

# Senior Scope

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

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Graduation procession, page 12



Photos by Robert Hughes

## Older adults swarm to Celebration of Seniors

If the trend continues, Celebration of Seniors is going to have to find a bigger venue. The annual event for older adults in the South Coast had more than 800 people at White's of Westport this year, breaking its previous record and filling the breakfast and vendor fair with people eager to know more about aging-related resources and elder abuse.

Vendors from healthcare, homec-

are, health insurance companies, local businesses, and councils on aging came prepared for the large crowd and still found they ran out of bags, giveaways, and flyers by the noon end time.

Attendees left the event armed with bags of resources and pamphlets to help them live better.

Celebration of Seniors is organized each year in a partner-

*Continued on page 12*



## Facts and myths about supplements

### Are they good for you and do you need them?

Have you ever gone to the store to buy vitamin D, or B, or C, and ended up standing in front of shelves loaded with supplement bottles not knowing which to choose?

If so, you're not alone. The number of possibilities available for even a single vitamin can be overwhelming with multiple manufacturers, add-in options, ingredients, sourcing, and prices, and most troubling, not knowing if what the bottle claims to contain is really what's inside. Multiply that by the hundreds of vitamins, minerals, and supplement combinations on the market and the options become truly staggering.

So how does anyone choose? That's one of the questions Coastline Registered Dietitian Stephanie Boulay addressed in a recent presentation at the Dartmouth Council on Aging, offer-



ing her audience a list of steps and resources to help make the best supplement choices possible.

While adding supplements to your diet should be easy, she said, determining which products are safe, which play well with prescription medications, and which will actually benefit you, can make buying and

*Continued on page 3*



# How we serve people who have limited English proficiency

By Delia De Mello  
*Social Security*

We strive to deliver great customer service and helpful information to everyone. That includes improving access for underserved communities. We aim to reduce language barriers and increase access to Social Security programs, services, and benefits. If you're assisting a client with limited English proficiency (LEP), know that we have the resources available to help them in their preferred language.

What resources are available?

We encourage you to learn about the resources that are available to serve LEP communities. We provide benefit information online in Spanish – including Retirement, Disability, and Supplemental Security Income (SSI) at SeguroSocial.gov.

Our free interpreter services are available, by telephone and in person, in more than 200 languages, to your clients who prefer to conduct business in a language other than English. These services are accessible by calling our toll-free number at 1-800-772-1213 or by visiting a local office and asking for an interpreter in their preferred

language.

If your clients need information about our programs, we offer publications in languages other than English. Please check out our non-English publications and other resources available in more than 12 languages at [www.ssa.gov/multilanguage](http://www.ssa.gov/multilanguage). These include:

- A sample Social Security Statement and 10 supplemental fact sheets.
- Social Security Number for Non-Citizens.
- Understanding the Benefits.

Our Language Access Plan showcases our commitment to increase access to benefits and services for people who prefer a language other than English. For more information, we encourage your clients to review the updated plan at [www.ssa.gov/pubs/LAP2022-23.pdf](http://www.ssa.gov/pubs/LAP2022-23.pdf).

Diversity is one of our nation's greatest strengths. We want to ensure an inclusive environment for everyone we serve.



Delia DeMello



## From the Editor

I had a great time at the Celebration of Seniors on June 16, learning from the many vendors and sharing information about Senior Scope.

The topic was heavy with speakers offering prevention tips on elder abuse and fraud. It was important information with truly staggering numbers of older adults who are harmed or lose finances each year. (See our story on page 1.)

But despite the seriousness of the day, there was a lot of fun being had by attendees and vendors, especially in the back of the vendor room at a photobooth set up with props, including superhero capes and masks, and message boards asking older adults to proclaim their superhero status.

What I learned, or re-learned, is that there is no age when it comes

to play, especially play-acting. Asked why they are a superhero, a few people hesitated, but most knew exactly what they wanted to tell and show the world.

Adults of all ages donned the capes and filled out a whiteboard message that read, 'I am a Superhero because...'

At least two nonagenarians took their turn in the photobooth. The oldest, a 98-year-old woman, wrote 'I love people' in shaky but clear script.

The messages were inspiring.

'I raised a family,' one said. 'I beat illness,' another. One woman put the sign and cape on her companion dog and wrote the message for him. It said, 'I am gentle and kind. I love everyone.'

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



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



### SHINE Counselors in the Greater New Bedford Area

Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Virginia Walega
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni
GNB Community Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes
Immigrants' Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira
Marion Council on Aging 465 Mill Street, Marion	508-748-3570	Connie Heacox
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St. (for New Bedford residents only)	508-284-2608 508-979-1526 508-991-6170	Natasha Franco Luisana Paez-Espinal Nora Rose
PACE, Inc. 166 William St., New Bedford	508-999-9920	Freda St. Marie-Johnson
Rochester Council on Aging 67 Dexter Lane, Rochester	508-763-8723	Jan Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-758-3781	Denise Dupuis Carla Marcelino Sandra Spoor

## Donations for July 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.

Happy Birthday to a wonderful mom, Judy Howland.

Love you always, Kate, \$10.

Year-to-Date: \$481

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## Senior Scope

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# How to dispute a credit card or bank statement charge

To recover your money, check your credit card and bank statements regularly

By Cheryl Duclos and Mali Lim  
New Bedford LCP

How often do you check your credit card and bank statements? Unwanted charges and debits — monthly fees for a gym membership you thought you had cancelled, for example, or automatic payments for a product that was supposedly a “seven-day free trial” — can only be reversed if you report the charges promptly.

Each card network and issuing bank sets its own time limits for disputing charges, but U.S. law sets a minimum time limit of 60 days.

In most cases, unless there is fraud involved, you may have only three to five months from when a charge appears on your statement to dispute it with your bank or credit card company.

Additionally, banks and credit card issuers will often limit the amount of money you can recover to just losses within the last two or three months, even if the charges have been happening for a longer period of time.

Your first move in disputing a

**“In most cases, unless there is fraud involved, you may have only three to five months from when a charge appears on your statement to dispute it with your bank or credit card company.”**

charge should be to contact the merchant because you might be able to get a refund or find some other resolution without involving the credit card issuer.

If that fails, or you believe fraud was involved, contact your credit card issuer.

Remember to:

Check your credit card agreement to review your rights regarding unauthorized charges.

Read your monthly statements and act on unauthorized charges right away.

The New Bedford Local Consumer Program is here to provide you with tools and information to be an informed, empowered consumer. Increase your knowledge about consumer



Don't let an unauthorized charge get paid unnoticed. Pay regular attention to your statements and contest errors or fraud early to help you get the credit you're owed.

laws and to help safeguard against fraud and online scams by contacting the LCP at (508) 979-1693.

*The New Bedford Local Consumer Program works in cooperation with the Attorney General's Office to assist consumers in Southeastern Mass. Contact the LCP at (508) 979-1693 or at [consumer@newbedford-ma.gov](mailto:consumer@newbedford-ma.gov).*

## U.S. growing older, says Census

New data released by the U.S. Census Bureau in May paints a more detailed picture of age and aging in the U.S.

