure, and more. Students can enroll by contacting Buddy Andrade at obvdcbr@yahoo.com or 774-202-0603. To date, more than 50 area residents have completed the 40-hour training, according to Andrade.

Civil War Roundtable will hold annual holiday dinner

The New Bedford Civil War Roundtable will hold its annual holiday dinner on Dec. 6 at the Century House, 107 S. Main St., Acushnet. A buffet menu will include baked scrod, boneless chicken, steak tips, vegetables, rice pilaf, salad, rolls, ice cream, coffee and tea. A cash bar will be available. The dinner begins at 6 p.m. with food promptly served at 6:30 p.m. Tickets are \$37. To purchase tickets, make your check payable to the NB Civil War Round Table and mail to Bob Lytle, 76 Shipyard Lane, So. Dartmouth, MA 02748.



Happy Thanksgiving

The Dartmouth Council on Aging hosted 105 older adults for a Thanksgiving family-style dinner on Nov. 17. Dinner guests lined up outside the doors eagerly, in anticipation of the 12:30 p.m. meal. The dinner was supported by the COA's Friends of the Elderly group.

Your Health

WON'T YOU BE MY NEIGHBOR?

Bones: Where would we be without 'em?

By Nanci Winterhalter, MSPT



Nanci Winterhalter

Dear Neighbors,

The human body never fails to amaze me. The moment I think I have a grasp on even one aspect, I realize there is much that I don't know. There is always the next layer of understanding to explore.

Take the bones for example. As living tissue, bones are quite complex, and miraculous! Consider this.

Bone derives its strength, flexibility and ability to withstand stress from collagen (a protein) and calcium phosphate (a mineral). The purpose of our 206 bones is multi-fold and includes, but is not limited to:

- Protection and support of our vital organs, such as heart, lungs, brain, and digestive and reproductive organs;
- Serve as points of attachment for our muscles so we can move;
- Provide bone marrow to develop and store blood cells;
- Store and release essential miner-

als and fats vital to our function; and,

- Contribute to endocrine regulation that influences glucose metabolism and cognition, for example.

Thus, it makes sense to do our best to support our bones by eating well, including physical activity in our daily routine, refraining from smoking, avoiding substance abuse and maintaining a stable, healthy weight.

On a lighter note, I would like to share a piece of what I call "skeletal poetry." It tickles me to occasionally write about our various parts. Here goes:

My Ode to the Ribs - You had me at Hello

Where exactly would I be without my ribs?

My organs would be a hot mess, I won't tell no fibs.

12 sets - so beautiful... thin, flat, with a twist.

To think of living without them, to my eyes brings a mist.

My heart and my lungs-my ribs do protect.

Thank God my sternum and costal cartilage connect!



| | |
|--|---|
| <i>Without a conscious thought, with my breath they collude.</i> | <i>to trace.</i> |
| <i>Without my ribs, where would be my cheerful mood?</i> | <i>When I touch my wide ribs, I see my father's face!</i> |
| <i>My ribs, though conspiring - each has it's own style.</i> | <i>My ribs move up, they move down, They sneak in, they spread out.</i> |
| <i>Some are "true," some are "false," while some float like a smile.</i> | <i>I love those damn ribs - Even if their shape makes me stout!</i> |
| <i>To every breath, my ribs are quite married!</i> | <i>Our ribs protect our most precious part-</i> |
| <i>When breathing too quickly, my ribs can get harried.</i> | <i>With love and attention, they safeguard our heart!</i> |
| <i>Genetics make my ribs quite easy</i> | Nanci Winterhalter, "bone"afide science nerd |

Consider the power of hypnosis to help people in multiple ways

By John Barboza, Life Enriching Hypnosis

Hypnosis is a powerful tool for helping address everyday issues in our lives with benefits that can sometimes seem miraculous.

As we approach World Hypnotism Day on Jan. 4, here's a look at some of the issues that hypnosis addresses and the different types of hypnotism that may be of interest to you.

Consulting hypnotists make house calls, work from home, and from office buildings, where ordinary, everyday people with ordinary, everyday problems are hypnotized to improve their lives.

Some of the issues addressed are: stress, quitting smoking, weight problems, difficulty sleeping, nervousness, fear, and pain.

