

# Senior Scope

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

Vol. 6, Issue 5 Published by Coastline Elderly Services, Inc. February 2024

## Inside



Surprise holiday gifts, page 4

- Donations ..... 2
- Social Security ..... 2
- SHINE Counselors ..... 2
- REAL ID ..... 3
- Refuse Management ..... 3
- Updates ..... 4
- NB Wellness ..... 5
- Prayer Panels (cont.) ..... 5
- Artists Needed ..... 6
- Be My Neighbor ..... 7
- Legal ..... 8
- Trivia ..... 8
- Lobby Day (cont.) ..... 9
- At the COAs ..... 10
- COAs Continued ..... 11
- Dementia Directory ..... 11
- Still Serving Others ..... 12

- Los Articulos en Español ..... Página 6
- Os Artigos em Português ..... Página 6



Still serving others, page 12

## Elder care organizations rally to raise awareness of need for funding

### Meals on Wheels and other programs at risk

Massachusetts organizations who support the growing number of older adults in the state are rallying to raise awareness of the age group's needs and are inviting the state's older residents to join them.

Issues affecting older adults are not often at the forefront of people's minds, including those of legislators, said Betsey Crimmins, executive director of Mass Home Care, the statewide agency representing the state's Aging Services Access Points.

That needs to change.

**"Look at the 2020 census, the wave of older adults is already here. They're not going away. Their needs and their issues are not going away."**

**—Betsey Crimmins,**  
*Mass Home Care Executive Director*

"Our society sort of has its head in the sand around these issues," Crimmins said. "Given our demographics, how quickly the aging population is expanding right now, and the need there, we

need to resurrect this (advocacy) event."

Mass Home Care and the state's 25 regional ASAPs have been responding to growing numbers of people needing services as the Baby Boomer generation ages.

In Massachusetts, adults age 65 and older represent nearly 18 percent of the state's population, or about 1.3 million people, according to U.S. Census data, up from 14 percent 10 years ago.

And the numbers are still increasing.

"Look at the 2020 census, the wave of older adults is already here," said Crimmins. "They're not going away. Their needs and their issues are not going away and we really need to be prepared for this."

The planned Older Adult Lobby Day is being held in response to these needs and will focus on issues including funding existing programs, the lack of affordable housing, and the need for more caregivers and personal care workers. In addition to Mass Home Care, there are seven organizations collaborating to make the day happen including AARP, Mass Senior Action, and the

### How to Help

- Join advocates at the State House at 11 a.m. on Feb. 27.
- Tell your local legislators how important Meals on Wheels is to you and your loved ones. Find contact information from Coastline here: <https://coastlinenb.org/help-us-save-lunch-for-older-adults/>.
- Call or email Congressman Bill Keating at one of his local offices. See contact information here: <https://keating.house.gov/contact>
- Email Congressional leaders through Meals on Wheels America's #SaveLunch campaign here: <https://votervoice.net/MealsonWheels/Campaigns/107569/Respond>
- Share your support on social media using the hashtags #MealsOnWheels and #SaveLunch when you post.

Continued on page 9

## 'We are just traumatized'

### When the world felt too harsh, these elders made meaningful art

The Senior Elder Group at the Immigrants Assistance Center is a tightknit group who socialize together regularly at the IAC building on Crapo Street in New Bedford.

They play cards or Bingo, read, laugh, share and enjoy various crafts together. What affects one of the group, often affects them all.

That was the case this fall when the approximately 30 women, most of them Portuguese speakers, found themselves struggling to make sense of the world they were seeing through their televi-



sion screens.

There were fires and floods, earthquakes, war and sickness. It began to have an effect on them.

"One said there is so much out there. We all have our pains from our age, pains from the friends

that we are losing now around the holidays who have passed away, (and) family members who are sick, but the most important thing is what's going on out there in the world," said Maria Pereira, a licensed social worker who was brought in to help the group. "We are just traumatized."

"Everybody was nodding, 'Yes it's the same thing with us,' almost like a collective trauma that they were feeling," said Pereira.

When the holidays came around, they felt even worse," said Maria Tomasia, who runs

Continued on page 5



# Five things to know when your child with disabilities turns 18

By Delia DeMello  
Social Security

When your child turns 18 years old, they legally become an adult. This is an important time to consider their financial future – especially if they need additional care into adulthood. Here are five things that may help you prepare for this milestone:

## 1. Health and Welfare Decision-making

When your child legally becomes an adult, you can no longer make certain decisions for them about their health and welfare. However, you can stay involved through:

- **A Representative Payee:** Social Security will determine who best serves as a Representative Payee for your child’s benefits. To learn more about the Representative Payee program, read our webpage at [www.ssa.gov/payee/index.htm](http://www.ssa.gov/payee/index.htm).

- **Guardianship:** This requires court involvement. It may be necessary if your child can’t execute a power of attorney. Please consult an attorney for assistance.

## 2. Changes in Supplemental Security Income (SSI) Eligibility

SSI provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial

limits.

If your child receives SSI, when they turn 18 we will review their eligibility for continued SSI payments based on the disability rules for adults. For more information, please review the publication, *What You Need To Know About Your Supplemental Security Income (SSI) When You Turn 18* at [www.ssa.gov/pubs/EN-05-11005.pdf](http://www.ssa.gov/pubs/EN-05-11005.pdf). Please be sure to review this with your child. We also encourage you to check out Social Security’s Youth Resources page at [www.ssa.gov/youth](http://www.ssa.gov/youth).

## 3. Education Transitions

If your child attends public school, they have a few options to continue their education, such as pursuing:

- **A diploma:** They may pursue further education in college or trade programs with an Individualized Education Program (IEP). More information on the IEP is available at [www.ssa.gov/pubs/EN-64-118.pdf](http://www.ssa.gov/pubs/EN-64-118.pdf).

- **A certificate:** They may have the opportunity to continue in a transitional program in their high school even after they complete their senior year. Most are permitted to remain until they turn 22.

