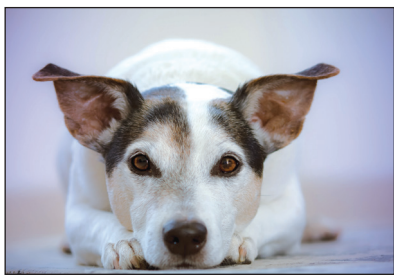


Senior Scope

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

Vol. 5, Issue 8 Published by Coastline Elderly Services, Inc. May 2023

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Biden administration looks to improve access to care May is Older Americans Month

As we head into Older American’s Month, a recent White House announcement could have substantial impact on aging services in the U.S., especially long-term care options for older adults. On April 18, President Biden signed an executive order to expand access to affordable care across all ages and to provide support for care workers and family caregivers.

In the announcement, the administration said hundreds of thousands of older adults and people with disabilities are left on waiting lists or struggling to afford care because more than 75 percent of all home and community-based services providers are not accepting new clients.

Biden’s executive order aims to close the gap by making long-term care more accessible and affordable, improving job quality for long-term care workers – in homes, communities, and nursing homes - and support family members who are caring for aged or disabled loved ones, including testing out a new dementia care

model. “The actions taken by the Biden Administration this week invest in the nation’s caregivers and respond to the needs of millions of older adults, people with disabilities and veterans who rely on services such as in-home assistance, nutrition, case management, transportation and other person-centered services, to live and age well at home and in their communities,” said USAging CEO Sandy Markwood about the executive order. “The bold steps taken by President Biden reflect the longstanding and growing need that USAging and our members know all too well—the nation’s 53 million caregivers need additional resources and support to deliver care to older adults, people with disabilities and veterans.”

Specifically, the executive order directs Health and Human Services to consider issuing regulations and guidance to improve care jobs, including “leveraging Medicaid funding to ensure there are enough home care

Continued on page 12

Older Americans By the Numbers

55.7M

U.S. adults age 65 and older in 2020 or 17% of population.

80.8M

Predicted # of U.S. adults age 65 and older in 2040 or 22% of population.

14.4M

Predicted # of U.S. adults age 85 and older in 2040. A 117% increase over 2020's 6.7M.

Source: 2021 Profile of Older Americans, Administration for Community Living, November, 2022

Culture plays important role in aging well at the IAC

If the purpose of social day programs is to build a supportive, engaged community, then the Elder Group at the Immigration Assistance Center has the recipe down perfectly.

A group of between 25 and 40 older Portuguese adults, mostly female retired textile workers who don’t speak English and many of whom are widowed, meet twice a week at the IAC, sharing friendship, talents, games and food together.

The group plays cards, knits, and exercises together. They also help organize shared field trips, group speakers, and are working to create a market for them to sell the textiles and other crafts they create, all to support the Elder Group they

love. On one stormy spring morning, about 20 individuals are in the group’s main meeting room at the IAC while five or six others are next door exercising together with Maria Tomazia, the group coordinator.

Four women are playing sueca, a popular Portuguese card game. At another table women browse through magazines together looking for images for future projects. Other women knit as they chat with friends.

All of the conversation is in Portuguese.

The IAC created the group in 2014 because they saw the need for socialization, especially for older women many

Continued on page 12



Above, IAC president Helena DaSilva Hughes interacts with Elder Group women. Below, others in the group play sueca, a popular Portuguese card game, together.



From the Editor

May is Older American’s month, a celebration led by the federal Administration for Community Living and a time for a much-needed national conversation on aging.

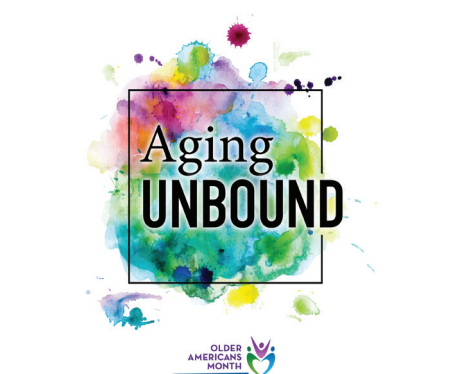
This year’s theme, Aging Unbound, is, according to the ACL, a topic which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. It was chosen, ACL said, to support increased flexibility in thinking about aging and about the benefits to all ages when older adults “remain engaged, independent, and included.”

It’s a hopeful sign that perspectives are beginning to shift in the U.S. and is also timely, because otherwise our thinking around age may soon conflict with our reality.

The numbers of older adults are increasing rapidly, moving us toward a reckoning that will impact all ages. By 2040, the ACL reports, those 65 and older will represent 22 percent of our society. That’s an increase of 38 percent since 2010.

Ageism suggests older adults are a burden on society, and nothing else. But we know better than that.

Care options have not kept up with the needs of older adults and it’s important to address those gaps; but equally important is the creation of new opportunities for those 65+, whether that’s pursuing a second career, continued



employment, travel, recreation, or other activities.

In its announcement, the White House calculated the economic cost of having parents unable to work because they provide care to their children or older or disabled family members.

But there’s an economic cost to sidelining older adults too.