Another facet of hypnosis is comedy stage hypnosis, where people go to a venue such as a school, theater, comedy club, or fair to be entertained. Volunteers from the audience are what make the hypnosis show a fascinating, hilarious, fun, hypnotic spectacle.

Street hypnosis is when an individual in a small crowd, located at a park, street corner, or fair, is hypnotized and subjected to a barrage of funny antics similar to what volunteers at hypnosis comedy stage shows go through. The difference is he/she is the lone star of the performance.

Corporate hypnosis is when a company hires a professional



hypnotist to educate employees about topics such as increasing productivity, wellness, or improving morale. Hypnotized participants carry out specific suggestions similar to suggestions comedy stage hypnotists give to their volunteers, except the theme of the corporate hypnosis services is geared towards the company's requests to help their employees deal with issues like stress, lack of confidence, and fear.

Emergency medical hypnosis is when a trained hypnotist helps someone who, for instance, has been in a car crash and needs urgent medical attention. The hypnotist can help the injured person who may be in shock by keeping them calm and relaxed to the point where the pain from the injuries is nonexistent. Medical hypnosis is also used in childbirth during labor and delivery, and it's used in the reduction or elimination of anesthesia. It also helps quicken the healing time, reduces stress, and eases cancer treatment side effects.

Hypnosis in dentistry helps relax nervous patients who may be fear-



ful of the dentist's office visit, the smell, sounds of the tools, dental procedures, and needles. Bleeding and pain can be controlled, and tooth extractions can be performed with little or no pain medication usage.

Sports Hypnosis is when an athlete or the entire team is hypnotized to increase motivation, focus, stamina, and mindfulness, to enhance their athletic performance. Visualization techniques and methods used to remain calm in stressful situations contribute to improving the athlete's mental state.

Hypnosis seminars and workshops are places where you can learn about the history, myths, fallacies, and truths about hypnosis. Hypnotists teach and attend continuing education courses to keep up with current techniques. Hypnosis classes are often given to certify people interested in becoming professional

hypnotists, and self-hypnosis, group smoking cessation, and weight management presentations draw in crowds of people struggling with weight, stress, and nicotine dependence.

Hypnosis is a powerful tool we all have access to, and the benefits can sometimes seem miraculous. Hypnotists continue to educate the public and their clients about this fascinating phenomenon, and we all look forward to spreading the word across the globe every day, and even more so on January 4, 2023, on World Hypnotism Day.

John Barboza is a member of the National Guild of Hypnotists (NGH). He received his hypnosis training with Patricia MacIsaac FNGH, BCH, CMI, OB; master hypnotist and certified instructor and founder of South Shore Hypnosis Center in Hingham, Ma.

Ayuda a las personas mayores para los servicios de calefacción y electricidad en el área de tres pueblos

Coastline Elderly Services, Inc. ofrece asistencia a las personas mayores de las comunidades de Marion, Mattapoiset y Rochester que necesitan ayuda para pagar las facturas de calefacción o electricidad.

Los fondos pagarán el gas, la electricidad, el gas propano, la leña, u otras necesidades de calefacción, para ayudar a reducir la carga finan-

ciera de muchas personas mayores que tienen dificultades con estas compras.

La financiación de este proyecto ha sido posible gracias al George E. Curtis Charitable Trust.

Por favor póngase en contacto con el Consejo para Adultos Mayores (Counsel on Aging) en su área para completar una simple solicitud de ayuda. Solo una persona mayor del

hogar que reúna los requisitos para este programa, recibirá una ayuda única de \$400.

Para comunicarse con el Consejo para Personas Mayores (COA, por sus siglas en inglés) de Marion, llame al 508- 748-3570; para Mattapoisset, llame al 508- 758-4110, y para Rochester, llame al 508-763-8723.

Los residentes de New Bedford,

Fairhaven, Acushnet y Dartmouth también pueden acceder a la ayuda para cubrir los costos de combustible llamando a P.A.C.E. al 508-525-4271. El fondo PACE proviene del Programa de Asistencia para Energía para Hogares de Bajos Ingresos (LIHEAP, por sus siglas en inglés), un programa federal que ayuda a las personas y familias de bajos ingresos con los gastos de calefacción.

