

# Senior Scope

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

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## Inside



Cinco de Mayo party, page 4

- Donations ..... 2
- From the Editor ..... 2
- Social Security ..... 2
- MassHealth Renewals ..... 3
- City Native (cont.) ..... 3
- Updates ..... 4
- Rochester COA ..... 4
- NB Wellness ..... 5
- New Federal Rules ..... 6
- Be My Neighbor ..... 7
- Legal ..... 8
- Trivia ..... 8
- Moving with Moxie ..... 9
- At the COAs ..... 10
- COAs Continued ..... 11
- Dementia Directory ..... 11
- Spinner Photo ..... 12
- John Bullard (cont.) ..... 12

■ Los Articulos en Español ..... Página 6

■ Os Artigos em Português ..... Página 6



Better balance workshops, page 9



John K. Bullard trying out city police bikes (above) and with Sarah Delano (at right).



## New Bedford shines in new memoir

**F**ar from home, with the world before him as a young college graduate, John K. Bullard turned his sails back towards his hometown of New Bedford, changing the course of his life.

That’s an essential message in Bullard’s new memoir that puts New Bedford at its center and tracks the people and projects that helped revitalize the city through the eyes of a 13th generation son, longtime advocate, and mayor from 1986 to 1991.

Despite being born into an historic whaling family, with New Bedford roots dating back to 1765, Bullard was seeking a place to plant himself after college where he could help make the world a better place.

It was 1969, the world was in turmoil, and he had just graduated from Harvard.

On a journey that took him to Spain by “hitchhiking by sailboat,” he was inspired to stop resisting a life that felt prescribed — determined by the legacies of his ancestors — and instead embrace his heritage as an opportunity to make a difference by serving one small cobblestoned city

*Continued on page 12*



John Bullard on the campaign trail on Shaw Street in New Bedford.

## New Bedford native is changing the narrative on aging

Senior Scope spoke with Changing the Narrative founder Janine Vanderburg this month about her life growing up in New Bedford and her work to end ageism. Changing the Narrative is a Denver-based initiative to end ageism through evidence-based strategies, community education and organizing, strategic communications, and innovative public campaigns.

**Q: You’re from New Bedford! Hello. Can you tell us about your roots and growing up here?**

**Janine:** I grew up in the North End, where my dad owned Bourassa Hardware. I went to St. Joseph’s School (K-8), then Holy Family High School, where I was on the debate team, and lots of other stuff as well.

I always have loved “coming home.” When I got married, we had

our rehearsal dinner at Davy’s Locker, a longtime favorite. When our girls were little and visiting mémère and pèpère, they loved the beach and the boats, and my dad bringing home linguça pizzas.

I still get back home each year. My sister lives in Acushnet, and I have a brother in Dartmouth and another in Barrington, R.I. I miss the ocean, great seafood, and New Bedford accents surrounding me, which I pick back up after being home a day or two.

**Q: How did you get involved in ending ageism and did New Bedford influence your thinking?**

**Janine:** Changing the Narrative started in 2018. I was getting ready to step away from my consulting firm. A friend called, stating she was going to start an anti-ageism initiative and wanted me to lead it. I agreed, and the



Janine Vanderburg

stories I heard that year in 42 in-person workshops made me a passionate advocate for ending ageism.

One day, I was facilitating a work-

*Continued on page 3*

# How we protect you from scams

By Delia De Mello  
*Social Security*

Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you throughout life's journey. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record.

To qualify for spouse's benefits, you must be one of the following:

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- Any age and have in your care a child who is younger than age 16 or who has a disability and is entitled to receive benefits on your spouse's record.

If you wait until you reach full retirement age, your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit. You'll also get a full spouse's benefit before full retirement age if you care for a child who is entitled to receive benefits on your spouse's record.

If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit.

For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement) to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. For more information, please visit our website at [www.ssa.gov/planners/retire/divspouse.html](http://www.ssa.gov/planners/retire/divspouse.html).



Delia DeMello

# From the Editor

Welcome to June! You know it's officially summer when the number of outdoor activities in the region skyrockets.

It's a great time to be out in nature and in this issue, we spotlight several options for anyone who wants to take advantage of the warmer weather to increase and improve their mobility.

New Bedford Wellness, for example, is once again offering its free outdoor yoga classes in the city beginning this month, and Donna Bosworth breaks everything down in a Q&A column on page 5.

In Fairhaven, Fitness in the Park is also offering yoga as well as a bootcamp class that focuses on building functional strength and core stability. See the update description on page 4, or on their Facebook page, Fitness in Cushman Park, for details.

But don't stop there. Other yoga businesses also offer outdoor classes in the summer, from Westport to Wareham, and it's worth checking to see if there is a class that might appeal to you.

For anyone new to yoga, keep in mind that outdoor classes offer countless options for doing the same pose. The rule of thumb

is always to listen to your body and do what feels good. Stretches can be beneficial without pushing to or beyond your limits.

Permission is always there for doing what works best for you and learning to listen to your body and understand what it is asking for, is part of everyone's yoga journey. I was once at a summer morning yoga class at Ned's Point in Mattapoisett when the instructor said, 'If your body wants to stay in child's pose for the entire class, do that.'

One last class to consider is the Moving with Moxie series described on page 9. This one is indoors at several locations in the region and is worthwhile if you have balance or mobility concerns or just want a fun exercise option.

It has a circuit training approach where participants can track their progress as well as an obstacle-course style that offers individualized support in the group setting.

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



Beth Perdue



**Coastline**  
508-999-6400

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



**SHINE Counselors**  
in the Greater New Bedford Area

Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Virginia Walega
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)	508-284-2608 508-979-1526 508-991-6170	Natasha Franco Luisana Paez-Espinal 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

## Donations for June 2023


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.


In memory of Doris "Kitty" Hebert.  
With love, Diane Freitas, \$10.

In memory of Kathy K.T. (Gryss) Nicholas (Ubuntu)  
With love, Frederick J. Gryss (Dad), \$20

**Year-to-Date: \$471**

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**Senior Scope**

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# What you need to know about MassHealth renewals

## Look out for the blue envelope

If you receive a blue MassHealth envelope in the mail this year, it's the first sign that you need to reapply for the state's Medicaid program.

MassHealth is expected to re-check the eligibility of 2.3 million Massachusetts residents this year. They began the redetermination process in April and will continue until March 2024. Although it had been an annual process, renewals were put on hold during federal and state public health emergencies related to COVID-19. Those emergencies and the continuous insurance coverage granted during them ended this spring.

If you have MassHealth now, the renewal process will likely affect you, although what you can expect varies from when or if you'll be asked to reapply, how complicated the reapplication process will be, and what it will mean for your health coverage.

Paula Sipple and Jennifer Ouellette, coordinators in Coastline's Community Mainstream program, say they are seeing people's experiences range from automatic renewals to applications that are anywhere from a few to 20-pages long.

Sipple and Ouellette work with Coastline consumers and New

Bedford residents over age 60 helping them complete reapplication forms. Collectively, they've helped hundreds of people reapply over the years or, if they don't requalify, referred them to additional assistance finding alternative health insurance.

Because the nonprofit works with older adults, including many who have difficulty leaving the house, the pair travel to people's homes to help.

"Most of the people we see don't get out of the house very much. They don't drive," said Sipple, about visits.

