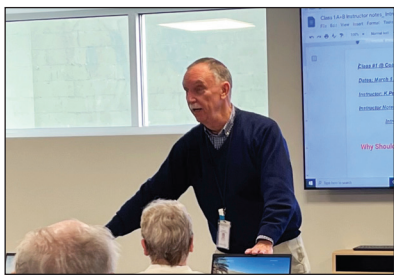


Senior Scope

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

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Korean War vets honored on 70th anniversary of war's end



Frank Sullivan and Aldo Giannelli (at left) who served in the Army and Air Force respectively during the Korean War, enjoying the COA lunch event. Above, Dartmouth resident John Medeiros, Marine Corps, and Richard Galligo, U.S. Army Air Corps, pause their conversation for a photo. Below, Nancy Urban (back to camera) and Victor Samolis, a Navy Seabee, chat during lunch.

For Victor Samolis, being in the service during the Korean War was a mostly positive experience.

As a Navy Seabee, a member of the Navy's Construction Battalion, he was able to travel and see places he'd never seen before, like Cuba and Jamaica. He learned new skills that he would use in his future career like how to deal with big units of companies. And he was able to go to college on the GI bill without taking out a single loan.

"The service was the best time of my life," said Samolis. "It influenced my whole future."

Samolis was one of many



Korean War veterans who attended a special lunch held in their honor by the Dartmouth Council on Aging. The lunch took place on July 27, the 70th anniversary of ending hostilities in Korea.

Not everyone had as positive experiences as Samolis. Accord-

ing to the U.S. Department of Defense about 37,000 Americans lost their lives during the war, more than 92,000 were wounded and 8,000 were missing.

The war began when troops from the North Korean People's Army crossed the 38th parallel and invaded South Korea on June 25, 1950. It ended on July 27, 1953, when the Korean Armistice Agreement was signed, essentially stopping the fighting.

Speaking at the event, Matt Brouillette, Veteran Affairs Agent for Dartmouth, said the time was right to recognize the men and

Continued on page 3

DisABILITY Pride on display at first Fairhaven event

Traci Welch considered the first-ever Fairhaven DisABILITY Pride event a success the moment a participant approached her to say she'd hire a job candidate Welch had been working with.

A project of the Fairhaven Belonging Committee and M.O.L.I.F.E., the July 30 event was held outdoors behind the town's Council on Aging and Recreation Center with people of all ages and abilities attending to speak with vendors, play games, dunk local officials in the dunk tank, and enjoy the beautiful day together.

Welch said she got involved both through her work as a job devel-

"As a person of color, what belonging means to me is a place where they care about you. We want to make you feel welcome enough that you want to come back."

—Leon Correy
Fairhaven Select Board and Belonging Committee

oper for M.O.L.I.F.E. and her experience organizing Pride events through the SouthCoast LGBTQ+ Network.

It's difficult to get employers to hire people with disabilities, even those who profess a commitment to diversity, she said about the need for



Attendees at the first DisABILITY Pride stop to pick up information from one of the vendors present.

an event like DisABILITY Pride.

"They can be an equal opportunity employer, but how often do you see

Continued on page 12

Are you age 70 or older and not yet receiving benefits?

By Delia De Mello
Social Security

Retirement is not one-size-fits-all. It can mean different things to different people. Perhaps you have not applied for Social Security retirement benefits because you're still working or are delaying applying so you can get the higher benefit. If you're age 70 or older, you should apply now for the benefits you're owed. Your benefits will not increase if you continue to delay applying for them because you are 70 or older.

Did you know that you can receive benefits even if you still work? Your earnings can increase your monthly benefit amount – even after you start receiving benefits. Each year that you work, we check your earnings record. It's possible your latest year of earnings is one of your highest 35 years. If so, we will automatically recalculate



Delia DeMello

your benefit amount and pay you any increase due.

You can claim your retirement benefits now. The best and easiest way to apply is with a personal my Social Security account. You can create your free account at www.ssa.gov/myaccount. Once you create your account, you can get an estimate of how much you might receive each month based on when you want to start receiving benefits and then apply.

- In your account, you can also:
- Access our publications – like the fact sheet for workers ages 70 and up;
 - Find your full retirement age;
 - Learn about benefits for your spouse and family members; and,
 - Apply for benefits.

Manage your benefits once you start receiving them.

We're here to help you secure today and tomorrow and we invite you to learn more about applying for retirement benefits at www.ssa.gov/apply on our website.

Please share this information with those who need it.

From the Editor

This month I had the pleasure of attending a truly unique inter-generational event that was held at Buttonwood Park on a beautiful August day.

Gathered outdoors in the flower gardens across from the Warming House was a small group of people with a bright banner proclaiming them the Grandparents Raising Grandchildren, Inc. organization (see story, page 9).

This is a group that supports grandparents who choose to become the primary caretaker for their grandchild or grandchildren by creating a shared community, offering formal support group meetings, and holding fundraisers to support expenses connected to raising children.

The event that day was to grant two scholarships, at least one to a child - now a college student - who had been raised by his grandmother.

Listening to the speakers, including Cheryl Cruz, whose grandson was receiving a scholarship, I learned how taking on the raising of a child from today's generation can be challenging to older adults. The challenge is financial - coming at a time in life when many adults are living on a fixed income- but also cultural - happening now, when the

world is changing so quickly.

It's a crash course in understanding the new ways of thinking and behaving of a younger generation. The most obvious difference - technology and its uses - is not the only change that grandparents must negotiate.

"They're not used to the new generation and the way the world has changed," GRG Inc. Scholarship Committee co-chair Latisha Silva said at the event. "So some of it is a shock to them."


That shock is lifted, at least a little, through the community GRG Inc. creates.

If you or someone you knows is raising grandchildren and could benefit from support, I highly recommend checking out GRG, Inc. The group meets monthly at the New Bedford Public Library, 613 Pleasant St., on the third Tuesday of the month from 6 to 8 p.m.


Connect with Beth at bperdue@coastlinenb.org.