Alívio para aquecimento e utilidades para os idosos na área de Tri-Town

Os Coastline Elderly Services, Inc. está providenciando ajuda para as pessoas idosas nas comunidades de Marion, Mattapoisset e Rochester as quais precisam de ajuda com o pagamento das contas de aquecimento ou eletricidade.

Os fundos pagarão por gás, eletricidade, propano, lenha ou outras necessidades de

aquecimento, para ajudar a reduzir os encargos financeiros para muitos idosos os quais tem dificuldade com estas compras.

Financiamento para este projeto foi possível através do George E. Curtis Charitable Trust.

Por favor contate o Council on Aging na sua área para completar uma aplicação para assistência. Somente uma pessoa idosa

por agregado familiar que se qualifique para este programa, receberá uma ajuda única no valor de \$400.

Para o Marion COA, chame 508- 748-3570; para Mattapoisset, chame 508- 758-4110, e para Rochester, chame 508-763-8723.

Os residentes de New Bedford, Fairhaven, Acushnet

e Dartmouth que precisam de assistência ao combustível podem chamar o P.A.C.E. no 508-525-4271. O financiamento PACE é proveniente do Low-Income Home Energy Assistance Program (LIHEAP), um programa federal que ajuda os indivíduos de baixo rendimento e familiares com o custo de aquecimento.

Heating and utility relief available for Tri-Town area elders

Coastline Elderly Services, Inc. is providing assistance to older people in the communities of Marion, Mattapoisset and Rochester who need help with paying the heat or electric bills.

The funds will pay for gas, electric, propane, wood, or other heating needs, to help reduce the financial burden for many elders

who have difficulty with these purchases.

Funding for this project was made possible by the George E. Curtis Charitable Trust.

Please contact the Council on Aging in your town to complete a simple application for assistance. Only one older person in the household who qualifies for this

program, will receive a one-time assistance of \$400.

For the Marion COA, call 508- 748-3570; for Mattapoisset, call 508- 758-4110, and for Rochester, call 508-763-8723.

Fuel assistance for New Bedford, Fairhaven, Acushnet and Dartmouth residents can also be accessed by calling

P.A.C.E. at 508-525-4271. PACE funding is from the Low-Income Home Energy Assistance Program (LIHEAP), a federal program that helps low-income individuals and families with heating costs.

Translations provided by:



New holiday tradition debuts at Rotch-Jones-Duff House & Garden Museum

This year's holiday decorations at the Rotch-Jones-Duff House & Garden Museum will include a hand-made Nativity scene that was created by RJD Trustee Luis Duffy-Baraybar. The installation celebrates one of Duffy-Baraybar's family traditions and brings a new dimension to the Museum's holiday spirit.

"My display is based on the village of Bethlehem at the time of the birth of baby Jesus. It is a family tradition to build a manger (also known as a Nacimiento) for Christmas in Peru, and as a child, I could not wait to help my grandmother build hers every holiday season. Now as an adult, I keep the memory of my loved ones by making this Nativity in their honor and tradition," explained Duffy-Baraybar.

The installation will be on view on the Museum's second floor through Dec. 23. In addition, the Museum is holding a drop-in festive event:

Christmas on County
Thursday, Dec. 8,
4 p.m. – 6 p.m

Drop in to see the decked halls of the mansion and a large-scale nativity. Hear from docents about some of the holiday customs held by residents of the house.



This event is part of AHA night. Donations are accepted in lieu of a fee.

The historic house, now the site of The Rotch-Jones-Duff House & Garden Museum, was built in 1834 for whaling merchant William Rotch Jr. This Greek Revival mansion, located on a full city block of formal gardens, is a National Historic Landmark, one of only 2,500 in the nation.

The Museum is located at 396 County St., New Bedford and is open Wednesday through Saturday, 10 a.m. to 4 p.m. Advance booking is encouraged, but not required.

Admission is \$8 for adults; \$6 for AAA members, seniors and students; and \$3 for children (age 7–17). The Museum is free for RJD members and EBT card-holders.

The RJD gardens are free and available to visit from sunrise to sunset, seven days a week. Visitors are urged to visit <https://rjdmuseum.org> to book their Museum visit and to review the most current information on Museum hours and programs.