Based on the 2020 census, the data shows that between 2010 and 2020, median age in the U.S. grew older due to an increase in the older population. There were 55.8 million people age 65 and over in the United States (16.8 percent of the total population), up 38.6 percent from 40.3 million in 2010. Centenarians grew 50 percent since 2010, the fastest recent census-to-census percent change for that age group.

For people age 70 and over, the male population experienced a larger growth rate between 2010 and 2020 (42.2%) than females (29.5%).

In 1970, after all Baby Boomers (1946-1964) had been born, half of the population was younger than 28.1 years old. By 2020, the median age was 38.8, an increase of more than 10 years over the past five decades.

In 2020, the population age 45 and over accounted for 42 percent of the total population, up from 27 percent in 1940, the census before the Baby Boom began.

The share of the population age 65 and over more than doubled between 1940 and 2020, from less than 7 percent to nearly 17 percent.

### Supplements continued...

benefiting from them a complex endeavor.

Supplements can be useful, Boulay said, when someone is deficient in specific nutrients. But, she stressed, the best place to get nutrients into our system is through the food we eat.

“It’s always better to get them from your food because your body will absorb it better,” said Boulay.

If you’re looking to add supplements to your diet or want more assurance that you’ve chosen well in the past, here are tips from Boulay.

**Consider food sources first:** Real food sources contain additional components, like fiber and other food parts, that are beneficial to the body, Boulay noted. There are also benefits to some foods that help the body absorb nutrients better. For both of these reasons, Boulay suggests viewing supplements as a useful tool, but not a replacement for the vitamins and minerals we get from food.

**Work with your doctor:** Not only can your physician help you determine which nutrients you need, they can also help determine what amounts are safest. Just because an advertisement suggests a person over a certain age should take calcium, for example, doesn’t mean that everyone that age needs it. Work with your doctor or a nutritionist to know your specific needs. Also, it’s important to note that, when it comes to supplements, more is not always better. Some vitamins and minerals can be detrimental at

high doses. Again, listen to your doctor’s recommendations.

**Understand that the supplement industry is unregulated:** Since 1994, when a law saying supplements are not food and therefore not subject to regulation, the Food and Drug Administration has not regulated or assessed the quality or effectiveness of supplement products. This means you can’t know with any certainty that the bottle actually contains what’s stated on the label. Without that assurance, buyers must find alternative ways to confirm the quality of products. (The FDA does, however, establish good manufacturing principles for supplement manufacturers.)

**Look for supplements that have third-party confirmation:** Some supplement manufacturers turn to third party testers – independent reviewers that “offer quality testing and allow products that pass these tests to display a seal of quality assurance that indicates the product was properly manufactured, contains the ingredients listed on the label, and does not contain harmful levels of contaminants,” according to the National Institute of Health. These seals of approval can be found on bottle labels. Boulay identified three main testers in her presentation: ConsumerLab.com; NSF International; and U.S. Pharmacopeia.

**Some supplements will interact with medications:** Always check with your doctor to see if supplements clash or affect any medications you are on. For



Supplements can be a useful tool to get the nutrients we need.

Independent Reviewers that offer quality supplement testing

- ConsumerLab.com
- NSF International
- U.S. Pharmacopeia

example, according to the NIH, Vitamin K can reduce the ability of the blood thinner warfarin

to prevent blood from clotting; and St.-John’s-wort can speed the breakdown of many medicines and reduce their effectiveness (including some antidepressants and heart medications). Knowing which medications you are on and making choices that don’t interfere with them is important to good supplement use.

For more information on supplements, check out this fact sheet from NIH: <https://ods.od.nih.gov/factsheets/WYNTK-Consumer/>



# Update

## Outdoor Farmers Markets are happening in the region

The outdoor Farmers Market schedule is well underway with Coastal Foodshed markets in New Bedford from 2-6 p.m. on Mondays in Brooklawn Park; Thursdays in Buttonwood Park; and Fridays in Clasky Common Park. Farmers Markets in Dartmouth are held Fridays, noon – 5 p.m., at St. Mary’s Parish Center, 789 Dartmouth St. and the third Saturday of the month from 10 a.m. - 2 p.m. at Round the Bend Farm, 92 Allen Neck Road. Fairhaven also has two Farmers Markets: the Fairhaven Farmers’ Market on Sundays from 11 a.m. – 3 p.m. at J.H. Beaulieu Farm, 151 Alden Road and at the Huttleston Marketplace, Saturdays from 10 a.m. – 3 p.m. on the Fairhaven Visitors’ Center Lawn, 12 Huttleston Ave. For more information on farmers markets in the South Coast, visit <https://semaponline.org/farmers-markets-in-southeastern-massachusetts/>.

## GRG, Inc. meets this month

The Grandparents Raising Grandchildren, Inc. 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. 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. With instructor Nanci Winterhalter, certified yoga therapist, yoga teacher, and physical therapist. Six-class session is \$75; support is readily available. For details, call 508-990-0178 or email Nanci at [NanciWinterhalter@gmail.com](mailto:NanciWinterhalter@gmail.com).

## Matter of Balance classes starting on July 10

Matter of Balance classes begin again this month at Coastline’s North End location. Join in and learn how to prevent falls, increase balance, strength and flexibility. Those who complete the workshop will receive a \$25 gift card to Market Basket. Free classes are 10 a.m. to noon on Mondays beginning July 10 and continuing until Aug. 28. Learn more or sign up by calling Rachel Fouts, class instructor, at 774-510-5224. Coastline is located at 863 Belleville Ave. New Bedford.

## Summer Sound Series underway

New Bedford’s Summer Sound Series is underway with free concerts offered every other Friday through Sept. 15. July concerts are July 7 and 21 at 6:30 p.m. On July 7, Neal McCarthy Problem will perform on lower Union Street, between N. Water Street and Route 18. On July 21, The Funky White Honkies will perform on Purchase Street between Union and William streets. Streets will be blocked off for the concerts until 8:30 p.m. Visitors can purchase a beverage from participating establishments and experience great live music in a fun, festive atmosphere. Concerts are held weather-permitting.

## New Bedford Civil War tour

The New Bedford Preservation Society is conducting a walking tour featuring “New Bedford in the Civil War” at 6 p.m. on July 13. The tour will examine the impact of the Civil War, from 1861-1865, on New Bedford and the city’s contribution to the war effort. Stops include landmark sites within the Historic District. This event, one of several in the Society’s Summer Walking Tour Series, is made possible by the support of the New Bedford Cultural Council. Those interested in attending are asked to gather at Custom House Square, New Bedford Whaling National Park. For additional information, check the Preservation Society’s website, <http://nbpreservationsociety.org/>

## Independence Day events scheduled in the South Coast

Marion’s annual Independence Day parade will kick off at 9 a.m. on July 4. The Parade will form beginning at 8 a.m. on the ballfield behind the Marion Town House and adjacent to the Sippican School. For questions, contact the Parade Committee at 508-748-3520 or [dhemphill@marionma.gov](mailto:dhemphill@marionma.gov).

