

# Senior Scope

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

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1895 photo, Spinner, page 12

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Why I walk, page 5



Local residents eagerly listen to Dawn Blake Souza speak about her book “From the Islands They Came,” at the New Bedford Public Library.



## Author hopes her stories will inspire others to write

Dawn Blake Souza would like everyone who reads her latest book to see, through her work, that they too can record family stories for themselves and their extended family. Souza’s book, “From the Islands They Came,” tells the stories of her own family, their Cape Verdean heritage, move to the U.S. and life here. It was written from a desire to share her mother’s stories, she said, but she never expected the enthusiastic reaction that she’s received. “I really expected that this book would have a really small audience of my family members or friends,” said Souza. Instead, “something resonated with people from all walks of life and all different backgrounds and triggered exactly what

I was hoping — that people would want to write down their own family stories.” Souza’s books have been bought in New Zealand, Australia, Luxembourg, and the Cook Islands, to name a few. Much of the excitement has come through a Facebook group called Cape Verdean DNA which looks to “expand our understanding of our own Caboverdeanidade, to share our story with the world and to reaffirm and strengthen the Cape Verdean family and future generations,” according to its description. People from all over the world who share Cape Verdean heritage follow it. “What I found out was especially in the Pacific, there were descendants of Cape Verdean whalers from the

1850s and ‘60s who went there and stayed and married the indigenous people,” Souza said. Although the appeal is broad, the book is personal, Souza said, written to record stories that her mother told her and to share them with her whole family. The pandemic gave her the time to begin and, with the help of several family members, do the research necessary to back up the events told. “It was very important to me to not just tell the stories, but to verify and document them,” Souza said about her process and the help she received. One of the more tragic stories is of her mother’s brother Tony who died at age 21 after his Merchant Marine ship collided with a passenger ship

Continued on page 12

## New Bedford moves senior center to North and South ends

The move allows Social Day program to expand

A decision to expand social day services in New Bedford led to the relocation of the Senior Center from Buttonwood Park to Council on Aging buildings in the North and South ends last month. The move came with little advance notice, upsetting some seniors.

Essentially the site changes were a swap, with the Senior Center moving from Buttonwood Park to two sites, Hazelwood Park in the South End and Brooklawn Park in the North End, and the two Social Day programs located

“Many of us walked to (Buttonwood) which is a plus for the safety of seniors, and a benefit for the environment.”

—Terry Mozaz  
Senior Center participant

at those sites, moving to Buttonwood Park as one combined program. The decision will allow the city to increase its Social Day numbers from a maximum of 55 participants to 80, filling a need in the community, according to COA Director Debra

Lee. “We don’t want to end up with a wait list and be forced to turn people away,” said Lee. “It’s an unmet need in the city.” Many factors went into the decision, Lee said. Two primary ones were the larger room space at Buttonwood which will hold more participants and the reduction in transportation costs that comes with transporting participants to one location instead of two. But for many older adults who attended activities at Buttonwood, the change was an unexpected event that

Continued on page 12



# How we protect you from scams

By Delia De Mello

Social Security

Social Security works with the Office of the Inspector General to protect you from scams that use Social Security as bait. Section 1140 of the Social Security Act allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at [www.ssa.gov/OP\\_Home/ssact/title11/1140.htm](http://www.ssa.gov/OP_Home/ssact/title11/1140.htm).

For example, the OIG may impose a penalty against anyone who:

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the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the communication as you can.

Here's what you can do:

For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link – and how you came across it.

For emails and text messages, please capture the entire message and any message links.

For U.S. mail solicitations, please retain the complete communication, including the envelope and all inserts.

For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

We encourage you to report potential scams to the OIG at [oig.ssa.gov](http://oig.ssa.gov). You can also call our fraud hotline at 1-800-269-0271 or send an email to [OIG.1140@ssa.gov](mailto:OIG.1140@ssa.gov).

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication, What You Need to Know About Misleading Advertising, at [www.ssa.gov/pubs/EN-05-10005.pdf](http://www.ssa.gov/pubs/EN-05-10005.pdf).



Delia DeMello

# From the Editor

“Have you heard about Greg?”

If you haven't yet, Greg O'Brien is a journalist and author who was diagnosed with early-onset Alzheimer's Disease in 2009 and is living with all that that means. I was at the Acushnet COA March 18 to see him speak and watch his film with that title.

Greg's reaction to his diagnosis was to use his investigative, writing and speaking skills to bring attention to the disease that some are predicting will fundamentally break our health care system in the next 25 years, if it continues to increase as predicted.

Through the film, his book, “On Pluto,” and in his comments to the audience of about 50 people that day, Greg described how he sometimes loses his train of thought, no longer drives, and struggles with anxiety, physical complications from Alzheimer's, related financial burdens and emotional responses to the disease.

He described the feeling of losing his short-term memory as being in the basement doing laundry when someone mistakenly turns the light out on you, leaving you alone in the dark. In the early stages of the disease the light goes off and on, he said, but one day



Beth Perdue

there will be, “no one there to turn it back on.”

His work now, he said, is “all about the kids.” That means his own children and grandchildren — Greg has a close family and lives on Cape Cod — as well as future generations. He hopes his words inspire others to focus on prevention and ways we can slow the progression of dementias down.


The COA brought Greg to Acushnet thanks to support from Christopher Hopkins of PJ Keating, a friend of Greg's and someone who has experienced the loss of a family member to dementia. Greg, Hopkins said, has done so much to educate people about Alzheimer's, telling the people he talks to that, “It's scary and let's look at it together and I'm going to make it a little easier for you.”

To slow Alzheimer's down, here's what Greg is encouraging us all to do.

1. Start talking about Alzheimer's, especially if you've been diagnosed. The more we tell our own stories, the more people hear our truth, and that means less stigma around the subject, he said.


2. Advocate for better funding and policy-making to end this disease.

3. Educate yourself about prevention and the SHIELD acronym of lifestyle choices that can help prevent or delay the disease at [www.curealz.org](http://www.curealz.org)




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[massoptions.org](http://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
GNB Community Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes
Immigrants' Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira
Marion Council on Aging 465 Mill Street, Marion	508-748-3570	Connie Heacox
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St. (for New Bedford residents only)	508-991-6250 508-991-6252 508-991-6170 508-991-6170	Natasha Franco Luisana Paez-Espinal Pat Foster Nora Rose
PACE, Inc. 166 William St., New Bedford	508-999-9920	Freda St. Marie-Johnson
Rochester Council on Aging 67 Dexter Lane, Rochester	508-763-8723	Jan Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-758-3781	Denise Dupuis Carla Marcelino Sandra Spoor




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**Remember your mother this May by placing a  
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**Mail your donation and memorial message (up to  
20 words) to Senior Scope, 863 Belleville Ave.,  
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**Donations for April 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 my mother, Enid Mae Lee, on her birthday.  
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# New food bank lets people choose what they want

A food bank that looks more like a small-scale grocery store, minus the checkout lanes, is now open in New Bedford thanks to a PACE decision to reimagine its old food distribution model.