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Massachusetts

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SHINE, which stands for Serving the Health Information Needs of Everyone, is the name of the national SHIP program in Massachusetts. SHINE counselors are trained to give you **free, unbiased** information about Medicare plans that are right for you.

SHIP

State Health Insurance Assistance Program

Navigating Medicare

SMP

Senior Medicare Patrol

Preventing Medicare Fraud

The Senior Medicare Patrol Program in Massachusetts is a program of AgeSpan (formerly Elder Services) of the Merrimack Valley and North Shore, 280 Merrimack Street, Lawrence, MA 01843 800-892-0890, www.MASMP.org.

This project is supported by grant number 90MPPG0051 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



Christine Bean's watercolors on display at the Dartmouth Cultural Center a week before the artist's 102nd birthday.

Watercolorist, Christine Bean, still painting at 102 years old

She may be slowing down a little, but artist Christine Bean has no intention of stopping now. The Dartmouth watercolorist continues to paint at 102 years old and has two shows taking place this fall, one at the Dartmouth Cultural Center that ran until Nov. 19, and one kicking off this month at the Connor Center for Active Living, both in Dartmouth.

Much of the work she's showing comes from past years of productivity, but the centenarian is still creating new watercolors from her Dartmouth home. Her dedication may just be the secret of her longevity, according to Bean's son, Jim.

"It's just what she always does," he said. "It's her passion."

All three of Bean's sons were at the Nov. 4 Cultural Center opening representing their mother, who despite wanting to be there, was unable to attend. The walls were lined with landscapes, florals, and seascapes. A single bin contained additional

unframed works, that with the framed art, were all available for purchase.

The well-attended event was both a showing of Bean's art and a personal celebration, looking ahead to her 102nd birthday, that took place on Nov. 11.

His mother had been looking forward to the event, even after breaking her collarbone in a fall two weeks before, but the pain had been too severe, said Jim.

"She's terribly disappointed," he said. "They sat her up and it just hurt so bad."

Bean has had a few setbacks related to her age, but it hasn't stopped her from painting, Jim said. She no longer paints en plein air, once a staple of her process, and she rests more, and works when she can.

"She broke her right arm – the one she paints with – last year. She healed and went back to painting, but she no longer paints boats because she can't quite manage the rigging since the break," said Jim.

Bean was a Dartmouth school teacher before start-

ing her art career.

"She was teaching home economics and hating it, because that was not her passion," said Jim.

His mom and dad worked out an agreement about an upcoming vacation trip that allowed both of them to pursue personal passions.

His mother planned to paint full-time and find an artist giving a workshop that she could take, Jim said. His dad had his own plan.

"She would do the workshop and he would fish," Jim said. "They were both as happy as could be."

Jim said after his dad died about 10 years ago, well-wishers questioned his mother about continuing to paint. She didn't hesitate, he said, telling them, "If I'm not (going to paint), what do you think is going to keep me going?"

"She's always passionate and that is the secret of her longevity," he said.

Bean's show at the Dartmouth COA opens on Dec. 5 and runs through the holidays.

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

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Benefits and drawbacks of reserving a life estate

By Brandon C. Walecka, Esq.

Your home is often your most important asset. Many families want to protect this asset from the high cost of nursing home care. When nursing home care is not imminent, a common planning technique is to deed the home to a loved one, typically your adult child(ren), and reserve a life estate for yourself. This transfers ownership to your child(ren) (remainderpersons) while giving you (the life estate holder) the right to live in the home for the rest of your life. If you make it through the five-year Medicaid (MassHealth in Massachusetts) lookback period and retain ownership in the house until your death, then the house value is protected from having to pay for your nursing home costs.

Sounds like reserving a life estate is a good idea...or is it? Let's look at the benefits:

Living Rent-Free

The life estate provides you with an absolute legal right to use the house, rent-free, for the rest of your life. When you pass away, the right of occupancy passes to the remainderpersons (your child(ren) or whomever you transferred ownership to).

Collect Rental Income

Another clear-cut advantage is that the life estate tenant is entitled to all the net rent. For example, if you move to another living situation such as an assisted living community, you can benefit from renting out the property and receive all the net rent without sharing it with anyone.