As we get healthier, our abilities to contribute to society, sharing the skills we’ve developed and the life lessons learned, are extending farther into our 70s, 80s, 90s, and beyond.

The number of Americans over the age of 100 has tripled since 1980, according to the ACL’s most recent profile. Those 85+ also increased, to 6.7 million in 2020, and are expected to jump again to 14.4 million by 2040, a 117 percent increase.

We can’t afford to keep sidelining our elders — now is the time is to support new ways of engaging older populations. And that’s a job for everyone.

Connect with Beth at bperdue@coastlinenb.org.

How we protect you from scams

By Delia De Mello
Social Security

Social Security is here for you when you travel, whether you’re in the United States or another country. Our online services page at www.ssa.gov/onlineservices provides you with a wide variety of self-service options you can use on your mobile phone, tablet, or computer. Through our online services, you can:

- Find out if you qualify for benefits.
- Apply for Social Security retirement, disability and Medicare benefits.
- Get your Social Security Statement.
- Request a replacement Social Security card.
- Appeal a decision.

Do you receive Social Security benefits or Medicare? If so, you can

create or log in to your personal my Social Security account to:

- Get your benefit verification letter.
- Check information and benefit amount.
- Change your address and telephone number.
- Start or change your direct deposit.
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Report your wages if you work and receive disability benefits or SSI.

Create a personal my Social Security account at www.ssa.gov/myaccount to take advantage of these features. Also, please share our online services page with family and friends who need this important information.



Delia DeMello




HONORING OUR
MOTHERS
ON
MOTHER'S
DAY

Happy Mother's Day in Heaven, Mom. Rest in Peace. We will all be together again, some day. Love, your children, Barbara, Annie and Michael.

ANN MCCRILLIS


Happy Mother's Day to my Mom, Judy and a Happy Heavenly Mother's Day to my Nana, Helene. XxOo.

KATE GADD



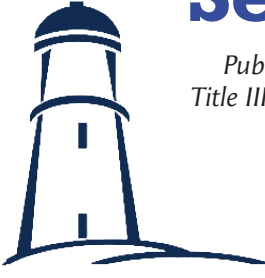
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508-999-6400

Mass Options 844-422-6277
massoptions.org 844-422-MASS



SHINE Counselors
in the Greater New Bedford Area

Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer 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
Mattapoissett Council on Aging 17 Barstow Street, Mattapoissett	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



Senior Scope

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Donations for May 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.

Year-to-Date: \$441

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Saying farewell to our foster grandparents

By Justin Lees
Coastline CEO

This article has been difficult for me to pen. This year we are saying goodbye to a program that is inspirational, heartwarming, and so important for both older adults and young children in our community.

Coastline has sponsored the Foster Grandparents Program for over 40 years. This federally funded program is part of the AmeriCorps service portfolio and offers qualifying adults the opportunity to volunteer in classrooms, early childcare facilities, and similar environments. The reward for the volunteers is rich beyond words. They spend one-on-one time with young children helping them read, offering wisdom, and creating that special “grandparent” bond. Volunteers are also offered assistance with travel to and from the site and earn a

small stipend for their time. Whenever I have had the pleasure of attending a gathering of the volunteers I have truly been touched by their stories. I admire their passion for helping children and volunteerism.

As much as this program radiates joyfulness, the time has come for Coastline to turn the page to a new chapter.

A lot has changed in the 40 years since we first brought on FGP. Most notably, Coastline is facing an increased need for our services. Not only is the demand significantly higher as more and more people turn 65 every day, but the complexity of those needs is starkly higher than it was in previous decades. For Coastline to effectively serve our consumers, we need to become laser-focused on our core programs and allocate whatever available resources we have

to meeting these rising needs. The Foster Grandparent program does many things, but it does not serve our core mission of allowing people to live independently in their homes. To remain most effective in our largest programs, the time has come to shift our operations and relinquish the Foster Grandparent program.

We are planning to slowly wind down FGP at Coastline in a way that lets our volunteers complete their 2022-2023 school-year stints. Our hope is that the funding agency, Seniorcorps, will issue a request for proposal for another local agency to take over the program. If Seniorcorps successfully assigns the contract to another agency, then all of the wonders of this program will continue in the South Coast region. I am optimistic that another non-profit that has a larger focus on volunteer programs

“Not only is the demand significantly higher as more and more people turn 65 every day, but the complexity of those needs is starkly higher than it was in previous decades.”

—Justin Lees
Coastline CEO

will see the value of this program and take it on.

I want to end by sending thanks, gratitude, and congratulations to all current and former foster grandparents. The impact you have made on the children’s lives will live on forever. You are all special, with or without the Foster Grandparent Program.



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Senior Whole Health complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Senior Whole Health (HMO SNP) and Senior Whole Health NHC (HMO SNP) are coordinated care plans with a Medicare Advantage contract and a contract with the Commonwealth of Massachusetts/EOHHS MassHealth (Medicaid) program. Enrollment depends on annual contract renewal. H2224_2021_15696_M Accepted 11/16/2020

Update

Memorial Day Service on May 27

The Civil War Roundtable will hold its Memorial Day Service at 9 a.m. on May 27 at the Rural Cemetery, 149 Dartmouth St., New Bedford. Those who wish to attend are asked to drive to the back of the cemetery to the Civil War section for the service. Following the service, refreshments will be available.