The new site at 477 Park St. retains PACE’s drive to get food into the hands of those who need it but adds the opportunity for people to choose the products they want to eat.

That means gone are the pre-packaged food bags.

Pam Kuechler, PACE Executive Director, said the organization knew it needed to change its model for how people get food.

“We chose this (style) because we

feel it’s a way for people to really be served with the dignity they deserve and for them to be able to choose the food they’ll use,” Kuechler said about the grocery store model. “It’s really the key to making food stretch further.”

Under the new model, recipients sign up and are given a key tag to swipe as they enter the food bank. There are small shopping carts available for them to wheel through the well-lit and spacious building and select what is needed from the variety of food and personal care items. A food bank staff person accompanies shoppers to help pick appropriate amounts based on family size and USDA recommendations.

Because people select what they like, the new model helps reduce food waste which in turn helps more people benefit from the food bank’s products.

The response from those who use PACE’s services has been enthusiastic, she said. Food insecurity continues to be a challenge for people, one in which a little support can help families better use their limited resources. PACE is still seeing levels of need as they did during the COVID pandemic, she said.

PACE is excited about the new building not just for food-related changes but also because it lets them offer additional services on-site.

MassHealth support, for example, will be staffed in the building. People can also get help connecting with services like fuel assistance, housing, and childcare, at the food bank.

For those who have accessibility concerns, PACE will schedule food bank appointments before or after its normal hours. They also respond to emergency situations, said food bank director Emma Melo.

“If there’s an emergency, especially if they’re elderly and sick, we’ll be there,” Melo said.

The new food bank is open 10 a.m. to 2 p.m. Monday through Friday. Its location is accessible via the SRTA Bus 6 route. Donations are accepted.

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# Update

## Virtual Lobby Day is April 4

AARP Massachusetts will share its legislative priorities with members and state lawmakers in an April 4 virtual lobby day. Priorities include pushing for a caregiver tax credit to help defray out-of-pocket costs; improving the quality of care in nursing homes by increasing nurse to staffing ratios; removing certain restrictions related to senior property tax deferrals; and expanding the state’s CORE Plan, which is a 401(k) savings plan for employees of small nonprofits. The online event begins at 10:30 a.m. Sign up at <https://www.mobilize.us/aarpma/event/546131/>

## Computer training available

Technology classes through Coastline are being held throughout 2023 for a variety of experience levels. Two six-week classes are available: an introduction to basic skills like emailing, computer safety and connecting with friends and family; and one for those who want to broaden their skills including using the cloud and data processing. A three-week cell phone class is also available covering topics like sending texts and photos and using QR codes. Separate sessions for Android and Apple phone users are available. All classes are held at Coastline, 863 Belleville Ave., New Bedford from 9-11 a.m. To sign up, contact your local Council on Aging to complete an intake form. Seats are limited and filled on a first-come, first-served basis. Call Roshalene Grace at 508-742-9160 if you have questions.

## Options Counseling can help

It’s hard to navigate the many resources available to adults age 60 or over. If you need help figuring out what’s available for you and what you qualify for, Options Counseling is the right (free) program for you. An Options Counselor will work with you to meet individualized goals, including present or future planning needs. They provide counseling whether you’re currently at home, in the community, or in a hospital or facility setting. The program is part of the Aging and Disability Consortium of Southeast Massachusetts which partners with Independent Living Centers to assist people with disabilities of any age. The Options Counselor may assist with setting up services or provide you with local resources. To make a referral, call Coastline’s Information and Referral Department at 508-999-6400.

## Coupon program to expand access local food

The Senior Farmers Market Nutrition Program, a coupon program that helps older adults buy locally-grown produce, will expand this summer thanks to a \$1.4 million grant award the Massachusetts Department of Agricultural Resources has received from the U.S. Department of Agriculture’s Food and Nutrition Service. The grant will allow MDAR to increase the benefit level for participating seniors from \$25 to \$50 and to serve an additional 2,300 older and disabled individuals over the next two years. The SFMNP is a seasonal program providing low-income seniors with coupons to purchase fresh, locally-grown fruits, vegetables, herbs, and honey from Massachusetts farmers. Every year, coupons are spent at over 300 farmers’ markets and farmstands across the state. The program is administered by Coastline and the other 22 elder nutrition programs in the state. Eligible seniors must be 60 years of age or older or disabled, living in senior housing where congregate nutrition services are provided, and with household incomes below 185% of the federal poverty level. Coupons are distributed from July through the end of September.

## GRG, Inc. meets this month

Grandparents Raising Grandchildren, Inc. offers support for grandfamilies. The monthly support group meets at New Bedford Public Library, 613 Pleasant St. in New Bedford, on the third Tuesday of the month from 6 to 8 p.m. The next meeting is April 18. Grandparents, please call Brenda Grace at 508-996-0168 for more information on Tuesdays and Wednesdays or after 5 p.m. on other weekdays. You may also support their annual scholarship program, which benefits local students who were raised by their grandparents. Checks can be made out to Grandparents Raising Grandchildren Inc., and mailed to 119 Parker St., New Bedford, MA 02740. Grandparents Raising Grandchildren is partly funded by Coastline and the Executive Office of Elder Affairs.

## Yoga for early Parkinson’s

This small group yoga class includes functionally based movements on and off the mat, yoga postures/practices, breathing exercises, and more. Improve your strength, flexibility, balance and energy and promote overall well-being while addressing challenges as they arise. Instructor is Nanci Winterhalter, certified yoga therapist, yoga teacher, and physical therapist. Six-class series is \$75; financial support is available. Fridays at 10:30 a.m. at Sangha Yoga in New Bedford. Call 508-990-0178 or email Nanci at [NanciWinterhalter@gmail.com](mailto:NanciWinterhalter@gmail.com).

## SouthCoast Affordable Housing Forum is April 12

Congressman Bill Keating will convene a conversation about the challenges facing affordable housing on the SouthCoast from 3-5:30 p.m. April 12 at the University of Massachusetts Dartmouth. HUD Regional Administrator Juana Matias and representatives from MassHousing, the Citizens Housing and Planning Association, and Preservation of Affordable Housing will join the Congressman for this forum which will be followed by an interactive question and answer session. The forum is open to the public. Seating in the Carney Library at UMD is limited, so RSVPs are requested. Visit [keating.house.gov/housingforum](http://keating.house.gov/housingforum) or call (508) 746-9000 to reserve a seat. For inquiries about accessibility, contact Michael Jackman at (508) 746-9000 or [michael.jackman@mail.house.gov](mailto:michael.jackman@mail.house.gov).

