

Senior Scope

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

Vol. 6, Issue 2

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November 2023

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DON'T FORGET TO FALL BACK.

DAYLIGHT SAVINGS ENDS
AT 2 A.M. NOVEMBER 5.



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Bicycle Club, page 12



Scenes from the Bomb Shelter taken during the Cape Verdean club's later years. (Photos courtesy of the YMCA SouthCoast.)



Revisiting 'The Bomb Shelter'

Community project rekindles interest in beloved Cape Verdean club

Karen (Alves) Jenkins knew she was walking into history the moment she entered the unassuming New Bedford house for sale back in 2010. The Acushnet Avenue home – a two-decker with a large front porch, third-floor attic, and a side walkway leading to a separate entrance – was being sold in a lottery and getting little interest from buyers.

But Jenkins, a Cape Verdean woman who had grown up in what was then considered a South End neighborhood, knew the property's history and what a cultural gem

she'd found. She knew as soon as she entered it that day that this was the site of the beloved Cape Verdean nightclub, known to all as The Bomb Shelter, and she knew she was going to purchase the property — the home where she still lives today.

Located in a close-knit neighborhood, The Bomb Shelter was a Cape Verdean social club, a place to meet friends and play Bisca - the Portuguese card game - and an entertainment venue and night club. Over its more than 50-year run, people of all ages and cultures came and went regularly including many Cape

Verdeans from the New Bedford and Providence areas as well as all over the country.

Despite being located in the basement of a local home, people found their way to it.

"Everybody knew of The Bomb Shelter," said Frank Pina, a New Bedford photographer and son of the club's creator. "You'd have people in the summer that were visiting from California or other states all looking for the Bomb Shelter."

Pina remembers The Bomb Shelter more than most. For him, it was

Continued on page 3

Caregiving: 'It's one of the toughest things you'll ever do'

November is National Family Caregiver month and to mark the occasion, Senior Scope spoke to both family and professional caregivers about the burdens and joys of caring for family members. We also asked them what helped them the most and what resources they might recommend to others.

What they told us reflects their unique situations based on family member's needs, geographic and economic situations, and cultural and social expectations about care.

Some caregivers quit their jobs to provide care. Others retired or were already retired. Still others continued to work full or part-time. Some were young when caregiving was needed, while others were already at the age

"It is one of the toughest things that you'll ever do. You know how much you love the person, but you're human. For some caregivers, your lives are turned upside down."

—**Carolyn Lazaris**
Family Caregiver Support Group Leader

to be eligible to receive care themselves.

All struggled with some part of caregiving, from the demands of ongoing care, the responsibility of making decisions for another human being, and conflicting family beliefs on what good care is, to meeting other

life demands including work, children or other family members and, usually farther down the list, themselves.

Here are some of their reflections on family caregiving today.

Both a family and professional caregiver, Carolyn Lazaris has worked with caregivers as a former Coastline options counselor, has provided care to both of her parents, and now leads caregiver support groups in the region and offers companionship services.

She left her job when her father needed care while in his 90s.

"I was spending all my day telling caregivers that you need to take care of yourself and then I'm racing home

Continued on page 12

Save your place in line with Social Mobile Check-in Express

By Delia DeMello
Social Security

Social Mobile Check-In Express feature makes it easier to check in if you must visit a Social Security office. To use Mobile Check-In Express, scan the QR code located at your local Social Security office. This will allow you to check in for:

Scheduled and non-scheduled appointments.

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For Mobile Check-In Express to work, you must be at the Social Security office and have location services on. You should also make sure you're using the latest version of your internet browser. The service is most compatible with Safari, Google Chrome, Microsoft Edge, and Firefox. You'll also want to:

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Allow you to receive your electronic ticket – so you know your place in line.

Alert you when we're ready to help you.

Provide you with your interview location information.

Invite you to participate in our feedback survey.

We encourage you to use Mobile Check-In Express for all office visits.

Please share this information with those who may need it.



Delia DeMello

From the Editor

One of the truest things I've heard recently is that you never know what's going on in people's lives.

I had been talking to a colleague about someone who on the outside seemed to be doing fine but who, it turned out, was struggling with difficult family illnesses that required significant time, and emotional and mental investment to help address.

It's a saying that applies to many people for many reasons, but also, and maybe especially, to caregivers.

Caregivers make up a huge segment of our population. Nationwide, more than 1 in 5 adults, about 53 million in total, are unpaid family caregivers, according to a 2020 report from AARP and the National Alliance for Caregiving. That's an increase from 18 percent of adults in 2015 to more than 21 percent in 2020 and the number is expected to continue climbing.

They are all ages, ethnicities, and economic and class backgrounds with unique caregiving situations.

This National Caregivers month, I spoke to a half dozen family and/or professional caregivers to hear some of the challenges and blessings they encounter in their caregiving routines. (See story on page one.)

I first want to express my gratitude for each and every caregiver who spoke to me, trusting me to share their personal

experiences and family situations with readers. We all know caregiving can be hard but that's different than talking publicly about the personal challenges and triumphs we experience.

Thank you!

Most did it to help others. In fact, if there were one piece of advice that I heard the most is that the need to talk about caregiving experiences, to share the highs and lows, is nearly universal. People who had friends or other family members or who attend local support groups for caregivers all talked about how much this sharing has meant to them.


As Carolyn Lazaris says in this month's story, "It helps so much to be talking to other people who have had the same thoughts, feelings and experiences that I have. That's such a big part for caregivers to be able to talk to somebody."

"Believe me, there isn't a thought that you've had that somebody at this (support group) table hasn't had."

Connect with Beth at bperdue@coastlinenb.org.




Beth Perdue




Coastline
508-999-6400

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



SHINE Counselors
in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 S. Main St. Acushnet	508-998-0280	Jennifer Ledo
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Virginia Walega Matthew Dansereau
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni Jean Silver
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 Delia Moreira
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., Monday-Wed. (for New Bedford residents only)	508-991-6250 508-991-6250	Natasha Franco 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



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Our donors help *Senior Scope* carry out its mission, and we cannot thank you enough for your support. Voluntary donations can be mailed to Coastline, 863 Belleville Ave., New Bedford, MA 02745. Checks can be paid to the order of: *Coastline*. We cannot process checks made out to "*Senior Scope*." You can also call Coastline's Payment Department at 508-742-9114 to donate with a credit card or use the QR code below to donate online.

In memory of Henry Rogers.

\$12
— Cynthia Rocha-DeBarros

In thanks for Peter.

\$10
— Anonymus



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Massachusetts releases podcast series on dementia-friendly innovations

A new podcast series focused on age and dementia-friendly innovations in Massachusetts has been created and is available on Spotify, Apple Podcasts and at reimagineaging.net.

The ReiMAgine Aging podcast highlights local efforts that make Massachusetts a great place to grow up and grow older together, including updating infrastructure, promoting volunteer and employment opportunities, expanding affordable supportive housing, increasing transportation options, supporting caregivers, and improving digital access, the state said in a media release.

“This podcast shines a light on the experiences of older adults, as well as

the individuals and organizations who work hard to care for them. We hope listeners are inspired by these audio stories and take action to make their own communities age- and dementia-friendly,” said Massachusetts Governor Maura Healey.

Massachusetts joined the AARP Network of Age-Friendly States and Communities in 2018 and released the Age-Friendly Massachusetts Action Plan, which defines tangible and measurable goals to advance Massachusetts as an age- and dementia-friendly state. More than 200 communities in Massachusetts already are working on age- and dementia-friendly initiatives, including earning the Age-Friendly

designation and/or signing a Dementia Friendly Pledge. Cities and towns are implementing changes to local policies, programs, services, and the built environment to create communities where older people can thrive.