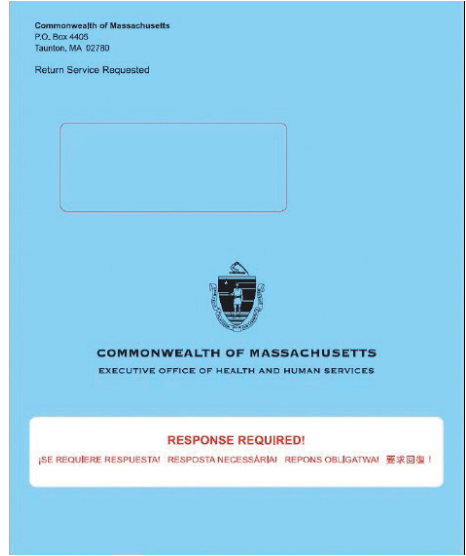
For individuals who don't meet Coastline criteria, help is also available from the region's SHINE counselors. The SHINE program provides free health insurance information and counseling to all Massachusetts residents. SHINE counselors can usually be reached through your local council on aging.

Both Sipple and Ouellette recommend seeking help from those familiar with the forms and the reapplications process. There are strict income and asset requirements for qualifying, they say, and knowing which assets count and how they affect your eligibility status is important — particularly for those new to MassHealth.

**Resources**

**SHINE Counselors:** See full list on page 2.

**Community Mainstream:** Call 508-999-6400.



"Lots of people have only gotten on MassHealth in the last three to four years and never renewed before, so there are probably quite a few people who may be surprised to get a renewal notice," said Ouellette.

Coastline and SHINE counselors can also help people know which documents and statements they'll need to complete the application.

Whether you've received your reapplication form or expect to soon, it's important to keep your information up-to-date, said Sipple. MassHealth requires that changes to information such as your name, address, contact information or marital status be updated within 10 days of the change.

Although MassHealth has built in checks to keep as many people from losing health insurance due to renewal complications as possible, it is best to reach out for assistance as

soon as you get your form. For those who may no longer qualify, calling will also help you connect with support for signing up for alternative health insurance.

It all comes down to those blue envelopes.

"If you get a blue envelope, you'll have 45 days to respond and then they'll send a second notice out," said Ouellette. "If you don't get a blue envelope and if they don't get in touch with you, just keep on going. You're all set."

Coastline's Community Mainstream program can be reached by calling 508-999-6400. A list of SHINE professionals and contacts is on page 2.

### City native continued...

shop in one town in western Colorado. Women my age were stuffing the refreshments in their tote bags. When I sat down with them, they shared that they were trying to live on \$500-\$600/month of social security, that they needed and wanted to work and that no one would hire them. I was stunned, having seen Help Wanted signs in almost every store in town. It was then that I really saw the impact of the pervasive ageism in our culture.

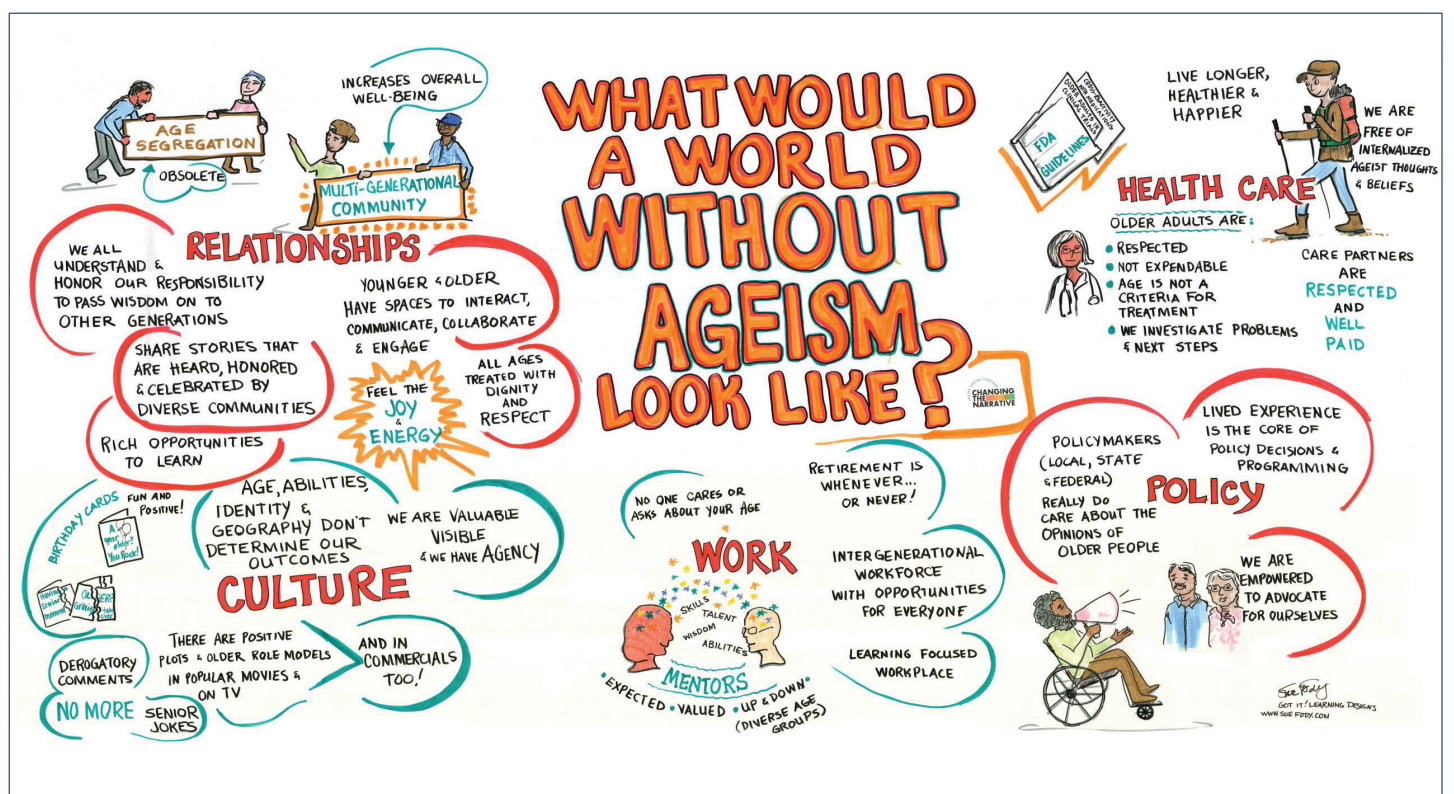
It was contrary to what I had absorbed in my ethnically diverse, intergenerational neighborhood in New Bedford. My mom's parents lived upstairs, and my dad's parents just a few blocks away.

My dad worked into his 70s lugging cartons of paint in the store, and loved speaking to the "old timers" who would huddle around the radio listening to Red Sox games while their paint was being mixed.

My mom was an incredible role model for age not being a barrier to pursuing our dreams. She had always wanted to go to college, and so in her late 50s told my dad that she was going to start at SMU. She graduated four years later magna cum laude and fluent in four languages: her native French, English, Portuguese, and Spanish. I saw aging as a positive, not a negative.

**Q: What is Changing the Narrative about? Where are you seeing your greatest impact?**

**Janine:** Changing the Narrative is at its heart a U.S. campaign to end ageism. Although based in Colorado, last year people from all



Changing the Narrative explored people's ideas around what a world without ageism would look like, resulting in the above graphic with many inspiring possibilities.

50 states in the U.S. and 43 countries outside participated in one or more of our programs. Our strategies are what research has shown to be effective in ending ageism: education about ageism and implicit bias; intergenerational connection; and working on policies and law that allow all of us to thrive at all ages.