Paper Shredding Day on May 20

A Paper Shredding Day is being held from 9 a.m. to noon, May 20, or until the shred truck fills up, at the Dartmouth Highway Department, 976 Russells Mills Road, Dartmouth. All are welcome; there is no residency requirement. Individuals may bring up to two boxes of paper, each weighing no more than 30 to 40 pounds. Paper clips and staples do not need to be removed, but please remove paper from folders and binders. The event will end when the shred truck is full; it is possible it may be before noon. When participants reach the shred truck, staff will remove boxes from the trunk of vehicles, empty them into a recycle bin and return boxes to participants. The recycle bin is emptied into the Shred-it truck. Shred-it is certified by the National Association for Information Destruction and adheres to their stringent security practices and procedures. For safety purposes, participants are not able to watch the destruction of their paper. For more information, visit gnbrmdistrict.org, call the Greater New Bedford Regional Refuse Management District at (508) 979-1493, or email Marissa@gnbrmdistrict.org.

Options Counseling can help

Mass 211 suicide prevention and emotional health helpline Call2Talk is open 24/7, 365 days a year to anyone feeling stressed, suicidal, hopeless or lost. To reach Call2Talk, dial 211 ext. 25 from any phone in Massachusetts, or dial 988 for the 988 Suicide & Crisis Lifeline. The 988 three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

Anthony Barboza is returning to New Bedford

The New Bedford Historical Society, New Bedford Art Museum, and Barboza family are hosting a talk and book signing with celebrated photographer Anthony Barboza on May 6 from 2-5 p.m. Barboza will discuss his latest book, *Eye Dreaming*, which follows his career from his youth in New Bedford to his well-known work in New York in the 1960s to the present day. Books will be available to purchase. The event is free and open to the public.

REAL ID deadline extended...again

The Department of Homeland Security has extended the REAL ID enforcement date from May 3, 2023 to May 7, 2025. Beginning May 7, 2025, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities. For the complete list of required documentation go to <https://www.mass.gov/guides/massachusetts-identification-id-requirements>. REAL ID is a federal ID that you can use to fly within the United States or enter federal buildings. To get one, you'll need to provide additional documentation and come into an RMV service center.

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.

Mother's Day Tea Party

Celebrate spring and mothers with a tea party in the historic garden of the Rotch-Jones-Duff House & Garden Museum (RJD) at 1 p.m. May 13. Parties of up to eight people can enjoy classic tea party fare (tea, sandwiches, scones, and desserts) on the tented patio of the Museum. Spring hats and dress are encouraged. Guests are encouraged to linger in the garden before or after their luncheon. Tickets are \$25 per person and must be purchased by May 5. Admission to the historic house is included. For tickets, go to <https://rjdmuseum.org/> or call the Museum at 508-997-1401.

NEA recognizes Dartmouth artist

Dartmouth artist, Elizabeth James-Perry, who is enrolled with the Wampanoag Tribe of Gay Head, Aquinnah, has been selected as a National Endowment for the Arts National Heritage Fellow, the NEA announced recently. The fellowship award is one of the highest honors in the folk and traditional arts. James-Perry is a Wampum & Fiber Artist who combines careful preparation of natural materials, exquisite skill, and beauty of form with historical research and family knowledge to create a body of work that is revitalizing Eastern Woodlands/Algonquian traditional arts, including hand-sculpted wampum beads, soft fiber basketry, and ancient forms of woven wampum. For more than 40 years, the NEA has presented these lifetime honors annually in recognition of the diverse cultural traditions that comprise our nation and the individuals whose dedication and artistry contribute to their preservation and growth. Each fellowship includes a \$25,000 award.

Get connected

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

Letters to Senior Scope: Senior Center shell game angers New Bedford woman

Dear Editor,

At one time New Bedford had three senior centers, Brooklawn, Hazelwood, and Buttonwood. For years, I went to Buttonwood and only learned Brooklawn was no longer a senior center when I wanted to sign up for a class there. I was still going to Buttonwood and Hazelwood when Buttonwood closed for renovations (June 2018-February 2019), then opened for a short time and closed again in 2020 for COVID-19 lockdowns.

I was attending Hazelwood, enjoying the lunches with music, the games and trips. Then roughly four to five years ago Hazelwood closed for renovations which we found out later was actually to become another social day center.

It seemed as if once everything was running smoothly things would change.

Here's the problem, the city went from three senior centers to one at Buttonwood. The Senior

Travel Program was non-existent; it should have been continued at Buttonwood. The lunches with music were few and far between, if any were had. The games didn't increase. They had a Twilight Bingo at Buttonwood that was very popular, that stopped.

In other words, nothing was done to make up for the loss of the other two senior centers.

I am here to say that seniors count. We are not grandmothers sitting home knitting, or grandfathers playing checkers. We are active, some still working, volunteering, traveling and contributing to the city of New Bedford.

We seniors, from age 60 to 100, were the men and women who kept the city running when all the mills were here and the fishing industry was thriving. We might have been your mechanic, nurse, teacher, waitress, coach etc. When so many people moved out of the city and state, we stayed.