The Executive Office of Elder Affairs leads the Commonwealth’s work on age- and dementia-friendly initiatives. EOEA envisions a state in which all 1.7 million older adults and their caregivers have the tools, resources, and help they need to fully embrace the aging experience. The ReiMAgine Aging podcast highlights efforts across Massachusetts to reach this goal.

ReiMAgine Aging was produced in partnership with the Massachusetts

Healthy Aging Collaborative (MHAC) with funding from Point32Health Foundation. The podcast highlights voices from statewide and community leaders, older adults, and non-profits through six compelling stories:

- Aging with Purpose & Meaning;
- Buildings that Bring People Together;
- Enhancing Digital Equity for All;
- Moving Forward;
- Savoring Food that Matters; and,
- Shaping Compassionate Communities

To learn how your community can become more age- and dementia-friendly, visit mass.gov/reimagineaging.

Bomb Shelter continued...

the home he grew up in with his parents and nine siblings.

Pina’s father, Alfred “Néné” Pina, started the Bomb Shelter in the 1940s. He had come to New Bedford from Cape Verde as a teenager, worked hard, started a family and soon owned property that he rented to others. Néné Pina quickly became a business leader in the community, an enthusiastic follower of city and national politics, and a popular and respected local figure despite never having gone to school, said Pina.

“I can honestly say that he was my lifetime hero,” he said as he reminisced about his youth and growing up two floors above the social club.

Pina’s father purchased the Acushnet Avenue house in the 1930s to be the family home. The basement was first used as a space for band practice and later became a political club before transforming into the popular Cape Verdean social club.

Néné was the club’s driving force. He ran the business and served as its social director, chatting with people who came in, keeping the club running smoothly, and personally handling any simmering arguments or fights before they could escalate.

“My dad would visit a booth and talk with them for a while before getting up and ordering a round of drinks for them,” recalled Pina. “He was very social, and everybody loved him. He was the heart and soul of (the club).”

The club’s name came from World War II city shelters. “Different buildings were designated as a shelter in case we got bombed,” said Pina. “That’s how it got its name and the name stuck long after the war was over.”

Many local bands played there. Most notable, Pina said, was Feliciano Vierra Tavares Sr., known professionally as Flash Tavares and the patriarch of the successful Tavares Brothers.

“His children weren’t even heard of at the time,” Pina said.

Pina knew the club well. As a youth, he was paid \$1 for three hours of work cleaning the space, a task he disliked, he said, especially having to pick up cigarette butts off the floor. As he got older, Pina worked there as a waiter and bartender.

“It was a tight, close neighborhood, and I had a beautiful childhood,” he said. “Especially because I had a great mom and dad.”

(My dad) used to rub your head



“It’s just the end of an era and you have to respect what happened there and remember it until it’s forgotten.”

—Frank Pina

at the dinner table and tell you how much you mean to him,” he continued, pausing for a moment before adding, “But he was still a disciplinarian.”

Pina couldn’t pinpoint the date the Bomb Shelter closed because his family sold it while it was still being operated.

“I don’t know what they did with it,” he said about the new owners. “It was never the same. It was like a family. Everybody went there and they enjoyed themselves. You never had to worry about getting hurt.”

After she moved in, Jenkins was asked regularly when she planned to reopen the Bomb Shelter. Although her answer was that she wasn’t, Jenkins understood the emotions behind the requests and how a shared social space like the Bomb Shelter contributes to the vibrancy and health of a neighborhood.

She remembers how the construction of Route 18 had split apart her neighborhood. “It was called the highway to nowhere,” she said. “They displaced so many people and didn’t develop anything.”

Jenkins is worried that recent signs of gentrification will also do damage to the neighborhood and has supported the Healthy Neighborhoods Study being conducted by MIT and the YMCA SouthCoast to help keep community ties strong.

The project is based in Boston



Above, Gail Hartnett-Roderigues and Karen Jenkins (l-r) smile from the 243 Acushnet Avenue porch. Above left, the creator of the Bomb Shelter, Alfred “Nene” Pina, shown in a photo taken by his son Frank Pina.

through the Department of Urban Studies and Planning at MIT and is the largest resident-driven, participatory action research project in the U.S. about neighborhood change processes, according to the website.

Jenkins is one of many local residents who contribute in New Bedford as is Gail Roderigues, who coordinates the study for the YMCA. Roderigues shared some of the findings that show that there is concern for the health of the New Bedford neighborhood.

“The HNS findings reveal that residents of the neighborhood overwhelmingly expressed their desire to remain in the area. However, this decision is not driven by their personal choice but rather by concerns about the potential for displacement and gentrification,” she said via email. “This suggests that residents are attached to their community and wish to stay but feel compelled to do so due to external factors that could threaten their ability to remain in the neighborhood.”

In her a personal statement about the project, Jenkins articulated her hopes for the house where the Bomb Shelter operated as well as the neighborhood’s Cape Verdean culture and future generations living there. “As a resident of my childhood neighborhood for the past 13 years, this home has become the embodiment of my connection to my heritage and my identity. In a community deeply ingrained in Cape Verdean culture and history, I stand as a legacy resident alongside many others who have witnessed the neighborhood’s evolution,” she wrote.

“I harbor a deep desire to ensure that my children understand the historical significance of this home and the community it resides in.”

Last spring, Jenkins opened her basement to the community, with Roderigues’ and Pina’s help, to let people come together and reminisce about the club, their experiences there, and the impact the space and people had on their lives. It was a chance to recapture the feeling of community, she said, and address some of the negative changes that have been happening locally, including signs of gentrification.

The event was a success.

“It was beautiful and just fun to be in that environment and remember the low-ceiling and the way the bar was,” said Pina. “Of course, it doesn’t exist anymore but just knowing you’re in that building was special.”

Jenkins and Pina acknowledge The Bomb Shelter is gone forever. The bar and seats were removed long ago and the space no longer resembles its glory days. But the club lives on in memories.

“It’s just the end of an era and you have to respect what happened there and remember it until it’s forgotten,” Pina said.

A book on the HNS study and club called, ‘The Bomb’ has been created. Anyone who wants to learn more, can email or call Gail at groderigues@ymcasc.org or 774-526-2651. A digital version can be found here: https://issuu.com/ymca_southcoast/docs/copy_of_hns_new_bedford_action_project?fr=xKAE9_zU1NQ

Update

Combatting the rise of hate in New Bedford

A presentation and discussion on Combatting the Rise of Hate and Extremism Facing Our Communities will be held from 5-7 p.m. on Nov. 2 at the Main Library in New Bedford. Presented by the New Bedford Human Rights Commission and Anti-Defamation League of New Bedford, the presentation will focus on who the hate groups are in Massachusetts; where they are active; what to look for, and ways to stop the spread in our community. Learn about the spike in hate incidences in Massachusetts. Extremism and hate are surging across the nation, threatening communities and civil liberties. Join others committed to making New Bedford ‘A No Place for Hate Community’. The New Bedford Public Library is located at 613 Pleasant St., New Bedford.

Lebanese Christmas Bazaar is on Nov. 11-12

The annual Lebanese Christmas Bazaar will be held Nov. 11 and 12 at the new home of Our Lady of Purgatory Catholic Church (formerly Our Lady of Fatima) at 4254 Acushnet Ave., New Bedford. The bazaar will be open from 10 a.m. - 6 p.m. on Saturday and 10 a.m. - 3 p.m. on Sunday. Money and basket raffles, caravan and silent auctions, crafts, as well as Lebanese food and pastries will be available. Kibbee trays may be preordered for \$35 by calling the church office at 508-996-8934 or by ordering from the church website at www.ourladyofpurgatory.org.