The "fun" stuff like birthday cards are an effective way to educate people about ageism. It allows people to talk about: What does it mean when typical birthday cards portray aging as all downhill?

Changing the narrative really means changing the stories that we tell about ourselves and allow others to tell about us. We want to move

away from the stories of decline, deterioration, depression and dependence and share the true growth and opportunities for contribution that come with aging if we don't allow ageism to get in the way.

Because we are surrounded by messages in our culture that younger is better, too often we find ourselves saying "I am too old to do, learn, or start that."

We limit our own opportunities. And perhaps more important for our day-to-day lives is this: Research by Dr. Becca Levy of the Yale School of Public Health shows that negative thoughts about aging lead to negative effects on us. On the other hand, if we are able to think positively about ourselves aging,

research shows that we will have better physical and mental health, memory, life span, and reduced likelihood of developing dementia. These are important reasons to pay attention to the thoughts that surround us and to fight back against ageist messages and actions.

**Q: How do we combat ageism?**

There are a number of things we can do—big and small—in our everyday lives, from speaking up when people make ageist remarks, to advocating in our communities for more age-friendly policies. We have an Ageism Activism Center on our website that can get you started. Go to <https://changingthenarrativeco.org/ageism-activism-center/>

# Update

## Massachusetts Alzheimer's Advocacy Day is June 8

The Alzheimer's Association will hold their annual Massachusetts Advocacy Day on June 8 at the Massachusetts State House. Individuals are invited to join them at the State House to hear from legislative champions and to get the latest updates on bills that support people living with dementia and their family caregivers. Those who attend the day's events will meet with legislators to discuss policy requests to help support the 130,000 individuals living with Alzheimer's in Massachusetts, the association said. To register, visit <https://www.alz.org/manh/events/massachusetts-advocacy-day>. Note that the organization says that by registering, an individual is committing to attending the event at the Massachusetts State House in Boston and meeting with your state senator and representative.

## Fitness in the Park returns

Fitness in the Park returns in June for its 12th year of offering free outdoor fitness classes in Cushman Park on Green Street in Fairhaven. Classes are on Tuesdays and Thursdays at 8:30 a.m. from June 20 to Aug. 24. Tuesday's class is Yoga in the Park with certified yoga instructor, Jeff Costa, E-RYT 500. This is a yoga series for all levels. Thursday's class is Summer Bootcamp, beginning June 22 with certified personal trainer (A.F.P.A.), Wayne Goulart. The Bootcamp class consists of various exercises that build functional strength and core stability with circuits utilizing light dumbbells and body weight exercises. Attendees should bring a mat for yoga and a mat plus set of weights for bootcamp. Classes take place weather permitting — cancellations will be posted on the Facebook page: [www.facebook.com/fitnessincushmanpark](http://www.facebook.com/fitnessincushmanpark)

## Boost to SNAP benefits ends in June

Extra SNAP funding that is currently being provided by the Massachusetts Department of Transitional Assistance will be paid for the third and last month in June. The state stepped up in April to help residents adjust to lower SNAP benefits after extra federal SNAP monies related to the COVID-19 emergencies ended on March 2. The state said it would provide additional benefits for three months, with at least \$38/month in April, May and June. To learn about the extra funding and how to get the most out of your benefits, visit [Mass.gov/ExtraCOVIDSNAP](http://Mass.gov/ExtraCOVIDSNAP).

## Learn to produce videos with New Bedford Public Access

Are you interested in becoming a video producer and creating shows for New Bedford Public Access? If so, the city's cable station is offering Basic Certification Classes every Thursday from 9:30 a.m. to noon, beginning July 13. Classes will provide you with the skills and knowledge needed to produce and create content that will air on Channel 95. To register or for more information, please call 508-979-1463.

## New Bedford-Fairhaven bridge news

Rep. Bill Straus offered an update on the New Bedford-Fairhaven bridge replacement on his Facebook page recently. The Healey-Driscoll Administration, he said, has continued funding for the project in its draft Capital Investment Plan for Fiscal Years 2024-2028. From that funding, \$12.5 million will be allocated as authorized by last year's earmark, assuring that necessary site assessment, design and permitting work can continue on schedule. The detailed bridge work by the state's design firm also is continuing, according to Straus, who added that MassDOT is working on navigational report amendments based on local and Coast Guard comments. "The report is a necessary beginning to obtaining a new bridge design which works both for the road users and those on the water below. This involves offering a moveable bridge design which reflects needed clearances for vessel movement through the channel underneath Route 6. Several bridge design types will then be submitted in a 'bridge type report' for public consideration."

## Brain Builders classes available

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

## New Bedford adds historic districts

New Bedford Mayor Jon Mitchell proposed, and the City Council approved, the addition of two new historic districts in the city recently. With the decision, Abolition Row and Mechanics Lane both become local historic districts in the Seventh Street and Mechanic's Lane areas. The City previously had one local historic district, the Bedford Landing – Waterfront Historic District, which was established in 1971 and which shares its boundaries with the New Bedford Whaling National Historical Park. In its announcement, the city described the Abolition Row Historic District as a "unique and cohesive group of residential properties along Seventh Street, representing the city's significant role in the Abolition Movement." The Mechanic's Lane Local Historic District, the city said, is "a small cohesive group of mainly residential properties that were built in the early to mid-nineteenth century that housed tradesmen and craftsmen who were commonly referred to as 'mechanics.'" The lane runs along the back of the First Baptist Church, a historic landmark whose restoration is nearly complete. "The designation of the Abolition Row and Mechanics Lane Historic Districts will ensure that these unique and cohesive group of properties are recognized for their historic and architectural significance and are protected from potential alterations that could undermine the area's historical character," said Mayor Mitchell in a statement. New Bedford is home to seven National Historic Landmarks (three of them located within the proposed Abolition Row District) and currently has 15 National Register Districts.

## Celebrate PRIDE in June

**June 2:** Pride Flag Raising, 4 p.m., New Bedford City Hall.

**June 3:** Pride Festival, 11 a.m. - 4 p.m. at Buttonwood Park.

**June 10:** Taunton Pride Festival, Noon - 5 p.m. at Hopewell Park.

**June 10:** Glow! The Pride Afterparty, 6 p.m. to close, ages 21+, at Bobby's Place, 60 Weir St., Taunton.



At left, Rochester seniors enjoy the Cinco de Mayo celebration and music from Mariachi Guadalajara. Above, (l-r) DA Timothy Cruz and COA Director Eric Poulin hold the symbolic check for safety supplies.

## Rochester COA celebrates safety donation at Cinco de Mayo event

The Rochester Council on Aging held a rockin' Cinco de Mayo event in May that had older adults celebrating in style for the holiday that is recognized in parts of Mexico each May 5. In Mexico, Cinco de Mayo recognizes the 1862 military victory over the French forces of Napoleon III.

The COA's party included a live performance from Mariachi Guadalajara, a Boston-based Mariachi band, as well as tacos, fajitas and other Mexican cuisine.

The celebration also featured the presentation of a \$500 donation from Plymouth District Attorney Timothy Cruz. The donation will help the COA provide safety-related supplies for seniors, said COA director Eric Poulin.

The \$500 will purchase "safety-related supplies for our seniors like Knox boxes, smoke and carbon monoxide detectors," Poulin said in an email. A Knox box is a type of wall-mounted safe that holds building keys for emergency personnel to use.

# Your Health

## What do you get when you mix summer and wellness? Outdoor yoga!

With summer officially here, Senior Scope checked in with New Bedford Wellness about the programs they'll hold this summer, specifically those being held outdoors. Donna Bosworth, a fitness instructor with New Bedford Wellness, took some time to answer our questions.