## YWCA adds housing for women

The YWCA announced the opening of its third residential program in March. The property, located at 549 County St., New Bedford, is formerly known as Elizabeth’s House. A 12-bed facility, the space will provide each woman with her own fully furnished bedroom and shared common living spaces, kitchen and bathroom facilities. “YWCA Residential Services supports the YWCA’s mission of eliminating racism and empowering women by assisting women in attaining self-sufficiency by providing a direct and critical human service that facilitates their overall health, safety, continuing education, and/or re-entrance into the workforce, said Gail Fortes, YWCA Executive Director. The YWCA also operates A Woman’s Place, a seven-person facility located in a renovated Victorian home near the YWCA’s main office, and Another Woman’s Place with eight additional single-occupancy rooms of supportive permanent housing for women. Another Women’s Place opened in 2020 upon the completion of the addition to Levi Standish House.

## Get help with consumer issues

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](mailto:consumer@newbedford-ma.gov) if you have a consumer problem or question.

## Spring is for safety recalls

The Mass Department of Transportation is advising people to check their vehicle or safety recalls this spring. Vehicle Safety Recalls Week, held recently by the National Highway Traffic Safety Administration, is held each spring to get drivers accustomed to checking for recalls. To do so, follow the three steps below:

**Step 1 Find your VIN:** The 17-digit VIN is on the lower left of your car’s windshield or on the label inside your driver-side door jamb. It may also be located on your vehicle’s registration or your insurance documents.

**Step 2 Search your VIN:** Visit [NHTSA.gov/Recalls](http://NHTSA.gov/Recalls) to search for any open safety recalls and information on next steps.

**Step 3 Open Recalls:** If you have an open recall, get your vehicle repaired for free immediately.

Another available tool is NHTSA’s free SaferCar app for Android and iOS. Download the app, add your vehicle and equipment and receive alerts on safety recalls issued.

### Letters to Senior Scope

This letter was submitted to Senior Scope in response to the column, Young Lady, by Jeannine Walker Aidala in the March 2023 issue. Send your Senior Scope letters to [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org) or 863 Belleville Ave., New Bedford, MA 02745.

Dear Editor,

At my age I spend more time in the offices of medical professionals. Most are very professional, but I too have often been addressed as “young lady” and even “dear.”

Sometime I get an unwanted hug, even during an epidemic! TSA and airlines are infamous for it. It absolutely sets my teeth on edge even though I know it usually isn’t done in a spirit of meanness.

I suppose that I should respond by saying that I would prefer to be addressed by name, but

instead, I swallow and smile. I think most of us don’t think that a polite request would be perfectly acceptable.

It also made me think about the way I address others. What could I possibly be saying that another could consider demeaning? Perhaps the tone of my voice or the look on my face is just as off putting as what I say.

Thank you for providing this forum for an interesting topic.

Most sincerely, **Marianne Mueller**



# Your Health

## Why walk? Walk with a Doc participants share their motivation



*New Bedford Wellness asked participants why they walk. Here's what they said.*

The New Bedford Wellness Chapter of Walk with a Doc welcomes people of all ages and abilities to our walking community. Healthcare providers who have hosted have discussed topics such as insomnia, proper fiber intake and stress relievers. They specialize in cardiology, primary care, addiction medicine and other areas. We meet Saturdays at 9am at the Food Court near the movie entrance of the Dartmouth Mall. Beginning April 15, we will move back outside to Buttonwood Park, meeting near the zoo entrance. Follow us on Facebook for more information on Walk with a Doc and other free programming offered by New Bedford Wellness.



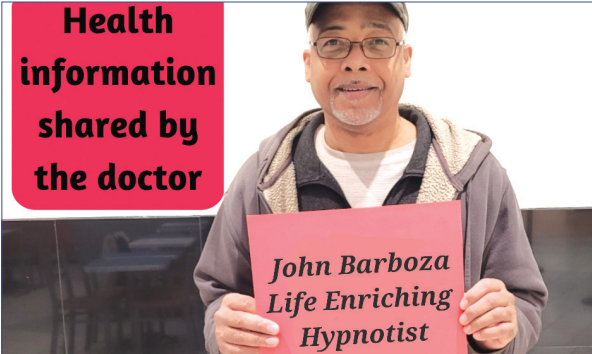
**Maintain our health**



**Socialize with friends while walking**



**Reduce stress and keep seizures at bay**



**Health information shared by the doctor**



**Avid walkers work towards their goals**

## Legislative Breakfast tackles important aging-related topics

NEW BEDFORD — A frank, engaging conversation about aging and the challenges of housing, mental health, and nutrition for older adults was held at Coastline on March 3 during a legislative breakfast to support the work the nonprofit does in the community. Led by U.S. Rep. Bill Keating, D-9th, the event included participation from area legislators, elected officials, health care, social service and councils on aging professionals throughout the South Coast. “There’s a great need more than ever to address the issues that you work on here at Coastline,” Congressman Keating told attendees. “This is the time to be preparing, not just waiting for a crisis because, in many respects, we have a crisis now.” In his comments, Congressman Keating decried efforts to undermine Social Security in the U.S. telling people to be wary of comments about the debt ceiling which are intended to push forward a move to cut the program. “Think long and hard about what they’re talking about,” he said, adding that cutting benefits or raising the qualifying age is unnecessary because the program is solvent. “You pay into it all these years and there’s a promise that has to be kept,” he said.

Coastline CEO Justin Lees, who was master of ceremonies for the event, offered his thanks to all who came out to address these important issues. “We want to thank the South Coast delegation and Rep. Thomas M. Stanley, co-chair of the Joint Committee on Elder Affairs, for the support they continue to offer older adults in this region,” said Lees. “As Congressman Keating pointed out, the number of adults over age 60 is 73 million and will reach 108 million in the next 20 years. These are numbers the U.S. has never seen before. If we are to truly address the mental health, nutrition and housing needs of our older populations, Coastline and other aging services organizations need increased support now.” “Coastline has seen significant increases in the number of meals we serve over the past decade,” said Michelle Beneski, president of the Coastline Board of Directors. “The need among older adults continues to increase. Food and operational costs are also increasing. We’re asking that our state legislators push to keep investing into the state budget line item and support the work we do.” Christine Cernak, executive director of integrated care management for Southcoast Health, described the many ways the hospital system, and specifi-