The 51st Annual Cape Verdean Recognition Parade will be held at 11 a.m. on July 1. The intersection of Rockdale Avenue and Union Street at Buttonwood Park will be the parade starting point. The parade will then travel straight down Union Street, turn left onto Acushnet Avenue, right onto Grinnell Street, and right onto Purchase Street. The parade will end at the reviewing stand at the Cape Verdean American Veteran’s Memorial Hall at 561 Purchase Street.

The Declaration of Independence, the document that led to the birth of our nation, will be read aloud at 9 a.m. on July 4 in a community reading on the grounds of the Portsmouth Public Library in Rhode Island. Copies will be available or people may bring their own. In case of rain, the reading will be held inside the library in the Mello Program Room. The library is at 2658 E. Main Road, Portsmouth, R.I.

The City of Fall River will hold a fireworks display from the decks of the historic Battleship Massachusetts on July 4. Gates open at 7:30 p.m. and fireworks begin at approximately 9 p.m. Tickets are \$15 per person and are available online at <https://bit.ly/battleshipcovefireworks>. Bags, backpacks, weapons, alcoholic beverages, and coolers are not allowed. All guests must proceed through a security checkpoint prior to enter. The fireworks are put on by the City of Fall River. Visit [www.battleshipcove.org](http://www.battleshipcove.org) or call 508-678-1100 for more information.

## Learn to use your phone or computer better

Coastline is continuing its series of technology classes throughout 2023. Beginner and intermediate classes are available as well as iPhone and Android cell phone classes. Choose the class that’s right for you. All classes take place at Coastline’s location at 863 Belleville Ave., New Bedford. Contact Roshalene at 508-742-9160 to register and for more information including dates and times of individual classes.

## New Bedford hosts stormy but successful PRIDE



The SouthCoast LGBTQ+ Network PRIDE festival in New Bedford on June 3 was a fun celebration despite some threatening weather.

## Human Rights Campaign declares LGBTQ+ emergency

In an unprecedented move, the Human Rights Campaign, an organization dedicated to lesbian, gay, bisexual, transgender and queer civil rights, declared a National State of Emergency for LGBTQ+ people in the United States in June. The declaration is the first in its 40-year history, HRC said.

The move comes as anti-LGBTQ+ legislation continues to grow in the U.S. According to HRC, more than 75 anti-LGBTQ+ bills have been signed into law in 2023, more than double last year’s number, which was previously the worst year on record.

The legislation creates “an imminent threat to the health and safety of LGBTQ+ people and families nationwide,” HRC said.

“There is an imminent threat to the health and safety of millions of LGBTQ+ people and families, who are

living every day in uncertainty and fear,” said Kelley Robinson, HRC president. “Our number one priority will always be ensuring that LGBTQ+ people are safe and have the tools they need to defend and protect themselves against acts of hostility, discrimination and — in the most extreme cases — violence. It’s also incumbent on our allies across the country to stand with us and make it clear that they won’t sit idly by while extremists attack and malign LGBTQ+ people and our families.”

HRC has released a guidebook for action for LGBTQ+ Americans which includes health and safety resources, a summary of state-by-state laws, “know your rights” information, and resources designed to support LGBTQ+ travelers as well as those already living in hostile states, according to HRC. The guidebook can be downloaded at [HRC.org](http://HRC.org).



# Your Health

## Dr. McKenney’s 5 B’s of behavior change and how they can help you

By Dr. Michelle McKenney

*Editor’s note: Dr. McKenney led the Walk with a Doc walk at Button Park on May 6, speaking to the group of 2walkers about her list of tips for creating behavior change. Senior Scope reached out to learn more so we could share those steps with readers and Dr. McKenney graciously shared them through the New Bedford Wellness Initiative. Our thanks go out to both NBWell and Dr. McKenney.*

**1. Be specific:** about your goal! For example- if you say to yourself “I want to walk more!” then your plan should look something like: I am going to walk three days per week for 45 minutes on Monday, Wednesday, and Saturday. I’m going to start at 6 a.m. and this is the route I’m going to take.

Better yet, put this on your calendar! The less we have to think about what we are doing the easier it will be. Don’t give yourself any time to doubt your decision or make excuses. Don’t think just do!

**2. Be prepared:** Lay out all of your clothing the night before and make sure you have what you need! Is there possible rain in the forecast or a chill in the morning? Make sure you have weather-appropriate gear. (There’s no such thing as bad weather- just bad clothing!) Lay out all of your clothing



and everything you may need for that walk so that there is very little decision-making in the morning. If you are headed out after work, make sure you have a gym bag prepared, complete with a water bottle and anything else you need.



Dr. Michelle McKenney

**3. Bring a friend:** We are much better at being accountable to someone else than ourselves so recruit a partner! A spouse, friend, neighbor, or even your pet. It will also make your activity more fun when you can share it with someone you care about. Don’t be shy; spread your positive change!

**4) Be Kind:** If you miss the mark and don’t meet your goal, then forgive yourself! Failure is part of



About 26 walkers joined Dr. McKenney for a recent Walk with a Doc program at Buttonwood Park in New Bedford.

the process (in fact, it’s essential!) and should be expected. Don’t kick yourself when you are down and get discouraged. Did you know that turning a new behavior into a habit can take anywhere from 50 to 250 tries?

**5) Begin Again:** Keep doing it. If you meet your goal, great job!! Continue to expand and layer one small change on top of another. Many small changes equal one very big one, so don’t give up!!

*Dr. McKenney is a graduate of the University of New England College of Osteopathic Medicine and completed a residency in Family Medicine at Kent Hospital. She is board certified by the American Board of Osteopathic Family Physicians and the American Board of Obesity Medicine. She has a special interest in preventive health, obesity medicine, and geriatrics. She is a Primary Care Physician at Hawthorn Medical Associates in Dartmouth.*

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Learn to cope with stress in healthy ways

July is National Minority Mental Health Awareness Month and a good month to learn more about how to stay mentally healthy and what resources are available to help do that, even during stressful times. According to the Centers for Disease Prevention, mental health issues are treatable and often preventable. But those in some racial and ethnic groups may face obstacles to accessing professional support services and therefore maintaining emotional, psychological, and social well-being. Creating better mental health equity among these groups is always important but especially now, the CDC says, as statistics show that the mental health of some ethnic groups has worsened since the COVID-19 pandemic, relative to that of non-Hispanic white people.

One of the best ways to support your mental health is by learning coping skills to manage stress. On its website, <https://www.cdc.gov/mentalhealth/cope-with-stress/>, the CDC offers a list of suggestions including taking a break from news and social media sites; staying physically active, sitting less, eating healthy, and getting as much as seven or more hours of sleep each night. The agency also recommends limiting alcohol and drug consumption and not smoking. Taking quiet time for yourself to meditate or pursue hobbies or other fun activities as well as spending quality time with family and friends are also good ways to maintain your mental health. If you or someone you know is in crisis or needs help now, call or text 988 or chat at 988lifeline.org.