Lung cancer session is Nov. 4

Southcoast Health will offer informational sessions on lung cancer screenings from 8 a.m. to noon Nov. 4 with Dr. Tammy Gleeson. Screenings allow providers to test and find disease that may not yet cause symptoms, the hospital system said describing its Low-Dose CT scan (LDCT) as helpful in finding abnormal areas in the lungs that are linked to cancer. The public is invited to participate in the event, learn if they qualify for a Low-Dose CT scan and, if so, get help scheduling one. Screenings are available for anyone who is 50 years or older; is an active smoker; or who quit smoking less than 15 years ago. The screening event is available at no cost for eligible patients. Further screening is subject to applicable insurance plan requirements. There are no copays or other costs to patients meeting screening criteria unless required by your insurance plan. Educational materials and light refreshments will be available.

Memorial service is 11-11

At the Ft Taber-Ft Rodman Military Museum on Veteran’s Day, Nov. 11 at 11 a.m., a short memorial service will be held to mark the end of hostilities of World War 1. The museum will be open early for this event. The focus of the ceremony will be the bell ringing service, commemorating the end of the fighting in the trenches. On Sunday, Nov. 12, the museum will host a lecture by Joe Yukna, co-founder of the Cape Cod Military Museum who will speak at 2 p.m. on the story of Sgt. Stubby, the most decorated dog in World War 1. The presentation will be held in the main room of the museum. Sgt. Stubby, an “American Bull Terrier” mutt was the unofficial mascot of the 102nd Infantry Regiment and was assigned to the 26th (Yankee) Division in World War 1. He served for 18 months and participated in 17 battles on the Western Front.

AARP TaxAide volunteer counselors sought

Volunteers are needed in the area to offer free federal and state tax assistance to taxpayers with low to moderate incomes. AARP TaxAide volunteer counselors review client’s documentation, interview clients, and prepare federal and state income returns using computer software in one of the COA facilities from Feb. 1 to April 15. Free local training is provided ending with an IRS certification. Previous tax experience is helpful but not necessary as many volunteers come from a number of different career backgrounds. If interested, email: taxaide@aarp.org, call 888-AARP NOW (888-227-7669), or call a local COA office and a Tax Aide Lead Volunteer will get back to you to answer any questions.

State surpasses steps goal

The Executive Office of Elder Affairs said it surpassed its goal of 50 million steps in September for Falls Prevention Week. The goal was set as part of a program to spread awareness of the danger of falls and ways to prevent them. EOEAA had set a goal of 50 million steps statewide and reported in October that it had reached nearly 82 million steps. The office expressed its thanks to everyone who contributed to the steps challenge and to raising awareness. Twenty-six aging services access points, including Coastline, participated. The ASAPs that had the highest

Veterans Day lunch is Nov. 3

In honor of Veterans Day in November, a Veterans Day Lunch will be held at Rachel’s Lakeside in Dartmouth at 11:30 a.m. on Nov. 3. Dartmouth veterans are welcome to attend and can call 508-999-4717 to make a reservation. Widows of veterans are also welcome to attend. For more information on the lunch, call Maria Connor at 508-636-6453. The lunch is sponsored by Rep. Chris Markey and the Dartmouth Friends of the Elderly. Rachel’s Lakeside is located at 950 State Road, Dartmouth.

Buried in Treasures meetings

The Buried in Treasures Support Group will meet from 9:30 – 11:45 a.m. on upcoming Saturdays - Nov. 4 and Nov. 18 at the Acushnet Senior Center, 59 ½ S. Main St., Acushnet. Both 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. The group is sponsored by the New Bedford Fresh Start Program in collaboration with the Acushnet Senior Center.

Local church Craft Fair is Nov. 11

St. Julie Church will hold a craft fair Nov. 11 at Bishop Stang High School, 500 Slocum Road, Dartmouth. The fair, sponsored by the Ladies Guild, will feature unique handcrafted items, holiday items, a country auction, crafter raffles, food and desserts.

Open Discussion Support Group

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. Monthly meetings are at 10 a.m. Oct. 7, Nov. 4, and Dec. 30 and 4:30 p.m. Oct. 19, Nov. 16 and Dec. 7. Funded by the MA Executive Office of Elder Affairs.

FHA to hold Craft Fair Dec. 2

Fairhaven Housing Authority will hold its first Resident Crafters Holiday Craft Fair from 10 a.m. to 2 p.m. on Dec. 2. There will be door prizes, complimentary popcorn, hot chocolate and apple cider as well as a baked goods table. The craft fair will be held at the Fairhaven Housing Authority, 275 Main St Oxford Terrace, Fairhaven.

Celebrating Falls Prevention Week 2023



Coastline staff, family and friends helped spread the message that falling is not a normal part of aging during Falls Prevention Week from Sept. 18-22 by walking Buttonwood Park wearing yellow. Coastline offers Matter of Balance classes to help older adults improve their balance.

Your Health

Looking ahead to (not so) Happy Holidays? Try these steps to lift up.

By Jeff Schwartz, LICSW DMH
As fall turns to winter, many of us get excited about the anticipation of the holidays. The holidays can be the foundation of our relationships and culture.

Holidays can forge the foundation of many families. The thoughts of seeing family, connecting with friends and the traditions of the holiday season, bring joy to many. However, for many of our elderly neighbors, the holidays are a time of sadness, loss, and depression.

The CDC estimates that 6 million people over age 65 are living with depression. Depression in the elderly is often undiagnosed and severely undertreated.

Chronic health issues, loss of family and friends, and feelings of loneliness contribute to senior depression. The holidays exacerbate these feelings by highlighting the loss of family, friends, and financial independence. Important traditions and rituals, might now not be possible.

For Older Adults

It is important to distinguish between feeling sad, and clinical depression.

While the same action steps can be used for both, depression is



a medical diagnosis. Depression can be treated in a variety of ways, including talk therapy, medication and self help activities. Some signs of depression are: poor self care; lack of interest in activities once found enjoyable; increased (or decreased) sleep; changes in weight; and thoughts of suicide. It is important to point out that depression is NOT a sign of weakness.

Depression is a natural occurrence, and it can and does get better.

Whether it is clinical depression, or sadness, here are some things one can do to help feel better:

- **Phone a friend:** as much as possible, stay connected to your friends and family.
- **Exercise:** just a short walk releases endorphins in our brain that help us feel better.
- **Make a budget:** If you are on a fixed income, spend what you can afford. If you are giving gifts,

“The thoughts of seeing family, connecting with friends and the traditions of the holiday season, bring joy to many. However, for many of our elderly neighbors, the holidays are a time of sadness, loss, and depression.”

make them affordable. The gift of you is what people want most.

- **Volunteer:** If you can, volunteer at an agency that assists others who are struggling during the holidays. Giving back increases our sense of self-worth.

- **Eat Healthy:** Diet impacts our mood more than most people know. Do not skip meals and keep sugar to a minimum (but have your favorite holiday treat).

For Family and Friends

Family and friends play a major role in helping the elderly feel more connected during the holidays. Recognizing the signs of depression is critical. Here are some things family and friends can do.

- **Reach Out:** Connections are extremely important this time of year. Many older adults feel isolated from family and friends.



Schedule a lunch date. Go shopping. Make a phone call.

- **Include the Person in Holiday Prep:** Whatever your traditions and rituals are, be sure to include your elderly friends and family. This will help the person stay connected and a part of the holiday.

- **Plan a Holiday Outing:** Lunch or dinner with friends and family is a great way to celebrate the holiday season.

With a little effort and attention to your elderly loved ones, the holiday season can regain its meaning and ensure a feeling of connectedness.

Connect to coverage that cares

Eligible for Medicare and MassHealth (Medicaid)?
Choose Senior Care Options(HMO D-SNP) from Commonwealth Care Alliance Massachusetts. You get extra benefits and local support customized for you — all at no cost.