**Q:** Can you tell us about outdoor yoga opportunities available this summer?

**Donna:** As an ongoing program to enhance the health of the community, reduce stress levels, and appreciate our local locations, New Bedford Wellness is thrilled to be offering free yoga on two evenings a week this summer. You will find us at Buttonwood Park, by the arboretum, on Monday evenings at 5:30 p.m. where we'll be featuring a variety of local yoga instructors. Later in the week on Thursday evenings, you can find our great crew of instructors at Haskell Gardens, also at 5:30 p.m.

**Q:** How long has New Bedford Wellness been offering outdoor classes? What do you hope people will get out of the program?

**Donna:** New Bedford Wellness has been offering outdoor yoga classes for a couple of years as part of the pandemic recovery. It has allowed participants to appreciate the outdoors in a mindful

and safe way and its popularity continues to grow. My hope is that participants discover a new way to appreciate yoga and the outdoors while enjoying all the benefits that both possess. As a means of community and stress reduction, along with passive exercise, yoga is a great way to experience new things in your life.

**Q:** What do you recommend for people new to yoga or concerned about injuries or limited mobility?

**Donna:** These classes are designed to be accessible to all, from beginner to advanced, young and old alike. If yoga is new to you, set your mat closer to the instructor so you can easily hear the cues. Don't worry about not "knowing the poses," everyone is on a different journey so every pose may look different. Keep in mind, if you have a specific concern, a quick word with the instructor that evening is advised.

**Q:** Who are the instructors? What

can people expect?

**Donna:** Our instructors are all certified instructors from a variety of local places and towns including Power & Grace, Soulflower, Sangha, Mattapoisett Wellness and Dartmouth Total Fitness to name a few. Each instructor offers their own style, generally an easy flow but some will incorporate their own flavor (think Easy Latin Flow). Most classes will end with a time for reflection or meditation.

**Q:** What will people need to bring to class? Should they bring a mat, blocks, or other modifying supports?

**Donna:** There will not be any mats or equipment available, so please bring your own mats. If a participant

is familiar with using blocks or straps, they are welcome to bring those as well. A jacket/sweatshirt or blanket might also be handy during reflection/meditation time, especially if the evening is cool or the wind has picked up. I invite everyone to bring an open mind and a sense of wonder each week. If you do, you may discover new ways to do and experience the beautiful world of yoga!

*Donna Bosworth is a certified group fitness instructor with 30+ years of experience in the fitness community. Her love of exercise includes Yoga 500 hour E-CYT, TaiJi Fit, Pilates, Barre and she is a fifth degree Black Belt in American Kenpo.*



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## Public health emergency ends

More than three years after the U.S. declared a public health emergency in the face of the COVID-19 virus, the emergency designation officially ended on May 11 at both the federal and state levels.

Here's what that means for South Coast and Massachusetts residents.

**Masks are now optional for healthcare workers:** In a Health and Human Services memo in early May, HHS said the prevalence of COVID-19 was no longer high and that as of May 11, the emergency order for facemask use, including for healthcare workers, was ending.

**COVID-19 tests are no longer free:** COVID-19 tests will continue to be available, but in many cases, at-home tests will no longer be covered by health insurers. That means individuals will be required to pay for tests themselves at about \$12 per test.

**Massachusetts ends vaccination requirement for state executive branch:** With the ending of the state public health emergency, Governor Maura Healey rescinded the vaccination requirement for state executive branch employees.

**CDC will change its reporting on the virus:** After May 11, the CDC cut back on its collection of public health data related to COVID-19, including no longer regularly reporting on the number of new infections.

**MassHealth will redetermine eligibility:** In April, Massachusetts began the process of redetermining MassHealth eligibility for the 2.3 million people covered by it, a process that is expected to continue through March of 2024. The reapplication process comes with the ending of continuous coverage that had been given during the public health emergency designation.

## Fim da emergência de saúde pública

Mais de três anos após os E.U terem declarado uma emergência de saúde pública face ao vírus do COVID-19, a designação de emergência terminou oficialmente em 11 de maio em ambos os níveis federais e estaduais. Aqui está o que isso significa para os residentes da Costa Sul e Massachusetts.

**As máscaras são opcionais para os profissionais de saúde:** Num memorando estadual de Saúde e Serviços Humanos no início de maio, os SSH disseram que a prevalência do COVID-19 já não era alta e que a partir de 11 de maio, a ordem de emergência para o uso de máscaras, incluindo os trabalhadores de saúde estava terminando.

**Os testes para o COVID-19 não são mais gratuitos:** Os testes do COVID-19 continuarão a estar disponíveis, mas em muitos casos, os testes em casa não estarão mais cobertos pelos seguros de saúde. Isso significa que os indivíduos serão requeridos a pagar pelos seus testes à volta de \$12 por teste.

**Massachusetts acaba com a obrigatoriedade de vacinação para o Poder Executivo estadual:** Com o fim da emergência de saúde pública estadual, a governadora Maura Healey revogou a exigência de vacinação para funcionários do Poder Executivo estadual.

**O CDC mudará a sua reportagem do vírus:** Depois de 11 de maio, o CDC reduz a recolha de dados de saúde pública relacionados com o COVID-19, incluindo deixar de comunicar regularmente o número de infeções novas.

**MassHealth determinará elegibilidade:** Em abril, oficiais de Massachusetts iniciaram o processo de redeterminar a elegibilidade de MassHealth para 2.3 milhões de pessoas cobertas pelo programa, um processo que é esperado continuar através de março de 2024. A reaplicação do processo vem com o final da continuação de cobertura a qual foi dada durante a designação de emergência de saúde pública.

## Finaliza la emergencia de salud pública

Más de tres años después de que EE.UU. declarara una emergencia de salud pública ante el virus COVID-19, la designación de emergencia finaliza oficialmente el 11 de mayo tanto a nivel federal como estatal. Esto es lo que significa para los residentes de la costa sur y de Massachusetts.

**Las mascarillas son ahora opcionales para el personal de sanidad:** En un memorándum de los Servicios de Salud y Humanos del Estado (HHS, por sus siglas en inglés) de principios de mayo, el HHS afirmaba

que la prevalencia de COVID-19 ya no era alta y que, a partir del 11 de mayo, finalizaba la orden de emergencia para el uso de mascarillas, incluido el personal sanitario.

**Las pruebas COVID-19 dejan de ser gratuitas:** Las pruebas de COVID-19 seguirán estando disponibles, pero en muchos casos, los seguros médicos dejarán de cubrir las pruebas para hacerse en casa. Eso quiere decir que las personas tendrán que pagar ellas mismas por las pruebas, a unos \$12 por prueba.

**Massachusetts pone fin al requisito de vacunación para el poder ejecutivo estatal:** Con el fin de la emergencia de salud pública estatal, la gobernadora Maura Healey rescindió el requisito de vacunación para los empleados del poder ejecutivo estatal.

**Los Centros para el Control y la Prevención de Enfermedades - CDC cambiarán sus informes sobre el virus:** Después del 11 de mayo, los CDC reducirán la recopilación de datos de salud pública relacionados al COVID-19, incluida la frecuencia en

los números de nuevas infecciones.

**MassHealth volverá a determinar la elegibilidad:** En abril, los funcionarios de Massachusetts comenzaron el proceso de volver a determinar la elegibilidad para los 2.3 millones de personas cubiertas por el programa, un proceso que se espera continuará hasta marzo de 2024. El proceso de nueva solicitud conlleva la finalización de cobertura continua que se había dado durante la designación de la emergencia de salud pública.