I have gone on trips with the Fairhaven Senior Center, Acushnet Senior Center and the Marion Senior Center. I have attended bingo and numerous functions at these centers. It is by choice, but I shouldn't have to go to these senior centers because New Bedford is playing a game of, 'What should we do; let's close two centers; no let's open them back up; let's close Buttonwood, we haven't made a day care there yet.'

Come on. It's enough to make your head swim.

Even worse was the way they closed them. I and three other ladies had signed up for a class at Buttonwood and found out that morning that Buttonwood was closed. Even though they had our names and phone numbers, none of us received a call telling us that the center was closed. I was informed three days later that the class was held at Hazelwood.

In last month's Senior Scope, it refers to Buttonwood closing,

saying, "(Seniors) were upset about losing access to activities and felt disrespected at being given no advance notice."

Maybe attendance had dropped at Buttonwood because of the opening and closing, opening and closing, changing coordinators, lack of activities, and no new programs.

How is it that all the senior centers in the surrounding towns are thriving and New Bedford is lacking? Maybe you need to take a page out of their playbook.

The consensus is that the city put making money before the seniors. Get it together, New Bedford.

Sincerely,
Brenda Pires, New Bedford

Submitted in response to the April 2023 article, 'New Bedford moves senior center to North and South Ends.' Send your letters to bperdue@coastlinenb.org or 863 Belleville Ave., New Bedford, MA 02745.

Your Health

Exploring emotions and letting go of what no longer serves you

It's an annual ritual. As the seasons change and with warmer weather on the way, the content of our closets will also change. Down from the attic come the bins of lighter clothing. Heading back into the attic are the heavier clothes we needed to get us through those colder months.

Swapping out the seasonal clothing allows me the chance to look at each item being unpacked. Does the item still fit? Is it something I actually want to wear again? Is it still in good condition? The items I am going to be putting away for the season undergo the same sort of evaluation.

Spring is a great time to reset and re-evaluate, to repair and to restore. Not just when it comes to clothing and fix-up projects around the house and yard. It's also a great time to look deeper into the emotional things we carry with us which we may have outgrown. No matter the season,



Peter Mis



we carry our emotions with us year-round. Emotions are important barometers which reflect our inner world.

I've come to appreciate the ability to notice my emotions. To simply step back and observe

“Spring is a great time to reset and re-evaluate, to repair and to restore...It's also a great time to look deeper into the emotional things we carry with us which we may have outgrown.”

exactly how I am feeling in any moment without judging myself for having the emotions that I feel. I discovered that I, like every human, experience a wide range of emotions. Happy, sad, angry, disappointed, bitter, frustrated. Thoughts of doubt, fear, and unworthiness can often arise as well.

Like my process of evaluating my clothing at the end of each season, I also conduct a similar process with my emotions. A sort of an emotional spring cleaning. Through this filtering out process, I will look deeper into my emotions and see if any of them no longer fit me. If they no longer fit me, why would I want to carry them forward?

For me, regret has been an emotion I've carried with me for

many years. There were several significant opportunities presented to me which I never took full advantage of. I can't count the number of times I've chastised myself for not making the most of them.

Even though I felt justified to feel the way I did, I also realized that the weight of carrying regret was not serving me. The negativity of reliving the past had actually been impacting the quality of my present moments. Regret simply no longer fit me, and it was time to let it go. I was no longer going to let the inactions of the younger version of me take away from the joy and peace of the current me.

Perhaps there are some emotional items in your life which you've been carrying through your life which no longer serve you as well? Things which weigh you down and take away from the joy and peace you so deserve to experience? Maybe an emotional spring cleaning will get you ready for the next season of your life?

A New Bedford native, Peter writes of the lessons he's learned from the unfolding of his life at petermis.com.



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Confused by Medicare? SHINE can help

Understanding Medicare options available to you when you turn 65 is an important, but often confusing, part of aging. Thankfully, the Massachusetts SHINE program can help. SHINE counselors are trained volunteers located throughout the state who offer free information about Medicare, how it works, and what health insurance options are best for you, based on your specific health and income needs.

Medicare is health insurance for U.S. citizens, age 65 or older. Permanent residents who are age 65 or older may qualify if they meet additional eligibility requirements. Legal immigrants, age 65 or older, can purchase Medicare Part A after residing legally in the U.S. for five years continuously. Sign-up periods begin three months before your 65th birthday.

If you are on Medicare or Medicaid eligible, calling a trained local SHINE counselor can help you make the best decision on options such as plan affordability, hospital coverage, and prescription cost. Plan costs and additional coverage options can also be reviewed with SHINE assistance. The acronym stands for Serving the Health Insurance Needs of Everyone.

SHINE counselors can be reached by calling local councils on aging or Coastline Elderly Services at 508-999-6400. See a full list of local counselors on page 2 of Senior Scope, including the Immigrants Assistance Center at 508-996-8113. Individuals can also be referred to a local counselor by calling the state Mass Options phone line at 1-800-243-4636, or TTY/ASCII (800) 439-2370.