Learn more:
ccama.org/joinsco
855-210-1849 (TTY 711)

April 1 – September 30: 8 am – 8 pm, Monday – Friday
October 1 – March 31: 8 am – 8 pm, 7 days a week

You can get this document for free in other formats, such as large print, braille, or audio. Call 866-610-2273 (TTY 711), 8 am to 8 pm, 7 days a week, from Oct. 1 to Mar. 31. (Apr. 1 to Sept. 30: 8 am to 8 pm, Mon. to Fri., and 8 am to 6 pm, Sat. and Sun.) The call is free.

CCA Senior Care Options (HMO D-SNP) is a health plan that contracts with both Medicare and the Commonwealth of Massachusetts Medicaid program to provide benefits of both programs to enrollees. Enrollment depends on contract renewal. H2225_23_115218_M

Price negotiations for 10 prescription drugs have begun

All drug companies with one of the 10 prescription drugs designated for price negotiation under last year’s Inflation Reduction Act have agreed to participate in the negotiation process, according to news reports, kicking off what will be a lengthy process designed to reduce prescription costs. (See list in the information box on this page.)

Participating companies had until Oct. 2 to submit manufacturer-specific data to the Centers for Medicare & Medicaid Services for them to consider. The public had the same deadline to submit data on alternatives to selected drugs, unmet medical need, and impacts to specific populations.

The negotiation process is

expected to take nearly a year with prices to be announced in September and to become effective beginning in 2026, according to a CMS news release.

This fall, CMS will hold a patient-focused listening session for each drug. Listening sessions will include participation from patients, beneficiaries, caregivers, consumer and patient organizations, and other interested parties, CMS said.

Negotiations are expected to wrap up by Aug. 1 with negotiated prices to be published on Sept. 1, the centers said.

For more information on the process, see the CMS fact sheet at www.cms.gov/files/document/drug-price-negotiation-timeline-2026.pdf

Drug Name	Conditions	Total Medicare Part D enrollees using the drug (6-2022 to 5-2023)
Eliquis	Blood clots	3.7M
Jardiance	Diabetes; Heart failure	1.6M
Xarelto	Blood clots	1.3M
Januvia	Diabetes	869K
Farxiga	Diabetes & other conditions	799K
Entresto	Heart failure	587K
Enbrel	Arthritis & other conditions	48K
Imbruvica	Blood cancers	20K
Stelara	Psoriasis & other conditions	22K
Insulins	Diabetes	777K

Source: Factsheet: Medicare Drug Price Negotiation Program (cms.gov)

Iniciam-se negociações de preços para 10 medicamentos controlados

Todas as empresas farmacêuticas com um dos 10 medicamentos controlados designados para negociação de preços conforme a Lei de Redução de Inflação do ano passado concordaram em participar do processo de negociação, conforme boletins de notícias, iniciando um longo processo criado para reduzir os custos de medicamentos controlados. (Consulte a lista de medicamentos no quadro de informações desta página.)

As empresas participantes tinham até 2 de outubro para enviar os dados específicos do fabricante aos Centros de Serviços de Medicare e Medicaid para consideração. O público tinha o mesmo prazo para enviar dados a respeito de alternativas a medicamentos selecionados, necessidades médicas não atendidas e impactos sobre populações específicas.

Espera-se que o processo de negociação leve cerca de um ano, com preços a serem anunciados em setembro e tornando-se efetivos a partir de 2026, conforme comunicado do CMS.

Neste outono, o CMS abrirá sessões de discussão voltadas aos pacientes, para cada medicamento. De acordo com o CMS, as sessões de discussão incluirão a participação dos pacientes, beneficiários, cuidadores, consumidores e organizações de pacientes, assim como outras partes interessadas.

Espera-se que as negociações sejam concluídas até 1º de agosto, com a publicação dos preços em 1º de setembro, segundo os centros.

Para mais informações sobre o processo, veja a ficha de dados do CMS em www.cms.gov/files/document/drug-price-negotiation-timeline-2026.pdf

Comienzan las negociaciones sobre los precios de 10 medicamentos de venta con receta médica

Todas las empresas farmacéuticas con uno de los 10 medicamentos designados para la negociación de precios en virtud de la Ley de Reducción de la Inflación del año pasado han acordado participar en el proceso de negociación, según informes de prensa, dando inicio a lo que será un largo proceso diseñado para reducir los costos de los medicamentos de venta con receta médica. (Consulte la lista de medicamentos en el recuadro informativo de esta página).

Las empresas participantes tenían hasta el 2 de octubre para presentar datos específicos de los fabricantes a los Centros de Servicios de Medicare y Medicaid (CMS, por su sigla en inglés) para su consideración. El público tenía la misma fecha límite para presentar datos sobre las alternativas a los medicamentos seleccionados, las necesidades médicas no cubiertas y los impactos en poblaciones específicas.

Se espera que el proceso de

negociación dure casi un año y que los precios se anuncien en septiembre y entren en vigencia a partir de 2026, según un comunicado de los CMS.

Este otoño, los CMS celebrarán una sesión de escucha centrada en el paciente para cada medicamento. Las sesiones de escucha incluirán la participación de pacientes, beneficiarios, cuidadores, consumidores, organizaciones de pacientes, y otros grupos interesados, dicen los CMS.

Se espera que las negociaciones terminen para el 1 de agosto y los precios negociados se publiquen el 1 de septiembre, dijeron los centros.

Para más información acerca del proceso, consulte la hoja informativa de los CMS en www.cms.gov/files/document/drug-price-negotiation-timeline-2026.pdf

Translations provided by:
 Southcoast Health

Senior Circuit Breaker Tax Credit increase is largest ever in Massachusetts

Massachusetts doubled the Senior Circuit Breaker Tax Credit last month, a move expected to help more than 100,000 older adults in Massachusetts save \$2,400 a year, according to the state.

Gov. Maura T. Healey signed the tax credit into law in early October as part of Massachusetts’ first tax cuts in over 20 years.

“When I ran for office, I committed to keeping our seniors in Massachusetts by making this state more affordable, and this tax credit a necessary step towards achieving this goal,” said Healey. “These tax cuts will bring much needed relief to the seniors throughout the state and will support them as they continue to thrive here.”

“These tax cuts are permanent. They’re here to help seniors save more money year after year,” said

Lieutenant Governor Driscoll. “As a former Mayor, it is important to deliver much needed relief so people can stay in Massachusetts.”

Provisions of the tax cuts package that will save seniors money include:

Senior Circuit Breaker Tax Credit: Doubles the credit, from \$1,200 to \$2,400 for low-income seniors to help minimize their taxes.

Senior Property Tax Volunteer Program: Increases from \$1,500 to \$2,000 the maximum that municipalities may allow for seniors to reduce from their property tax to minimize the impact of property taxes.

Child and Family Tax Credit: Family members who care for the seniors in their life will also benefit from the expanded Child and Family Tax Credit. It eliminates the



two-dependent cap and increases the credit from \$180 per dependent child, disabled adult, or senior to \$310 for 2023 and to \$440 on a permanent basis, starting in 2024. An estimated 565,000 families will benefit, and this will be the most generous universal child and dependent tax credit in the county.

Estate Tax: Increases the threshold from \$1 million to \$2 million with a credit that mitigates the cliff effect. This change brings Massachusetts more in line with other states, allows seniors pass on generational wealth, and makes it more attractive to retire and age in Massachusetts.

WON'T YOU BE MY NEIGHBOR?

Pelvic floor exercises can be a game changer for urinary incontinence

By Justina Perry, PT, DPT, PRPC

Your friend told you a funny joke. Whoops! You just coughed/sneezed. Whoops! You stood up quickly. Whoops!

If you are nodding your head and are experiencing urinary incontinence, you are not alone.

The costs of urinary incontinence add up.

Urinary incontinence is involuntary loss of urine. Studies have found that women with severe incontinence pay about \$1,000 per year out-of-pocket for routine incontinence care. Most of this money is spent on pads and diapers rather than actual treatment for incontinence.