Avoid Probate

Once you as the life estate holder passes, the title passes by operation of law to the remainderpersons. With respect to the property, probate is avoided, and no court proceedings are necessary. Your family saves thousands of dollars in legal expenses and court costs.

Home is Protected from Nursing Home Expenses

Once you make it through the five-year lookback period, MassHealth cannot recover against the home – if you continue to hold onto the property until the time of your death. Since probate is avoided, the property is not considered an estate asset subject to MassHealth recovery. This means that if MassHealth has a claim against your estate for nursing home expenses, the Commonwealth will only be able to seek reimbursement from your other probate estate assets, if any.

Of course, there are other elements of reserving a life estate that may not be seen as benefits and more like

disadvantages. Here are some limitations to consider:

Loss of control

A significant issue with reserving a life estate is the loss of control. You cannot sell or mortgage the home without the consent of the remainderpersons (your child(ren) or beneficiaries). This includes obtaining a reverse mortgage to provide needed cash flow in your retirement years. The remainderpersons, however, can mortgage the home, refinance, or even sell it (subject to your life estate) without you having any say.

You are still responsible

As the life tenant, you are still responsible for all household expenses, including but not limited to, property taxes, water/sewage charges, condo fees (if applicable), special assessment fees.

Your net proceeds are limited if the home is sold during your lifetime

If the home is ever sold during your lifetime, you are only entitled to receive the proceeds attributable to the Life Estate value and nothing else. Currently, there is uncertainty regarding how the value of your life estate will be calculated. The IRS uses one method and MassHealth uses another. This can cause major issues should you want to become eligible for MassHealth long-term care benefits.

The home is subject to a remainderpersons' creditors

If one of your children/remainderpersons files for Chapter 7 bankruptcy, gets sued, gets divorced, your home may be reachable by these creditors who could try to force the sale of the home. Also, if your child(ren)/remainderpersons predeceases you, you can suddenly own the home with someone you did not expect to.

No changes

Once you sign the deed transfer reserving a life estate for yourself, you cannot undo the transfer or change the beneficiaries. On the other hand, setting up an irrevocable trust would permit you to change the beneficiaries by reserving and exercising a Special Power of Appointment in the trust.

Deciding whether to reserve a life estate takes careful consideration and knowledge of both the pros and cons. If your goal is to protect your home from nursing home costs, working with an experienced elder law attorney is essential.

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

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What's on the center of the map in the United Nations' emblem?
A.) South America B.) North Pole
C.) Africa D.) Europe
- 2.) Rainforests are subject to at least how many inches of rain a year?
A.) 40 B.) 50 C.) 80 D.) 120
- 3.) What type of telephones were introduced in 1963?
A.) Touch-tone B.) Internet
C.) Satellite D.) Cell
- 4.) What was Stephen King's first published novel?
A.) Salem's Lot B.) Night Shift
C.) Carrie D.) The Shining
- 5.) Gazpacho is a cold soup of what traditional cuisine?
A.) Italian B.) Japanese
C.) Spanish D.) Mexican
- 6.) Who was the first postmaster general of the United States?
A.) Alexander Hamilton B.) Thomas Jefferson
C.) George Washington D.) Benjamin Franklin
- 7.) How many muscles are there in a human finger?
A.) 3 B.) 0 C.) 11 D.) 9
- 8.) Why do dogs wag their tails?
A.) To alert of danger B.) To show hostility
C.) To cool down D.) To show various emotions
- 9.) Where was ice cream first invented?
A.) U.S.A. B.) Peru
C.) Italy D.) China
- 10.) Which of these US presidents was awarded the Nobel peace prize?
A.) George W. Bush B.) Barack Obama
C.) John F. Kennedy D.) Richard Nixon

[Answers listed on page 11]

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Veterans recognized in annual Dartmouth lunch

The veteran’s lunch in Dartmouth filled Rachel’s Lakeside last month with veterans, supporters, and local and elected officials. The well-attended event is held each November by the Friends of the Elderly to thank and recognize veterans for their service.

Guest speaker Cmdr. Billie J. Farrell, who was officially named the 77th commander of the U.S.S. Constitution in January, spoke to her role as a woman commanding a ship – the first for the U.S.S. Constitution – but one of 35 female captains around the world today.

The ship was launched in 1797 and celebrated its 225th birthday just a few weeks before the event.