- **Employment:** Local Vocational Rehabilitation Services can assist

with employment options during pre-graduation IEP meetings.

## 4. Support for Living Arrangements

Once your child turns 18, they may choose or qualify for different living arrangements depending on the services they already receive. If your child receives therapy services at school, how will they receive them once they leave? They could receive them through a Medicaid waiver or private insurance.

Qualification for respite services may also look different. Respite services allow family caregivers time to step away from their duties. It is essential you understand all the benefits and options available to your child after they complete high school before deciding on living arrangements and services.

## 5. Financial Protections

- **Special Needs Trust:** Update estate planning documents before your child turns 18. Otherwise, inheritance may terminate your child’s governmental benefits.

- **ABLE Account:** You can deposit funds into this account up to a certain limit each year; however, there are limits on what its funding covers. More information on

ABLE accounts is available at [www.ssa.gov/payee/able\\_accounts.htm](http://www.ssa.gov/payee/able_accounts.htm)


Children receiving benefits on a parent’s record may continue to receive those benefits until age 19 if they’re a full-time elementary or secondary school student. People who have a qualifying disability that began before age 22 may also be eligible to receive child’s benefits at any age. For more information, please review the publication, *Benefits for Children* at [www.ssa.gov/pubs/EN-05-10085.pdf](http://www.ssa.gov/pubs/EN-05-10085.pdf).

As your child turns 18, consider these issues while you navigate their financial future. For more information, please contact the Special Needs Alliance at [www.specialneedsalliance.org/contact-us](http://www.specialneedsalliance.org/contact-us) or visit the Social Security website at [www.ssa.gov](http://www.ssa.gov).


*Our posting of this article does not constitute an endorsement or recommendation of any non-Social Security organization, author, or webpages.*




Delia DeMello

**Coastline**  
508-999-6400

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

**SHINE Counselors**  
in the Greater New Bedford Area

Acushnet Council on Aging 59 ½ 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

**Senior Scope**  
*Published by Coastline Elderly Services, Inc. with  
Title III funds from the Executive Office of Elder Affairs*

**Justin Lees, CEO Coastline**  
**Beth Perdue, Editor**  
**Gerami Pacheco, Distribution**

For further information on advertising rates,  
please call: 774.438.2729  
or e-mail: [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org)

**Senior Scope at Coastline**  
**863 Belleville Ave.**  
**New Bedford, MA 02745**


**To our readers:** We are able to publish the Senior Scope newspaper through the support of grant funders, such as the Massachusetts Executive Office of Elder Affairs, our advertisers and donors. As the publisher, Coastline is not responsible for the content of third party advertising.

**Donations for February 2024**

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.

**This issue: \$**  
**Year-to-Date: \$70**

**Donate online via**  
**PayPal here:**



**Subscribe to Senior Scope**

You can have a full year’s subscription (12 issues) of the print edition of *Senior Scope* delivered to your door for only \$18.

Checks can be made out to “Coastline” (not “Senior Scope”) and mailed to 863 Belleville Ave., New Bedford, MA 02745.

To: Coastline, 863 Belleville Ave., New Bedford, MA 02745

Yes, I want to support Senior Scope. My voluntary donation in the amount of

\$ \_\_\_\_\_ is enclosed. (Checks paid to: Coastline.)

My name: \_\_\_\_\_

My address: \_\_\_\_\_

☐ You may list my name in a future issue (Your address will never be published)

☐ Do not list my name; I am an anonymous donor

Donating in honor of:

☐ In memory of ☐ For prayers answered ☐ In thanks

☐ \_\_\_\_\_



# Getting REAL: Navigating federal ID requirements may require extra research for some older adults

If you’ve been putting off applying for your REAL ID card, 2024 may be the year you dig in and get it done.

The requirement for a new form of ID that meets federally mandated standards has been around since 2005, but the deadline for implementing it has been extended repeatedly since 2008. The current deadline of May 7, 2025 was set in December 2022 after the Department of Homeland Security announced another extension based on pandemic-related delays.

Although the identification standards are federal, each state has its own process for issuing the IDs. In Massachusetts, the Registry of Motor Vehicles has posted detailed information on its website to help people get all their information and forms together.

People can start the application online, including uploading necessary documents directly to the RMV on its website. A trip to the registry with those documents in hand is still required, but officials say the appointment will move more quickly this way.

Typically, the documentation needed is proof of a person’s legal name, date of birth, Social Security number, residence, and lawful presence. The RMV’s list of required documents to prove these conditions comes with alternatives should an individual not have one of the necessary forms.

The Social Security number, for example, can be proven even if you no longer have the original Social Security card you were given

when you received your number. In its place, applicants can use a W-2 form, a pay stub that shows the full nine-digit number, or a few less common alternatives.

The difficulty for some will be in situations where a name has changed, older records are missing or hard to get, or other situations. In some cases, individuals may have trouble locating one or more of the documents, especially for older adults who may be looking for records created many years ago, well before the digital age.

In the South Coast, Congressman Bill Keating’s office has been able to assist a few individuals in finding the records they needed.

Michael Jackman, district director for Keating, said they were successful in helping a 75-year-old man after he was denied a REAL ID because he did not have a birth certificate, only a baptismal certificate.

“He was born in the state of New York, and he attempted to secure a copy of his birth certificate from the state of New York and the city of Erie (and Erie County) without success,” Jackman said via email. “He believed that the parents listed on his baptismal certificate were not his actual parents, but that a young “aunt” was his actual mother based on family lore he had heard over the years.”

Finding the information he needed was complicated because the man had no living relatives who could confirm any of the family history he’d heard. He tried multiple ways to get the necessary proof of his identity without success before reaching out to

Keating’s office.

“A passport is one of the accepted documents to get a REAL ID, but because he didn’t have a birth certificate, the Passport office would not process his application. He also could not produce hospital, school or church records from before his 5th birthday which might have been accepted in lieu of a birth certificate,” said Jackman.