Aprenda a lidar com o stress de forma saudável

Julho é o Mês Nacional de Sensibilização para a Saúde Mental das Minorias e um bom mês para aprender mais como continuar saudável mentalmente e quais os recursos disponíveis para ajudar com isso, mesmo durante os tempos de estresse. De acordo com o Centers for Disease Prevention, problemas de saúde mental são tratáveis e muitas vezes evitáveis. Mas aqueles em alguns grupos raciais e étnicos poderão enfrentar obstáculos para aceder a serviços de apoio profissional e, por conseguinte, manter a situação emocional, psicológica e bem-estar social. Criar uma equidade melhor em matéria de saúde mental entre estes grupos é sempre importante, mas especialmente agora, o CDC diz conforme as estatísticas mostram que as saúdes mentais de alguns grupos étnicos pioraram desde a pandemia do COVID-19 em relação aos brancos não hispânicos.

Uma das melhores formas de suportar a sua saúde mental é aprender a lidar com a forma como controlar o estresse. Na sua página da web, <https://www.cdc.gov/mentalhealth/cope-with-stress/>, o CDC oferece uma lista de sugestões incluindo fazer uma pausa nas notícias e nas redes sociais; permanecendo fisicamente ativo/a, sentado/a menos, comer de forma saudável e dormir sete ou mais horas por noite. A agência ainda recomenda limitar o consumo de álcool e droga e não fumar. Tirar um tempo tranquilo para si mesmo para meditar ou buscar hobbies ou outras actividades divertidas, bem como passar tempo de qualidade com a família e amigos também são boas maneiras de manter a sua saúde mental. Se você ou alguém que conhece está em crise ou precisa de ajuda, chame ou envie mensagem de texto para 988 ou converse no 988lifeline.org.

Aprenda a sobrellevar el estrés de forma saludable

Julio es el Mes Nacional de Concientización sobre la Salud Mental de las Minorías y un buen mes para obtener más información sobre cómo mantenerse mentalmente sano y qué recursos hay disponibles para ayudarlo a lograrlo, incluso durante los momentos de estrés. De acuerdo a los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés), los problemas de salud mental son tratables y con frecuencia se pueden prevenir. Pero

los miembros de algunos grupos raciales y étnicos pueden encontrar obstáculos para acceder a los servicios de apoyo profesional y, por lo tanto, mantener el bienestar emocional, psicológico y social. Crear una mayor equidad entre estos grupos siempre es importante pero especialmente ahora, afirman los CDC, ya que las estadísticas muestran que la salud mental de algunos grupos étnicos ha empeorado desde la pandemia por COVID-19, en relación con la de las

personas blancas no hispanas. Una de las mejores formas de mantener la salud mental es aprender a manejar el estrés. En su sitio web, <https://www.cdc.gov/mentalhealth/cope-with-stress/>, los CDC ofrecen una lista de sugerencias entre las que se incluyen tomarse una pausa de las noticias y las redes sociales; mantenerse físicamente activo, pasar menos tiempo sentado, comer saludable, y dormir siete o más horas cada noche. La agencia también recomienda limitar el consumo de

alcohol y drogas y no fumar. Tomarse tiempo para uno mismo para meditar o disfrutar de pasatiempos u otras actividades divertidas, así como pasar tiempo de calidad con la familia y los amigos también son buenas formas de mantener la salud mental. Si usted o alguien que usted conoce está en crisis o necesita ayuda ahora, llame o envíe un mensaje de texto al 988 o por chat en 988lifeline.org.

Translations provided by:

Southcoast Health

Cut your Medicare prescription drug costs with “Extra Help”

The Biden-Harris Administration announced new tools in June to lower prescription drug costs for low-income people with Medicare through the Extra Help program. Extra Help provides eligible seniors and disabled people with help paying their Medicare Part D coverage expenses, including premiums, deductibles, coinsurance, and other costs. The program is set to expand as of Jan. 1, 2024 to allow more people to qualify for savings and to increase savings available, according to a Health and Human Services health sheet released on June 12. Based on the release, as of 2024, everyone who qualifies for Extra Help will have their Medicare drug plan premium and deductible reduced to \$0. They will also receive a reduced amount for both generic and brand-name drugs. People in the Extra Help program now, who meet the qualifications for next year, will automatically get the additional cost savings. Those looking to find out if they qualify for Extra Help, must live in one of the 50 states or the District of Columbia (in most cases) and have income and resources below a certain limit. The income limit is based on the person’s income from the previous year. Specifi-

cally, annual income must be below \$21,870 for an individual, or \$29,580 for a married couple in 2023. Additional limits to financial resources and assets apply. Limits can change each year so if people are denied because they don’t meet criteria, they can reapply at a future time if their income and resources change. To apply for Extra Help, visit Social Security online at [ssa.gov/extrahelp](https://ssa.gov/extrahelp) or call Social Security at 1-800-772-1213. TTY users can call 1-800-325-0778. Once an application is submitted, Social Security will review it and send the applicant a letter to let them know if they qualify. If they do, they can then choose a Medicare drug plan. If they don’t select a plan, Medicare will select a plan for them. For more information on the Extra Help program or assistance with completing an application, visit Social Security at [ssa.gov/extrahelp](https://ssa.gov/extrahelp) or call 1-800-772-1213; TTY users can call 1-800325-0778. For information about Medicare drug plans, Extra Help, and other ways to lower your prescription drug costs, visit [Medicare.gov/extrahelp](https://medicare.gov/extrahelp) or call 1-800-633-4227; TTY users can call 1-877-486-2048.

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FREE 15-minute Strategy Session





# Massage therapists ease the pain of hospice patients

By Kate Ruder  
Kaiser Health News

BOULDER, Colo. — Ilyse Streim views massage for people in hospice care as “whispering to the body through touch.”

“It’s much lighter work. It’s nurturing. It’s slow,” said Streim, a licensed massage therapist.

Massage therapy for someone near the end of life looks and feels different from a spa treatment. Some people stay clothed or lie in bed. Others sit up in their wheelchairs. Streim avoids touching bedsores and fresh surgery wounds and describes her work as “meditating and moving at the same time.” She recalled massaging the shoulders, hands, and feet of one client as he sat in his favorite recliner and watched baseball on TV in the final weeks of his life.

“When you’re dying and somebody touches you without expectation of anything in return, you just get to be,” said Streim.

Massage therapists like Streim, who specializes in working with people who are dying or have an advanced form of cancer or other illness, are rare. Fewer than 1% of therapists specialize in hospice or palliative care massage, according to research by the American Massage Therapy Association, although many more may periodically offer massage for hospice patients.

Streim has a private practice in

Lafayette, and her clients pay her out-of-pocket, as Medicare and private insurance typically don’t cover massage therapy. She also volunteers as a hospice massage therapist four hours a month.

It’s common for hospice organizations to use volunteer therapists for treatments, though some massage therapists, with physicians backing them, are pushing for paid positions as part of medical teams working alongside nurses and social workers. In the hospice unit at Palo Alto VA Medical Center, in Palo Alto, California, for example, massage therapists have been integral members of the multidisciplinary team for decades, said VJ Periyakoil, a professor of medicine at Stanford University and the founding director of its palliative care education and training program.

At TRU Community Care, which operates in several locations in Colorado, Volunteer Services Supervisor Wendy Webster said massages are a top request from patients and their families, but they’re limited in how many sessions they can offer, with only two volunteer massage therapists. (A third volunteer did not return after the pandemic.)