Confuso com o Medicare? SHINE podem ajudar

Compreendendo as opções do Medicare que estão disponíveis para si quando atinge a idade de 65 anos é uma parte importante, mas muitas vezes confusa do envelhecimento. Felizmente, o programa SHINE de Massachusetts pode ajudar. Os conselheiros do SHINE são voluntários treinados localizados através do estado os quais oferecem informação gratuita sobre o Medicare, como funciona, e quais as opções de seguro de saúde que são melhores para si, baseado nas suas necessidades específicas de saúde e rendimento.

O Medicare é um Seguro de saúde para os cidadãos dos Estados Unidos, com as idades de 65 anos e mais velhos. Residentes permanentes os quais têm 65 anos ou mais poderão qualificar-se se estiverem dentro dos requerimentos adicionais de elegibilidade. Imigrantes legais, com a idade de 65 anos ou mais podem comprar o Medicare Parte A depois de residirem nos Estados Unidos por cinco anos contínuos. Os períodos de inscrição têm início nos três meses antes de atingir o seu aniversário de

65 anos.

Se estiver no Medicare ou for elegível para Medicare, ligando para um conselheiro local treinado do SHINE poderá ajudá-lo a tomar a melhor decisão sobre opções como a acessibilidade do plano, cobertura hospitalar, e o custo de receitas. Preço do plano e opções adicionais de cobertura podem ser também revistas com a ajuda do SHINE. A sigla significa Atendendo às Necessidades de Seguro de Saúde para Todos.

Os conselheiros do SHINE podem ser contatados chamando para as autarquias locais de idosos ou Coastline Elderly Services no 508-999-6400. Ver a lista completa dos conselheiros locais na página 2 do Senior Scope, incluindo o Centro de Assistência ao Imigrante no 508-996-8113. Os indivíduos também podem ser encaminhados para um conselheiro local ao chamar para o número da linha de telefone das Opções do estado de MA no 1-800-243-4636, ou TTY/ASCI (800) 439-2370.

¿Confundido por Medicare? Los asesores de SHINE pueden ayudar

Entender las opciones disponibles de Medicare cuando cumpla los 65 años de edad es una parte importante, pero a menudo confusa, del envejecimiento. Por suerte, el programa SHINE de Massachusetts puede ayudar. Los asesores de SHINE son voluntarios capacitados ubicados por todo el estado que ofrecen información gratuita sobre Medicare, como funciona, y qué opciones de seguro médico son las mejores para usted, en función de sus necesidades específicas de salud e ingresos.

Medicare es un seguro de salud para los ciudadanos americanos, a partir de los 65 años de edad. Los residentes permanentes que tengan 65 años o más pueden calificar si cumplen otros requisitos. Los inmigrantes legales, de 65 años o más, pueden adquirir Medicare Part A tras residir legalmente en los E.E.U.U. por cinco años ininterrumpidos. El período de inscripción comienza tres meses antes de cumplir los 65 años.

Si es beneficiario de Medicare o reúne los requisitos para recibirlo,


llame a un asesor local capacitado de SHINE para que le ayude a tomar la mejor decisión sobre las diferentes opciones como la asequibilidad del plan, cobertura hospitalaria y el costo de los medicamentos recetados. Los costos del plan y las opciones de cobertura adicionales también se pueden revisar con la ayuda de SHINE. SHINE son las siglas de Serving the Health Insurance Needs of Everyone (Atendiendo las necesidades de seguro médico de todos.)

Para conectarse con los asesores de

SHINE puede llamar a los consejos locales de la tercera edad o a Coastline Elderly Services al 508-999-6400. Consulte la lista completa de asesores en la página 2 de Senior Scope, incluido el Centro de Asistencia a Inmigrantes en el 508-996-8113. Las personas también pueden ser remitidas a un consejero local llamando a la línea telefónica estatal Mass Options al 1-800-243-4636, o TTY/ASCI (800) 439-2370.

Translations provided by:

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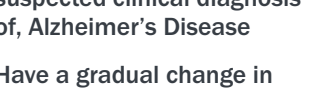
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Study Criteria

To be considered for the RethinkALZ study, patients must:

- ☐ Be ages 50 to 87 years old
- ☐ Be diagnosed with, or have a suspected clinical diagnosis of, Alzheimer's Disease
- ☐ Have a gradual change in memory for six months or more
- ☐ Have a family member or loved one who can be available as a study partner during the entire study
- ☐ Be fully vaccinated for COVID-19 or have had a previous COVID-19 infection

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?

Understanding the nervous system's physical response to yoga

By Nanci Winterhalter, MSPT

You are invited to join a national movement to raise awareness about mental health and how it is an essential part of our overall health during Mental Health Awareness Month. These past years have brought the state of our mental health to center stage. Lifting the veil allows us to become proactive in our approach to cultivate and support good mental health, together!

Yoga can be a viable option for emotional support, adding it to consultations with your doctor and mental health professional. These peaceful practices can include movement, breath exercises, energy practices, meditation, yoga philosophy (to help us navigate life's ups and downs), lifestyle strategies, "sangha" (supportive community in Sanskrit) and more. Yoga is much more than a work-out, it is a work-in!