Keating’s office searched for any records to support the man’s lawful presence, eventually locating recently released U.S. census records for 1950 that recorded the family’s presence in Erie, NY.

“The passport office accepted these records, issued the passport, and he was able to get his driver’s license renewed,” said Jackman.

Another woman ran into trouble because her name was spelled differently on different records. Born outside of the country, she had her birth certificate but the spelling of her name as a child was slightly different than what she used as an adult. That meant the name on her birth certificate didn’t match the name on her license, tax records, or social security card.

Again, Keating’s office was able to assist. In her case, Jackman said, the woman had to get her original birth certificate amended before she could apply for a REAL ID.

For anyone worried about obtaining necessary documents, it helps to start early so you have time to research records and/or reach out for assistance. Once the REAL ID deadline passes and it begins being enforced, those with-

### Resources

**REAL ID Act:** Establishes security standards for licenses and prohibits some federal agencies from accepting IDs not meeting those standards for certain purposes.

**A REAL ID driver’s license/ID is:** a valid driver’s license or identification card; valid as a form of federal ID; requires an in-person visit to the RMV; and has a star displayed on it to indicate it is a federally compliant card.

**Deadline:** May 7, 2025.

**What happens on this date:** Starting May 7, 2025, every state and territory resident will need to present a REAL ID compliant license/ID, or another acceptable form of identification such as a passport, to access secure federal facilities, enter nuclear power plants, and board a commercial flight. The card must be REAL ID compliant unless the resident is using an alternative acceptable document such as a passport.

**What documents are needed:** Typically, proof of a person’s status including legal name, date of birth, Social Security number, residence, and lawful presence is required. The RMV has a list of acceptable documents on its website.

**How to apply:** Visit the RMV website via [www.mass.gov/guides/rmv-real-id-info-center](http://www.mass.gov/guides/rmv-real-id-info-center).

out one will not be able to board commercial flights or enter secure federal facilities.

For more information on applying for a REAL ID card, visit the RMV website at [Information for the Real ID | Mass.gov](http://Information for the Real ID | Mass.gov).

## Refuse Management District executive director appointed in January

The Greater New Bedford Regional Refuse Management District unanimously appointed Anthony Novelli as executive director effective in January 2024.

Novelli joined the District as project manager in 2022 and was promoted to assistant executive director in July 2023 as part of a succession plan to replace its outgoing Director Scott Alfonse in 2024.

Mr. Alfonse has served in this role since 2012 after over 22 years of service as the City of New Bedford’s Director of Environmental Stewardship.

Mr. Novelli brings a passion for waste management and waste reduction to the role. A Massachusetts native, he previously served as Director of Operations for Island Green Living Association in St. John, USVI, where he was the first employee of the non-profit organization.

Under his leadership, Island Green Living Association

pioneered sustainability programs focused on reducing the amount of waste being sent to the local landfill, including composting and wood chipping, the opening of a reuse store, and aluminum can and plastics recycling programs.

After joining the District, Novelli was one of nine young professionals from around the U.S. selected to participate in the Solid Waste Association of North America’s (SWANA) 2023 Young Professional Leadership Academy.

Through a year-long program, the academy mentors young professionals and helps enhance their leadership qualities and abilities.

Novelli takes over as the District begins implementing elements of its recently completed comprehensive plan and enhancing organics (food waste) diversion in the District.

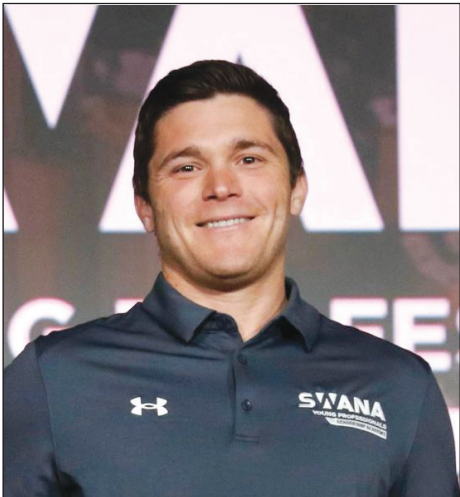
“The District’s founding members had great foresight in siting and developing the Crapo Hill Landfill, which continues to provide an

extremely valuable, yet under-appreciated service to Dartmouth and New Bedford: cost-effective and environmentally responsible waste disposal,” Novelli said. “The District has a well-run organization that has benefitted from great leadership and management over the past three decades. We will continue to look ahead, prepare for future challenges, and make decisions in the best interest of our member communities.

“I feel that my personal mission and interests align well with the mission of the District, and I am excited and honored to become the next Executive Director.”

District Committee chairperson and Dartmouth representative John Beauregard expressed his enthusiasm for Novelli’s appointment.

“For over a year, the District has planned for succession of its leadership team,” he said. “Anthony’s motivation, resourcefulness, and enthusiasm are the perfect fit for the position. We are confident in Anthony’s vision and leadership



Anthony Novelli

to keep moving things forward within the District.”

The District is a regional refuse District governed by a 6-member Committee representing the City of New Bedford and the Town of Dartmouth. The District owns and operates the Crapo Hill solid waste landfill in Dartmouth, and provides waste reduction education and outreach services to residents of New Bedford and Dartmouth.



# Update

## SRTA adds Sunday bus service to its schedule

The Southeastern Regional Transit Authority began serving bus riders on Sundays as of Jan. 28. The Sunday schedule matches the Saturday times for all bus routes, the organization said when it announced the change. As of Jan. 1, SRTA made all of its bus routes free to ride until June 30. The moves are part of a plan to encourage more people to try transit and to make public transportation more convenient and accessible. The program is funded through a grant awarded by the Massachusetts Department of Transportation. Questions can be directed to the Southeastern Regional Transit Authority at 508-999-5211 or [info@srtabus.com](mailto:info@srtabus.com).