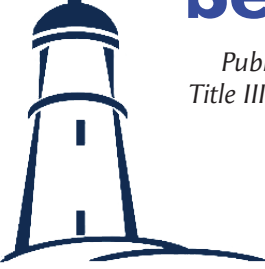
Beth Perdue

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in the Greater New Bedford Area

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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
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Donations for September 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.

Thank you for prayers answered.

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Grant will help fund Tech Café and new laptops at Fairhaven COA

The Fairhaven Council on Aging is looking to increase its technology support for older adults thanks to a new grant it recently received.

The COA was one of 24 COAs representing 65 Massachusetts municipalities who were awarded Enhancing Digital Literacy for Older Adults grants recently, according to the Massachusetts Healthy Aging Collaborative.

“I am excited that the Fairhaven COA has been awarded these funds and look forward to helping seniors in our community gain confidence in utilizing technology to enhance their lives,” said Martha Reed, Fairhaven COA director, via email. “I am especially looking forward to the collaboration and interaction of different generations sharing ideas and learning from each other.”

The Fairhaven COA will use its \$16,868 award to purchase new laptops for its computer class which instructor Kraig Perry teaches at the senior center from

September to June, as well as add a large touchscreen monitor that will allow participants a more “hands-on” experience and aid those with vision issues. It also plans to acquire two loaner iPads equipped with wifi and cellular service for seniors in the community to borrow for telehealth appointments, including physical therapy/mental health/doctor’s, etc., or to allow them to remain connected with loved ones if they are isolated from the community.

“We will also be working with high school and college students to offer a weekly Tech Café for seniors to drop in with tech support questions/needs for either their laptops or especially their smartphones,” Reed said.

Grants were awarded through the Massachusetts Executive Office of Elder Affairs and funded by the American Rescue Plan Act Home and Community-Based Services. The \$1.5 million grant program is designed to assist COAs in purchasing devices,

“I am especially looking forward to the collaboration and interaction of different generations sharing ideas and learning from each other.”

**—Martha Reed
COA Director**

software, or broadband for older adults; and/or providing training and support for older adults to enhance their digital literacy.

Awardees include distinctive approaches to digital literacy training and support, such as partnership models (with schools, libraries, and technology training vendors) and various types of engagement (peer support, intergenerational support, one-on-one in-home assistance, group classes). They span almost

all counties, many represent rural communities and Gateway Cities. Some of the awardees plan to offer curriculum and support in languages other than English, including Arabic, Chinese, Haitian Creole, and Spanish.

In addition to Fairhaven, grants were awarded to the following towns, some of whom have partner COAs in surrounding communities: Athol, North Andover, Barnstable, Franklin, North Attleboro, Berlin, Georgetown, Norton, Bernardston, Greenfield, Oak Bluffs, Burlington, Holyoke, Pittsfield, Chelsea, Medford, Salem, Chesterfield, Montague, Sudbury, Deerfield, Norfolk, and Ware.

The Massachusetts Healthy Aging Collaborative is a network of community, health and wellness, government, advocacy, research, business, education, and philanthropy leaders who come together to advance healthy aging. In its announcement, the collaborative said it is looking forward to working with and supporting the awardees.

Household Hazard Waste Day scheduled

Household Hazardous Waste Drop-off Day is Saturday, Sept. 23 from 8:30 a.m. to noon at the Crapo Hill Landfill in New Bedford. Proof of residency in New Bedford, Dartmouth, or Freetown is required.

Sign up to participate at gnbrmdistrict.org and select a time slot. Please arrive as close to your selected time slot as possible. If you do not have internet access, call (508) 979-1493 to sign up. Participants must follow the requirements below.

- Place household hazardous waste in the trunk, pickup truck bed, or back of SUV.
- Stay in vehicle.
- Examples of accepted waste include oil-based paints, paint thinner, pesticides, and old gasoline. Do not bring latex paint (if you cannot give it away, dry it out and throw it away in the regular trash).
- Do not bring anything that is accepted at your transfer station including: antifreeze, fluorescent light bulbs, mercury containing devices, motor oil, propane (or other) tanks or cylinders, TVs, or computer monitors.

The maximum amount of waste accepted is 25 gallons or 25 pounds. Collection is for households only—no businesses, schools, or contractors.

The Crapo Hill Landfill is located at 300 Samuel Barnet Boulevard. Please note, traffic flows in one direction at this event. The only way to enter is through the New Bedford Business Park. GPS may suggest a different route, but if you try that, you will have to turn around and enter through the New Bedford Business Park.

For more information, contact the GNB Regional Refuse Management District at Marissa@gnbrmdistrict.org or call (508) 979-1493.



Veterans from the Korean War, now in their 80s, 90s, and older, gather at the Dartmouth COA to be recognized for their service.

COA Director continued...

women who fought in this war. “With veterans getting older, this is our last great opportunity to put something together to honor the veterans who served as well as the widows or family members,” he said.

“Veterans are one of our priorities so whatever their needs are, if we can help, we will always be there,” said Maria Connor, president of the Dartmouth Friends of the Elderly which sponsored the event.

It’s important to recognize Korean War vets now, she said.

“We felt it’s 70 years (since the war ended), you’re not going to wait until 75 or 100 years. For goodness sake, some of these veterans are in their 90s now,” said Connor.

Veterans and family members



were treated to live band music and a buffet lunch at the event. Many wore military baseball caps identifying the branch they served in.

Nancy Urban was at the lunch out of respect for her husband

Frank Roderiques who had died not long before the event. Roderiques served on a Navy carrier, she said.

“I came out of respect for him and his service,” said Urban.

Update

Buried in Treasures Support Group restarting

The Buried in Treasures Support Group will meet from 9:30 – 11:45 a.m. on three upcoming Saturdays - Sept. 23, Oct. 7 and Oct. 21 at the Acushnet Senior Center, 59 ½ S. Main St., Acushnet. New and returning members are welcome! Join this free support group to learn how to live a life less cluttered! Learn about hoarding, acquiring, and decluttering in a safe and supportive group environment. Do you or someone you know struggle with living among too much “stuff”? Join in by calling Brittany Botelho at 508-961-3136, emailing bdejesus88@yahoo.com, or just dropping in. Sponsored by the New Bedford Fresh Start Program in collaboration with the Acushnet Senior Center.