Just a peek into how yoga helps our mental health:

The autonomic nervous system is a network of cells that controls the body's internal state. It regulates and supports many different internal processes, often outside a person's conscious awareness. The ANS affects the activity of many different organs including our stomach, heart and lungs. Its main function is to maintain homeostasis, which is a "stable and balanced condition necessary to support life." The ANS includes the sympathetic nervous system and the parasympathetic nervous system. Harmonious regulation between the two provides this balance.

The sympathetic nervous system is our very own "personal emergency response system." The SNS becomes highly activated when we are stressed (positively or negatively) or feel threatened (physically, mentally or emotionally). The result? Our blood flow decreases to the digestive system and



the extremities, our airways widen to make breathing easier, heart rate and blood pressure increase, glucose is released into the bloodstream and more. We are ready for action - fight or flight.

This is good when we need to rise up to a challenge (short term) and it actually helps us build resilience. Trouble can arise when stress is sustained continuously or for long periods of time, as in chronic stress. The sympathetic nervous system can go into overdrive, which can cause a cascade of changes resulting in physical and emotional distress. Changes such as high blood pressure,

reduced immunity, poor digestion, inflammation, and mental/emotional distress.

The parasympathetic system is more stimulated when we are relaxed. Blood flow is increased to the digestive system, endocrine glands, brain and extremities while heart rate and blood pressure decrease. After the stressor passes, this system helps calm us and moves us back towards balance.

Yogic practices have been shown to regulate our nervous system by stimulating the rest and digest part of our nervous system and thereby balance the stress response, the hormonal system and the body. Research also demonstrates that when we practice yoga, activity increases in the part of the brain responsible for regulation of emotions and conscious thinking (prefrontal cortex) while activity reduces in our fear center (the amygdala).

Yoga can help us cope with stress and manage potential triggers for anxiety through self-reflection, which is paramount to all forms of practice. We pay attention and develop our ability to accept our stress provoking thoughts in a non-judgmental way. Finding space between our thoughts and reactions supports mental clarity and healthy decision making.

Learning to shift our thoughts from our concerns of the future and pains of our past through cultivation of present moment awareness is one of the many gifts yoga offers.

The teachings and practice of yoga is the gift that keeps giving – serving you in real time and as a potent preventive health strategy.

Curious? A good starting place might be attending one of the many Chair Yoga classes available throughout our region! Namaste!

Your neighbor, Nan

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

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What to know when facing nonpayment eviction proceedings

By Gavin Bates
South Coastal Counties Legal Services

Changes in state law due to expiring COVID-19 emergency rules may have an impact on tenants who are facing potential nonpayment eviction.

Specifically, the expiration of a law called “Chapter 257, means nonpayment cases can no longer automatically be delayed and stopped through the application for Residential Assistance for Families in Transition program. Known as RAFT, this is a particular type of financial assistance designed to help tenants and landlords resolve debts without proceeding to court. While RAFT funding is still available, it has become substantially harder to get.

In subsidized or public housing, for instance, tenants will have to show there was a good reason, connected in some way to the pandemic, that caused the failure to make the payments. This is challenging to accomplish in the best of circumstances, and the RAFT program in our area has been prone to delays and paperwork errors that can cause an application to be rejected, often without real notice to the applicant.

A tenant can still protect themselves and avoid a nonpayment eviction. They can offer up the money before the “cure” period — typically a period of time within 10 days of receiving the notice to quit for nonpayment, provided another notice to quit for nonpayment wasn’t sent within the preceding year — expires. This makes applying for financial assistance earlier important.

Tenants can also raise defenses and counterclaims in a court case. It is possible, even if it is hard to make rent, that a landlord would actually owe a tenant more money than any owed arrearage due to legal errors by the landlord, such as delaying making repairs or mishandling a security deposit. You can find out more about your rights here: <https://www.masslegalhelp.org/housing/lt1-chapter-12-evictions.pdf>

Finally, applications to get into subsidized or public housing can often take a long time to process even in an emergency. Demand is

high. If you are paying more than half of your monthly income towards you housing expenses, you are probably “rent burdened.” This means that you are at high risk of homelessness. As with seeking financial assistance, it is better to get in applications to subsidized or public housing as early as you can.

When in doubt, call up the housing authority or corporation and ask them how to apply. Keep them updated about your housing situation. Depending on the circumstances you might qualify for priority status, which would allow you to move through the waiting list for a new unit faster.

Finally, if you do need to move out of your old home and into a new one, keep paying your rent unless you have another legally sound justification (like properly withholding your rent) for stopping payment.

Eviction cases for nonpayment move much faster than “for possession,” where the landlord wants you to leave so they can raise the rent. If you don’t agree to pay a higher rent amount, the landlord cannot claim you owe the money and must simply ask you to leave.

You will be entitled to far greater delays in the move out if you do not owe any money, and you may be able to find third party assistance through organizations like Catholic Charities, the RAFT program, or PACE to pay for deposits at a new apartment that you would not be able to get in order to pay for arrearages.

Better to pay and stay so that you can leave on your own terms and seek help with the move!