Padding that is marketing for “light bladder leaks” is a billion-dollar industry. The adult diaper market in the U.S. has a predicted market value of \$4.5 billion by 2025, according to Statista.

The increase in sales of adult diapers and incontinence pads is an indicator of the high prevalence of urinary incontinence. We can attribute this rising incidence to an aging population, a rise in obesity, and a lower

“Pelvic floor muscle training exercises can help strengthen the muscles under the uterus, bladder, and bowel to help to prevent and address problems with urine leakage or bowel control.”

health-related quality of life.

If you are experiencing urinary incontinence, you are not alone. Incontinence affects more than 200 million people worldwide. One study shows that treatment costs associated with incontinence exceed the costs for treating pneumonia, influenza and breast cancer.

And let’s not get going about the effect of incontinence on your mojo.

Many people don’t know that there is help aside from surgery or medication. They purchase pads and may not know about how pelvic floor physical therapy can be a game-changer. I’ve seen how urinary incontinence affects social lives, activity level, confidence, even relationships with partners.

Instead of accepting it as a normal part of aging, we can retrain the bladder and our pelvic floor.

Pelvic floor muscle training exercises can help strengthen the muscles under the uterus, bladder, and bowel to help to prevent and address problems with urine leakage or bowel control.

So, if you’re no longer doing the exercises you love because you’re afraid to leak, or you can’t travel because you’re worried about going too far from the bathroom, or you can’t make it to the bathroom without leaking on the way, you may benefit from an assessment of your pelvic floor muscles to ensure they are supporting your bladder well.

As incontinence problems worsen, we see the costs go up and health-related quality of life go down. Getting effective treatment can improve your life and save your wallet.

Dr. Perry is a Doctor of Physical Therapy specializing in Pelvic Health and owner of Oshun Physical Therapy & Pelvic Health.

Social Security increase announced

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024, the Social Security Administration announced recently. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

More than 66 million Social Security beneficiaries will see the 3.2 percent cost-of-living adjustment or COLA beginning in January. Increased payments to approximately 7.5 million people receiving SSI will begin on Dec. 29. (Some people receive both Social Security and SSI benefits).

Other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600 from \$160,200.

Social Security begins notifying people about their new benefit amount by mail starting in early December. Individuals who have a personal my Social Security account by Nov. 14 can view their COLA notice online. To get started, visit www.ssa.gov/myaccount.

To learn more, visit www.ssa.gov/cola.

Replacement SNAP benefits are available

More individuals and families in Massachusetts are eligible to receive replacement payments for stolen Supplemental Nutrition Assistance Program (SNAP) benefits as of Oct. 12. These new federally funded replacements will cover benefits stolen through skimming, phishing, or other similar fraudulent electronically based methods occurring from Oct. 1, 2022, through September 30, 2024.

Massachusetts first acted in May 2023 to replace benefits using state dollars for theft that occurred on or before Sept. 30, 2022. These additional federal funds allow benefit replacement for a new extended time period.

If you submitted a claim to replace benefits stolen between April 1, 2022, and Sept. 30, 2022, and have had additional benefits stolen after September 30, 2022, you will need to submit an additional claim for benefits stolen after Oct. 1, 2022.

“This is a significant step towards protecting SNAP clients from fraudulent activities and ensuring that they receive the benefits for which they are eligible,” said Secretary of Health and Human Services Kate Walsh about the replacement funds. “These efforts make people experiencing food insecurity whole and give them back the funds taken by bad actors. SNAP is a critical tool for us to combat hunger and support local grocery stores, farmers, and food security for vulnerable families and individuals in the Commonwealth.”

Resources

To request replacement benefits, provide DTA with a self-attestation signature using one of these methods.

Online: Fill out an online form at www.mass.gov/forms/claim-for-replacement-of-stolen-benefits-form

Mail: Send printed form to:
DTA Program Integrity
Fraud Investigation Unit
P.O. Box 4411
Taunton, MA 02780-0435

By Phone: DTA Stolen Benefits Line 833-602-9247, or DTA Assistance Line 877-382-2363

Source: www.mass.gov/how-to/report-stolen-benefits-to-dta

“Unfortunately, scammers continue to target benefit recipients, so it’s important that clients monitor their accounts, and take action if they notice something is not right,” said Department of Transitional Assistance Commissioner Jeff McCue. “Reach out to us at DTA – our staff is ready to help, and will support you in taking steps to protect your account and safeguard your benefits.”

To receive replacement benefits, clients must contact DTA and submit a claim. After the claim is verified by DTA staff, the total amount of benefits that were stolen or double the household’s monthly allotment, whichever is the lesser amount, will be placed into client’s accounts.



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SSI information for older adults

By Gavin Bates
South Coastal Counties Legal Services

The Supplemental Security Income (SSI) program is a benefits program for people with certain health conditions or of a certain age (65 years of age or older) and who also have limited income and assets. SSI is a “needs-based” program, which mean that a person getting the benefit has to be eligible and whether or not they qualify for the benefit depends on a regular review called a “redetermination.”

If you want to apply for SSI, you must submit an application. You must also be a U.S. citizen, national, or someone else with legal permission to live here. You must also live within the U.S., D.C., or Northern Mariana Islands (with some exceptions, such as for military families on deployment). You must be physically be in the U.S. for at least 30 days, living in the community, along with certain other requirements. You may apply for SSI over the phone, online, or by submitting a paper application. Social Security Administration (SSA) staff should assist you in filing an application if you need help, so ask for assistance if you need it. And please note that if you are 65 years of age or older, you should not need to prove that you are disabled or have a medical condition.

For the fiscal year of 2024, the maximum benefit for a single individual is \$943 a month or \$1,415 for an eligible individual with an eligible spouse. If you are making less than that, you may want to apply. Most income you receive, such as by working or from Social Security retirement, will count against your maximum benefit. But often you can combine the assistance you receive if the total amount is lower. For example, if you receive \$500 a month in Social Security retirement, then you could be eligible for \$443 in SSI benefits to increase the total to \$943.

Notably, the SSI program has a limit of \$2,000 for your assets or “resources.” These are things like a car, a house, a bank account, or a life insurance policy. There are some resources, however, that the SSA won’t count against this asset limit. For example, a recipient may have one car (regardless of value) without it counting against

their resources. Similarly, you do not have to count your home if you are living in it. People on the program often run into trouble when they inherit a second home or hold a life insurance policy that has a “face value” over that \$2,000 limit. Things like this can be counted against you, as well as take you by surprise. If you are concerned about losing your benefit for a reason like this, or you have been denied from SSI after you applied, you may wish to speak with an attorney or other expert.

Since your eligibility depends on your financial situation and your living arrangements, the SSA regularly checks with you to see if your SSI payment is correct and if there have been any changes. This is called a redetermination. These sorts of redeterminations do not mean you are in trouble, but you should be careful to report any changes and respond promptly to the SSA so that you are not surprised or run out of time. The SSA will often keep you waiting for a long time without an update and then insist that you must reply quickly to them when they finally do send that notice. Despite the inconvenience, you are better off if you can respond as promptly as possible and make sure you are protecting yourself and your money.

For more information on SSI, you may visit <https://www.masslegalhelp.org/living-w-disability>. To apply online for SSI, you may visit <https://www.ssa.gov/ssi>. And always remember that if you are worried that someone who is contacting you about your benefits is a scam artist, you can stop the conversation and directly contact your local Social Security Administration Office to ask them to confirm what is going on.