GRG, Inc. meets monthly

Grandparents Raising Grandchildren, Inc., a monthly support group which offers support for grandfamilies, 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. Grandparents Raising Grandchildren is partly funded by Coastline and the Executive Office of Elder Affairs.

Call Mass211 to connect

Mass 211 exists to serve the community with an anonymous confidential telephone service ready to answer your questions 24 hours a day, 7 days a week, and 365 days per year. Mass 211 calls are answered by specialists who will connect you to the help you need. Trained specialists can assist with almost any challenge including transportation, housing food, utility bills, mental health concerns, care options, substance use concerns and more. Mass211 is the nonprofit, statewide information and referral line for health & human services. If you need assistance dial 2-1-1 from a landline/cell phone in Massachusetts to find programs near you. Translation is available in 150-plus languages.

Open Discussion Support Group schedule for 2023

Change can be hard. The Open Discussion Support Group through EMHOT – the Elder Mental Health Outreach Team – can help. Led by Tony Rose, EMHOT case manager, the support group is held twice a month at the Acushnet Council on Aging through the end of the year. September meetings will be at 10 a.m. Saturday, Sept. 9 and 4:30 p.m. Thursday, Sept. 21. Monthly meetings through December are at 10 a.m. Oct. 7, Nov. 4, and Dec. 30; and at 4:30 p.m. Oct. 19, Nov. 16 and Dec. 7. The group is held at the Acushnet Council on Aging, located at 59 ½ S. Main St., Acushnet. The support group is funded by the MA Executive Office of Elder Affairs.

Learn about the Frail Elder Waiver

The Frail Elder Waiver is for people who meet the criteria for nursing facility care but prefer to live in the community. The program supports older adults with services to assist them with self-care and everyday tasks. Participants who are age 65 or older can choose to enroll in the Senior Care Options program to get their waiver (and if applicable, their Medicare) service all together through a single SCO plan. FEW is a MassHealth program and is one of several waivers available through MassHealth. Each waiver has both financial and clinical eligibility requirements. An individual may not be enrolled in more than one HCBS Waiver at a time. The Massachusetts Executive Office of Elder Affairs is responsible for the day-to-day operation of this waiver program. For more information on FEW, visit massoptions.org or call 800-243-4636.

Help connecting to the internet

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.

John Bullard to read from his memoir, ‘Hometown’

The Rotch-Jones-Duff House & Garden Museum and Waterfront Historic Area League will co-present “Hometown: An Author’s Talk and Book-signing” with John K. Bullard on Tuesday, Sept. 26. Attendees are invited to join the author at 5 p.m. at a reception. The reading will begin at 5:30 p.m. Hometown chronicles John Bullard’s youth, family, and 50-year career in public service; from historic preservationist and New Bedford mayor to climate activist and federal administrator for NOAA. Bullard will read excerpts that relate to the early history of WHALE and the RJD, one of WHALE’s earliest restoration projects. A facilitated discussion and question and answer period will follow. Books will be available for purchase (\$34 plus tax) and signing. The event is free and open to the public; a RSVP is requested by calling 508-997-1401; or emailing HFortin@rdjmuseum.org. For more information, visit the Museum’s website, rdjmuseum.org.

New SHINE counselor

The Acushnet Council on Aging has a new SHINE counselor to offer health insurance counseling. Jennifer Ledo can be reached by calling the COA at 508-998-0280 or visiting them at 59 ½ South Main St., Acushnet. SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility. For more information, visit their website at www.shinema.org.

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.

Rochester Council on Aging Summer Cookout



This Rochester COA and Coastline team helped make the summer cookout a success! Pictured are (l-r): volunteers Colleen McAdams, Lucille Bousquet, Coastline Food Service and Congregate Program Supervisor Louis Fortes Jr., and Coastline ENP Site Manager Duarte Avila.

Zumba Love at Hazelwood



Pamela Oliveira sent in this photo of the Zumba class at Hazelwood Senior Center, now the Rosemary Tierney Community Center, in New Bedford. “I attend Zumba Gold with Pati Cautillo and we recently welcomed back George Moniz, our sole male participant, after a fall sustaining a broken wrist,” she wrote in an email to Senior Scope. “George was missed. He is our Valentine and Easter Bunny and a generous lover of Zumba. Welcome back, George, from your Zumba lovelies at Hazelwood.”

Your Health

Navigating Health: Embracing intimacy as we mature

By Sandra Custodio
Associate Medical Director, New Bedford Community Health Center

As I stand on the precipice of my 50s, I've been looking at all aspects of my personal and professional development. This yearly inventory spurred me to think a little deeper about how sexual health, partnerships and intimacy changes as our roles change within our families, careers, and, sometimes, within our relationships. Throughout our life – identity, happiness, and fulfillment are tied to sexual health and intimacy. My goal in this article is to explore the intersections of sexual health and aging, address common concerns and offer guidance on how to embrace intimacy as we grow older.

The landscape of our sexual health changes as we age. Our bodies undergo numerous transformations that can influence how we see ourselves, how our partner(s) see us and how we navigate intimacy and sexual health. Think about it – there are hormonal shifts, physical changes and sometimes chronic health conditions which may affect sexual desire, arousal and performance. However, it is essential to recognize that these changes are a normal part of growing wiser and maturing and do not diminish the potential for a satisfying intimate life.

Key #1: Communication: effective



communication with a partner is paramount. Openly discussing concerns, expectations and desires creates a supportive environment that fosters not only intimacy but affords each person safety. The safety to express what works, what does not work and how to support healthy practices within intimate spaces. Communication allows each person to vocalize the need to take physical health into consideration and request testing for sexually transmitted infections, request use of protection (condoms, etc), and request consideration for what they are not physically able to do. Remember, sexually transmitted infections are as common today as they were when everyone reading this article was a teenager.