## Valentine’s Tea at the RJD

Valentine’s Day arrives early at The Rotch-Jones-Duff House & Garden Museum this year. Couples are invited to a Sweetheart Tea in the parlors and dining room of the 1834 whaling mansion on Feb. 11 at 2 p.m. where they will enjoy a private table for two with sandwiches, scones, sweet treats, and tea service. Reservations include Museum admission, a souvenir, chocolates, and special access to visit the cupola with its panoramic view of New Bedford harbor. Advance registration is required, and space is limited. The fee for this event is \$90 per couple. Tea service is provided by Milward Tea Room. For more information or to reserve your tickets, call the Museum at 508-997-1401 or visit the Museum’s website, [rjdmuseum.org](http://rjdmuseum.org).

## GRG Inc. meets monthly

Grandparents Raising Grandchildren, Inc. which offers support for grandfamilies, hosts a support group on the third Tuesday of the month from 6 to 8 p.m. Please note the meeting location change. As of January 2024, GRG Inc. is meeting at the YWCA, 20 South Sixth St., New Bedford. Grandparents, please call Brenda Grace at 508-996-0168 for more information on Tuesdays and Wednesdays or after 5 p.m. on other weekdays. You may also support their annual scholarship program, which benefits local students who were raised by their grandparents. Checks can be made out to Grandparents Raising Grandchildren Inc., and mailed to 119 Parker St., New Bedford, MA 02740. Grandparents Raising Grandchildren is partly funded by Coastline and the Executive Office of Elder Affairs.

## Become a personal and home care aide online

The Commonwealth of Massachusetts is now offering the Personal and Home Care Aide State Training (PHCAST) online. This free, virtual and self-paced training is for anyone interested in becoming a community-based home care worker. Home care aides are an integral part of the in-home care team. They provide services that support older adults and persons with disabilities to thrive and live in their homes and communities, as well as to make decisions about their care and lifestyle. PHCAST is a self-paced, video-based, 11-module online training program. You can complete each module from your home computer or smartphone. For more information, and to sign up for the program, visit [mass.gov/PHCAST](http://mass.gov/PHCAST).

## Grant support available

The Executive Office of Elder Affairs announced a new grant opportunity to help grow Supportive and Social Day programs in the state. The approximately \$4.5 million grant opportunity is intended to expand these programs for individuals age 60 and older or living with AD/DR at any age; address unmet needs for more programs, culturally tailored programs, and programs delivered within age- and dementia-friendly physical spaces; and provide one-time funding to existing programs capable of sustaining themselves beyond the grant period. Any Aging Services Access Point, or Area Agency on Aging, Council on Aging, or community-based non-profit within the state can apply. Organizations must apply online before Friday, Feb. 16 via the MassGRANTS application portal at <https://maanfrants.my.site.com/s/loginpage>. Applicants can create partnerships to apply together. Additional resources, including FAQs, a guide to using the MassGRANTS Application Portal, and the RFA are included on the grant webpage linked below. Email [MAHCBSgrants@pcgus.com](mailto:MAHCBSgrants@pcgus.com) with any questions.

## Know your options as you age

Options Counseling is a free program that guides adults age 60 and older, families and caregivers through resources that can help them remain in the community. An Options Counselor will work with you to meet your individualized goals, including your present or future planning needs. They can provide counseling to you, whether you’re at home, in the community, or in a hospital or facility setting. For help, call Coastline at 508-999-6400.

## Cellphone classes continue at Coastline

Cellphone classes are beginning again at Coastline Elderly Services in New Bedford. Both Android and iPhone classes continue with availability in both the May beginner class and April intermediate class. Android classes are 9-11 a.m. on Tuesdays starting May 7 for beginners and April 9 for the intermediate level. iPhone classes are 9-11 a.m. on Thursdays starting May 9 for beginners and April 11 for the intermediate level. To register or for more information, call Coastline at 508-999-6400.

## Mental fitness classes

Buzzards Bay Speech Therapy’s free Brain Builders course is available to older adults via Zoom on Mondays from 10:30 to 11:30 a.m. and on Wednesdays from 7 to 8 p.m. Participants can join the class by phone or online or choose at-home programs delivered each week by mail or email. Classes are also sometimes scheduled at local senior centers. Currently, the Rochester COA is offering classes and classes are expected to begin this month at the Dartmouth COA. The class is meant to improve memory, word-finding skills, thinking skills, and socialization. Brain Builders is led by Lisa Yauch-Cadden, MS CCC-SLP, Kari Star, MS CCC-SLP, and Lori Yauch, MA CCC-SLP. For information and to obtain the link to connect to the class, contact Lisa at 508-326-0353; [lycslp@gmail.com](mailto:lycslp@gmail.com); or [@buzzardsbayspeech](mailto:@buzzardsbayspeech). Funded in part by Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs. Classes are for education and socialization and not intended to diagnose/treat any condition/problem.

## FCC offers 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](http://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](http://fcc.gov/acp).

## Gift giving surprises older adults



The United Way of Greater New Bedford, the Acushnet Co. and Coastline Elderly Services collaborated to surprise older adults with holiday gifts. Far left, Coastline COO Sylvia Nobre-Hilton and her daughter, Savana, deliver a gift to Roseline Poly. Center, the gifts arrive at Coastline from the United Way. Above, Eileen Melancon receives her gift from Savana and Sylvia.



# Your Health

## Make 2024 a heart healthy year with these strategies

February is American Heart month, a time when we highlight being heart healthy as we age.

In honor of American Heart Month, Senior Scope spoke directly to the region’s most passionate cardiologist, Dr. Mike Rocha, who took time to answer a few questions on staying heart healthy and offer a few ways we can make 2024 a heart healthy year.

### Do you have to expend a lot of energy to stay heart healthy?

**Dr. Rocha:** Heart health doesn’t require a lot of energy expenditure but does require focus and perspective. Our question to ourselves could be what one or two things can we change in our lifestyle for a week and commit to it. We also need to forgive ourselves even if we aren’t perfect in our attempt and not give up. We sometimes equate heart health with having to go the gym but we are now learning that movement, even in small amounts, makes a big difference. A study by Niels Stens and others in the September 2023 Journal of American Cardiology showed that more than 2000 steps a day can reduce the risk of dying and more than 2700 steps reduced the risk for cardiovascular disease. More was better for reducing the risk for death and heart disease up to about 8000 steps a day. The idea that everyone has to hit 10,000 steps is not necessarily the case. It all



counts.