cally its emergency department, are asked to fill gaps in existing care systems in ways that impact their ability to provide ongoing medical services. “We’re overwhelmed with the number of individuals with dementia that are being left in the emergency room by family because family cannot manage them at home,” she said. Housing issues also affect the organization, specifically when and how people are discharged safely. In one instance, Cernak said, Southcoast Health’s community health staff went to retrieve a patient’s belongings from a dumpster, when the person had been evicted while in the hospital. “Think about trying to transition that individual to the next appropriate level of care when there is no home to go to,” Cernak said. “It is incredibly difficult.” Caroline Mazzei, behavioral health clinician at Coastline, described the many incremental steps necessary to connect people who have existing mental health challenges to care and how slow movement forward can be both successful and a deterrent to reaching more of those in need. “Unfortunately, there are just too many people out there that need our help and they’re not being addressed. They’re being overlooked,” she said. For example, Mazzei said, an

individual who resists personal care assistance even when they desperately need it, may do so because of a past history of sexual abuse. “At face value, we’re seeing this person as difficult, resistant, and non-cooperative, but in fact there’s something going on that was never resolved,” said Mazzei. Unaddressed needs then impact other community organizations and services including hospitals, police departments, real estate and others, she said. Senator Mark Montigny, D-New Bedford, challenged participants to get more active in advocating for solutions to the problems discussed during the event. The issue won’t change until there is a grassroots effort to change it, he said. In years past, Sen. Montigny said, he observed “hordes of lobbyists who were not paid, and they were called senior citizens.” “It is so essential that you all answer the question that was asked, ‘What are you all going to do to help us,’ he said. Coastline extends its thanks to all of the legislators and elected officials who attended the event and to representatives from many area agencies and organizations who participated. A very special thanks also goes to our generous event sponsor Commonwealth Care Alliance.



Dê início agora para se preparar  
para a renovação do MassHealth.

3. If you are over the age of

2. Reporte as mudanças no seu agregado familiar tais como um trabalho novo, endereço, alterações de rendimento, situações de incapacidade ou gravidez.

Se acha que não pode ser mais elegível para o MassHealth, outras opções de cobertura de saúde estão disponíveis. Perder o MassHealth é um evento de vida qualificativo, o qual permite que os membros se inscrevam num plano através do Health Connector fora do Período Regular de Inscrições Abertos. Os membros podem visitar <https://www.mahealthconnector.org/> ou chamar o departamento de assistência ao cliente no 1-877- MA ENROLL (1-877-623-7773).

2. Informe cambios en el hogar como un nuevo trabajo, nueva dirección, cambios en los ingresos, situación de discapacidad, o embarazo.


4. Lea toda la correspondencia de Mass Health. Busque en su buzón el sobre azul de MassHealth y tome nota de los plazos importantes.

Si cree que ya no reúne los requisitos para MassHealth, tiene a su disposición otras opciones de cobertura médica. Perder MassHealth es un evento de vida calificado, que permite a los afiliados inscribirse en un plan a través de Health Connector fuera del período de inscripción abierta regular. Los afiliados pueden visitar <https://www.mahealthconnector.org/> o llamar al servicio de atención al cliente al 1-877-MA ENROLL (1-877-623-7773).

*Translations provided by:*



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- ☐ Be fully vaccinated for COVID-19 or have had a previous COVID-19 infection
- ☐ Have a gradual change in memory for six months or more

Other criteria will apply. There is no cost to the patient to participate in the RethinkALZ trial or for any of the study-related procedures. No hospitalization will be required. You may be compensated for your time and travel for each clinical study appointment.

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WON'T YOU BE MY NEIGHBOR?

# Hear ye, Hear ye: April is Parkinson’s Awareness Month

By Nanci Winterhalter, MSPT

First, a few basic facts: Parkinson’s disease occurs when there is cell loss in the part of the brain that makes dopamine, a chemical that coordinates movement and can influence other functions such as attention and motivation.

Parkinson’s is considered a movement disorder, and can cause tremor, stiffness, slowness of movement and postural instability. There can also be “non-motor” symptoms such as sleep issues, fatigue, mood changes, GI issues, and discomfort. Parkinson’s affects about 10 million people worldwide, including one million Americans. The average age of diagnosis is 60 years old, while 10% of people are considered young onset (anyone under 50 years old).

Now, the good news: while working with trusted health professionals, including a movement disorder specialist, there is much one can do to live well with Parkinson’s.

In addition to medications and medical treatments, physical activity is essential for people living with PD to slow the disease, control symptoms and improve overall well-being.

The earlier you start, the better, but it’s never too late!

Making physical activity a part of your life with commitment is the way to go. Begin by meeting with a physical therapist who has experience in working with people with Parkinson’s



son’s and who can help you develop your individual daily plan. Look into “Big and Loud” at lsvtglobal.com for a comprehensive movement and communication program. Based on your needs, your recommended activities will likely include stretching and flexibility, balance, and strengthening exercises; complex activities where you learn new patterns and, last, an aerobic component (such as walking or stationary cycle) that can improve your cardiovascular health and make your muscles more efficient.

You can alternate activities to keep it fresh and to work on “all parts of your being.” Take a daily walk, alternate between “rock-steady” and yoga/tai-chi or dancing, a traditional strengthening program or a pedal for Parkinson’s program at a YMCA nearby.

As a yoga teacher/therapist, I teach yoga classes tailored for people living with Parkinson’s and other movement disorders where we address posture, balance, movement (simple and complex in all directions), respiration, and energy as well as mood, focus,

“People living with PD to slow the disease, control symptoms and improve overall well-being. The earlier you start, the better, but it’s never too late!”

mental clarity, and ways to connect with oneself and others!

There is an indescribable sense of community that exists in a group class to keep you “showing up” for yourself and each other. On the South Coast we have many such options including: Dance for PD at Dartmouth COA, Pedaling for Parkinson’s at Gleason Family YMCA, Yoga for People with Early Symptoms of Parkinson’s at SanghaNewBedford (supported by the APDA - MA), Chair Yoga for People with Parkinson’s at Dartmouth COA, and Rock Steady Boxing in Taunton, Spaulding Cape Cod, or Bristol, R.I.

Go to [apdaparkinson.org/ma](http://apdaparkinson.org/ma) to download a wonderful resource called Be Active and Beyond or call 800-651-8466 to speak with someone in the information/referral center for education and wellness information.

You are not alone - let’s get and stay moving together.

Your neighbor, Nan

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

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# MassHealth Estate Recovery: New Rules You Should Know

By Atty. Michelle D. Beneski,  
Managing Partner, CELA, LLM  
in Taxation

The Federal government mandates that if you receive MassHealth benefits after age 55, or if MassHealth pays for nursing home care for you at any time during your life, MassHealth must attempt to recover the cost of benefits paid on your behalf from your estate.