Key #2: Addressing common concerns: aging can sometimes lead to body image insecurities. Cultivating self-acceptance and practicing self-care can boost confidence and positively impact sexual experiences. Things may change – parts may not work like they used to and



finding ways to address concerns within your relationship/partnership and with your healthcare providers is integral to improving sexual/intimate encounters. It is crucial that your primary care provider be your partner in meeting your health goals – this includes your sexual health goals. Be sure to open lines of communication – shyness when seeing your PCP does not get your questions and concerns addressed. I know because I am a PCP and I am always telling patients... I have seen it all... Tell me how I can help.

Key #3: Staying active and healthy: as I mentioned above, leverage your healthcare resources and your community resources to maintain health and vitality. For example – use your visits with your PCP to discuss concerns, join groups in the region geared toward maintaining health – like the New Bedford Wellness Initiative. Join

a gym, a walking program, a diabetes or blood pressure group, support group for mental health. All of these are great self-care activities that will help every person feel better and if you do them with a partner, can strengthen the bond that you already have.

Embracing sexual health as we age requires a holistic approach that encompasses physical, emotional and communication aspects. It is important to acknowledge the changes that come with maturing and aging, while also celebrating the opportunities to deepen intimacy and connections with a partner. By maintaining open communication, addressing concerns proactively (screening for sexually transmitted infections, physical safety, connecting with your primary care provider), and prioritizing self-care, individuals can continue to enjoy a fulfilling and satisfying intimate life through their journey of continued growth and aging.

Sandra Custodio is a Nurse Practitioner, Primary Care Provider and Associate Medical Director-Infectious Disease at New Bedford Community Health Center. She has bachelors of science degrees in athletic training and nursing from Bridgewater State University and Mass General Hospital Institute of Health Professions.



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Massachusetts wants communities to take the Health Equity Survey

Massachusetts has launched a survey to collect data to help them identify and respond to existing inequities in the state’s healthcare systems. The survey is available online only and takes about 15-30 minutes to complete.

The Community Health Equity Survey was put together in collaboration with community members and state partners, the Massachusetts Department of Public Health said on its website, to better reflect “the priorities and experiences of Massachusetts residents.”

“The information you share will help DPH and community partners determine how best to allocate funding, improve

programming, and develop policies to address health inequities,” the DPH website reads.

While any Massachusetts resident over the age of 14 can complete the survey, DPH is specifically seeking responses within communities who have been affected by health inequities.

Surveys are available in 11 languages including English, Portuguese and Spanish and will be accessible until early fall. All survey responses are anonymous and cannot be traced back to you, MassDPH website says on its website.

Visit <http://www.mass.gov/healthsurvey> to add your responses to the data that is collected.

Massachusetts quer que as comunidades respondam ao Inquérito sobre Igualdade na Saúde

Massachusetts lançou um inquérito para recolher dados que ajudem a identificar e responder às desigualdades existentes nos sistemas de saúde do estado. O inquérito apenas está disponível online e leva cerca de 15 a 30 minutos a ser preenchido.

O Inquérito sobre Igualdade na Saúde Comunitária foi elaborado em colaboração com membros da comunidade e parceiros estaduais, referiu o Departamento de Saúde Pública de Massachusetts no seu site, para melhor refletir “as prioridades e experiências dos residentes de Massachusetts”.

“As informações que partilhar ajudarão o DPH (Departamento de Saúde Pública) e os parceiros da comunidade a determinar a melhor

forma de alocar fundos, melhorar a programação e desenvolver políticas para lidar com as desigualdades na saúde”, refere o site do DPH.

Embora qualquer residente de Massachusetts com mais de 14 anos possa responder ao inquérito, o DPH está especificamente à procura de respostas nas comunidades que foram afetadas por desigualdades na saúde.

Os inquéritos estão disponíveis em 11 línguas, incluindo inglês, português e espanhol, e estarão disponíveis até ao início do outono. Todas as respostas ao inquérito são anónimas e a identificação de quem o preenche está protegida, refere o MassDPH no seu site.

Visite <http://www.mass.gov/healthsurvey> para adicionar as suas respostas aos dados recolhidos.

Massachusetts quiere que las comunidades realicen la Encuesta de Equidad en Salud Comunitaria

Massachusetts ha lanzado una encuesta para recopilar datos para ayudarles a identificar y responder a las desigualdades existentes en los sistemas de salud del estado. La encuesta está en línea y solo tardará entre 15 y 30 minutos en completarse.

La Encuesta de Equidad en Salud Comunitaria fue desarrollada en colaboración con miembros y socios de la comunidad en todo el estado, según informó el

Departamento de Salud Pública de Massachusetts (DPH por su sigla en inglés) en su sitio web, para reflejar mejor “las prioridades y experiencias de los residentes de Massachusetts.”

“La información que comparta ayudará al DPH y a los socios de la comunidad a determinar la mejor manera de asignar fondos, mejorar la programación y desarrollar políticas para abordar las desigualdades en la salud,”

esto se puede leer en el sitio web del DPH.

Si bien esta encuesta está dirigida a cualquier persona mayor de 14 años, el DPH busca específicamente escuchar a las comunidades que se han visto afectadas por las desigualdades en salud.

Las encuestas están disponibles en 11 idiomas, entre ellos inglés, portugués y español, y podrán completarse hasta principios de

otoño. Todas las respuestas a la encuesta son anónimas y no se pueden rastrear hasta usted, según lo informa el sitio web de MassDPH.

Visite <http://www.mass.gov/healthsurvey> para agregar sus respuestas a los datos recogidos.

Translations provided by:
 Southcoast Health



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Or visit www.CoastlineNB.org.

Steps for becoming more aware of and improving your posture

By Nanci Winterhalter
Last month, this column offered a “primer” on posture. If you missed it, you are invited to read it online (see URL at the end of this column) as we take a deeper dive this month.

With a healthy respect for the importance of posture and how it can impact your overall well-being, you may wonder how you might improve *your* posture. The best way to have a postural assessment is to consult a physical therapist.

Consider this exercise in becoming more posture-aware, if you want to do a preliminary “self-check.” A helpful friend who can take pictures is recommended.