### Is there an age when everyone should see a cardiologist?

**Dr. Rocha:** There are many reasons to be seen by a cardiologist, some include known heart disease such a heart attack, rhythm issues or fluid retention for heart reasons. Other times, primary care doctors may feel that they want symptoms checked to make sure that they aren’t related to heart disease such as palpitations, chest discomfort, dizziness, and trouble breathing. There isn’t an age that everyone needs to have heart testing and decisions should be based on risk factors such as high blood pressure, family history of heart disease, high cholesterol, diabetes, smoking, and symptoms. The first step is to discuss any of these symp-



Dr. Michael Rocha

toms with a primary care physician that can help to navigate if seeing a cardiologist is warranted. Best of all, be too healthy to need a cardiologist.

### Can you give us ways to make 2024 a heart healthy year?

**Dr. Rocha: Navigating stress in a positive way.** Easier said than done but making decisions to recharge rather than drain the batteries is important for your heart. Avoid dangerous habits in response to stress such as eating unhealthy sugary foods, excessive alcohol intake, smoking, and using substances. Instead, respond with healthy habits such as playing or listening to music, dance, meditation, prayer, exercise, healthy eating, walking, and numerous other options. Find what works for you! Just getting outside in nature is therapeutic. Don’t forget to reground with gratitude which is an antidote for life’s stressors.

**The Mediterranean diet** has shown in studies to prevent strokes and heart attacks both a first event or having another event. Fruits especially berries and vegetables should be at the top of our list. Nuts, fish, whole grains, whole foods and olive oil are also good for our health. We should be limiting sugary foods or drinks, processed foods, red meat and dairy. Check out Gaples Institute for an interactive guide to heart health [https://www.gaplesinstitute.org/nutrition\\_course/](https://www.gaplesinstitute.org/nutrition_course/)

**Movement** of at least 20 minutes a day, any way you can. Every step counts and smaller doses during the day all add up!

**“We sometimes equate heart health with having to go to the gym but we are now learning that movement, even in small amounts, makes a big difference.”**

**Sleeping** a solid 7-8 hours a night is the sweet spot. The caveat to this is that the quality of our sleep is important. For those that snore, fall asleep during the day, have morning headaches and are tired may need to be evaluated and treated for sleep apnea which is not good for your heart health.

**Strengthening social connections** as loneliness and social isolation have been associated with higher risk for heart disease and strokes. Make it a point to be a part of a group. Meet up with friends for coffee or a walk. Volunteer. We are all in this together and we can all help ourselves and our community be heart healthy.

*Dr. Rocha is board certified in Cardiovascular Disease, Nuclear Cardiology, Echocardiography and Internal Medicine, and a member of the Massachusetts Medical Society.*

### Prayer Panels continued...

the elder group. “I think they felt really helpless that there’s nothing they can do.”

At the request of IAC president Helena DaSilva-Hughes, Pereira was called in to help. She had worked with the women in the past, using creative projects to help relieve the feeling of helplessness.

She reminded the group that, despite the negative energy they were seeing and absorbing, they could tap into their own positive energy and make a difference through prayer or in other ways.

“I said, ‘If we put down what we feel worried about, we can really see what it is and then we can focus on how we can change it,’” said Pereira, suggesting the women work together to make something positive.

“They said, ‘We would love to do something like that,’” Pereira recalled.

That led to the creation of a series of art panels each one linked to a prayer for the world.

The women turned to skills they excel at, using cloth and embroidery to create positive messages. Words like elders, the sick, animals, and peace were emboridered following an intitial panel that reads “We pray for.”

One panel reads, “Everyday, we hear the news and we are traumatized. So we pray! Pray with us.”

Pereira said the activity helped

empower the women.

“I could see the transformation in their affect, how they were feeling empowered...They were doing something to change all of the things they saw on TV.”

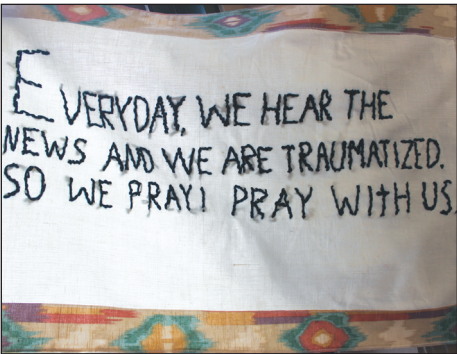
Pereira said the women connected with each other even more, through prayer and through the panels they made. Two women made all of the panels which the others embroidered with positive messages. In some, cases, the activity led to other ways of reaching out to others in need, like visiting people in a nursing home and calling those they knew who were not doing well.

The Elder Group is now looking to share the panels with others with an initial stop being worked out with a city library branch, Pereira said.

**“I could see the transformation in their affect, how they were feeling empowered...They were doing something to change all of the things they saw on TV.”**

—Maria Pereira, LICSW,

“They were feeling good about doing something for somebody else,” she said. Now, “they’d like other people to be able to reflect on how much social media and how much the world is affecting us.”





# New Bedford seeks proposals for a Herman Melville sculpture

The City of New Bedford announced last month that it is seeking proposals from artists for a permanent Herman Melville sculpture to be placed in the city's downtown historic district. Melville is the 19th century author who featured New Bedford in his classic novel, Moby Dick. As a young man, he sailed on a whaler that departed from New Bedford. Now

the city wants to honor him by placing a statue in the historic district, the area which Melville describes so well in his novel. All applications must be received by Feb. 16. Each artist proposal must include an artist statement; a statement of interest; a resume or curriculum vitae; samples of prior work; and an estimated budget.