Finding new massage therapist volunteers is challenging, said Webster, in part because they can earn money in other settings and “they’re coming to us for free.” Thirty years ago, TRU Community Care’s nonprofit status was

“When you’re dying and somebody touches you without expectation of anything in return, you just get to be.”

—Ilyse Streim,  
Massage therapist

the norm, but now the majority of hospices are for-profit, with growing investment from private equity.

Despite that shift, hospices still rely heavily on volunteers. Medicare pays for at least six months of hospice for a patient on the condition that providers use volunteers for at least 5% of the patient-care hours worked by paid staff and contractors. Sometimes, those volunteer hours are filled by massage therapists.

“All hospices, not-for-profit or for profit alike, should aim to include medically-trained massage therapists as part of best holistic care,” Hunter Groninger, a professor of medicine at Georgetown University who directs palliative care at MedStar Washington Hospital Center in Washington, D.C., wrote in an email. Employing these specialists is beneficial and does not diminish the important service of volunteers, particularly in end-of-life care, he added.

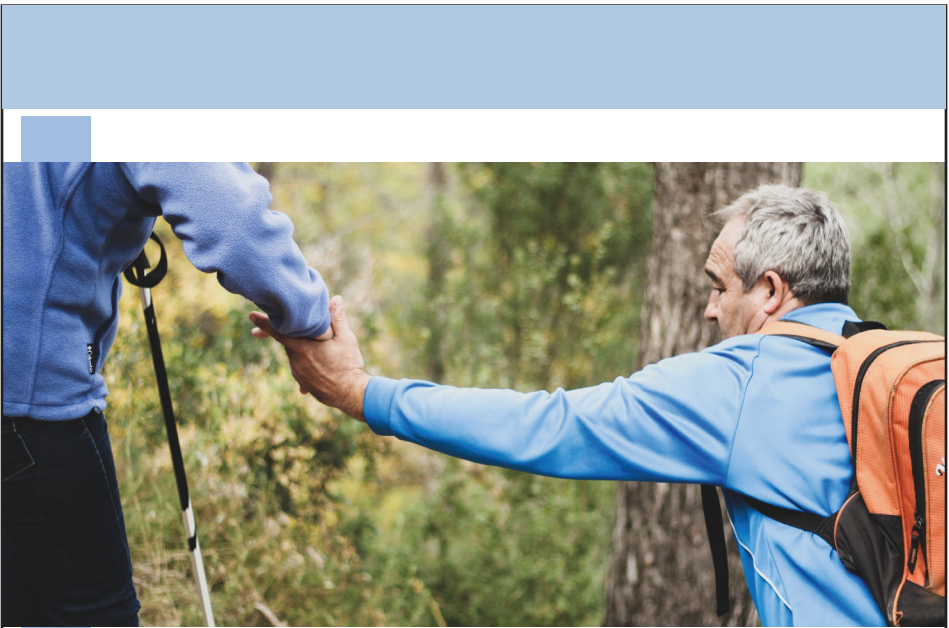
Despite new research on the benefits of massage, Cal Cates, founder and executive director of Healwell,

said many hospices bring on volunteers who don’t have advanced training, because hospices may not know that specialized training — such as the kind Healwell offers — exists.

Streim, who paid for her own classes in oncology and lymphatic massage, said that investment in education qualified her for a six-year career as an oncology massage therapist at Good Samaritan Medical Center’s Center for Integrative Medicine in Lafayette and later her private practice. She teaches classes in adapting massage for the elderly and those with illnesses at Boulder Massage Therapy Institute. In her 39 years as a therapist, Streim has done it all: volunteer, staff, entrepreneur, teacher.

Licensed massage therapist Cindy Spence, who works at Faith Presbyterian Hospice in Dallas collects data on how patients rate their pain on a scale of 1 to 10 before and after a massage. Most fall asleep during the massage, which she takes as an indication their pain has lessened or they became more relaxed. Of those who stay awake, almost all say their pain subsided significantly or went away completely.

That kind of positive engagement with providers is more urgent than ever since the pandemic, Groninger said. Spence agreed: “The pandemic taught us all, in a very painful way, what it’s like to be deprived of human touch and human connections.”



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

Classes are held  
10 a.m. - Noon  
Mondays from July 10  
to Aug. 28 at Coastline,  
863 Belleville Ave., New  
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# The 3 Easiest Ways to Avoid Probate in Massachusetts

**By Attorney Rebecca S. Spinner Surprenant & Beneski**

When someone dies in Massachusetts, anything that person owned individually will need to be probated. Probate is the court process by which the deceased person’s assets are transferred to the individuals who will inherit them. Probate takes at least a year and can be very costly depending on the

**“Trusts can also provide a multitude of other benefits, such as asset protection, estate tax minimization, money management for beneficiaries, and more.”**

number of heirs involved and the types of assets you leave behind. Most of the time, probate can be avoided altogether by doing certain things while you’re alive.

**Naming Beneficiaries**

Most bank accounts, retirement accounts, insurance policies, and other assets that you own can avoid probate if you name a beneficiary.

This is the person who would receive your assets after you’ve passed. Any account that has a beneficiary, transfer-on-death designation, or payable-on-death designation will avoid probate and pass directly to your beneficiary when you pass.

In order to make these designations, you can contact each financial institution and fill out their required forms.

**Trusts**

You can also avoid probate by setting up a Trust plan. This could be an irrevocable trust or revocable living trust, depending on your personal needs and goals.

If properly funded, a trust can avoid probate on almost all of your assets. Trusts are privately administered, so no notice needs to be given like in the probate process, and your assets pass directly to the beneficiaries you’ve named. Trusts can also provide a multitude of other benefits, such as asset protection, estate tax minimization, money management for beneficiaries, and more!

**Joint Ownership**

Another way to avoid probate is by naming a joint owner on your property. You can use this strategy to avoid probate on everything from bank accounts to vehicles to real estate. There are some drawbacks to this method, as you may be opening yourself up to the attachment by the creditors of the joint owner (e.g. divorce, law suits, creditors, etc.). So before changing ownership, consult an Estate Planning attorney to find out whether this strategy is the best for your situation.

There are many different strategies that we can use to help you and your loved ones avoid the headache and cost of the probate process. If you want to learn more, please reach out to our team to book your free consultation today.

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## City announces fireworks plans

The City of New Bedford’s Independence Day fireworks display will be staged from a barge off State Pier in New Bedford Harbor, beginning at 9 p.m. on Tuesday, July 4.

Lower Union Street (between N. Water St. and Route 18) will be closed to vehicle traffic and will be one of the best spots in downtown New Bedford

to view the fireworks display.

“We’re excited about this year’s July 4th celebration,” said Mayor Jon Mitchell. “We invite residents and visitors to spend time downtown ahead of the evening’s fireworks display and explore all that the City has to offer.”

The rain date will be Wednesday, July 5.