First, measure and record your height — you may be surprised but don’t let it discourage you. Have a friend take full-length pictures of you standing naturally in front of a door frame or a 6-inch panel door from the front, the side and the back. Look straight ahead in your “true” resting posture. Try not to stand as tall as you can as you won’t get a real idea of your “true” posture.

The pictures will serve as your “baseline” posture record. Note: you may want to wear something like a tank top or t-shirt which is

a bit form fitting, maybe shorts and bare feet so you can really see your joints (including your spine).

“Proper” posture looks something like this:

- Head is held erect, eyes are level;
- Chin is parallel to the floor;
- Shoulders are level and directly below the ears;
- Chest is held a bit elevated and the upper back is erect;
- The space between your arms and body is equal side to side;
- Hips are level;
- Abdomen is relatively flat and lower back has a slight forward curve;
- Knees are fairly straight; and,
- Ankles and feet are straight-ish.

With postural changes you might see any/several of the following:

- Forward head;
- Chin tilt up or down;
- Shoulders are rounded and/or drooping forward;
- Chest is sunken;
- Belly sags;
- Hips may be bent forward or rotating in;
- Knees bend forward; or
- Ankles/ feet can demonstrate changes in alignment as well.

Here’s your challenge.



Breath deeply, take your time and study your pictures. Without judgment, observe how your posture “stacks” up. Taking notes on what you see is a helpful learning tool!

If you find any of the “warning” signs of poor posture, consult with your doctor about getting a full postural assessment so you can receive guidance to develop a “do-able” action plan. This will likely include exercise, perhaps shoe recommendations, and education — all to help you support the three natural curves of your spine and your other weight bearing joints in as good alignment as possible.

Of course, each person has their own history. Your posture need not be perfect, just better! Your personal best. You will be surprised (and maybe delighted) at how with steady effort over time, guided by your new found posture-awareness, your body will thank you in many ways: improved breath, movement, balance, energy, efficiency, digestion, confidence, reduced fall risk, and more. Cheers to aging well!

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

For the first posture column, go to: https://coastlinenb.org/wp-content/uploads/2023/07/Senior-Scope_August-2023.pdf

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Gift-giving, Medicaid impacts, and what to consider before giving

By Brandon Waleka, Esq.

I often hear the question, “How much can I gift someone without triggering taxes?”

While Massachusetts doesn’t impose a gift tax, the federal government does, albeit with a considerably high exemption. In the current year of 2023, gifts up to \$17,000 per recipient are not subject to reporting (for married couples, the limit is \$34,000 per recipient).

If your gift surpasses this threshold, you’ll need to file a gift tax return, even though no tax is immediately owed. This step is about tracking gifts to calculate your estate’s value when combined with reported gifts, only becoming relevant if your total exceeds the federal estate and gift tax exemption (which is presently \$12.92 million per person or \$25.84 million for couples).

Generally, this isn’t a major concern for most individuals.

However, it’s crucial for seniors to be aware of the impact of gifting on MassHealth (Medicaid) eligibility, specifically the program’s five-year look back period. While you might not face a gift tax liability, gifts are still considered during the MassHealth application process.

When applying for MassHealth, the program reviews your financial records over the five years prior to your application date. If they identify asset transfers, such as monetary gifts, during this period, they may impose a disqualification period, rendering you ineligible for MassHealth benefits for a certain duration.

Seniors often explore gifting for estate planning or long-term care considerations, as well as to support family members. Gifts and transfers to trusts can yield tax savings and reduce long-term care expenses, aiding those in need while expressing love and regard.

However, not all gifts are trouble-free for both the giver and the recipient. Before reaching for your check-book, consider these key questions:

Why are you giving? Is this gift simply an expression of love for a special occasion or event? Or is it intended for tax or long-term care planning? Evaluate if the transfer truly offers benefits, considering tax thresholds and potential MassHealth ineligibility periods.

bility periods.

Are you keeping enough money? Ensure your gift doesn’t jeopardize your financial security. While small gifts may not raise concerns, large ones warrant budgeting to guarantee your expenses, leisure activities, and emergencies are covered.

Expectations: Are you expecting the money to be paid back or for the recipient to perform some tasks for you? In either case, make sure that the beneficiary of your gift is on the same page as you. The best way to do this is in writing, with a promissory note in the case of a loan, or a written agreement, if you have an expectation that certain tasks will be performed.

Strings Attached: If your gift is tied to specific conditions, like property use or caretaking, explore legal avenues like trusts or life estates to ensure your intentions are upheld. Your expectations may not pan out as expected-what if the recipient doesn’t do what you expected or runs into circumstances (such as bankruptcy, a lawsuit, divorce, or illness) that no one anticipated?

Recipient’s Welfare: Consider if the gift aligns with the recipient’s needs, especially if the recipient has special needs and think about the potential impacts on public benefits, the need for money management, or personal challenges.

If, after addressing these considerations, you still wish to proceed with your gift, please do so. Our intention is not to discourage your generosity but to encourage thoughtful decision-making. It’s imperative to consult with an experienced elder law attorney before making any gifts, especially if MassHealth benefits might be a future necessity.

This information is not intended to make you an expert on estate planning or to replace the need for professional advice. Rather, it is intended to provide a basic understanding of why estate planning is important for everybody and information on some of the more common estate planning tools. This article does not constitute legal advice. Do you have a suggestion for an article topic for Attorney Waleka? Reach out at Walecka Law, P.C., 774-203-9003 or Brandon@Walecka-Law.com.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What is the most popular liquid consumer in the world?
A.) Coffee B.) Tea
C.) Milk D.) Wine
- 2.) Which state can be typed with only one keyboard row (No cheating)?
A.) Ohio B.) Colorado
C.) Utah D.) Alaska
- 3.) What is a baby Koala called?
A.) Chick B.) Joey C.) Lamb D.) Calf
- 4.) How long does the pregnancy of a cow last?
A.) 3 months B.) 6 months
C.) 9 months D.) 15 months
- 5.) A “Kindle” is a group of what animal?
A.) Mice B.) Kittens
C.) Raccoons D.) Giraffes
- 6.) What is the required age to serve on a jury in the United States?
A.) 18 B.) 21 C.) 30 D.) 35
- 7.) How many ratified amendments are there in the US Constitution?
A.) 10 B.) 27 C.) 33 D.) 127
- 8.) In what state is it illegal to pump your own gasoline?
A.) New York B.) New Mexico
C.) Nebraska D.) New Jersey
- 9.) Which company made the first smart phone?
A.) Nokia B.) Samsung C.) IBM D.) Apple
- 10.) What was “Hetty” Green’s real first name?
A.) Naomi B.) Florence
C.) Hilda D.) Henrietta

[Answers listed on page 11]

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GRG Scholarship Committee Co-chair Latisha Silva (left) speaks to the scholarship event audience in August. Above, (l-r) Brenda Grace, Latisha Silva, Micah Ortiz, Cheryl Cruz, and Renay Ribeiro pause for a post-ceremony photo.