After Feb. 16, an advisory committee will select up to three artists as semi-finalists who will be interviewed. Each semi-finalist will be awarded a \$2,500 stipend for the development of a proposal, travel, and overnight accommodation for presentation. The statue will be supported with a mix of private and public funds, the city said in a statement. More information on fundraising, the selection process, and other details will be released in the coming months. Anyone with ideas, questions, or comments on the Melville project or to receive updates, email HermanMelvilleStatue@gmail.com. Interested artists can apply at: <https://forms.gle/teSbL3AE1hfVwVvK9>

Arrecadação de fundos, processo seletivo e outros detalhes serão divulgados nos próximos meses. Qualquer pessoa com ideias, dúvidas ou comentários sobre o projeto Melville ou para receber atualizações, pode enviar um e-mail para HermanMelvilleStatue@gmail.com. Os artistas interessados podem inscrever-se em: <https://forms.gle/teSbL3AE1hfVwVvK9>

## New Bedford procura propostas para uma escultura de Herman Melville

A cidade de New Bedford anunciou no mês passado que está à procura de propostas de artistas para uma escultura permanente de Herman Melville a ser colocada na zona histórica do centro da cidade. Melville é o autor do século 19 que apresentou New Bedford em seu romance clássico, Moby Dick. Quando jovem, ele navegou em um baleeiro que partiu de New Bedford.

Agora a cidade quer homenageá-lo colocando uma estátua no bairro histórico, área que Melville tão bem descreve em seu romance. Todas as inscrições devem ser recebidas até 16 de fevereiro. Cada proposta de artista deve incluir uma declaração do artista; uma declaração de interesse; um currículo ou curriculum vitae; amostras de trabalhos anteriores; e um orçamento estimado.

Depois de 16 de fevereiro, um comitê consultivo selecionará até três artistas como semifinalistas que serão entrevistados. Cada semifinalista receberá uma bolsa de US\$ 2.500 para o desenvolvimento de uma proposta, viagem e pernoite para apresentação. A estátua será apoiada por uma combinação de fundos públicos e privados, informou a cidade em comunicado. Mais informações sobre

arrecadação de fundos, processo seletivo e outros detalhes serão divulgados nos próximos meses. Qualquer pessoa com ideias, dúvidas ou comentários sobre o projeto Melville ou para receber atualizações, pode enviar um e-mail para HermanMelvilleStatue@gmail.com. Os artistas interessados podem inscrever-se em: <https://forms.gle/teSbL3AE1hfVwVvK9>

## New Bedford busca propuestas para una escultura de Herman Melville

La ciudad de New Bedford anunció el mas pasado que está buscando propuestas de artistas para una escultura permanente de Herman Melville que se colocará en el distrito histórico del centro de la ciudad. Melville es el autor del siglo XIX que incluyó New Bedford en su clásica novela, Moby Dick. De joven navegó en un barco ballenero que partía de New Bedford. Ahora, la ciudad quiere homenajearlo colocando una estatua en el distrito

histórico, en el área que Melville describe tan bien en su novela. Todas las solicitudes deben recibirse antes del 16 de febrero. Cada propuesta del artista debe incluir una declaración de artista; una declaración de expresión de interés; curriculum vitae; muestras de trabajos previos; y un presupuesto estimado. Después del 16 de febrero, un comité directivo seleccionará hasta tres artistas como semifinalistas

quienes serán entrevistados. Cada semifinalista recibirá una remuneración de \$2,500 dólares para el desarrollo de una propuesta, el viaje y el alojamiento para la presentación. La estatua se financiará con una combinación de fondos privados y públicos, según informó la ciudad en un comunicado. En los próximos meses se publicará más información sobre la recaudación de fondos, el proceso de selección y otros detalles.

Todo aquel que tenga ideas, preguntas, o comentarios sobre el proyecto Melville o para recibir información actualizada, puede enviar un correo electrónico a HermanMelvilleStatue@gmail.com. Los artistas que estén interesados pueden presentar su solicitud en: <https://forms.gle/teSbL3AE1hfVwVvK9>

Translations provided by:



# SUBSCRIBE TO SENIOR SCOPE

You can have a one year subscription (12 issues) of the print edition of Senior Scope delivered to your door for \$18.

Senior Scope is available for free at Senior Centers, grocery stores, medical offices and more in the South Coast.

If you'd prefer to have the newspaper mailed directly to your home, you can subscribe for a full year, by mailing an \$18 check made payable to "Coastline" (not "Senior Scope") to 863 Belleville Ave., New Bedford, MA 02745, Att. Senior Scope. Please include your full name, and mailing address.

If you have questions, call or email Beth Perdue at 774-438-2729 or [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org).

# Older Adult Lobby Day

Tuesday, February 27, 2024  
11:00am to 2:00pm

Save the Date!

HEALTH collaboration  
safety independence  
CAREGIVING  
care aging well  
community social access equity  
STRONGER aging supports  
network  
VALUE ADVOCACY

Massachusetts State House  
The Great Hall

11:00 Registration and Refreshments  
11:30 Featured Speakers  
12:15 to 2:00pm Legislative Office Visits



WON'T YOU BE MY NEIGHBOR?

# As we step into 2024, let's make joy a practice

**By Nanci Winterhalter**  
December 2023 and holiday plans were made. Our kids and their spouses were arriving in a few days to celebrate together. Mid-week, I feel a curious tickle in my throat. The next day I am seriously down and out with Covid for the first time.  
I am fortunate to have inherited an awesome immune system and, truth be told, I am unusually healthy. So frankly, I was both insulted and humbled by this viral assailant.  
Plans were changed and for several days, mostly in bed, the thinking began.