Translations provided by:

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- Be fully vaccinated for COVID-19 or have had a previous COVID-19 infection

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WON'T YOU BE MY NEIGHBOR?

# Use mind-body practices to better deal with aging challenges

By Nanci Winterhalter, MSPT

Last month, I offered a general introduction on how yoga and other mind-body practices can benefit our mental health. In the spirit of curiosity, let's dig deeper and discuss the possibilities of utilizing this mind-body practice to deal with the challenges of living and aging in an ever-changing modern world.

My patient husband says, "If it doesn't start with Y and end in A, you just aren't interested."

I confess, it's true. That is because the ancient practice of yoga can enrich every part of your life if you are curious and attentive. Like many, I started practicing yoga for its physical benefits. We all know that working on a healthy body is valuable for all aspects of our being including our mental health. I practiced and became increasingly interested. Yoga began "leaking" into other aspects of my life, influencing my habits, i.e., what and how I ate, how I slept, how I took care of myself, how I dealt with stress, how I regulated my mood, how I "thought and felt" and how I responded to how I "thought and felt." Even how I experienced joy!

As the years of pleasant practice and exploration of yoga have



grown, so have I. I understand myself better (and others) and am more connected to my community and humanity.

How can that be?

Because yoga is no flash in the pan. It is a rich, ancient system of mind-body practices that includes not only the physical postures that we associate with yoga, but also practical guidance for the way we live; breath practices that help our respiratory function and help us self-regulate; awareness practices that guide us in becoming self-observant, enhance our focus and concentration and develop our capacity for relaxation

and meditation.

With these tools and regular practice, we can connect in kinder and more meaningful ways to ourselves and each other and move more peacefully through our days. That's why I call yoga the gift that keeps giving.

Here are a few ways yogic practices help us cultivate better control over our internal state, self-regulation, that contributes to our mental/emotional well-being.

**Enhance resilience:** defined by the American Psychological Association as "the process of adapting well in the face of adversity, trauma,

ma, tragedy, threats, or significant sources of stress."

**Cultivate equanimity:** mental calmness, composure, evenness, especially in the face of fluctuating emotions.

**Build self-efficacy:** confidence in our own ability to overcome challenges.

**Yogic practices can also help us improve our awareness and thereby:** enhance our attention and mindfulness that helps us avoid automatic (and sometimes destructive) habits and responses by learning to observe our thoughts, emotions, and other present-moment experiences without judging or reacting to them, according to the APA.

**Improve concentration and focus:** who doesn't need that with all the modern day grabs of our attention?

**Strengthen metacognition:** realization that we have thoughts, but we are not our thoughts. With practice, we can develop self-regulation and can change/influence our thoughts and our reactions to our thoughts.

Interested? More to come next month!

*Nanci Winterhalter, MSPT, is a certified yoga teacher and yoga therapist.*

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Avoiding probate can speed up the process of distributing assets after a death.

## Understanding Probate: Do I Need It?

**By Brandon Walecka, Esq.**

Losing a loved one is incredibly tough. Once the initial grief begins to fade, you're left with the complicated and time-consuming task of figuring out if probate is necessary for their estate.

But what exactly is probate, and can you avoid it to speed up the distribution of assets to heirs?

**“Assets held in a trust typically avoid probate in almost all cases. One commonly used trust is the Revocable Living Trust.”**

Probate is the legal process that happens after someone passes away. In Massachusetts, the probate court first needs to verify the authenticity of the person's Last Will and Testament.

Once that's done, the court gives the Personal Representative (previously called Executor or Executrix) named in the Will the authority to act on behalf of the deceased. With this authority, the Personal Representative can gather the person's assets, settle any estate expenses, and distribute what's left to the beneficiaries named in the Will. If the person didn't leave a Will (known as dying “intestate”), the probate court decides how to distribute the assets based on Massachusetts intestate laws.

Probate can be time consuming and expensive, and by law, the estate must stay open for one year to allow creditors to make claims.

Depending on the complexity of the estate and family dynamics, probate can take anywhere from one to several years, causing a delay in distributing the full inheritance.

So, how do you determine if probate is necessary? The first step is to classify the assets owned by the deceased as either “probate assets” or “non-probate assets.”

Probate assets are those solely

owned by the deceased without any designated beneficiaries. Examples include personal belongings like furniture and artwork (unless held in a trust), real estate or cars solely in the deceased person's name (except for a surviving spouse's vehicle transfer), and accounts without listed beneficiaries.

Non-probate assets, on the other hand, bypass probate and go directly to the designated recipients. These assets are usually jointly owned or have named beneficiaries. Examples include bank accounts with payable-on-death or transfer-on-death designations, life insurance policies with named beneficiaries, jointly owned assets like a home with a surviving co-owner, retirement or 401(k) savings with named beneficiaries, and assets held in a revocable living trust.

Assets held in a trust typically avoid probate in almost all cases. One commonly used trust is the Revocable Living Trust. To understand how to handle these assets, it's crucial to carefully read and comprehend the trust document, which provides instructions on administration.

To avoid probate entirely, it's advisable to plan ahead and work with an experienced estate planning attorney. They can help you find the best strategies to bypass probate and ensure your assets go where you want.

*The information contained in this article is not intended to make you an expert on estate planning nor is this article intended to replace the need for the advice of a professional. Rather, this article is simply intended to provide a basic understanding of why estate planning is important for everybody and a basic understanding of some of the more common estate planning tools. This article does not constitute legal advice. 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.*

## Trivia

### FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What was the name of the pharmacy located just south of Coggeshall Street in the 60's and later moved to Ashley Blvd. when Rt. 18 was put in?  
A.) Mathieu's Pharmacy      B.) New Bedford Pharmacy  
C.) Gigueres Pharmacy      D.) Lincoln Pharmacy
- 2.) What famous folk singer is known for “Blowin’ in the Wind”?  
A.) Pete Seeger      B.) Joan Baez  
C.) Bob Dylan      D.) Joni Mitchell
- 3.) Turnips are what kind of vegetable?  
A.) Root      B.) Flower      C.) Green      D.) Bulb
- 4.) What was the daughter on the 1960's TV show the Addam's Family called?  
A.) Monday      B.) Tuesday      C.) Wednesday      D.) Friday
- 5.) What popular American quiz game show debuted in 1964?  
A.) Jeopardy      B.) Let's Make a Deal  
C.) Concentration      D.) The Newlywed Game
- 6.) In Scrabble, which 2 letters are with the most points?  
A.) Q & Z      B.) W & Y      C.) X & P      D.) H & P
- 7.) Which color traditionally goes first in chess?  
A.) Coin toss      B.) Alternates each game      C.) Black      D.) White
- 8.) When was the first commercial cell phone with a camera released?  
A.) 1995      B.) 1999      C.) 2002      D.) 2003
- 9.) What state celebrates Flag day as a holiday?  
A.) Pennsylvania      B.) Alabama  
C.) Illinois      D.) Oregon
- 10.) What are the bones that protect the heart & lungs called?  
A.) Breastbone  
B.) Sternum  
C.) Humerus  
D.) Ribs

[Answers listed on page 11]

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# Moving with Moxie classes focus on strength, balance and endurance

It's clear the participants in a weekly mobility class at the Wareham YMCA know the drill.

Most of them enter the studio and begin helping to set up. Some move chairs into a circle or help tape exercise signs on them. One man hangs images of the exercises on a nearby wall.