Grandparents’ group awards college scholarships to local students

On a sunny Saturday in August, 19-year-old Micah Ortiz stood in the gardens across from the Buttonwood Park Warming House telling the group gathered there how his grandmother – his Nana – raised him and helped him to succeed. Ortiz was there to accept a scholarship from Grandparents Raising Grandchildren Inc. to continue his education at the University of Massachusetts Dartmouth. With him was his grandmother, Cheryl Cruz.

“Growing up I wasn’t the greatest kid,” Ortiz said. “I never felt like I connected with anyone.”

But through that process, he said, Cruz supported him, pushed

him to strive for more, and helped him accept himself. “I learned that just because I’m different, it doesn’t define who I am,” he said.

Ortiz was one of two scholarship recipients of the Grandparents Raising Grandchildren Inc.’s annual scholarship awards. The organization exists to help grandparents who become the primary caretakers for their grandchildren, offering a monthly support group at the main New Bedford Public Library.

In her remarks, GRG Scholarship Committee Co-chair Latisha Silva said some grandparents struggle when taking on the role of parent because of differences in how children today

learn, grow, and behave.

“They’re not used to the new generation and the way the world has changed,” Silva said. “So some of it is a shock to them.”

Founded and led by President Brenda Grace, GRG Inc. tries to help by offering support and, when needed, items like backpacks, school supplies, and help with holiday dinners.

“These are all the things they do need, and they sometimes have trouble getting,” Silva said.

To-date GRG Inc. has given out \$11,500 in scholarships to 14 recipients including the two awardees from this year, according to Treasurer Renay Ribeiro.

Cruz thanked GRG Inc. and

suggested she’d like to become a GRG volunteer to pass on what she’s received to other grandparents.

“I’m very happy to have found this group. I want to be a part of it even though he has grown,” she said, gesturing to her grandson. “If I can help another grandparent with their grandchild, I’m more than happy to do it.”

“There’s a whole bunch of us out there and it’s a challenge,” Cruz continued. “Especially now that the world has changed so drastically.”

GRG’s 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 road to recovery due to a serious medical condition can be a lengthy process that is seldom easy. But there is help along the way. **Vibra Hospitals** are here to provide the specialized care you need right when you need it.

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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. **Please note:** Due to an increase in the cost of service, some exercise classes will no longer be free. As of Aug. 1, Tai-Yo-Ba with Cam (Monday) and Strength and Conditioning with Larry (Friday) will now be \$1/per person.

Fall Mystery Tour: The Colors of New England on Tuesday, Oct. 10. A tour through the rolling hills of Massachusetts and New Hampshire with lunch at a quaint cottage with peaceful gardens and elegant lunches. \$80; \$40 non-refundable deposit due within seven days of sign-up. Call 508-998-0280 to sign up. Money orders or checks only.

Meet and Greet: Attorney General’s Office of Community Engagement. 10-11 a.m. on Sept. 11. Stop by for coffee and pastry and learn how to be a Savvy Senior! This program is free and open to the community. Sponsored by VIBRA Hospital of Southeastern Massachusetts. 508-998-0280, reservations appreciated

Aqua Turf Club: Sept. 12. This performance features classic hits from the last 50 years. Brass Attack puts on a high energy show with outstanding musicianship that you won’t want to miss. Featured artists include KC and the Sunshine Band Earth, Wind & Fire R&B/Soul classics of the 60s & 70s. A don’t-miss show! Luncheon choice of Roast Beef or Chicken Françoise. \$82/per person with checks made payable to the Town of Acushnet.

Newport Playhouse Trip: Dec. 3 Miracle on South Division Street is a hilarious story of the Nowak family, living amidst the urban Bufalo NY’s East Side. Clara, the family matriarch tends to the family heirloom – a twenty-foot shrine to the Blessed Mother, commemorating the day in 1942 when the Blessed Virgin Mary materialized in her father’s barber shop! \$90/per person includes a great homemade buffet, play and a fun-filled cabaret.

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.

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.

Beach Party at Jones Beach: Friday, Sept. 8 10 a.m. - 2 p.m. Cost is \$5 in advance.

Scam update: With the Attorney General’s Office, Wednesday, Sept. 13 at 11 a.m. Pre-registration required.

Lawn Bowling Lessons at Hazelwood: Mondays, 9-10 a.m. Transportation provided. Call the Center for more information.

Cape Cod Canal Cruise: Tuesday, Sept. 15. Cost is \$20. Preregistration required.

Fall Prevention presentation: With Southcoast Health; Wednesday, Sept. 20 at 11:15 a.m. Pre-registration required.

“Strong Back, Strong life”: Uncover the causes of back pain with doctors at MCI Chiropractic on Thursday, Sept. 21 at 10:30 a.m. Pre-registration is required.

Medicare Advantage Plans and Dental Options seminar: Friday, Sept. 22 at 1 p.m. Pre-registration required.

MOVEMENT & More: Class designed for people with movement challenges and anyone moving with an aging and changing body. Mondays 10:30-11:30 a.m. Free. Walk-ins welcome.

Rail Explorers: Thursday, September 28. Pedal tour along Aquidneck Island tracks. Participants must bring their own picnic lunch. Cost is \$30 in advance.

Line Dancing: Fridays from 1-2 p.m. Cost is \$3. Walk-ins are welcome.