**“Does joy arise, or can we cultivate it? Can joy be found even when times are challenging? Can we literally make joy a practice?”**

Between headaches, coughing and unending naps, I was still able to contemplate the transitory nature of life. I started thinking of 2024 and how I could make the best of it, for myself and the people around me. Eureka! My intention for 2024 is to dive into opportunities for joy.  
For me, joy doesn't come from distant travel or a shopping extravaganza. It is much simpler. Some ways I experience joy include walking in my neighborhood, petting my

dog, laughing over silliness, finding community from the wonderful people in the yoga classes I take and teach, and working on projects (like Yoga Reaches Out for Boston Children's Hospital).  
I started thinking of my ancient Italian parents who passed several years ago. They did not live what some might call a “big” life. They always stayed very close to home.  
After the business of raising six children, they found joy in their garden, in cooking, in each other's company (most of the time!), in napping unexpectedly, in sitting quietly on their front stoop and watching the birds, in bringing cutlets or meatballs to their neighbors, and in their faith.  
So, I ask myself and you, does joy arise, or can we cultivate it? Can joy be found even when times are challenging? Can we literally make joy a practice?  
I shall try...what about you?  
Here is a list of ideas that might be small opportunities for joy:

- Spot a bird where you live and learn a little about it.
- Cuddle up under a blanket with your pet or even a stuffed animal.
- Care for your houseplants with fresh water and a word of encouragement.
- Collect little treasures like sea glass from the beach.
- Write a letter to an old friend.
- Try a new craft.
- Do some volunteer work in some-




thing that interests you, or in a brand new area!

- Do a “do-able” puzzle of interest.
- Go on a short walk and look for beautiful flowers.
- Tend a small-raised herb garden.
- Listen to music that is new to you.
- Lend your neighbor a helping hand.
- Bake muffins or make preserves.
- Give someone who is under the weather a small gift.
- Go to the public library.
- Go to a local museum and listen to the audio tape.
- Seek some beautiful scenery close to your home.
- Have a picnic with friends.
- Surprise a stranger with an act of kindness.
- Eat breakfast for dinner.
- Donate some food from your cupboard to the food bank.
- Sit outdoors and appreciate the sky.
- Keep a gratitude journal.
- Sit in an outdoor chair under an umbrella and stick your feet in a kiddie pool.
- Play a board game with a child.
- Take a friend to a gentle yoga class. (Sorry... I can't resist)
- And make your bed! So every night you can open it like a present!

Here's to 2024 and making Joy a Practice!

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



863 Belleville Avenue  
New Bedford, MA 02745

### Cell Phone Classes with Kraig Perry

Due to overwhelming demand, we will be offering several cell phone classes throughout 2024.

FULL!

Beginner Android: 1/9, 1/16, 1/23  
Beginner iPhone: 1/11, 1/18, 1/25

FULL!

Beginner Android: 3/5, 3/12, 3/19  
Beginner iPhone: 3/7, 3/14, 3/21

April

Intermediate Android: 2/6, 2/13, 2/20  
Intermediate iPhone: 2/8, 2/15, 2/22


May

Beginner Android: 5/7, 5/14, 5/21  
Beginner iPhone: 5/9, 5/16, 5/23

**For more information, or to register for a class, contact Zach Boyer at Coastline Elderly Services. 508-742-9161**

**All classes are 9 - 11 a.m.**  
**Android Classes are on Tuesdays**  
**iPhone Classes are on Thursdays**

Classes are made possible through federal Title-III and ARPA grant funding.




## Estate Planning • Elder Law • Probate

HEALTHCARE PROXY • ADVANCE DIRECTIVE • LAST WILL & TESTAMENT  
HIPAA AUTHORIZATION • DURABLE POWER OF ATTORNEY

TRUST PLANNING TO ACHIEVE YOUR GOALS

MASSHEALTH/MEDICAID PLANNING FOR LONG-TERM CARE

ESTATE ADMINISTRATION, GUARDIANSHIPS AND CONSERVATORSHIPS



### Surprenant & Beneski, P.C.

Strategic Planning for Your Peace of Mind

NEW BEDFORD • HYANNIS • EASTON

508-994-5200 • [www.MyFamilyEstatePlanning.com](http://www.MyFamilyEstatePlanning.com)





# Staying warm this winter

**By Gavin Bates**  
*South Coastal Counties Legal Services*

Much of what makes the winter season fun requires that you feel safe and secure from its effects. In Massachusetts, heavy snowfall can create many obstacles, but the most common problem is the simple fact that it is so cold. There are many different programs in Massachusetts that can help people heat their home safely. You also may have legal rights if someone is responsible for your heat and they aren't providing it.

The Mass Save program ([mass-save.com](http://mass-save.com)) can provide some help with energy costs and related problems. If you live in New Bedford, Acushnet, Dartmouth, Fairhaven, Marion, Mattapoisett, or Rochester, you may also be eligible for help if you contact the fuel assistance program at PACE (508-525-4271 or [toapply.org/PACE](http://toapply.org/PACE)) in New Bedford. You may be eligible for other programs administered by PACE such as for heating system repairs or replacements. Mention all of the problems you are facing relating to your heat and be as complete as possible so the worker can match you to the resources that best suit your needs. If you live in another community, there will be a program covering your town through MASS-CAP ([masscap.org/heatinghelp-ma/](http://masscap.org/heatinghelp-ma/)).

If you live in an apartment building or another residence where somebody else is responsible for making repairs, you may have additional rights. A landlord typically is responsible for providing a working heating system but you may be responsible for refueling it. For instance, if you signed a rental agreement with your landlord and promised to pay for heating oil, then the landlord must make sure the heating system works but you are responsible for paying for the oil. If you get in trouble with fuel, you would want to call PACE (see above) for help. However, if the reason your home isn't being heated is because your landlord needs to make repairs, you have rights. You do not have to pay for electric space

heaters or use your stove to heat your home. These strategies can, in fact, be quite dangerous. A fire-place, wood/pellet stove, or portable propane heater are all explicitly not allowed under the law.