MassHealth can only recover from assets that pass through your probate estate. Probate assets are assets owned by you individually prior to your death and that did not have any named beneficiary.

In most cases, if you are receiving MassHealth benefits the only asset of significant value that you can own is your home. Therefore, at your death if your estate needs to be probated to pass your home to your heirs, it is then that MassHealth will present a claim that must be paid prior to the distribution of your home to your heirs.

In the last few years, the use of Senior Care Options and PACE programs began expanding. These programs provide complete healthcare to keep seniors healthy so they can live at home. This is good news.

MassHealth pays premiums to private companies to provide these programs. This makes the programs much more affordable. However, seniors enrolled in these programs often are unaware that their estate may have to pay MassHealth upon the senior's death.

The premiums can be as much as \$3,000 monthly. Many seniors were unaware of the potential estate recovery when they enrolled. Their estate could receive a large bill for the premiums paid by MassHealth which seems hardly fair.

ElderLaw firms appealed to the Court for these unexpected bills. A ruling was obtained that stated MassHealth can only recover premiums from a person's estate if MassHealth gave Notice to the person in advance that MassHealth has the right to recover premiums paid on behalf of the person enrolled in the program at the person's death.

So, MassHealth sent out numerous notices to people enrolled in these programs. This was designed

to ensure MassHealth has the right to recover from a person's probate estate at the person's death. You may have received such a notice. If you did this means that you (or a loved one) are receiving or have received MassHealth benefits.

There is a Bill crafted by Elder Law attorneys and advocates pending in the Mass legislature that proposes changes to make Estate Recovery fairer and limit Estate Recovery to only things that the Federal government mandates.

As a result, MassHealth made revisions to the rules last fall. Those revisions expanded exemptions and waivers allowing more people to avoid Estate Recovery. No estate under \$25,000 is subject to Estate Recovery.

There are also expanded waivers of estate recovery for low-income heirs, heirs who cared for the ill person at home and financial hardship waivers. If during the probate of a loved one's estate, the Personal Representative (Executor) receives a MassHealth claim for estate recovery, you should check with an Elder Law Attorney immediately to see if any of the new waivers apply. There is a limited time to file for the waiver.

If you or a loved one need or are receiving MassHealth benefits directly or by MassHealth paying your premiums for the Senior Care Options program or the PACE program, you may want to consult an Elder Law Attorney to see how Estate Recovery impacts your family.

There may be things that can be done in advance to avoid Estate Recovery. You should also find out if any of the recently developed waivers apply in your situation.

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# Trivia

## FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) La Cosa Nostra is another name for what secret society?  
A.) The Freemasons                      B.) Aurora Society  
C.) Audubon Society                    D.) Mafia
- 2.) Which of these words refers to a South American mounted cowboy?  
A.) Mustang    B.) El Loco    C.) El Gaucho    D.) Cowboy
- 3.) The name of which drink translates to “water” in English?  
A.) Whiskey                                B.) Vodka  
C.) Bourbon                                 D.) Tequila
- 4.) What does the term “water table” refer to?  
A.) A restaurant furnishing        B.) Surface Tension  
C.) Amount of Water                 D.) Groundwater Level
- 5.) What percentage of the earth’s water is drinkable?  
A.) 0.5%        B.) 5%        C.) 25%        D.) 45%
- 6.) What is an easier way to say the day after tomorrow?  
A.) Overmorrow                        B.) Nudiuserian  
C.) Ereyesterday                        D.) Undermorrow
- 7.) What is “snowbrowth”?  
A.) A cocktail                              B.) Muddy snow  
C.) A type of soup                        D.) Freshly melted snow
- 8.) When a dog is “groaking”, what is it doing ?  
A.) Chasing it’s own tail                B.) Barking at nothing  
C.) Barking loudly                        D.) Staring at someone eating
- 9.) To which of these celebrities was Joe DiMaggio married?  
A.) Grace Kelly                            B.) Michelle Pfeiffer  
C.) Marilyn Monroe                        D.) Elizabeth Taylor
- 10.) What band performed a famous rooftop concert in London in 1969?  
A.) Beatles        B.) Rolling Stones  
C.) ABBA        D.) Led Zeppelin

[Answers listed on page 11]

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# Early voting proposal may help Taber Mills voters

Taber Mills residents may once again get to vote in their building with a proposal from the Election Commission to bring early voting to the site.

The approximately 200 older and disabled adults were forced to walk past the polling locations inside their own building during the last election and travel a mile away in order to cast their votes. It is an especially difficult trip for residents, many of whom don't drive and some who use supports, scooters or wheelchairs to get around.

The switch, which angered those living in the building, went into effect last fall after the state reconfigured districts based on census data and population numbers that showed New Bedford grew by 6,000 people. The resulting changes moved Taber residents from Ward 3C into Ward 3D, forcing them to vote at the established 3D polling site at Holy Name of the Sacred Heart of Jesus Church on Mount Vernon Street. Wards 3C and 3A continued to vote at Taber Mills.

"The issue is we live right in that building and we've got to go somewhere else to vote while people with a lot more access can vote here," said Jeanine Walker, 75, a Taber resident who was angry and concerned about the decision.

Taber residents are faithful vot-

"I think they were happy that at least they're going to give us the early voting site. A lot were elderly and they were just going to give up voting. Now this gives them a little help."

—Margaret Barboza  
Taber Mills resident

ers, she said, and their loss will impact election outcomes.

"People there vote," said Walker. "I've been there for seven years and I've seen that. It's a disadvantage to the city of New Bedford and to the people who are running (for office). They're going to lose votes, let me tell you."

"There was clearly an oversight in that location," said Ward 2 City Councillor Maria Giesta, about the shift. Giesta and newly-elected City Councillor Shawn Oliver attended a resident meeting at Taber with Election Commissioner Manny DeBrito to talk about the problem and potential solutions.

DeBrito said the oversight was a result of COVID-related delays in the reconfiguration process and the creation of new sub-precincts that were tricky to define without having to add multiple polling locations, a significant cost increase.

He and city officials have focused on finding a short-term solution and, in a March 15 meeting with residents, suggested the early voting option.

Their proposal, which must be approved by the City Council and Mayor's office before it can be implemented, would create early voting sites in both the north and south ends of the city for municipal and state elections. Voting would be staffed by poll workers for four hours, so residents could vote in person. The North End site would be set up in the Taber Mills building with a corresponding site created in the South End. Both sites would be open to area voters.

The city's existing early voting site at the main public library would also continue to be an option.

Giesta said she supports the proposal and believes the City Council will too.