Single Senior Supper Club: Tuesday, Sept. 5 4-6 p.m. Cost is \$5.00. Pre-registration required.

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

Movie: “A Man Called Otto” Wednesday, Sept. 27 at 1 p.m. Pre-registration required. Free.

Zumba Gold: Tuesdays and Thursdays, 10:30-11:30 a.m. Cost is \$8. Walk-ins are welcome.

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

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

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

Walk in Blood Pressure Clinic: The second Thursday, last Tuesday of the month from 9-11 a.m.

Parkinson’s Support Group: 2nd Thursday of the month 1-2:30 p.m. Call for info.

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. Open to 8 p.m. on Wednesdays, beginning in September.

Trips: Sept. 6 Tiverton Casino; Sept. 13 Mashpee Commons; Sept. 20 Thames Street, Newport, R.I.; Sept. 27 Wrentham Village. Oct. 4, Twin River Casino; Oct. 11 Providence Place Mall; Oct. 18 South Shore Plaza; Oct. 25 Warwick Mall. Trips are \$6.

Grandparents Day Cookout: Sept. 12, 11:30 a.m. Sponsored by Coastline. Call to sign up.

Special Garden Trip: Sept. 20, the Little Compton Garden Club abd the Garden Club of Buzzards Bay invite gardening enthusiasts to attend Autumn Joy, a flower show sanctioned by the Garden Club of America. \$10, includes lunch. Call to sign up. There will be a lunch trip afterwards to Friendly Pizza in Dartmouth. Arrive at the Senior Center for the bus at 8:15 a.m.

Massage Mondays: With Carol Flock. Sept. 4 & 18. 20-minute massage for \$30. Call the COA to make an appointment.

Monday Movie Matinee: Sept. 11 *A Perfect Pairing* 12:15 p.m. and Sept. 25 *Pitch Perfect* 12:15 p.m. Sign up for lunch at 11:30 a.m. \$2 donation for lunch.

Memory Café: Sept. 28, 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. Entertainment by Music of Our Lives with DJ Jordan Paiva. Join for lunch prior to the memory cafe. Lunch will be turkey with gravy. RSVP required by Sept. 22.

Cribbage: Starting Sept. 11, Mondays from 10 a.m. to noon.

LGBTQ+ Supper Club: The fourth Wednesday of every month from 5-7 p.m. Must call to sign up.

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

Tai Chi: Mondays 11 a.m. - noon. Call to sign up.

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. Marion Board of Health: 508-748-3530.

Author Lecture with Dawn Blake Souza: Friday, Sept. 8, 1 p.m. Dawn will share her stories that she has written “From the Islands They Came: The Story of a Cape Verdean Family in America”, which chronicles the history of her family from Cape Verde to New Bedford. Dawn is passionate about helping others to share their own stories and will give ideas and tips to help us on that journey.

LGBTQ+ Senior Supper Club: Meets Wednesday, Sept. 13 from 5-7 p.m. at the Marion COA. Join us for food, drink & great conversation! Please call 508-748-3570 so we know to expect you.

Continued on Page 11



A WALK TO SUPPORT FALLS PREVENTION AT BUTTONWOOD PARK

1 P.M. WEDNESDAY SEPT. 27

Meet at the Buttonwood Senior Center Parking lot. No RSVP needed. DON'T FORGET TO WEAR YELLOW



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Cooking Demonstration: Sept. 12, at noon. Join us for a lunch time cooking demonstration with Barbara Canuel, Registered Dietitian 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.

Artificial Intelligence: A Presentation for the Curious. Sept. 11 at 1 p.m. Virtual Reality. Chatbots. Deep Fakes. Do you ever feel like the technological world is moving too fast? And do you really know what any of these terms mean to you, never mind all of humanity? Take a breath and enjoy an in-person, real presentation on new and emerging technologies. You might not want to use these things, but you should know what they are. Come find out in a fun and supportive manner. And bring your questions!

Elvis: Sept. 15 at 1 p.m. Enjoy Robert Black as Elvis! Robert Black is an Award Winning Elvis Presley Tribute Artist performing nationwide. His authentic portrayal and exciting interpretation of Elvis Presley, has made him one of the most sought after, and popular tribute performers. Robert’s crowd pleasing style and mannerisms, mixed with his unique blend of vocal talent, charisma and elaborate costuming make him a favorite world wide.

Family Feud: Sept. 18 1 p.m. Join Kevin Richman as he provides top shelf entertainment by bringing to us the T.V. like game show Family Feud. It will be 90-minutes of fun, laughter and prizes as you compete to name the most popular answers to survey questions.

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

Flower Arrangement: Sept. 19 1 p.m. Members of the Marion Garden Group will be on hand to help us put together a beau/ful fall flower arrangement. There is a \$5 materials fee due at the time of sign up. Space is limited. Please bring your own scissors.

Mattapoisett COA

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

Social Security 101: Sept. 7th at 5 p.m. Registration requested. Walk-Ins welcome. Learn when are you eligible to receive retirement benefits; How does early retirement affect your benefits; Do you qualify for disability, survivor or spouse benefits?;How do you get the most from your benefit? What is the future of Social Security? Plus, have your questions answered!

Historical Women: Lunch & Show, Sept. 19th at 11:30 a.m. (Doors open at 11.) at the Congregational Church (enter on Mechanic Street). Sheryl Faye presents a historical performance of Ruth Bader Ginsberg, a leading voice for gender equality, women’s interests, and civil rights and liberties. Ruth Bader Ginsburg was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. This show is the inspiring story of how she changed her life—and ours. Registration required by Sept. 15. RSVP: 508-758-4110; Cost is \$5.

Writing your Obituary: How Do You Want to Be Remembered? Three sessions on Fridays, Sept. 15, 22, & 29 at 9:30-11 a.m. (depends on the number of participants). First class - bring three obituaries with you as examples. Free. Most people don’t have the luxury of writing their own obituary. As a summary of your life, an obituary offers an overview of what you’ve found most important and what contributions you may have made to those around you over the years. This course will guide you through the process. RSVP: 508-758-4110.