This is the Moving with Moxie: Circuit Training & Balance Class that is gaining popularity in the region.

Led by Kathy Clark and Corie Trezon, of Moxie Mobility Training LLC, the weekly class helps improve strength, balance, and endurance at an individual's own pace. Each class is about an hour long and limited to 10 people.

As the class starts, participants perform a series of exercises, working their way through a circle of stations where a specific movement is completed.

The folding chairs mark each station, some of which are used as part of the exercise - including one where the participant must sit and stand a specific number of times without using their arms - and others that are there in case extra support is needed. After each rotation, there is a brief break for the individual to rest and record their progress.

Clark and Trezon stay in the circle, keeping an eye on participants and offering suggestions or support when necessary.

Once the class has completed the full

circuit, they move on to an obstacle-course style series of challenges. Here, participants get one-on-one support from either Clark or Trezon as they bounce a basketball, step over oddly shaped equipment and other movements. Some obstacles are small and may seem less challenging until Clark or Trezon ask the participant to step over them sideways or, in one case, backwards.

Although the class approach is always the same, the exercises vary, according to Clark. "There is definitely a benefit to repeating exercises," she said. "But we try to keep people not doing the same thing."

All of the movements are designed to improve mobility in daily life. For example, Clark said, neck exercises can improve a person's ability to be aware of their environment when driving. Arm mobility can help when it becomes difficult to put on specific clothing or jackets.

In a recent Fairhaven COA class, Cathy Coffey, 70, described how Moving with Moxie has helped her after two knee replacements and foot surgeries.

"I just love that it keeps me going," she said. "I feel I'm stronger. I changed my diet and I've lost 15 pounds."

Clark said Coffey needs help setting a good pace. Her motivation to get it all done sometimes means she doesn't know when to slow down and rest.

Coffey agreed with a smile.



Participants in a Moving with Moxie class at the Gleason Family YMCA in Wareham negotiate obstacles (above) and perform a circuit of exercises with chair support (at right).



"They taught me to pace (myself)," she said. "If I need to stop (walking) at a mile and rest, it's okay."

Mobility classes are currently being held at the Acushnet and Fairhaven

COAs and the Wareham YMCA. For more information or to find the class closest to you, call Kathy at 508-450-6774 or email her at [kathy@moxiemobilitytraining.com](mailto:kathy@moxiemobilitytraining.com).



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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.

**Summer Picnic:** June 29. Doors open at 11 a.m.; lunch at 11:30 a.m. Hamburgers, hot dogs, watermelon and more. \$2/donation at time of registration. Musical entertainment provided by Dan McGowan.

**Annual Town Administrator BBQ:** June 8. Doors open at 11:45 a.m. Hamburgers, dog dogs, pasta salad and dessert. Free for Acushnet seniors. RSVP required. Musical entertainment provided by Dan McGowan from noon to 1 p.m. and Lisa Soares from 1-2 p.m.

**Save the Date:** Rhode Island Lighthouse Cruise on July 25. Take a one hour and 45 minute cruise past 10 lighthouses in the bay. Lunch at the Quonset Officers Club in N. Kingstown. \$89. For details, call the COA at 508-998-0280.

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

**Zumba:** Tuesdays at 10:30 a.m. \$6; Thursdays at 10:30 a.m., free; and Fridays at 9 a.m., \$6. A lower-intensity version of the typical Zumba class designed to meet the anatomical, physiological and psychological needs of those over the age of 50.

**Tai-Yo-Ba:** Mondays, 10:30 a.m. with Cameron. Free. Gentle movements inspired from elements of tai chi, yoga and physical therapy. Can be done seated or standing up.

**Moxie Mobility:** 1st and 3rd Monday, 2 p.m. - \$5. Small group balance and circuit training. Obstacle courses suited for all abilities; assistance available. Pre-registration appreciated.

**Strong Women, Strong Bones:** Monday - Thursday, 9 a.m. with Karen. \$2/suggested, voluntary donation. Strength training, weight-bearing aerobic exercise, stretching, and balance. A Title III -funded program through Coastline.

**Strength and Conditioning:** Wednesdays, 10:30 a.m.; \$6, Fridays, 10:30 a.m., free with Larry. Take this class standing or seated while alternating upper-body strength work with low-impact cardio to maximize fitness.

**New Bedford Garden Club:** Meets the first Wednesday of every month at 1 p.m. New members always welcome.

## Dartmouth COA

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

**Senior Supper Club:** June 6 from 4-6 p.m. Cost is \$5 in advance.

**Summer Beach Party at the Bucket:** June 2. 11:30 a.m. - 2 p.m. DJ, Hamburgers, hotdogs, ice cream. Cost is \$5 in advance.

**Parkinson's Essentials:** Presented by Butler Hospital Movement Disorders Program. June 15 at 1 p.m. Pre-registration is required.

**Community Nurse:** Three part educational series - How to Stay Home Safely, Helping Your Loved Ones Eat Well, and Navigating Healthcare. June 16, 23, and 30. 1 p.m. Pre-registration required.

**Create a "Love" Journal:** With Christine. Fill your journal with inspiring words and repurposed materials to create an empowering keepsake for yourself or to give away. All supplies included. June 16 10 a.m. - noon. Cost is \$5. Pre-registration required.

**Need A Ride?:** STRA Demand Response representative will be available for information and applications. Tuesday, June 20 from 9-11 a.m. Walk-ins welcome.

**Tea Talk:** June 21, 10:15 a.m. Learn about the lasting impact drinking tea can have on your wellness. Pre-registration is required. Free.

**New Open Studio Art Class:** Tuesdays, 9:30 a.m. - noon. Work on projects with other artist and get instruction on an as need basis. Cost is \$10. Walk-ins welcome.

**TABLE TENNIS ANYONE?:** The ping pong table will be available for play on Mondays and Thursdays from 1-3 in the Center's Mainroom.

**Gentle Yoga Flow:** with Jane Hoffman Tuesdays at 11:30 a.m. Cost is \$5 Walk-ins welcome.

**Book Club:** Second Monday at 1 p.m.

**Chair Yoga with Vicki Smith:** Fridays at 11:30 a.m. - 12:30 p.m. Cost is \$5. Walk-ins welcome. Movie "Top Gun: Maverick": June 28 at 1 p.m. Pre-registration required.

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

**Acoustic Jam Session:** Tuesdays at 1 p.m. Do you love music, play an instrument, love to sing? Join this informal group. Free. Walk-ins welcome.

**Meditation with Lynda:** Tuesdays, 10:15-11 a.m. and Thursdays, 9:15-10 a.m. Walk-ins welcome. Free.

**Blood Pressure Clinic:** The second Thursday and last Tuesday of the month from 9-11 a.m. Walk-ins welcome.

**Parkinson's Support Group:** 2nd Thursday of the month from 1-2:30 p.m. Please call the Center for more information

**Grief Support:** YWCA Widow Person Program on the first and third Thursdays. Two sessions from 8:30-10 a.m. and 10:30-noon. 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 website at: [fairhaven-ma.gov/council-aging](http://fairhaven-ma.gov/council-aging). Open to 8 p.m. on Wednesdays, beginning in September.

**Trips:** June 7 Tiverton Casino; June 14 Hyannis Mall; June 21 South Shore Plaza; June 28 Thames Street, Newport, R.I. July 5 Twin River Casino; July 12 Mashpee Commons; July 19 Thames Street, Newport, R.I.; July 26 Wrentham Village. Mall Trips are \$6.