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

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) How many players per side play in a standard soccer match?
A.) 9 B.) 11 C.) 12 D.) 15
- 2.) How many Federal agencies are there in the United States?
A.) Less than 20 B.) Around 50
C.) Over 430 D.) Over 1,000
- 3.) What is the largest city in the United States by population?
A.) Chicago B.) New York C.) Houston D.) Los Angeles
- 4.) In which U.S. city is the largest public park?
A.) Anchorage B.) New York
C.) San Francisco D.) Baltimore
- 5.) In what U.S. state did the first Walmart open?
A.) Arizona B.) Maine C.) New York D.) Arkansas
- 6.) Which of these was an early name for a bicycle?
A.) Velocipede B.) Iron Horse
C.) Bone Rattler D.) Buggyah
- 7.) What is the biggest island in the world?
A.) Madagascar B.) Ireland C.) Greenland D.) Iceland
- 8.) What was the Orpheum theatre in New Bedford once called?
A.) Hanger’s Cafe B.) Mt. Royal skating rink
C.) North End Guild D.) Sharpshooters Hall
- 9.) What New Bedford seafood restaurant closed in November 2019?
A.) Mitchell’s Fish & Chips B.) Jerry’s Fish & Chips
C.) McCray’s Fish & Chips D.) Horta’s Fish & Chips
- 10.) What does AFL-CIO stand for?
A.) American Federated Laborers - Committee of Independent Owners
B.) Amalgamated Foreign Leaders - Council on International Oversight
C.) American Farmers League - Council for Interfarm Organization
D.) American Federation of Labor - Congress of Industrial Organizations

[Answers listed on page 11]

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Senior housing is one of many topics at U.S. Rep. Keating’s Housing Forum

An event dedicated to providing housing solutions in New Bedford and surrounding areas brought federal, state and local officials, housing advocates and organizations, and others to UMass Dartmouth on April 12 to discuss the complex issue.

The Affordable Housing Forum was organized and hosted by Congressman Bill Keating (D-9th) as an attempt to address solutions and connect people with available housing resources. The forum included a visit from U.S. Department of Housing and Urban Development Regional Administrator Juana Matias and members of her staff.

Keating kicked the forum off giving people a sense of the extensiveness of homelessness in the U.S.

“On any given night in the United States...582,500 people were homeless,” he said quoting 2022 numbers. “Clearly we can do better than that as a country.”

Of that number, Keating said, 40 percent were unsheltered in “locations that we all see right in front of us” like street corners and public buildings.

New Bedford faces several obstacles to adequate housing, according to Keating, including the numbers of homeless; cost of housing; and a high percentage of city residents who are considered housing burdened — 50 percent of renters and 30 percent of home

owners. Most homes are more than 80 years old — 52 percent, he said, and 86 percent are more than 40 years old creating an aged housing stock in need of repair.

Housing cost burdened, Keating explained, means that 30 percent or more of an individual or family’s income goes to housing.

One solution that Keating praised in his remarks is the creation of a new vacant building coordinator in New Bedford, who he said, would work with mortgage holders, probate courts and other stakeholders to identify and reactivate vacant properties, return them to city tax rolls, and make them available for housing again.

He also touched upon future events that may impact the quality of housing including the launch of SouthCoast Rail and related, potential gentrification.

“We’re acting now for the present but we’re looking to the future to see if there are new needs,” he told those present and watching the livestream.

Of the many housing projects and possibilities discussed at the April 12 forum, one in particular stood out as being specifically designed for older adults.

Temple Landing II is a planned 27-unit building located on a vacant lot across from existing Temple Landing family housing on Middle Street in New Bedford. The units are planned to be 100 percent affordable and age-



Congressman Keating opens the Affordable Housing Forum with remarks on the state of housing in the New Bedford area.

restricted with the hope that older residents looking to downsize from Temple Landing units will be able to move into the proposed building, according to POAH, the property owner and primary developer behind the project.

The project is currently seeking funding and was recently awarded \$190,000 in city Community Preservation funds.

POAH is a nonprofit organization that works to preserve, create and sustain affordable housing and owns and manages 13,000 apartments in 11 states and Washington D.C. including the 173-unit Temple Landing development. They were one of several organizations who

“We’re acting now for the present but we’re looking to the future to see if there are new needs”

—U.S. Rep. Bill Keating

spoke at the forum. Others included the Federal Home Loan Bank of Boston, MassHousing, and Citizens’ Housing and Planning Association.

In his remarks, Rep. Keating thanked several local groups for their work to improve access to housing, including the H.O.M.E. Coalition, Rise Up for Homes, and Homeless Service Provider Network.



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Community

The Way Things Were



Sagres visits New Bedford, 1964

This view from Fort Phoenix shows the Portuguese training ship, the three-masted Sagres, moored in the harbor alongside coffer dams being used in construction of the hurricane barrier. The ship arrived in July for a

three-day visit, attracting thousands of visitors. Sailing under the Portuguese flag since 1962, the Sagres takes its name from the port town where Prince Henry the Navigator founded his navigation school.

Elder Group continued...

of whom had full family lives but now live alone, said Helena DaSilva Hughes, IAC president.

Unlike some social day programs, this group runs their own activities, make and share their own food and coffee, and tell staff how they would like to spend their time.

Dasilva Hughes grins when asked who leads the group — IAC staff or the members themselves.

“They do what they want to do,” she said about group members. “It’s driven by them. We give them space and we coordinate events for them. We don’t tell them what they want.”

“It’s important for them to know that their voices are heard,” she added.