Art for Your Mind: Join local art historian, Jill Sanford, for an enjoyable hour seeing things in new ways. Social Realism of America’s 1930s on Sept. 6 at 12:30 p.m. The featured topic explores the work of daring artists who worked between WWI and WWII – and shook the art community by representing America’s harsh realities in gritty and thought-provoking ways.

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. Sept. 27. *A Man Called Otto*. Pizza \$1/slice. Prepay and registration required.

Pottery: Every 2nd & 4th Thursday from 10-11:30 a.m. Cost: \$10 (everything included). Registration requested. Create unique items. Your clay will be put into a kiln, 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: Now 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. Facebook: facebook.com/Rochester, Mass.

September Trips: Typically \$5, \$10 or \$20 for the van ride. Residents get a discounted rate. You are responsible for purchasing tickets to enter venues. Direct any trip questions to Ann Soares at 508-763-8723, ext. 201. Sept. 5 Brimfield Antiques. Depart COA at 8 a.m. and return at 4 p.m. Sept. 28, The Big E. Depart COA at 7:30 a.m. and return at 4:30 p.m. Senior admission is \$16, paid at entrance or free with a military ID. For trips, if you are able, park in the 2nd (overflow) parking lot. Call 508-763-8723 or visit the front desk to sign-up and pay at the front desk.

Car Show & Sock Hop: Sept. 18 from 3 to 6 p.m. It’s time to pull out your favorite 50s or 60s attire and head on over to the Senior Center for this first ever event. Music will be provided by Johnny Angel so you may want to bring your singing voices and dancing shoes. Hamburgers, hotdogs, and popcorn will be for sale by the Rochester Fire Department. And drinks; a whoopie pie fest; root beer floats and raffles will be on sale by the Friends of the COA. Please bring a lawn chair if you are able to do so. General parking will be at the ballfield with shuttle bus service available. Parking for the show cars will be in the COA parking, starting at 1p.m. There will also be a few antique tractors on the back lawn of the COA.

Scallop Dinner: Thursday, Sept. 21 at 5:30 p.m. Only \$15 dollars per ticket!

Flu Shots: Coming to the Senior Center on Oct. 10 are high dose flu shots for seniors. Time and registration information TBD. Save the date.

TRIAD: Two meetings this month. Sept. 6 at 11 a.m. to put the finishing touches on the Car Show and Sock Hop The second meeting is Sept. 20 at 11 a.m. to discuss the upcoming Health and Public Safety Fair on Oct. 4 10 a.m. - 1p.m. at the COA.

Dementia Directory
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.

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 if interested.

September 2023 Trivia Quiz Answers

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

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Community

The Way Things Were



American Red Cross in New Bedford

Spinner Publications historical photo this month shows the American Red Cross Office that was once located at Union and South Sixth streets in the city. Taken in November, 1941, the image shows more than 40 cadets lined up along the sidewalk and extending

into the street. At the head of the line, surveying those gathered, is Red Cross Chairman of Volunteer Services Alice (Tiffany) Knowles who is enlisting the Reserve Officers' Training Corps (ROTC) cadets in the annual roll call drive.

Falling is not a normal part of aging

Aging services organizations nationally are gearing up for Falls Prevention Week this month, spreading the message that falling is not a normal part of aging. Sept. 18-22 is Falls Prevention Week and is the focus of events and campaigns taking place nationally to help raise awareness about the seriousness of falls and educate and empower older adults to reduce their risk. This year's theme is 'From Awareness to Action.'

Falls affect millions of Americans over the age of 65 with more than 800,000 hospitalizations occurring each year, according to the Centers for Disease Control and Prevention. Yet, risks can be mitigated and falls prevented.

The National Council on Aging is offering a new online falls risk assessment tool at www.ncoa.org/FallsFreeCheckUp where visitors can complete a short survey that screens for the most common falls risk factors.

Also participating, Coastline is holding a Sept. 27 community walk at Buttonwood Park that the public is invited to join. The walk will start from the Senior Center parking lot at 1 p.m. and make a loop around the park.

No RSVP is needed. Meet at the Senior Center wearing sneakers or walking shoes. Participants are encouraged to wear yellow to reflect their support of Falls Prevention Week.



M.O.L.I.F.E. (above) was one of the agencies to have a table at the DisABILITY Pride event. (Below right) Leon Correy speaks to the crowd.



DisABILITY Pride continued...

people with diverse disabilities working there?" she asked, describing how she and a woman looking for two hours of work a week as a cleaner went door-to-door in downtown New Bedford, but didn't get any interest.

"Then, as I was standing here today, someone came up to me and said I'll hire her," Welch said smiling. "That makes today successful."

DisABILITY Pride was created so that "everyone here feels welcome and feels like they belong in Fairhaven," said Leon E. Correy III, chairperson of the Belonging Committee and a member of the town's Select

Board.

"As a person of color, what belonging means to me is a place where they care about you," Correy told those in attendance. "We want to make you feel welcome enough that you want to come back."

"July marks the 33rd anniversary of the Americans with Disabilities Act, a comprehensive Civil Rights law for persons with disabilities," said Welch at the event. "July is an occasion to celebrate people with diverse abilities, honor their inherent and inalienable rights, promote their visibility, and applaud their achievements."

Jason Moura, a Fairhaven parent

and Unified Sports coach, told the crowd about his daughter and what being able to play sports has meant to her. She plays on a Unified Sports team, a program which offers young people with disabilities a chance to participate on school sports teams.

The program helps young people relate to each other and accomplish things they didn't think possible, Moura said.

"Sports and competition by their very nature are unifiers," he said. "Little did I know that something special had started that day (his daughter started on the unified basketball team.)"

In case anyone doubted their

athleticism, Moura said the youth beat their parents every time in the annual parent-versus-players game.

"The athletes that participate in these programs are athletes," he said. "Every athlete has strengths and weaknesses. Every athlete can get better."

The DisABILITY Pride event will definitely be held again, said Correy, noting the enthusiasm of the people attending as one of the reasons for replicating the day's activities.

"The plan is for this to be an annual event," he said, "especially with it being so well attended in its first year."