“Today, I have a crew of 80 active-duty sailors,” Farrell told the



audience.

Of the six frigates constructed under the Naval Act of 1794, the USS Constitution was the third and the only one left standing. It remains undefeated in conflict.

For Farrell, the symbolism behind these facts – that this ship survived

Enjoying the lunch are veterans (l-r) Alan Cass, Jim Collins, and Joe Toomey. Above left, Cmdr. Billie Farrell addresses the group and (right, l-r) are Friends of the Elderly president Maria Connor, Dr. Michael Zack, U.S. Rep. Bill Keating, and Cmdr. Billie Farrell.

the longest and that it is her duty to “preserve, promote and protect her legacy”- is a powerful motivator.

“I’m in awe that the one that is left standing carries the name and responsibility of the document that governs us on a daily basis,” she said.

U.S. Rep. William R. Keating spoke directly to veterans in the audience, saying he is concentrated on medical research, medical resources, and medical health for all veterans. He praised the passing of the PACT Act which expands health care and benefits for veterans exposed to certain toxic substances.

“Too many veterans...died after being afflicted with these kinds of contaminants while they served our country,” he said.

In his remarks, Rep. Chris Markey thanked veterans and those in attendance, telling the group, “The people in this room are the people I think about when I make decisions.”



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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.

Focus group on health needs: We are looking for Acushnet residents who are caregivers to participate in a focus group to discuss issues and concerns of health in your community. Meet on your choice of Tuesdays: Nov. 29 or Dec. 6 or Dec. 13 for one hour, time to be scheduled. To sign-up, contact: Pim LeSeure, College of Nursing and Health Science, (508) 910-6511 or pleseure@umassd.edu.

Holiday breakfast: One last gathering of friends before we bid farewell to 2022. Dec. 23, 9 a.m., breakfast to include Fruit Cup, Scrambled Eggs, Home Fried Potatoes, Bacon & Sausage, Muffins & Danish, Coffee & Orange Juice. Entertainment from 9-10:30 a.m. provided by Jack Radcliff. \$6/per person due in advance.

Tea Party: Dec. 12, 12:30 p.m. Limited to the first 30 to register. Priority to those not able to attend in October. \$10/per person due at registration. Menu to include: scones - cinnamon and chocolate raspberry, sandwiches - chicken salad with cranberries on mini croissants & herb garlic cheese with cuke & dill on white bread, assorted hot & cold teas and more. Sign-ups begin 12/1.

Resistance Bands: Thursdays, 10:15 a.m., Free. Resistance bands use oppositional force to train your muscles instead of weight, and you can alter how intense of a workout you get. Bring your bands or use ours..

Chair Yoga: Fridays, 1:00 p.m., \$3/class. A gentle practice in which postures are performed while seated and/or with the aid of a chair.

Cribbage League: Mondays, 11 a.m. 10-week league. Drop-in games Fridays, noon.

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.

Art of Christine Bean: Exhibit of local centenarian will be on display at the Center through the holidays.

Single Senior Supper Club: Tuesday, Dec. 6. \$5.00 Pre-registration required.

Holiday Chocolate Bark with Nina: Learn to make three kinds of bark and take samples to share. Dec. 6 at 1 p.m. Pre-registration required. Cost is \$5.

Internet Safety & Security: Dec. 9 & 16 9-11. Hands on class. Must bring your own computer. Cost is \$5 per session. Pre-registration required.

Hospice 101 A Conversation: Dec. 12 at 10 a.m. Clear up common misconceptions about what Hospice services provide. Walk-ins welcome.

Paper Snowflakes with Jane Bregoli: Dec. 13 at 1 p.m. Pre-registration required. Free.

Blithewold Mansion Holiday Tour and Tea: Dec. 14 at 9 a.m. Cost is \$50. Pre-registration required..

Around Town Holiday Displays excursion: Dec. 15 5:30-7:30 p.m. Hop in one of our vans and tour the best holiday lights in town! Pre-registration required.

Holiday Party at Rachel's Lakeside: Dec. 21 at noon. Cost is \$5.

Real ID workshop: Presented by the RMV. Dec. 15 at 10:30 a.m. Join us and learn more about the Real ID. Pre-registration required.