"I've been working closely with Manny (DeBrito) and the newly-elected councillor Shawn Oliver. City Council President Linda Morad was also well aware of what we're trying to do regarding the satellite (voting) site, so I think that it's not going to be an issue," she said.

Several Taber Mills residents also said they were pleased with the solution.

"I think they were happy that at least they're going to give us the early voting site," Margaret Barboza said about those at the resident meeting. "A lot were elderly and they were just going to give up voting. Now this gives them a little help."

Although it's unclear if continued efforts to return building residents to precinct 3C will be successful, residents seemed appreciative of officials saying they would try.

"(Maria Giesta) said they would try their best," said Barboza. "That's all we're asking for, for them to try."

Vincent Traca, another resident, agreed there were mixed feelings at the meeting, but said he is optimistic for the future.

"I think things will get worked out, but it will take time," he said.

Walker said beyond the physical and weather-related difficulties to getting out and voting, there are psychological obstacles too.

For older people who often feel like their voices no longer count, she said, voting is one place where their vote still counts equally to others.

"For elderly people, maybe it's the last place where they can get their voice heard," she said.



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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.

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

**Resistance Bands Exercise Class:** Open to all skill levels. Every Thursday, 10:15 a.m. Free.

**Left, Center Right with Jan:** Wednesday, April 19 at 12:30 p.m. To make a reservation call 508-998-0280.

**Greedy Dice:** 2nd and 4th Thursday of the month at 12:30 p.m. Walk-ins welcome. Not sure how to play? We'll teach you.

**Hand and Foot:** Learn to play or just jump right into this card game. Every Tuesday and Wednesday, 12:30 p.m. No pre-registration required.

**R U OK Reassurance Program Information Session:** The R U OK program is a daily, free telephone calling service designed for senior citizens, disabled persons and shut-ins living in Bristol County. If the individual doesn't answer on the third attempt, and if the person's emergency contact cannot be reached, police will be notified to conduct a welfare check. To learn more, join us on April 13 at 11 a.m. Free, rsvp suggested. 508-998-0280.

**AARP Home Fit Presentation:** April 13 at 1 p.m. with Joan Simmons, volunteer, AARP. Over the course of 1-hour you will learn how to live safely and comfortably by enabling where you live to be a "lifelong home," suitable for yourself and others in their household, no matter what your age or life stage.

**Chair Yoga:** Fridays, 1 p.m., \$3/class. No class on April 14.

**Zumba:** Classes resume April 11.

**Creativity with Color:** Painting with Kristen. Thursdays at 1 p.m. \$6/per person incudes all supplies; bring your sense of humor! Class size limited. Call to register.

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

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

## 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).

**Carving Out Your Story:** Oral History Workshop on April 3 from 10-11 a.m. Uncover interesting stories from your past thru prompts and activities. Free.

**Tax Preparations:** Tuesdays between 9 and 11 a.m. Feb. 7-April 11 for low to moderate income individuals filing the simple form. Contact the center to schedule an appointment.

**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 \$5.00 Walk-ins welcome.

**New-Chair Yoga:** with Vickie Smith Fridays 11:30-12:30. Cost is \$5. Walk ins welcome.

**Meditation:** Now on Tuesdays 10:15-11:00 a.m. and Thursdays 9:15-10:10 a.m. Walk-ins welcome. Free.

**Music Bingo:** Wednesday, April 12 at 1 p.m. Have fun testing your knowledge of music from the 50's, 60's and 70's! Fun Prizes! Free. Pre-registration is required.

**"Cut the Cord":** with Chris Dansereau; Friday, April 14 at 1 p.m. A typical cable bill with a phone and TV is now often over \$200 a month! Help is available. Chris will present your steaming options and teach you money saving strategies. Free. Pre-registration required.

**Technology Series with Kraig Perry:** All about YouTube Streaming What it is? and what it isn't? Friday, April 21 and 28 9-11 a.m. Cost is \$5 for the two-part workshop. How to use YouTube Creator "the basics" will show how to create your own YouTube account and YouTube channel and how to navigate YouTube Creator.

**Book Club:** Second Monday at 1 p.m. April book pick "The Night Circus" by Erin Morgenstem.

**Movie "True Spirit":** Wednesday, April 19 at 1 p.m. Pre-registration required.

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

**NEW Parkinson's Support Group:** Second Thursday, 1-2:30 p.m. Walk-ins welcome.

**Chair Yoga for Parkinson's:** Tuesdays 1-2 p.m. Please call the Center for more info.

**Dance for Parkinson's:** Mondays 10:30-11:30 a.m. Walk-ins welcome. Free.

**Tai Chi:** Tuesdays at 9 a.m. Cost is \$30 for 8 weeks. First class free.

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

**Memory Café:** April 27, 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. Lunch is shrimp Mozambique. Entertainment with Jordan Paiva. Reservations required by April 24.

**Pilgrim Memorial State Park:** Walking Trip with Patsy. April 20. Departs COA at 8:30 a.m. sharp. \$10. This waterfront park is home to historic Plymouth Rock. Call to reserve your seat. Wear proper footwear and outerwear; bring your own lunch or purchase one while out and about.

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

**Massage Mondays:** With Carol Flock. Coming in May. 20 minute massage for \$30.

**Easter Dinner:** April 9 11 a.m. - 1 p.m. Csl to reserve your spot.

**Hey Kathy!:** Chat with Kathy Clark from Moxie Mobility Training about exercise, vitals, navigating healthcare, home modification, fall prevention etc. April 26 11:15 a.m. - 12:15 p.m. Free for residents. \$5 for non-residents.

**Single Senior Supper:** Third Tuesday of every month from 4-6 p.m. Time changes to 4-6 p.m. as of April. Call the Wednesday before to confirm attendance.

**AARP Tax Aide Program:** Appointments are on Tuesdays, 9 a.m.-1 p.m. Call the COA for an appointment.

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

**Monday Movie Matinee:** Mrs. Harris goes to Paris, April 10 at noon. Sign up for lunch at 11:30 a.m. Menu is German Beef Stew.

**Culture Park Uncommon Lunch Group:** Short plays, April 18 at 1 p.m. Reservations required.

**Chair Yoga:** Wednesdays and Fridays, 10:15 a.m. -11:15 a.m. Cost is \$3.

**Tai Chi:** Mondays, 11 a.m. - noon. Call for more information and cost.

**Walking:** Monday to Friday from 12:30 to 1 p.m. Check the schedule and sign-up at the Fairhaven Council on Aging.

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

## Marion COA

Call the Center at 508-748-3570. The center is located at the Benjamin D. Cushing Community Center, 465 Mill St., Marion, MA 02738. Like us on Facebook: [facebook.com/marioncoa](https://facebook.com/marioncoa). Marion Board of Health: 508-748-3530.