# Trivia

## FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) Gnocchi uses this as its main ingredient?  
A.) Tomatoes                      B.) Rye  
C.) Garlic                          D.) Potatoes
- 2.) Approximately how many canals are there in the city of Venice, Italy?  
A.) About 300                      B.) About 150  
C.) About 650                      D.) About 500
- 3.) Carson City is a city in which U.S. state?  
A.) California                      B.) Texas                      C.) Nevada                      D.) Utah
- 4.) How many pairs of legs does a house centipede have?  
A.) 5                      B.) 10                      C.) 15                      D.) 25
- 5.) What was originally located at the “Donut Factory” located on Howland Rd. at the foot of the Coggeshall St. bridge?  
A.) Rhonda’s Place                      B.) Fisherman Lounge  
C.) Paul’s Sports Corner                      D.) Casablanca
- 6.) What was the name of the bowling alley located where Stop & Shop is now in Fairhaven?  
A.) Fairhaven Lanes                      B.) Bowler’s Country Club  
C.) Bowlmor                      D.) Playdium
- 7.) How many eyes does a Black Widow spider have?  
A.) 2                      B.) 4                      C.) 6                      D.) 8
- 8.) What dessert is made with ladyfingers, espresso and mascarpone?  
A.) Tiramisu                      B.) Panna Cotta                      C.) Gelato                      D.) Cannoli
- 9.) Which U.S. president had the largest shoe size?  
A.) Ulysses S. Grant                      B.) Abraham Lincoln  
C.) Barack Obama                      D.) George Washington
- 10.) What is the SECOND most widely spoken language in the world?  
A.) English                      B.) Hindi                      C.) Spanish                      D.) Mandarin

[Answers listed on page 11]

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# Protect yourself from wildfire smoke and particulates

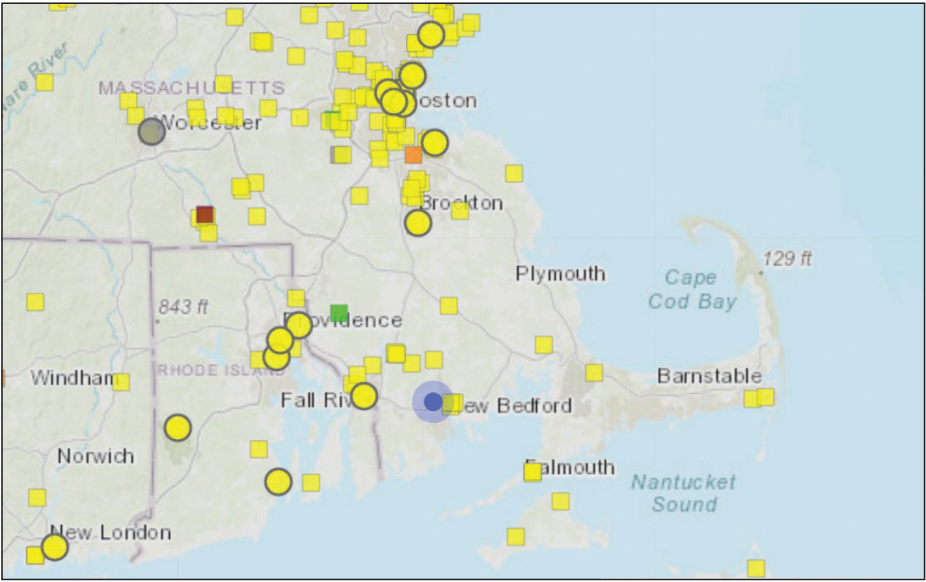
Smoke from Canadian wildfires that brought air quality alerts to the Northeast United States last month, including here in the South Coast, has eased as of this writing. But with fires expected to continue, learning ways to reduce exposure to smoke and limit its effects on our health will be an ongoing challenge.

The wildfire smoke that has traveled into our region can be a health problem because it contains very small particulate matter, defined by the Environmental Protection Agency as “microscopic solids or liquid droplets that are so small that they can be inhaled.” Of these, the fine particles called PM2.5 pose the greatest risk to health, the EPA said.

For most healthy adults, smoke exposure will not have long-lasting effects on health. But those who have chronic diseases including asthma or heart disease, are at greater risk.

Healthy adults and children can recover quickly from smoke exposure and not have long-lasting health effects. But people with chronic diseases, such as asthma, other lung disease, or cardiovascular disease are at greater risk of experiencing more severe health effects.

Here are a few suggestions from the EPA to stay safe.



An Air Quality Now image showing remnants of the wildfire smoke that led to air quality alerts in the region.

- **Pay attention to air quality alerts and monitor your air quality at [airnow.gov](https://airnow.gov)**  
The [airnow.gov](https://airnow.gov) site displays a map with air quality marked by location. The Air Quality index it uses contains six categories ranging from 0 to 500, each of which indicating a different level of health concern.
- **Close windows when air quality exceeds 150**  
When the AQI exceeds 150, or hits the fourth index category, try to keep your windows and doors closed as much as possible.
- **Use a N95 mask**
- **Not all masks can provide protection from particulates from wildfire smoke, but N95 respirator masks can, according to the EPA.**
- **Adjust your physical activity**  
Take it easy if there is an air quality alert. If you can see or smell smoke in the air, limit the time you spend outdoors and avoid heavy physical exertion. If you must work outdoors, wear a mask.
- **Use an air purifier**  
Indoors, use an air cleaner in rooms with doors and windows closed. If you have a central air system, use it to filter the air.

## Create, Celebrate & Remember Mary Ross

Mary Ross, a Marion-based artist who died in May, will be remembered at the Benjamin Cushing Community Center at 1 p.m. July 18, on what would have been her 96th birthday.

Ross was an artist, art teacher, and show organizer who mentored many local artists. She launched a regular art gallery at the community center that many local artists participated in, many for their first show ever.

Last August, Senior Scope had the chance to speak to Ross about her passion for creating art and for helping new artists gain support and opportunity. At the time, she told us that encouragement is incredibly important when artists are learning.

Showing your art, she said, is an important step in the growth of an artist. “They become better because people are looking at their work,” Ross said. “Quickly, they become very professional.”

In its announcement, the Marion Council on Aging said, “We were very fortunate to have (Ross) in our lives. She was an acclaimed artist who inspired and taught many with her generous spirit. At the Community Center she began a rotating art gallery that has added a touch of beauty to the Center and has given a venue for various artists to display and sell their work.”

“We encourage everyone on this day, which would have been Mary’s 96th birthday, to join us to create a Mary inspired collage or stop in to simply celebrate and remember Mary.”

## VIBRA HOSPITAL OF SOUTHEASTERN MASSACHUSETTS

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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.

**Beach Party and Master Zumba Class:** 4:30 p.m., July 19. At the Senior Center. Light refreshments will be available. \$10 pre-purchase; \$12 at door.

**Bunco:** Wednesday, July 19 at noon. Light refreshments available. Prizes awarded after each game. Dice start rolling at 12:30 p.m. \$2 each game. For information and to sign up, call the COA.

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

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

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

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

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

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

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

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

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

## 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).

**Music on the Lawn:** With Becca Pink. Monday, July 10 at 1 p.m. Preregistration is required.

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

**Country Drive, Coffee and Plants:** Wednesday, July 12 at 9:30 a.m., Grays Daily Grind and Peckham's Nursery outing. Pre-registration required.