That’s part of the group’s success DaSilva Hughes and Tomazia both suggest. “We offer them an opportunity where they can come and they can relate to each other,” Tomazia said. “We appreciate them and their wisdom and talent.”

DaSilva Hughes attributes the sense of independence and fierceness to the women’s decision to immigrate to the U.S. early in their lives.

“These are women who packed up their bags and left their home to give their children a better life,” she said.

As women who came to the U.S. with very little, typically had eight or more children and worked outside the home, often in the textile mills, the Elder Group importantly offers a chance for recreational activities that many had no time for during their working lives.

“Now they get to see some of the places they’ve never been,” DaSilva Hughes said.

Members who were asked why they attend gave varied, but similar, responses — “To be with each other.” “To leave the house.” “To have fun.” “To

learn crochet.” “To socialize.”

Early on in its existence, the Elder Group formed a special Embracing Aging subgroup that produced a book of poetry in Portuguese on the subject. One of the poems talked about the Elder Group and what it means to the author, identified only as Maria. The portrait, even loosely summarized in English, conveys the spirit of the group and its meaning to those who participate.

“Maria tells us that it is a place to spend time with friends and familiar faces, to play bingo, to have a meal together and to support each other. It is a place to sing old songs even if you do not remember all the words anymore and to recall the good old days and reflect on the sad ones. It is a place to dance, to tell jokes, to laugh, to knit and to pray. It is our group called ‘Embracing Aging.’”

The IAC hopes to expand the program to four days a week and is talking to Coastline about offering culturally-appropriate meals on site. A recent Christmas meal, for example, served cod fish which the group loved, DaSilva Hughes said. Cacoila is another favorite, she said, adding, “They don’t even make that for themselves.”

There is also discussion about creating something similar for New Bedford area elders from other cultures, DaSilva Hughes said.

The impact of having a shared culture and language should not be underestimated when forming social groups, she suggested. One woman, for example, brought her Portuguese husband to IAC after having visited other socializing programs. He was in the beginning stages of dementia but was resistant to joining a group. When he saw the Elder Group, he became visibly emotional.

“He said, ‘Now this is the place I want to be,’” said DaSilva Hughes, adding that he felt at home because everyone spoke Portuguese.



How much is that doggy in the window?

It could be more that you expect if you fall for a puppy scam

If you’re searching online for pure-breed puppies for sale, beware of scam artists who create fake websites posing as dog breeders and who post photos of adorable puppies on social media to lure in prospective buyers.

These scam artists instruct buyers to send hundreds - even thousands - of dollars using money transfer apps or pre-paid gift cards. After sending the money, however, the buyer doesn’t receive the puppy. Sometimes a scam seller will give excuses and make additional demands for money, supposedly for insurance, vet bills or other delivery fees. In truth, there actually are no puppies for sale, and buyer’s excitement turns to disappointment when they realize they’ve been scammed.

The Federal Trade Commission estimates consumers lose an average of \$850 through 10,000 puppy scams a year.

What are the signs that you might be dealing with a puppy scam?

- Sellers who communicate only through emails or messenger apps; usually this is to hide the fact they’re not actual dog breeders in the U.S. and may be overseas scam rings.

- The exact same dog photos or ads appear on multiple websites or social media pages. Scammers often copy and paste pictures and ads from websites owned by legitimate breeders.

- Sellers who insist on getting paid with pre-paid gift cards or money transfer apps like Zelle or Venmo. These payments are hard to trace, and unlike credit card purchases which often come with buyer protection plans, gift card or cash transfers can’t be undone once the transaction is complete.

Visit www.ftc.gov for more information on puppy scams. You can also call the New Bedford Local Consumer Program working in cooperation with the Attorney General’s Office at 508-979-1693.

Older Americans continued...

workers to provide care to seniors and people with disabilities enrolled in Medicaid.”

The order also directs HHS to build on the minimum staffing standards for nursing homes and condition a portion of Medicare payments on how well a nursing home retains workers.

In its support for family caregivers, the Biden administration recognizes the physical, emotional and financial strain placed on families who cannot access care, particularly on women, who make up nearly two-thirds of family caregivers and who drop out of the workforce at higher rates than men.

“To provide greater support to family caregivers, the Executive Order directs HHS to consider testing a new dementia care model that will include support for respite care (short-term help to give a primary family caregiver a break) and make it easier for family caregivers to access Medicare beneficiary information and provide more support to family caregivers during the hospital discharge planning process,” the

administration said in its release.

The order also addresses substantial increases in the cost of childcare and pays particular attention to the needs of military families and veterans.

In its fact sheet on the directives, the White House noted the rising cost of care with a 40 percent increase for older adults in the past decade and a 26 percent increase in child care costs over the same time period. Costs for child care, notably, have risen more than 200 percent over the past three decades.

Coastline CEO Justin Lees said he fully supports the goals of the executive order.

“Any initiative that can bridge the gap between older and disabled adults that need care and the workers who are available and trained to give it is a welcome measure and we look forward to seeing the next steps as they happen,” said Lees.

“Equally welcomed are the measures to support family caregivers who are increasingly burdened by the need to provide daily, sometimes 24/7, homecare services for their parents and older family members.”