**Easter Tea:** Easter Tea, April 3 at noon. Put on your Easter Bonnet and join us for a festive Spring Easter Tea. Your meal will include scones, sandwiches, salad, desserts assorted jams & jellies, clotted cream and assorted teas. Call 508-748-3570 to reserve your seat. Cost is \$10 due at sign up.

**Singo Bingo:** April 14 at 1 p.m. Bingo with a beat. We replace the numbers with your favorite songs.

Continued on Page 11

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**Newport Playhouse:** April 13 at 10 a.m. Blithe Spirit is the smash comedy hit of the London and Broadway stages. A fussy, cantankerous novelist, remarried but haunted (literally) by the ghost of his late first wife, the clever and insistent Elvira who is called up by a visiting “happy medium”, one Madame Arca. As the worldly and un-worldly personalities clash, Charles’ current wife, Ruth, is accidentally killed, “passes over,” joins Elvira, and the two “blithe spirits” haunt the hapless Charles into perpetuity. The day will start off with a delicious buffet, then enjoy the play followed by a cabaret show! Cost is \$67. Space is limited. Payment due at sign up.

**Marion Art Center:** April 18 1 p.m. Come and enjoy Evelyn Way Kendall’s art and sculpture collection during this private event. Enjoy the works, company and some light refreshments. Meet us at the MAC or join us at the COA at 12:45 p.m. and we will travel there together. Call 508-748-3570 to make your reservation.

**The LGBTQ+ Senior Supper Club:** Meets Wednesday, April 12 from 5-7 p.m. at the Marion COA. Join us for food, drink & great conversation! Please call 508-748-3570 so we know to expect you.

**Mike Miozza’s Mind Mysteries:** April 21 at 1 p.m. Come and watch Mike as he uses numbers, pictures, cards and other mysterious mind-bending methods to reveal what lies in the shadows of our minds. Some audience participation required.

**Triangle of Sadness:** April 7 1 p.m. In Ruben Östlund’s wickedly funny Palme d’Or winner, social hierarchy is turned upside down, revealing the tawdry relationship between power and beauty. Celebrity model couple, Carl and Yaya, are invited on a luxury cruise for the uberrich, helmed by an unhinged captain. What first appeared instagrammable ends catastrophically, leaving survivors stranded on a desert island, fighting for survival.

### Mattapoissett COA

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

**From Soup to Nutz:** April 20. Doors open at 12:30 p.m. for 1 p.m. event. Nationally syndicated and award-winning cartoonist Rick Stromoski will show samples of his humorous work, describe the process of humor writing and demonstrate his drawing technique. \$3. Space is limited. Must register to attend. Light refreshments.

**Art Class:** Starts Friday, April 7. If you are interested in different forms of art and different mediums, this class is for you! Cost: \$10.

**April Trips:** April 6, 8:15 a.m. \$10 admission and van, Harvard Museum of Natural History & Peabody Archeology & Entymology; April 13, 6:30 a.m., \$10 van Boston Symphony Orchestra; April 27, 11:15 a.m., \$5 van. Gregg’s Restaurant and Tavern in East Providence.

**Pottery Clay Sculpting:** April 6 and 20. 9:30-11 a.m. \$10 includes all materials and having your pieces fired in a kiln and glazed. Call to register, as space is limited.

**Shakespeare for Scaredy Cats:** 5-week session, April 13 - May 11. Thursdays, 6-7:30 p.m. Register: 508-758-4110. This is not a course! This is a relaxing way to learn about Shakespeare. Join the chat about the play or just listen. Free.

**Artist Meet & Greet:** March 24 at 9:30 a.m. Stop by for one hour of information and light refreshments. Instructor Christine Cummings will share her teaching style and the variety of arts (i.e: painting, drawing) and craft options that she will offer at the COA’s new weekly program, starting in April. Register at 508-758-4110 or email [coadirector@mattapoissett.net](mailto:coadirector@mattapoissett.net).

**Movie & Pizza:** 12:15 p.m. April 26. The incredible true story of the tremendous global effort to rescue a Thai soccer team who become trapped in the Tham Luang cave during an unexpected rainstorm. Pizza \$1/slice. Prepay and registration required.

**Art for your Mind:** April 5, 12:30 p.m. Families in Art offers an opportunity to experience the concept of family, as expressed by a variety of artists. May 3, 12:30 p.m. The Art of Ancient China. Call 508-758-4110 for details.

**Walking Group:** Meets every Wednesday at 9 a.m. Call the COA for details.

**AARP Foundation Tax-Aide:** In-person tax assistance, free, to those 60+ who are low to moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they understand the latest tax code. Continues until April 15. Call to register and the COA will contact you when the day/time is established. Spots fill up fast.

### 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.

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

**Bingo:** Monday, Wednesday and Friday, Noon-1:30 p.m.

**Zumba Gold:** Mondays 10-11 a.m.

**Creative Writing:** Tuesdays 12:30-2:30 p.m.

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

### Rochester COA

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

**April Trips:** April 27 Leave at 9 a.m.; return at 3 p.m. Harvard Museum of Natural History & Peabody Archeology & Entymology.

**Moxie Mobility Training:** April 19, 11:30 a.m. Discussing what kind of activities and exercise are best to keep you strong and balanced. Feel free to bring your toughest questions!

**Disposing of Electronics:** COA will collect old electronics until May. A box will be placed in the big activity room. No TV’s or computer monitors.

**Fire Extinguisher Demonstration:** May 3 at 10 a.m. To be held outside (weather permitting).

**AARP Tax Preparation:** This free tax service is offered to all low/moderate income persons with special attention given to those age 60 and over. Taxpayers need persons with special attention given to those 60 and over. Taxpayers need not be retired or a member of AARP. Will be held every Wednesday through April 12. Please contact Ann Soares at the COA at 508-763-8723, Ext. 201 or e-mail her at [ASoares@townofrochester.com](mailto:ASoares@townofrochester.com) to schedule an appointment.

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

**Special Event Planning:** We need your input because these events are for you! Consider joining one of the organizational groups for: The Outside Musical Entertainment in June; The Car Cruise and Sock Hop in September; or the Health Fair in October. Please call Carol at the COA at 508-763-8723 to leave your name and phone number and the month that you are interested in helping out.

### 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.

### April 2023 Trivia Quiz Answers

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

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Community

Writing continued...

“My 98-year-old grumpy brother who wouldn’t talk for five minutes on the phone called me the next day. He talked to me for an hour telling me how much he appreciated me telling his story. He said, ‘I didn’t know how to tell people.’”

—Dawn Blake Souza, Author

in dense fog off the Massachusetts coast. Family members, including Souza’s mother, had lined the canal not long before the collision to watch the ship and Tony pass through.