What You Need To Know About Identity Theft: Learn how to recognize and protect yourself from identity theft. Presented by DA Tom Quinn and ADA Michael Scott. Dec. 16 at 1 p.m. Pre-registration required.

Restorative Yoga: Fridays at 11:30 a.m. \$5. Pre-registration required.

Parkinson's Yoga: Tuesdays at 1 p.m. Call the Center for information.

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.

Parkinson's Support Group: Second Tuesday of the month 1-2:30 p.m. Beginning Jan. 12. Please contact Donna Valente prior to attending at 617-899-1892.

Open Studio Art Class: Tuesdays, 9:30-noon beginning Jan. 17. Work on projects with other artists and get instruction as-needed. \$10. Call for information.

Dartmouth COA

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.

January Trips: Tiverton Casino, Jan. 4; Emerald Square Mall, Jan. 11; Hyannis Mall, Christmas Tree Shops, Trader Joe's & Whole Foods, Jan. 18; and Providence Place Mall & Whole Foods, Jan. 25; \$6. Reservations required. Van leaves the center at 9 a.m.

Technology Classes: Jan. 9 and 11. Advanced skills Smartphone and Phone photos. Must have a SanDisk iXpand Flash Drive that connects to your personal smartphone. Call or stop in for sign-up information.

Charm Medical Supply: This MassHealth approved provider will be at the COA on Dec. 12, 10:30 a.m., to answer questions and provide product information related to incontinence.

Christmas Day Dinner: Dec. 25. Doors open at 10 a.m. Dinner at noon at the Holy Name of the Sacred Heart of Jesus Parish Hall, 121 Mount Pleasant St., New Bedford. Call to reserve a place by Dec. 22. 508-999-4717.

Old-Time Holiday: Dec. 10 in Historical Fairhaven Center. Varying times; most begin at 11 a.m. Town Hall Sing-along starts at 6 p.m.

Memory Café: Dec. 22, noon to 2 p.m. Reservations required.

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. 11:15 a.m. -12:15 p.m. Dec. 28. Free for residents. \$5 non-residents.

Chair Yoga: On hiatus for the holidays and will resume in January.

Reiki/Alphasonic: 9-noon, Dec. 19, Reiki is a subtle yet powerful form of energy medicine that is an effective modality for a wide range of issues in the body, mind and spirit. Alphasonic can be used to help improve health and performance, aiding the body to heal and recover faster. \$20 per session. Sign-ups required. Call the COA.

Wellness Clinic: 11:15-1:15 every Wednesday in December. Call the Board of Health for information at 508-979-4023, ext. 125.

SRTA presentation on transportation options: Dec. 5, 11 a.m. How to qualify for services including Demand Response.

Holiday Party: Dec. 16, 1-3 p.m. Suprise guest with entertainment and refreshments. Call by Dec. 12 to reserve a place. Call 508-979-4029.

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.

Boxwood Tree Class: Dec. 6 at 1 p.m. Learn the technique of working with boxwoods to make this holiday centerpiece. Call 508-748-3570 to register. \$20 materials cost due at sign-up. Gerry & Sandy Trull, with backgrounds in the floral industry, will lead this demonstration.

Southcoast Hand Bell Ringers: Dec. 9 at 1 p.m. Enjoy the harmonious music of the hand bell choir as they help us to usher in the Holiday Season.

Continued on Page 11

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Community



Bob Lytle (above left) walks visitors through the history of Fort Rodman, now Fort Taber, from conception to today at the Military Museum. At right, exhibits range from pre-Civil War to today and include walls filled with photographs of local servicemen and women.



The best reason to visit New Bedford's Military Museum are the stories told there

Bob Lytle strolled casually up to the Fort Rodman replica in the Military Museum at Fort Taber and began telling its story, unwinding an approximately 200-year tale from the fort's conception right up until the 21st century and an unsuccessful attempt to save the structure.

It was the morning before Veteran's Day and the Fort Taber museum was busy, with over a dozen visitors making their way through the crowded spaces filled with memorabilia, artillery exhibits, military replicas, and walls with hundreds of photographs of area servicemen and women, some going back as far as the Civil War.