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

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What is the most expensive thing ever built by man?
A.) New World Trade Center in New York City
B.) Burj Khalifa in Dubai
C.) Taj Mahal in India
D.) International Space Station in outer space
- 2.) What is the highest money earning Broadway show in history?
A.) Hamilton
B.) The Lion King
C.) Cats
D.) Fiddler on the Roof
- 3.) What was the first kitchen appliance released in colors?
A.) Refrigerator
B.) Stove
C.) Hand Mixer
D.) Toaster
- 4.) What is the name of the smell of the first rain after a dry season?
A.) Petrichor
B.) Petrified
C.) Puerile
D.) Petroleum
- 5.) In what state is the largest stadium in the U.S.?
A.) Oklahoma
B.) California
C.) Michigan
D.) Maryland
- 6.) Route 66 originally ran from Chicago to what city?
A.) New York City
B.) Sacramento, Calif.
C.) Euclid, Ohio
D.) Los Angeles, Calif.
- 7.) In what state is it illegal to scare a pigeon?
A.) Massachusetts
B.) Rhode Island
C.) New Jersey
D.) Montana
- 8.) What item of clothing is a Cloche?
A.) Hat
B.) Sock
C.) Coat
D.) Bag
- 9.) Which of these countries consumes the most electricity per person?
A.) France
B.) United States
C.) Finland
D.) Iceland
- 10.) What was the first food ever cooked in a microwave?
A.) Coffee
B.) Eggs
C.) Soup
D.) Popcorn

[Answers listed on page 11]

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Lost power? Here’s how to know if your food is still safe.

This winter is shaping up to be cold and snowy, according to forecasters, who predict El Nino will send more snow to the region than usual. With winds, ice, snow, and even freezing rain a threat to power lines, now is the time to stock up on what you’ll need should the power go out.

In a recent presentation at the Dartmouth Center for Active Living, Registered Dietitian Stephanie Boulay broke down the dos and don’ts of food safety ahead of the coming winter and offered some general tips for staying safe.

“We’ve seen so much crazy weather so it’s always good to be prepared,” she told older adults present.

Food will stay safe in the refrigerator or freezer for a specific amount of time, longer with some tricks or if the doors are not opened, Boulay said. For unopened refrigerators, that time is four hours. For freezers kept closed, it’s 48 hours if the freezer is full or 24 hours if it is only half full.

“So try not to touch what’s in there for as long as you possibly can,” she said.

Keeping your freezer full in advance of a storm will keep food cold longer but, Boulay warned, don’t block the air vents as air circulation is still needed to keep



food safe.

Although the temptation to keep food cold by leaving it out in the snow is understandable, Boulay considers it too risky to make any good food safety practices list for one main reason. Snow melts, she said, meaning it may not keep food at safe temperatures.

Put fruits or other perishable foods in the freezer for longer shelf life while power is out and group foods together in the refrigerator to keep them stay cold longer.

Boulay recommends putting a thermometer in the refrigerator and freezer to track the temperature. Bacteria can live in environments that are above 40 degrees or below 135 degrees, she said,

making the extremes of hot or cold the best temperature for prolonged food safety measures.

With or without power, if flooding has occurred and touched food, it must be thrown out because of the bacteria in flood waters, she said.

In advance of a storm, Boulay said accepted practice is to have at least three days of food and water available per person and per pet. Water needs are recommended to be a gallon of water per person (or pet) per day.

One tip, Boulay suggested, is to purchase plastic gallon water jugs that can be save refilled with water in advance of a storm. As long as they are stored safely, they will be good for an extended

period of time, she said. “It’s usually good for a couple of years, especially if it’s in a cool dry place,” she said. Other items, Boulay suggested be available in case of power outages include paper plates and cups for easy clean-up when the dishwasher cannot be run; extra ice to help keep freezer temperatures down; and extra prescriptions in case travel or other concerns prevent getting the refills needed.

Resources

After a power outage, never taste food to determine if it is safe to eat, the CDC advises.

- Throw out perishable food (meat, fish, cut fruits & vegetables, eggs, milk, and leftovers) after four hours without power or a cold source.
- Check food temperatures and throw out food that is above 40 degrees Fahrenheit.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40 degrees or below.
- You can safely refreeze or cook thawed frozen food that still contains ice crystals or is at 40 degrees or below.

Source: [CDC.gov/Foodsafety](https://www.cdc.gov/Foodsafety)



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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.

Old Fashioned Tea Party: Nov. 29 at 12:30 p.m. Doors open at 12:15 p.m. Chicken salad and cranberries on mini croissants. Tomato basil and mozzarella on French bread, French eclairs, mini cheesecakes with cherries, jams, jellies, lemon curd & clotted cream. Hot & iced tea. Reservations open Nov. 8. \$12. Checks payable to town of Acushnet. No cash.

Strong Women Strong Bones Holiday Celebration: 10:30 a.m. on Nov. 14. Potluck holiday celebration. Bring a dish, beverage or dessert to share. RSVP to Karen during class. Free.

Sippican Choral Society Holiday Concert: Join us as we bring the brass to Wickenden Chapel, Tabor Academy, for our annual Winter Concert on Saturday, Dec. 9 at 7 p.m., featuring the majesty of John Rutter’s musical setting of the “Gloria” with full brass orchestra. Sing along to “Joy to the World” and sway to the rhythm of Mack Wilberg’s Caribbean carol “The Virgin Mary Had a Baby Boy.” Tickets are \$20 general admission, \$10 for students, and free for children 14 and under. Tickets can be purchased online at sippicanchoralsociety.org., or at the door with cash or check.

Eating Healthy for the Holidays: Positive Intelligent Mind, ow can I Eat Healthy on Holiday? Nov. 14 at 11 a.m. Tips for healthy holiday eating. What are healthy holiday foods? Meet Stephanie Boulay, Registered Dietitian, Coastline. Light refreshment provided. To register, call or email Pam LeSeure at plesure@umassd.edu or 508-910-6511.

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.

Instructional Chess: Noon-1 p.m. on Nov. 2, 9, 16, and 30. \$5 per lesson. Walk-ins welcome.

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

Passport to Retirement Series: 4-6 p.m. Nov. 17 is S.S. & Other Income Sources, Investment Planning; and Dec. 5 is Longterm Care Planning, Estate Planning. Pre-registration required. Free.

Medicare 101 and light lunch: Wednesday, November 8, 11:30 a.m. - 12:30 p.m. Pre-registration required.

Have you recently been scammed?: Tuesday, November 14 at 11 a.m. Join the Local Consumer Program for a Q & A session on what to do. Pre-registration required.

Buried in Treasures: Nov. 15 at 11:15 a.m. Hoarding and remediation with the New Bedford Department of Community Services. What is it? When is it too much? Why does it happen? Where can you find help? Walk-ins welcome.

Veterans Day Ceremony: at the Center’s Veterans Grove, Saturday, November 11th at 11 a.m. Rain or Shine Refreshment to be served at the conclusion of ceremony.

Aging and Memory: Thursday, November 16th at 1 p.m. What’s normal, what’s not and how to make a difference. Butler Hospital’s Memory and Aging program will share breakthroughs in Alzheimer’s prevention research. Pre registration is required.

Single Senior Supper Club: Tuesday, Nov. 7 4-6 p.m. Cost is \$5.00. Pre-registration required.

Make Medicare Open Enrollment is happening now: November 17th at 1p.m. Learn about Medicare Advantage plans offered thru BC/BS. Updated to include 2024 rates and incentives. Pre-registration is required.

Thanksgiving Dinner on Thanksgiving: Traditional dinner will be served at noon. Doors open at 11 a.m. Reservation required.

Moving with Ease and Joy: New! Mondays 10:30-11:30 a.m. Designed for the movement challenged body. Increase coordination and flexibility while releasing body tension. Enhance awareness of your body and vitality thru movement and music. Free. Walk-ins welcome.

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

Movie: “Flamin’ Hot” Nov. 29 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.

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: Nov. 1, Tiverton Casino; Nov. 8, Hyannis Mall; Nov. 15, Providence Place Mall; Nov. 22, Warwick Mall; and Nov. 29, South Shore Plaza. Dec. 6 Twin River Casino, Dec. 13 Hyannis Mall, Dec. 20 Warwick Mall, Dec. 27 Providence Place. Trips are \$6.