**Alzheimer's Association:** 1-2 p.m. on the first Thursday of each month. Next meeting June 1. Email Donna Leary to register at [MimiDonna29@gmail.com](mailto:MimiDonna29@gmail.com).

**Reiki:** With Diane Boucher on Monday, June 12. \$25. Four appointment times in 20-minute increments between 10 a.m. and 12:20 p.m.

**Massage Mondays:** With Carol Flock. June 5 and July 17. 20-minute massage for \$30. Call the COA to make an appointment.

**Monday Movie Matinee:** Book Club, June 12 at 12:15 p.m. Grumpy Old Men, June 26 at 12:15 p.m. Sign up for lunch at 11:30 a.m. \$2 donation for lunch.

**Excursion to "The Knob":** June 22, \$10. Please arrive at the COA at 8:30 a.m. sharp. Patsy Zurkowski will be your tour guide for the day. After The Knob there will be a stop to purchase your lunch or bring your own.

**Memory Café:** June 22, noon to 2 p.m. A gathering that individuals with early to moderate Alzheimer's or other memory loss and their care partner, family or friends can attend in a safe, supportive and engaging environment. Baseball theme. Reservations required by June 19.

**The Wandering Brush:** Join Lana Quann in a weekly workshop to learn a variety of techniques. \$18/class or \$60 for a four-week session. Wednesdays from 1-2:30 p.m. All materials included. Call for details.

**LGBTQ+ Supper Club:** Picnic from 2-8 p.m.

**Hey Kathy!:** June 28. 11:15 a.m. - 12:15 p.m. Free for residents; \$5 for non-residents. Chat with Kathy Clark from Moxie Mobility Training about exercise, vitals, navigating healthcare, home modification, fall prevention etc. Free for residents. \$5 for non-residents.

**Sewing Circle:** Wednesdays, 5:45-7:45 p.m.

**Mahjongg:** Tuesdays, 10 a.m. - 2 p.m.

**Bingo:** Fridays. 1-3 p.m.

## 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. Like us on Facebook: [facebook.com/marioncoa](https://facebook.com/marioncoa). Marion Board of Health: 508-748-3530.

**Emergency Preparedness:** June 5 at 1 p.m. Members of Marion Fire, Marion EMS and the Board of Health will discuss emergency preparedness, escape plans and other risks around your home. Bring any questions or concerns.

**Cooking Demonstration:** June 13 at noon. Come and join us for a lunch-time cooking demonstration by Barbara Canuel, Registered Dietitian from Community Nurse Home Care. Call the Center to register.

*Continued on Page 11*

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**Summer Concert Series:** June 9 at 1 p.m. Join Dave Valerio and enjoy some good music, good friends and good times as part of our Summer Concert Series.  
**Diabetes Education:** June 12 at 1 p.m. Southcoast Health presents the Community Wellness Program Diabetes Education Stop Diabetes! Receive some glucose tablets, handouts pertaining to Diabetes, healthy recipes and enjoy a healthy snack. You will gain a lot of information on diabetes, how to control it, how to avoid it and what foods to eat and what to avoid.

**Five Wishes Advancing Peace of Mind:** June 16 at 1 p.m. Five Wishes was originally developed to help people plan ahead and cope with serious illness at any age. It has been featured on NBC's Today Show and in Time and Money magazines. This document helps you to express your wishes and offers a guide to family, friends, caregivers and doctors in times of stress or if serious illness occurs. We will examine this form and talk about how it works with other documents you may already have in place. Come join us as we take charge of living and do it our way.

**Sciatic Nerve Pain Clinic:** June 23 at 1 p.m. Kathy Clark of Moxie Mobility will be present to talk about sciatic nerve pain, what it really is and what we can do to decrease the pain and improve our mobility.

**Summer Concert Series:** June 30 at 1 p.m. Eddie Dillon will be entertaining with Irish and Folk Classics. Originally from Boston, Eddie Dillon of Fairhaven, is a wellknown entertainer and songwriter who has performed for many years in Irish folk clubs and fests throughout the Northeast. Dillon plays the guitar, mandolin, banjo and bass.

**The LGBTQ+ Senior Supper Club:** Meets Wednesday, June 14 from 5-7 p.m. at the Marion COA. Join us for food, drink & great conversation! Please call 5087483570 so we know to expect you.

**Walking Group:** Joining a walking group is one of the best ways to start and maintain a healthy walking habit. Join us Wednesdays at 11:15 a.m. to walk on the path at the Center.

### Mattapoisett COA

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

**Drawing with Frank:** Frank is a retired Motorola/Codex illustrator, freelance artist, US Air Force illustrator, Vietnam veteran and life-long dabbler in many mediums. Join Frank every third Tuesday of the month at 10 a.m. as he takes you, step-by-step, to create your own frameable work of art. Subjects will vary. \$5. RSVP to 508-758-4110.

**Lunch & Show:** Anne Frank—A Life to Remember, June 13, 11 a.m., lunch at 11:30 a.m. at the Congregational Church, \$5. Register and pay by June 6. Anne Frank was born in Frankfurt Germany on June 12, 1929. Actress Sheryl Faye will bring Anne to "life" through her dramatic portrayal.

**Mosaic Art with Kylie Faison:** Seaglass and fabric mosaics will bring out your creativity and fun! Join one or more of the following four classes. All materials provided. Four sessions available. Wed & Fri, June 21 & 23 and June 28 & 30 at 10 a.m. \$5 RSVP to 508-758-4110.

**Cape Cod Luncheon Train:** Relish the midday escape of a relaxing train ride and give lunch its proper respect while conversing over a cup of coffee. Pairs a three course menu planned by an executive chef with views of the coastal landscape, salt marshes, and woodlands. Wednesday, June 21 boarding at 11 a.m. in Hyannis. \$72 includes transportation, lunch, beverage, and gratuity. No refunds. Payment and meal choice due at time of sign-up. Registration open.

**Art for the Mind:** Join local art historian, Jill Sanford, for an enjoyable hour on June 7 at 12:30 p.m. to discuss Exceptional Cityscapes. Enjoy a selection of paintings showcasing unique ways artists have portrayed city life over time. Learn about the interesting and surprising decisions involved in creating these images— from America and Europe. July 5 is The Visionary Van Gogh.

**National Donut Day:** June 2 at 9:30 a.m. with complimentary coffee or tea and, of course, doughnuts! In 1938, National Donut Day was established as a way of honoring the Salvation Army Lassies, the women who served doughnuts to soldiers during WWI. RSVP at 508-758-4110.

**A Walk with Mattapoisett Land Trust:** June 22 at 10:30 a.m. Join Mattapoisett Land Trust and the COA for an approximately one-hour walk at the MLT's Munn Preserve. Parking is available at the end of Mattapoisett Neck Rd., just before Antassawomack Rd. The path leads to a gorgeous beach front with a memorial bench on the beach. Walk out to the beach, enjoy the views, and then walk back. The total distance is about 0.7 miles. Water and light snacks provided for walkers when they reach the beach. Sign-up by calling 508-758-4110.

### New Bedford COA

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

**Adult Social Day:** New location at Buttonwood Park. Senior Centers now open at the Rosemary S. Tierney Community Center and the Brooklawn Park Center. Contact the New Bedford COA for more information at 508-991-6250.

### 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 [townofrochesterma.com/council-aging](http://townofrochesterma.com/council-aging). Facebook: [facebook.com/Rochester, Mass.](https://facebook.com/Rochester,Mass)

**June Trips:** June 6, Martha's Vineyard; Leave Coa at 6:45 a.m. and return at 4:30 p.m. Rain date is June 7. \$5 for van. June 14, Old Colony Museum & lunch at El Mariachi. Leave at 10:30 a.m. & return at 3:30 p.m. \$5 for van ride. If you are able, please park in our 2nd (overflow) parking lot. Call 508-763-8723 & ask for Carol to sign up.