Lytle was one of three or four

volunteers staffing the museum that day, answering questions and telling stories. Just outside the museum's modern building stood the granite Fort Rodman structure, still an impressive site despite being closed to the public for safety reasons.

His tale follows the fort through several designs, artillery set-ups and multiple names. Fortifications were added and taken away, often based on whether the country was at peace or war. To this day, Lytle said, there has only been a single use of the 226 guns placed in the fort. The blast shattered all of the windows in the South End, he said.

As Lytle told his story, visitors from the Dartmouth Council on

Aging listened to volunteer Jack Byrnes describe how Union soldiers were rescued from a steamboat that ran aground in the Ashepoo River in South Carolina. The soldiers who rescued them, including William Downey, John Duffy, and David Lewis Gifford, all from the New Bedford area, volunteered to be part of the team that rowed back and forth transporting soldiers off the steamboat 16-17 consecutive times under heavy Confederate fire.

In total, 397 soldiers were saved that day and only 12 lives lost, Byrnes told the group. For their actions, the three soldiers were recognized with the Medal of Honor.

In his comments, Lytle noted that



the fort's future is uncertain and that a 2013 effort to save the structure failed. "Today what we do here is tell the stories," he said.

He encouraged people to add their stories, saying the museum accepts 5x7" photos of area servicemen and women. Bring one in, he said, and, "We'll find a place to put it."

For more information, visit www.forttaber.org.

Cherry's was a special part of Christmas in New Bedford

By Jeannine Wilson Aidala

I worked at Cherry's downtown while I was in college, full time in the summer and part time as needed during the rest of the year.

I attended Stonehill, graduating in 1962 and commuted except for my last year when I lived in an apartment with other girls. Stonehill did not have girls' dorms at that time.

I really liked working downtown in the late '50s and early '60s. It was exciting and fun being part of that grown-up world, especially before Christmas.

There were no malls so everyone went downtown. The streets and stores were filled with throngs of shoppers. Holiday music was in the air and festive decorations were everywhere.

People seemed happy and the Christmas spirit was contagious.

I felt good about working at

Cherry's, the finest department store in the city at the time.

The store management had strict rules about dress and deportment. We had to wear dresses or skirts and nylons (pantyhose was not yet available). I enjoyed getting "dressed up" to go to work.

Sometimes I was assigned to the Sportswear Department on the second floor, where I checked out all the latest trends like poodle skirts and tartan kilts held together with gold pins.

Other times I was on the main floor, a very busy place where hats, gloves, handbags, stockings and jewelry were on display. I could be assigned to any of those counters, and customer service was real in those days.

We had to put our hands in the stockings to show the customer how they would look and help them try on hats and gloves. If

anyone was caught ignoring a customer, we would get a stern look from the floor walker or department manager.

In the week or so before Christmas, I was out of school and I worked from 9 a.m. to 9 p.m.

Because by law I had to take both a lunch and supper hour, I was given \$2 in a little brown envelope to pay for my second meal. With that money I could enjoy a nice supper at Ray and Joe's or one of the many small restaurants downtown. I went with one or two of the other girls who had the same break time so it was quite a gabfest.

Then back to work for the evening rush. At least all the stores closed on Sunday for a day of rest.

Jeannine Wilson Aidala, editor of Senior Scope from 2004 to 2016, worked at Cherry's while attending Stonehill College.

Christmas Past continued...

adulthood with much hope for the future.

Christmas was always my favorite time of the year to work as we had many regular customers, and they were like my extended family. Many of them were politicians, reporters, or workers from local businesses who came in daily for their coffee break or a meal. The restaurant also sold many exotic items like tripe, cow's stomach, and rattle snake. Foods I had never seen, nor tasted, but which made me feel very grown-up just knowing they existed.

One Christmas really stands out in my mind when I think back to the 1950's and 1960's. This was when Ray's unexpectedly filled with singers from a Barber Shop competition being held nearby. It was late on Saturday and I and my co-workers were tired having had a very busy day. We knew there was no way we were going to be able to serve all these people and close at our usual 7 p.m. The singers must have sensed our conflicted feelings. Suddenly different groups began serenading the waitresses, cooks and other personnel. They changed the whole atmosphere, and we were all so sad to have that evening end.

Luongo was a waitress at Ray and Joe's while a high school student in the late 1950s and early 1960s.