**Felt a Summer Beach Scene:** Thursday, July 13 at 1 p.m. Paint a seasonal landscape with wool. Cost is \$5. Preregistration required.

**Anytime CPR with Southcoast EMS/STAT:** Thursday, July 13 at 1 p.m. Learn the core skills of CPR in this hands-on class. No CPR Certification will be provided to participants. Free. Pre-registration required.

**Adult Family Care:** Thursday, July 20 at 10 a.m. Are you caring for a family member or looking for an opportunity to provide care in your home to a senior or an adult with a disability? Learn who is eligible for Adult Family Care and who can be a paid Adult Family Care Caregiver. Pre-registration is required.

**Cannabis Forum with Solar Cannabis:** Thursday, July 20th at 1 p.m. Curious about the health benefits of Cannabis Edibles, but don't know where or how to begin? This presentation will highlight the many therapeutics of edibles, the different types of edibles and dosages, as well as cannabinoids that target specific needs or desired outcomes. Pre-registration is required.

**Korean War Veteran's Ceremony and Lunch:** Thursday, July 27 at 11 a.m. Please contact Matt Brouillette, VSO at 508-910-1818 for more information.

**Tai chi:** Tuesdays 9-10 a.m. Cost is \$30 for an eight-week session. Walk-ins welcome.

**Yoga for Parkinson's:** Six-week program, Tuesdays 1-2 p.m. Call for information.

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

**Chair Yoga with Vicki Smith:** Fridays at 11:30 a.m. - 12:30 p.m. Cost is \$5.

**Movie:** "80 for Brady" Wednesday, July 26th at 1 p.m. Pre-registration required. Free.

**Yoga Flow with Jane Hoffman:** Tuesdays 11:30 a.m. - 12:30 p.m. and Fridays 9-10 a.m. Cost is \$5. Walk-ins welcome.

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

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

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

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

## Fairhaven COA

For more information, call the Fairhaven Council on Aging at 508-979-4029, located at 229 Huttleston Ave., Fairhaven, MA 02719. Visit the website at: [fairhaven-ma.gov/council-aging](http://fairhaven-ma.gov/council-aging). Open to 8 p.m. on Wednesdays, beginning in September.

**Trips:** July 5 Twin River Casino; July 12 Mashpee Commons; July 19 Thames Street, Newport, R.I.; July 26 Wrentham Village. Mall Trips are \$6.

**Massage Mondays:** With Carol Flock. July 17 & 31. 20-minute massage for \$30. Call the COA to make an appointment.

**Monday Movie Matinee:** July 10 Mama Mia! 12:15 p.m., July 24th The Full Monty 12:15 p.m. Sign up for lunch at 11:30 a.m. \$2 donation for lunch.

**Borderland State Park Trip:** July 20, 2023 \$10. Please arrive at the COA for 8:30 a.m. sharp. Bring a bagged lunch.

**Memory Café:** July 22, noon to 2 p.m. A gathering that individuals with early to moderate Alzheimer's or other memory loss and their care partner, family or friends can attend in a safe, supportive and engaging environment. Join for lunch prior to the memory cafe. Lunch will be Apricot Chicken with tossed salad.

**LGBTQ+ Supper Club:** July 26 5-7 p.m. Must call to sign up.

**Single Senior Supper Club:** Third Tuesday of every month from 4-6 p.m. Next meeting is July 18 from 4-6 p.m. Call the Wednesday before to confirm attendance. \$3.

**Senior Palooza:** Food, Drinks and Fun! July 19. Hosted by Whalers Cove. Please call to sign up.

**Tai Chi:** Mondays 11 a.m. - noon. Class size is limited. Please call to sign up.

**Moving with Moxie:** July 12 & July 26 \$5. Moving with Moxie is a unique, mobile, therapy-based balance class that is essential for people of all ages who want to improve their balance and mobility. Class size is limited to 10 people.

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

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

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

## Marion COA

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

**Heat Related Illness:** Friday, July 21 at 1 p.m. Marion Public Health Nurse, Lori Desmarais, along with Marion EMS will be discussing how to prepare for extreme heat, what to do during extreme heat, hydration and heat related illnesses, what to look for and what to do. Bring any questions or concerns you may have.

**LGBT+ Senior Supper Club:** Meets July 12 from 5-7 p.m. at the Marion COA. Join us for food, drink & conversation! Call 508-748-3570.

Continued on Page 11



Coastline presents

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**Art for your Mind:** Edward Hopper’s New England July 10 at 1 p.m. Admire the work of one of America’s most prominent artists of the 20th century. With a focus on his images of New England’s coastal regions, experience the way Hopper’s unique, solemn style continues to captivate and intrigue viewers today. In just one hour Jill Sanford will help you discover ways to get more out of looking at art.

**Gesture Drawing Series:** Tuesdays, July 11,18 & 25 at 1 p.m. Come and draw with Sheila Mitchell. With average poses of four minutes, you will be taught that learning to draw is learning to see and teach proportion and measuring, with the emphasis on less is more and line quality. Classes are limited to 12 students. All you need to bring is a sketch pad and a soft pencil. Classes will be 90 minutes. A \$5 donation for the model is requested. Call 508-748-3570 to reserve your spot.

**Summer Concert Series:** Tony Martin & Pat on Friday, July 14 at 1 p.m. Join these two good friends as they collaborate to make some sweet music for you to enjoy.

**Cooking Demonstration:** Tuesday, July 18 at noon. Join us for a lunch time cooking demonstration with Barbara Canuel, Registered Dietian from Community Nurse Home Care. Learn some new tips and tricks while preparing quick, nutritious and delicious meals. Call 508-748-3570 to reserve your spot.

**Create, Celebrate & Remember Mary Ross:** Tuesday, July 18 at 1 p.m. Mary Ross passed away on May 13. We encourage everyone on this day, which would have been Mary’s 96th birthday, to join us to create a Mary inspired collage or stop in to simply celebrate & remember Mary.

**Heritage Museum & Gardens:** Thursday, July 20 at 9:45 a.m. While at the Museum, take in the automobile gallery, the special exhibions gallery, the American Art and carousel gallery and of course the gardens. Admission is \$17. We will stop for lunch after at the Daniel Webster Inn; you will be responsible for the cost of your meal. Sign ups begin on July 6.

### Mattapoisett COA

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

**Illusion Show:** Bring the family! The most highly acclaimed female illusionist in America, Lyn Dillies will deliver a dazzling display of spectacular magic for audiences of all ages. Dillies amazes and astounds with some of the most masterful, mindblowing illusions in magic today. 7 p.m. Aug. 18 at Old Hammontown School. Doors open at 6:15 p.m. Registration begins July 1. Open to the Public. \$10 per person.

**Ice Cream Social:** July 19 at 1 p.m. at the Senior Center. Guest speaker, Emily Field, Mattapoisett’s Town Nurse, will be sharing her wisdom on staying safe in the heat. \$2. RSVP to the Senior Center.

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

**Movie & Pizza:** 12:15 p.m. July 26. *Living*. Overwhelmed at work and lonely at home, a council bureaucrat’s life takes a heartbreaking turn when a medical diagnosis tells him his time is short. Influenced by a local decadent and a vibrant woman, he continues to search for meaning until a simple revelation gives him a purpose to create a legacy for the next generation. Pizza \$1/slice. Prepay and registration required.