**Community Block Party:** June 22 from 1-4 p.m. at the COA. Young and old are welcome to attend. There will be a large bubble maker; live entertainment by REBOOT (classic rock); a Zumba dance group; and a line dancing group; plus the fire department will have a truck on scene and much more. There will be informational booths from the non-profit groups in town. Their booths will be set up on the grounds of the COA. We look forward to seeing you and bring along the family!

**TRIAD meeting:** June 7 at 11 a.m.

**Bingo changes:** There will be no bingo on Mondays in June. Bingo on Wednesdays will continue as scheduled, except for June 7.

**Essential Oils:** Join Erica Benoit on June 2 at 1 p.m. See what essential oils can do for you! Class is free but items that you make may cost \$5-\$10 to purchase.

**Legislative Discussion:** Maureen Estes Flanagan, Legislative Aide for Senator Michael Rodrigues, will visit us on Wednesday, June 28th from 7:30 a.m. to 9 a.m. Please come and pay her a visit with any Wednesday, June 28 from 7:30 - 9 a.m. Please come and pay her a visit with any questions on statewide issues.

**Mobile Hygiene Dental Services:** June 2 at the COA. Call 508-867-6725 to make an appointment.

**Podiatrist:** June 15, Dr. Sarah Desrosier. Call 508-946-1444 to schedule your appointment.

### Dementia Directory

[www.alzconnected.org](http://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.

**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](http://www.alzconnected.org).

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

### June 2023 Trivia Quiz Answers

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

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# Community

## The Way Things Were



### Colonel Green's Goodyear blimp, 1929

Colonel Edward "Ned" H.R. Green and the Goodyear blimp Mayflower at Round Hill, Dartmouth 1929. Christened with a flask of liquefied air on May 17, 1929, the ship was based in Dartmouth and used by researchers from the Massachusetts Institute of Technology as a laboratory for fog-fighting experiments. Goodyear also used the blimp for promotional purposes. Colonel Green built a large hangar at his Round Hill estate to house the 128-foot x 36-foot marvel built at a cost of \$36,000 in Akron, Ohio. The Mayflower met its end in Kansas City on July 12, 1931, when it crashed into high-tension wires during a storm. The blimp's fuel lines were ruptured, igniting the gasoline tank and causing an explosion. Captain Charles Brannigan was seriously burned and several crew members slightly injured.

*Photo courtesy of Spinner Publications.*

### Bullard continued...

by the sea.

The moment had such an impact on him that he starts "Hometown" by describing it in the book's introduction.

"So much needed changing, and I wanted to be part of that change," he wrote. "What occurred to me so far from home was that the best way to save the world was to focus on just one piece of it. And the best way for me to do that would be to work to make my hometown a better place."

"What I had thought of as a path that someone else had laid out for me suddenly became my path," he added.

In an interview in advance of the book's release, Bullard said he wrote the memoir for two reasons. One was a lesson he learned from his grandfather to write down records of events for future generations.

"I want to recognize all of the characters who played a role (in New Bedford) and be certain that their work is honored and remembered," he said. "I just want to get the record down."

The second reason refers to the lesson that brought him back to New

his wife, Laurie, who he dedicates the book to, have three children and five grandchildren.

Over a long career that extended far beyond New Bedford's borders, Bullard worked for the National Ocean and Atmospheric Administration, establishing the first federal office of Sustainable Development there and served as regional administrator for NOAA fisheries in the northeast. He co-founded the Southeastern Massachusetts Agricultural Partnership, the SouthCoast Learning Network, and the New Bedford Light. He serves as chair of the Westport Community Resilience Committee and is on the boards of the Buzzards Bay Coalition and the Westport Planning Board.

In all of his roles, he encountered numerous leaders, advocates, characters, and changemakers, all of whom make their way onto "Hometown" pages.

His highest praise is reserved for Sarah Delano, who he worked with at New Bedford's Waterfront Historic Area League when he was in his 20s and she was nearing 80. Delano at the time was the historic preservation organization's president, a role she filled from 1966 to 1982.

Bullard went to Delano when he learned the Zeiterion Theater was in danger of being torn down.

"She said, 'let's go take a look at this building,'" he said, about the woman who he described as defying the little-old-lady stereotype.

What they saw, Bullard said, was a theater that was falling apart, with missing seats, cobwebs, falling drapes, and peeling paint. "It was the most depressing sight you could imagine," he said.

Delano's reaction, however, was inspired — and inspiring. "She took it all in for about 10 minutes. We looked at each other and Sarah said you know,



John, we're going to have fun fixing this building," recalled Bullard.

"That's the key to how you age," he added. "It's that combination of optimism, courage and joy, that you don't approach an obstacle or challenge with dread. You approach it with, 'What an opportunity to have fun with somebody else, with other people.'"

"It's all about the attitude you bring to it and the attitude is something you choose," he continued. "That's one of the many lessons I learned from Sarah Delano."

"Here it is 45 years later and that building is bringing joy to everyone else," he added. "She was 80 years old, leaping tall buildings with those tennis shoes. Was she constrained by age? I don't think so."

Bullard was working for the New Bedford Planning Department under then planner Ben Baker in 1970 when he decided to pursue a Master of Architecture degree at the Massachusetts Institute of Technology. It was at MIT, he said, that he learned the value of curiosity and not knowing. It was a more chaotic environment than Harvard had been, he said, one which allowed for feelings of humility.

"When you spend any time at sea, you know you're not the biggest thing around," he said, in an attempt to explain the feelings. "You only exist with permission of a greater power."

"You can't be out on the ocean without being humble," continued Bullard. "Then you're going to be curious because you know you have something to learn. If you think you

know everything, you don't have anything to learn."

That attitude served him well working on planning projects like strengthening Acushnet Avenue as a destination site and focusing on the deteriorating waterfront district.

Bullard used New Bedford as a focal point while at MIT. He petitioned the school to change his degree to a joint one in architecture and urban studies and planning, the first ever at MIT, to better suit his work in the city.

Although "Hometown" covers an extended period of time, Bullard doesn't shy away from complicated current events. As one example, he spoke about his role as board president of the New Bedford Ocean Cluster, the organization focused on ocean economies including offshore wind and commercial fishing.

Here too, Bullard shows he believes empathy, listening, and being humble can help resolve conflicting interests.

"Most people see (the relationship) as totally confrontational," he said. "But I believe that there is opportunity for both those industries to work together and to thrive together."

It's about being good neighbors, he said, adding that offshore wind has to listen to how turbine blades affect radar and other impacts on fishing habitats and fishing has to realize that fossil fuels have never been a friend of the fishing industry and the sooner we get on to clean renewable energy the sooner things are going to thrive in marine environments.

"Hometown" is published by Spinner Publications in New Bedford and available as of June 6.

**"That's the key to how you age. It's that combination of optimism, courage and joy, that you don't approach an obstacle or challenge with dread."**

—John Bullard,  
Author of *Hometown*

Bedford after college. Over the years, Bullard said, people have often asked him, "How do I have an impact? How do I save the world?" In the pages of "Hometown," he attempts an answer.

"I thought with this book, it might be a way to help young people answer this question," he said. "There's no one right answer, but it's a very important question."

In "Hometown," Bullard tracks changes to the city, his professional career, and to his personal life. He and