“I recall standing on the banks of the canal and waving to Tony as the ship glided past us. We were all



blowing kisses to him. Little did we know that would be the last time we would ever set

eyes on him,” Souza quotes her mother as saying.

“As I started writing, it became easier and easier,” she said. “I felt very satisfied afterwards. I felt like I was doing this for my mother. She would be so proud to have all those stories shared with other people.”

Souza hopes others feel that same satisfaction in recording their own family stories.

“The most important thing is that they don’t have to be a writer to do this,” she said. “You don’t have to write a book; you just have to write down your stories so that your children will have them.”

When she does book talks, Souza tries to offer tips to help others follow in her footsteps.

“My emphasis is on how to begin telling your own family stories,” she said. “I give them materials and pointers for how to get started. Some people have such wonderful family stories.”

Telling family stories was a healing experience. One powerful example was the story of Souza’s brothers who entered a segregated military where one brother was assigned to the white barracks and the other to the black barracks.

It was healing to write that story and also had an effect on others, she said.

“My 98-year-old grumpy brother who wouldn’t talk for five minutes on the phone called me the next day. He talked to me for an hour telling me how much he appreciated me telling his story. He said, ‘I didn’t know how to tell people,’” she said.

“So the healing was not just for me. The healing in the story was for the whole family.”

The Way Things Were



Fort Phoenix, 1895

At the tip of Fairhaven’s central peninsula, where the Acushnet River flows into Buzzards Bay, stands the ancient fortification known as Fort Phoenix. Over many years, it has been an Indigenous People’s garrison, Revolutionary War bulwark, and Civil War fort. The Wampanoag people called this place “Nolscot,” meaning “place of the ledge.” They came here in the summer to hunt and fish. American patriots later constructed a fortress here to protect

the town’s harbor from British forces.

Like its namesake, Fort Phoenix has lived through glory and decay and survived to rise again.

In addition to protecting the surrounding area, the old fort provided granite for monuments, and its grounds offer beaches, picnic areas, hiking paths, and dance pavilions for public recreation, as well as striking vistas of the bay and harbor. Today, Fort Phoenix is a state park listed on the National Register of Historic Places.

Senior Center continued...

disrupted their routines.

At a March 1 Ward 5 meeting on the topic, about 30 attendees expressed concerns, some, including Terry Mozaz, saying they were upset about losing access to activities and felt disrespected at being given no advance notice.

“We are upset at the lack of respect, and at the attempt by the city to pit us against a paying program for which they should find an appropriate location that does not displace the seniors,” Mozaz said by email after the meeting, referring to paid Social Day programs.

The decision to switch sites was made in early February, according to Lee who said staff were told a week later and the board voted to approve the plan at their February meeting. A city press release made the news known publicly on March 1, two days in advance of the Buttonwood center closing as a senior center and five days before it reopened for Social Day programming on March 6.

The press release noted declining participation at Buttonwood as one of the reasons for the move. In a statement, New Bedford’s Public Information Officer Holly Huntoon said, “Unfortunately, the use of traditional senior centers has fallen for several years. For example, since 2016, the average daily attendance at the Buttonwood Senior Center declined 70 percent. This has forced a reassessment of how tax dollars are utilized to serve the needs of the city’s seniors. If there is an unforeseen reason to believe the COA’s recommendation was unfounded, we would certainly

consider it.”

The statement also noted that Senior Center staff were telling people who came to the center prior to March 1.

Mozaz created a petition against the plan which she said she submitted to the Mayor’s office with 25 signatures. She did not hear back from them or city councilors where she also left the petition, she said.

Lee agreed that the decision to move the senior center away from Buttonwood was partly due to the site not drawing the number of people they had expected to activities. Staff and activities are grant funded, she said, and she must report attendance numbers to receive funding. Some of it is due to changes in how senior centers are used.

“It’s not the senior center it used to be,” Lee said. “People don’t go and hang out for the whole day. They go for one activity.”

Addressing those at the March 1 meeting, COA board member Nancy Feeney said the relocation decision focuses on using COA buildings in the smartest way.

“We are repurposing the buildings. We are not closing anything and that really needs to be understood here,” she said.

Feeney acknowledged that communication of the changes was late but said that information must come from the Mayor’s office before it can be released to the public.

“Personally, from the board, I am not happy with the Mayor’s office,” she said. “We knew about the decision a while ago, but Deb’s hands are a little bit tied. We are told that everything has to go through the Mayor’s office and that’s fine if the Mayor’s office looks at

Digitized Quaker records helpful for genealogy

Nearly 6,000 pages of Quaker meeting records dating back more than three centuries are available for reading and research thanks to work done by The Dartmouth Historical and Arts Society. The organization digitized and transcribed the records and are making them as accessible as possible.

“Every month starting in 1699 until now, we’ve got a record of the (Quakers’) business transactions...including marriages, deaths and births as well as when they moved from one place to another,” said Bob Harding, society president. “People who are looking for their family history can find lot of information if they came from Old Dartmouth.”

Until 1787, Old Dartmouth included the city of New Bedford and towns of Dartmouth, Westport, Fairhaven and Acushnet.

Many people have supported the project including Quakers, private individuals and banks, and the Dartmouth Friends of the Elderly. “It’s been a community effort,” said Harding.

Records can be accessed on the society’s website at [dartmouthhas.org](http://dartmouthhas.org) or via the Colonial Society of Massachusetts ([colonialsociety.org](http://colonialsociety.org)).

it and does it in a timely manner.”

“Being able to have two buildings now where people can go and they can choose the programs that they want to go to will be positive and we will make sure the chair yoga program is offered two times a week because that is a very popular one,” she said.

Feeney also noted that Brooklawn and Hazelwood buildings are accessible via existing bus routes.

New Bedford has reorganized its COA functions before, closing Brooklawn Senior Center to open a social day program there in 2016. At that time, senior center activities were held in Hazelwood and Buttonwood parks until the social day program expanded to the Hazelwood site. The Buttonwood building was closed for renovations in June 2018 and reopened in February 2019. It closed in 2020 for mandated lockdowns related to the COVID-19 pandemic and reopened on April 4, 2022.

Since Buttonwood’s closing as a senior center, Mozaz visited the Hazelwood location for activities but said she had a hard time navigating the roads.

“I find it dangerous driving out of (Hazelwood) because you’re pulling into a street with poor visibility of coming vehicles to get out of there, and especially dangerous when you’re also sharing that street with school buses and children coming out of school. Try it yourself around 3 p.m. on Fridays,” she said. “Many of us walked to (Buttonwood) which is a plus for the safety of seniors, and a benefit for the environment (less drivers on the road/streets).”