**Art for the Mind:** Join local art historian, Jill Sanford, for an enjoyable hour on July 5 at 12:30 p.m. to discuss *The Visionary Van Gogh*. An in-depth look at the famously troubled, yet brilliant artist and his innovative paintings. Take a close look at the deliberate and unique choices he made, and come away with a renewed understanding of his impact on the art world. Aug. 2 is *Landscapes Old and New*.

**Shakespeare for Scaredy Cats:** This is not a course! This is a relaxing way to learn about Shakespeare, whether you’ve never read the plays before or if you have. Join the chat about the play (or just listen), translate it to everyday speech and discover what the play might mean. There are no wrong interpretations. July 20-Aug. 17, 6-7:30 p.m. Call the Senior Center to register.

**Pottery:** Every 2nd & 4th Thursday from 10-11:30 a.m. Cost: \$10, includes everything. Registration requested. Create unique items. Use your imagination or follow ideas from instructor and others. Your clay will be put into a kiln and returned for you to paint/decorate, and sent to the kiln for final glazing.

### New Bedford COA

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

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

### Rochester COA

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

**July Trips:** July 15, Foxwoods Bingo; Departure and return times to be posted on COA Bulletin Board. July 18, Boston Tavern and Middleboro Historical Museum. Leave at 10 a.m. & return at 4 p.m. July 25, Cape Cod Canal Cruise & Lunch at Kool Kone. Depart COA at 8:45 a.m. for 10 a.m. launch. Have \$23 in cash at COA. Typically, \$5 or \$10 for van ride, plus any admission fee. If you are able, please park in our 2nd (overflow) parking lot. Call 508-763-8723 & ask for Carol to sign up.

**TRIAD meeting:** July 5 at 11 a.m. for review of our 1st ever Block Party that was held on June 22. We plan to go bigger and better next year! We are also in the process of planning the Sept. 18 Car Cruise and Sock Hop.

**Essential Oils:** Join Erica Benoit on July 14 at 1 p.m. See what essential oils can do for you! Class is free but items that you make may cost \$5-\$10 to purchase.

**Legislative Discussion:** Maureen Estes Flanagan, Legislative Aide for Senator Michael Rodrigues, will visit on Wednesday, July 26 from 8 a.m. to 9 a.m. Please come and pay her a visit with any questions on statewide issues.

**Bingo:** 12:30 p.m. Wednesdays, except for July 5.

**Line Dancing with Nancy Cabral:** Tuesdays, 9:30 a.m. and Fridays 9:30 a.m. \$3.

**Zumba Gold:** 11:30 a.m. - 12:15 p.m. Thursdays. Zumba Gold with Instructor AnnMarie Gallos. \$5 per person.

**Chair Yoga with Instructor Marsha Hartley:** 3 p.m. Thursdays. \$5 per person.

**Scrabble:** Mondays 9 a.m. - noon.

**Cribbage:** Mondays 9:30 a.m.

### 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.

### July 2023 Trivia Quiz Answers

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

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# Community



Images from Celebration of Seniors include (clockwise from above) Photobooth fun; Project Indepence table; Anondyne table; event speakers; and the Senior Whole Health table.



### Celebration of Seniors continued...

ship between Bristol County District Attorney Thomas M. Quinn III and Coastline.

“The turnout is a testament to the amount and quality of information, resources and services available,” said Justin Lees, Coastline CEO, about the number of attendees. “Each year, Coastline is thrilled to partner with the District Attorney’s office to bring together all of the aging resources in the region and help older adults live independently with the support and autonomy they need and deserve.”

Held the day after national Elder Abuse Awareness Day, Celebration of Seniors helps raise awareness of abuse and fraud and offers older adults information to protect themselves against it.

In his remarks, District Attorney Quinn spoke about his efforts to protect elders from fraud and abuse.

“There are an estimated 5 million people (that) are victims of elder abuse, neglect and exploitation each year,” he said. “(Of that number,)

one third are financial fraud and abuse (victims). We hope to reduce this through prosecution, education, and prevention, which is critical. I will continue to aggressively prosecute people, but not getting scammed in the first place is even more important.”

“People need to feel secure and safe in their communities or you have no community,” Quinn said.

Taryn Lee-Turgeon, Assistant Director of Protective Services for the state’s Executive Office of Elder Affairs, spoke directly to the issue of elder abuse and the state’s work to mitigate it. Massachusetts has 19 agencies designated to investigate abuse and neglect cases for anyone age 60 or older, she said.

These protective services agencies have received almost 40,000 reports in a single year in the last few years, Lee-Turgeon said, resulting in almost 60 percent of those cases being screened in for investigation. For cases that don’t meet investigative criteria, agencies still respond, helping to connect the person to services and people who can help them.

Lee-Turgeon defined physical abuse as “any intentional act that causes somebody harm or threats of harm if they can follow through with those,” and emotional abuse as “any non-accidental infliction of emotional distress.”

“No one deserves to be yelled at, to be mistreated,” she said about emotional harm. “And if that behavior is starting to cause an impact on your day-to-day well-being, that is emotional abuse.”

Of all the different types of abuse reports, Lee-Turgeon said self-neglect reports are the highest and sexual abuse are the lowest, again due to suspected underreporting.

Sexual abuse “is vastly underreported and we need to bring awareness that just because you are 60 or older doesn’t mean you still can’t be a victim,” she said.

Anyone can report elder abuse, Lee-Turgeon said, by calling 1-800-922-2275, 24/7, 365 days a year.

Speaking directly to Medicare fraud, Lucilia Prates-Ramos, statewide director of the Massachusetts Senior Medicare Patrol Program, advised

attendees to track their healthcare interactions and expenses using a medical journal that SMP provided at the event. It can be a lot of work to do this, she said, but it’s crucial for being able to identify and report errors and fraud.

“It’s so important to safeguard Medicare for future generations,” she added.

As the last speaker in the morning line-up, AARP statewide director, Mike Festa, reiterated and emphasized again the power older adults have to report fraud and abuse.

AARP, he said, just released a report on financial fraud connected to older adults.

“The numbers are staggering,” he said. “Just within family we’re talking about losing \$3 billion.”

Festa urged people to report fraud even when they know the person and it feels uncomfortable.

“The truth of the matter is that the greatest protection for those who commit fraud is your inability...to report it,” he said. “The one thing I want you to remember is do not suffer in silence, be proactive.”

## The Way Things Were



### NBHS graduates proceed down William Street

In this photo from Spinner Publications, Mayor Edward F. Harrington, Lt. Governor Francis W. Sargent and a host of dignitaries lead New Bedford High School graduates, representing the class of 1967, down William Street as part of traditional graduation ceremonies.

The streets are lined with family, friends and well-wishers, all present to congratulate graduates on their achievement. The graduation ceremony was held at the Olympia Theatre on Purchase Street and these graduates were one of the last graduating classes to make “The Walk.”

In his commencement address, Sargent advised students to prepare for the evolution of “new technology.”