Breakfast at the Rochester COA: Nov. 13; leaves Fairhaven COA at 7:30 a.m. \$2 for the van ride. Bring money for breakfast.

Veterans Lunch: Nov. 6, 11:30 a.m. Call to reserve a place by Nov. 1.

Thanksgiving Dinner: On Thanksgiving Day at the Senior Center. 11 a.m. - 1 p.m. Nov. 23. Call to reserve a place by Nov. 15.

Thankfulness Walk: Nov. 16, van leaves at 8:30 a.m. Explore Plymouth Harbor, burial sites of the pilgrims and so much more. \$10; Patsy will be the tour guide. Bring a bagged lunch.

Grieving During the Holidays: Nov. 9 5 p.m. Balancing the already busy holiday time with the sadness of not being able to share this holiday time with our loved one can feel overwhelming. This one-hour workshop provides tips and ideas to help us navigate the challenges, honor the meory of our loved one, and care for our own needs as we grieve.Free. Registration is required. Call or email (508) 973-3227 or arnoldn@southcoast.org.

Sippican Choral Society Holiday Concert: Join us as we bring the brass to Wickenden Chapel, Tabor Academy, for our annual Winter Concert on Saturday, Dec. 9 at 7 p.m., featuring the majesty of John Rutter’s musical setting of the “Gloria” with full brass orchestra. Sing along to “Joy to the World” and sway to the rhythm of Mack Wilberg’s Caribbean carol “The Virgin Mary Had a Baby Boy.” Tickets are \$20 general admission, \$10 for students, and free for children 14 and under. Tickets can be purchased online at sippicanchoralsociety.org., or at the door with cash or check.

SRTA presentation: 10 a.m., Nov. 27. Mandy from SRTA will be at the Senior Center to answer questions or help with applying for transportation.

Massage Mondays: With Carol Flock. 20-minute massage for \$30. Six time slots available. Call the COA to make an appointment.

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://www.facebook.com/marioncoa). Marion Board of Health: 508-748-3530.

Diabetes: Nov. 6 1 p.m. TLC Private Home Care will explain the different types of diabetes, Type 1 and Type 2. Suggestions will be offered on how to slow down Type 2. Lifestyle, dietary/nutrition changes, disease process/aging and dexterity & administration of insulin will be discussed. Bring questions. Handouts, recipes and snack ideas will be handed out.

Cooking Demonstration: Nov. 14 at noon. Join us for a lunch time cooking demonstration with Barbara Canuel, Registered Dietitian from Community Nurse Home Care. Learn new tips and tricks. Call 508-748-3570 to reserve your spot.

Continued on Page 11

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Frank Sinatra Tribute Show: Nov. 13 1 p.m. Patrick Tobin will be delighting the audience with songs from all eras of Sinatra’s career as he croons his way through the American songbook. Patrick is a premier, internationally acclaimed tribute artist and singer. He brings with him the same suave, elegance & class as the legend himself.

An Afternoon of Magic with Dennis Blanchard: 1 p.m. on Nov. 17. An amateur magician at the age of 8, Dennis has been professionally performing for more than 20 years. When performing his closeup magic he believes it should be entertaining and fun and treats it as the art form that it is. Dennis has a way of invoking a sense of wonder and amazement in an entertaining and mystifying performance.

TED Talks: 1 p.m. on Nov. 7. Our first TED Talk will be Brené Brown. Brené is a researcher, storyteller that for the past two decades has been studying courage, vulnerability, shame & empathy. She is the author of six #1 New York Times bestsellers and is one of the top five most viewed TED Talks in the world.

The LGBTQ+ Senior Supper Club: 5-7 p.m. on Wednesday, Nov. 8 at the Marion COA. Join us for food, drink & great conversation! Please call 508-748-3570 so we know to expect you.

Walking Group: Joining a walking group is one of the best ways to start and maintain a healthy walking habit. This type of physical activity will help to prevent and postpone chronic disease, and to build healthy bodies and minds. So, join us on Wednesdays at 11:15 a.m. to walk on the path at the Center.

Bingo: 1 p.m. Nov. 27 Try your luck in this game of chance. Cost to play is \$5 for a standard pack of play, \$1 coverall & \$1 50/50 game. Call to reserve your lunch before the game.

Hand and Foot: Tuesdays at 10:30 a.m. Join us to play this fun and easy rummy style card game. The object is to score points by melding similar ranking cards. Never played before? No worries, instruction will be provided.

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.

Historical Women: Thanksgiving Dinner & Show Nov. 14 at 11:30 a.m. (Doors open at 11 a.m.) at the Congregational Church (enter on Mechanic Street.) Sheryl Faye Presents a historical performance of Susan B. Anthony. Susan B. Anthony was a women’s rights activist who devoted her life to racial, gender, and educational equality. She is one of the most famous women in American history. Susan B. Anthony played a prominent role in the women’s suffrage movement; she supported the 19th Amendment, which gave women the right to vote, and she supported women’s labor organizations and a woman’s right to own property. Registration required by Nov. 10. RSVP: 508-758-4110; Cost is \$10.

Veterans Breakfast: Nov. 9 at 8:30 a.m. a.m. The Council On Aging is hosting a free breakfast for Mattapoisett Veterans to say “Thank You” for their service. This is a full breakfast with scrambled eggs, home fried potatoes. bacon, sausage, muffins, danish, coffee, and orange juice. Registration required. Call 508-758-4110.

Art for Your Mind: Join local art historian, Jill Sanford, for an enjoyable hour seeing things in new ways. Journey into Native American Art offers a way to closely observe hand-made creations of America’s indigenous people through time, from across our country. See how unique natural resources from a variety of regions help to define the beliefs and practices of these diverse cultures Nov. 1 at 12:30 p.m.

Trips: Nov. 2 Boston Symphony Orchestra; van leaves park & ride at 6:30 a.m. \$10 for van/ and admission at door. Nov. 9 Start with a late breakfast or an early lunch at Good Days in West Bridgewater. Good Days serves old-fashioned diner food like Banana Bread French Toast, Baked Apple Pancakes, and Fresh Turkey Dinners. van leaves 10:15 a.m.; Nov. 16 Olde Mistick Village decorated for the holidays! It was built in 1972 as a 1720-style Colonial village. You will have plenty of choices of where to shop and dine. Dec. 1 The Modern Diner is known for both its diner classics and its variety of ever-changing breakfast specials. The Pawtucket restaurant was chosen to be the first diner in the nation to be accepted on the National Register for Historic Places. The Foundry is a unique group of artists that self-produces an annual seven day holiday sale. In lieu of admission fee, they ask that you bring a canned good to help support the Rhode Island Food Bank. Sign-ups start 11/1.

Movie & Pizza: 12:15 p.m. Nov. 29. *A Good Person* Allison is a promising young woman with a thriving career, a loving fiancé, and a close-knit circle of family and friends. But her life takes a sudden turn for the worse when she experiences a harrowing tragedy that leaves her battling an addiction to opiates and grappling with unresolved sorrow. Pizza \$1/slice. Prepay and registration required.

New Bedford COA

For assistance, contact the New Bedford Council on Aging at 508-991-6250. Brooklawn Senior Center is at 1997 Acushnet Ave. and Rosemary S. Tierney Senior Center is at 553 Brock Ave. A SHINE Counselor is available Monday-Wednesday during open enrollment. Call 508-991-6250 to schedule an appointment.

Adult Social Day: Now at Buttonwood Park. Contact the New Bedford COA for more information at 508-991-6250.

Strength & Conditioning: With Larry, Mondays from 12:30-1:30 p.m. at Brooklawn.

Bingo: Tuesdays & Thursdays from 12-2pm. at Brooklawn.

Zumba with Pati: Mondays 10-11 a.m. at Tierney.

Chair Yoga with Sue: Tuesdays from 10-11a.m. at Tierney

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.](https://facebook.com/Rochester,Mass)

November 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. Nov. 28 Faneuil Hall Market Boston. Depart COA at 9 a.m. and return at 4 p.m. 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.

Brain Builders: Need ideas, advice, tips or tricks on how to improve your memory? Why not join us for our Brain Builders classes this month. Class meets on Nov. 16 from 1-2 p.m. and Nov. 30 from 1-2 p.m.

Veterans Dinner: Annual dinner for Rochester veterans over the age of 60 is 5 p.m. on Nov. 9. Veterans may bring their spouse. Free. Call 508-763-8723 to sign up.

Thanksgiving Party: Nov. 17 at 11:30 a.m. The COA’s annual Thanksgiving meal for Rochester residents aged 60 and over. There will be turkey and all that goes with it. Free thanks to a generous donation from the Rochester Firefighter’s Association. Seats are limited. Call 508-763-8723.

Operation Christmas Child: On Nov. 1st, we will be holding our shoebox packing get together from 9 a.m. to noon in the big room at the COA. Come join us and help us ready a simple shoebox Christmas gift that will be delivered to needy children. For more information speak with Carol or Mike and Sheila Daniel.

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. Social Day options for person receiving care are available.

Caregivers Connection Group: Nov 29 at the Fairhaven COA from 11:15 a.m. - 12:15 p.m. With Moxie Mobility Training. Call the COA at 508-979-4029 for details.

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 the 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.

November 2023 Trivia Quiz Answers

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

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www.piadhc.org

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Community

The Way Things Were



Early Bicycle Enthusiasts in New Bedford

The Blue Blood Bicycle Club takes to the streets in this 1888 photograph. Show, from left to right, are Atmore Robinson, Winthrop Knowles, Horatio Hathaway, Rose Bryant, Helen Swift, Henry Prescott, Fred Swift and Ida Gifford.

Programs launched to help city businesses reduce waste

New Bedford is offering new programs to help businesses reduce waste. In one program, businesses will be recognized for recycling properly. In another, restaurants can take further steps by moving from disposable food service ware to reusable options.

The city is partnering with Clean Water Fund's ReThink Disposable program to encourage restaurants to reduce their use of single use food service ware for onsite dining such as utensils, plates, cups, and sauce cups. ReThink Disposable is offering a stipend to restaurants that switch to reusable items. Their staff will visit restaurants in New Bedford in the coming months.

The one-time stipend that is offered to restaurants is \$300. For any restaurant with a minority, LGBTQ+, or woman owner, the stipend increases to \$600.

New Bedford businesses can also earn and display an "Our Business Recycles!" window cling by meeting certain requirements including:

- Have recycling containers with fewer than 3 contaminants.
- Have waste baskets with fewer than 3 recyclable items.
- Have a way to recycle cardboard. This could be by participating in the city's business cardboard collection program, having a properly used cardboard dumpster, or being able to fit cardboard in your recycling carts.

If you have questions, please email Marissa@gnbrmdistrict.org or call (508) 979-1493.

Resources

These resources were recommended by caregivers we spoke with. For additional resources, call Coastline at 508-999-6400.

Alzheimer's Association
24/7 Hotline
800-272-3900

One of the best sources of support and information, according to Carolyn Lazaris. This is the line to call when you need answers fast at any time, including the middle of the night.

Coastline
Caregiver Respite
508-999-6400

Respite can be a lifesaver when you need time off. There are strict restrictions to how much time is allotted, but once you call Coastline you can also get connected to other resources that may also help.

Brain Builders
Buzzards Bay Speech Therapy
Classes via Zoom, in-person or at home. Call Lisa at 508 326-0353 or email lycslp@gmail.com.

Eloise highly recommends this class for people with dementias. "Twice a week my husband attends a Zoom class and he gets to interact with other people with varied cognitive difficulties. They have a weekly worksheet to challenge their brains and just the socialization is helpful."

Caregiver Support Groups

At Dartmouth, Fairhaven and Rochester councils on aging. See times on page 11 under the Dementia Directory heading.

Caregiving continued...

and I'm up five, six, and seven times a night with him," she said about her decision. "I thought this feels really hypocritical."

Her family was fortunate, she said, in that her dad had help coming into the home. Most families, Lazaris said, don't have this level of outside care because it's too expensive.

It's one of the reasons why she believes that respite time, provided by outside caregivers to relieve family members, is so important.

"It is one of the toughest things that you'll ever do," Lazaris said about caregiving. "You know how much you love the person, but you're human. For some caregivers, your lives are turned upside down."

"Caregivers aren't looking for time every single week, but if there was something that could give them four to five hours a week and be guaranteed, so that you knew when your friend said, 'Do you want to go out?' That you could say yes," she said.

As it stands now, Coastline provides respite for four hours a year to caregivers, said Personal Care Assistance Program Director Ana Hayes, although remaining ARPA funds have temporarily augmented that number.

The real power behind the program, Hayes said, is the resources the organization can connect caregivers to that indirectly offer respite by helping the loved one in need of care. That's done via an initial conversation between the caregiver and Coastline and an in-home assessment process.

"That's the extra benefit about the caregiver program," Hayes said. "We can come in, do an assessment and see what the caregiver identifies as their greatest need, or their goal, and

provide some respite and link them in to a resource that might be beneficial to them."

Dartmouth resident Diane Nunes and her siblings cared for their dad from his diagnosis of dementia, working to keep him living independently as long as possible. Like others, Nunes said her family initially thought the small difficulties her dad was experiencing were due to normal aging. But then an incident when her dad, then 85, traveled to Canada on his own and was unable to find his way out of the airport to meet the family member waiting for him, led to a diagnosis of dementia.

"He got off the plane and was wandering around. I don't know if it was an hour or more before he figured out where to go," Nunes said. "We didn't know anything (before then). We thought it was just aging."

One of the toughest aspects of her care experience were the personality changes her dad experienced. Nunes said her dad was always a mild, pleasant person. But when the family began making changes to keep him safe at home, he reacted angrily. "I was in tears," she said. "I couldn't believe he did that...That was a harsh reality."

The family cared for him for three years at home with Nunes and her older brother, both retired at the time, taking the brunt of the work. Care eventually included sleeping overnight at the house when it became clear he could not be left alone.

In her search for resources, Nunes took a caregiver workshop and began going to a caregiver support group. Both were extremely helpful, she said.

"(The workshop) was wonderful because it showed me things I didn't

know...and how to handle certain situations that I wouldn't have known how to do."

Nunes also learned about New Bedford's Social Day program and the family began sending her dad there for half days. "He didn't like it but we made him go," she said. "We just needed a break. Even though he didn't like it, it was helpful for us... We did that for about a year and that was great."

New Bedford resident, Eloise*, provided care for her father before he died and now, at nearly 80, is caring for her husband who was diagnosed with Parkinson's Disease and later, dementia. The two experiences have been very different, she said.

"As a caregiver there is a definite difference living with the person with dementia and also being almost 80 years old," she said.

Her experience taught her how important it is to learn about the diseases a loved one has, including identifying classes and other support.

"That's one of the most important things a caregiver can do is gain real knowledge of the disease so you can know how to talk to the doctor, what to expect and where to get help," she said. "Number one would be to join a caregiver support group such as the one Carolyn runs; it is a life changer."

The difficult parts of caregiving include a feeling of loneliness.

"You can get help from family and friends but at the end of the day, no one can take this huge responsibility from you. I find that I hold back sharing with friends because I don't want to be a burden or a downer," she said. "Just being in charge of every decision, large or small, financial, medical or house related can be stressful."

**Editor's note: Some caregivers chose to withhold their names for this article.*