In Massachusetts, the State Sanitary Code requires that apartments and other similar spaces have a working heating system from September 15th through May 31st so the apartment shall be at least 68 degrees between 7:00 AM to 11:00 PM and at least 64 degrees between 11:01 PM and 6:59 AM. At no time should the heating system during the heating season heat your home above 78 degrees (unless you purposefully did that yourself). Your local health department or board of health will treat these kinds of repair issues very seriously. You may also be able to get assistance from your local council on aging, elder services organization, or a legal services organization. But even without help, you would also have a strong case in court. Your local housing court (most likely the Southeast Housing Court, with sessions located across the region every week) can order repairs and, if the situation is dangerous, can also order the landlord to put you up in a hotel while repairs are ongoing. If your landlord doesn't treat a broken heating system as an emergency, you should take action quickly. There are multiple tragic fires every year in New Bedford and the surrounding communities, many of which are accidentally caused by people trying to stay warm. If you cannot afford to pay the fee to file a court case, talk to the clerk about having the fee waived.

*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 was the name of the first human to reach outer space?  
A.) Alexei Leonov                      B.) Alan Shepard  
C.) Yuri Gagarin                      D.) John Glenn
- 2.) What was added to the White House as a present to President Truman?  
A.) Tennis court                      B.) Bowling alley  
C.) Swimming pool                      D.) Greenhouse
- 3.) Which of these presidents once worked as a lifeguard?  
A.) Bill Clinton                      B.) Jimmy Carter  
C.) Barack Obama                      D.) Ronald Reagan
- 4.) What are the Grammy awards shaped like?  
A.) Violin                      B.) Microphone  
C.) Vinyl record                      D.) Gramophone
- 5.) What US state name can be typed with only one keyboard row?  
A.) Utah                      B.) New York  
C.) Alaska                      D.) Colorado
- 6.) How many US states begin with the letter “H”?  
A.) One                      B.) Three                      C.) Two                      D.) None
- 7.) What part of a dog is as unique as a fingerprint?  
A.) Tail                      B.) Nose                      C.) Paw                      D.) Fur
- 8.) In what US state was the first McDonalds located?  
A.) Alaska                      B.) Ohio                      C.) California                      D.) Texas
- 9.) “Singultus” is another name for ..?  
A.) Losing a tooth                      B.) Hiccups  
C.) Closing one eye                      D.) Sneezing
- 10.) What lives in a Formicarium?  
A.) Butterflies                      B.) Apes  
C.) Ants                      D.) Turtles

[Answers listed on page 11]

# Are you getting all the free benefits you deserve?



WellSense Senior Care Options offers extra benefits that matter most for seniors 65+ with MassHealth Standard

- **Up to \$900 a year** for healthy food and drug store purchases with an OTC card
- **\$325 a year** towards prescription glasses
- **SilverSneakers® fitness membership** giving you access to thousands of locations across the country
- Up to **8 social rides** per month

Learn more at [wellsense.org/sco](http://wellsense.org/sco)  
855-833-8124 (TTY: 711)



H9585\_SCO\_Newspaper\_2023\_M  
SilverSneakers is a registered trademark of Tivity Health, Inc.  
© 2022 Tivity Health, Inc. All rights reserved.



Lobby Day continued...

Massachusetts Councils on Aging.

The growing numbers of older adults is also straining local senior centers, according to Massachusetts Councils on Aging Executive Director Betsy Connell, who said councils on aging in the state are seeing a massive increase in older adults coming in.

“In part due to the mushrooming aging population but also as a result of people learning about their COAs during COVID,” said Connell. “(Senior Centers) are the busiest they’ve ever been. I’m hearing this across the board.”

“One of challenges is looking at older adults who may have been middle income or borderline low, and between inflation and the fact they’re outliving their savings are struggling,” Connell said, suggesting another way numbers are growing.

One of the programs specifically in jeopardy is senior nutrition, often known as Meals on Wheels in the community. The program provides hot nutritious lunches for older adults who need them.

At Coastline Elderly Services in New Bedford, senior nutrition served 400,000 home-delivered and group lunches in 2023, a number that represents a 56 percent increase from 10 years ago, according to CEO Justin Lees.

These lunches provide hot nutritious food to older adults and a regular check-in, in some cases the

only person an older adult will see that day. But the need is outpacing funding, Lees said, and has been for several years.

“The program runs at a deficit which we struggle to overcome each year, so we don’t turn anyone away. Each year that gets harder as both expenses - wages, food costs, and fuel - and the numbers of older adults needing meals goes up.”

Lees said Coastline and other ASAPs have requested increased nutrition funding from legislators in the past. So, the state budget cut of \$1 million from senior nutrition — reducing it to below fiscal year ‘23 funding — is especially devastating.

“We continue to serve more meals at higher costs each year. There’s a point where that will no longer be possible if funding doesn’t keep up,” he said.

In a statement, the state’s Executive Office of Elder Affairs told the Boston Globe that the budget cuts are not a lack of commitment to issues affecting older adults and pointed to specific funding decisions including a past increase in the rate councils on aging receive per older adult in their community. That amount is now \$14 per senior, they said.

Connell said more is needed and that MCOA is asking for \$15 per elder. “Think about it. \$15 per elder in the community that’s less than minimum wage,” she said. “The

# Older Adult Lobby Day

Tuesday, February 27, 2024

11:00am to 2:00pm

Save the Date!



Massachusetts State House  
The Great Hall

11:00 Registration and Refreshments  
11:30 Featured Speakers  
12:15 to 2:00pm Legislative Office Visits

Older Adult Lobby Day is happening Feb. 27. See the flyer on page 6 for details.

only state funding that the COAs receive is through that line item.”

Crimmins said we need to move from reacting to preparing. “That’s why the (state’s) ASAP network is so important because we’re there when people need us,” she said.

Older adults are invited to join

Lobby Day events at the State House on Feb. 27.

The day begins in the Great Hall with registration and refreshments at 11 a.m. Speakers start at 11:30 a.m. and legislative office visits will be held from 12:15 to 2 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.

Beginning with a seamless transfer from the hospital, up until the time a patient is able to transition home, the Vibra team of dedicated physicians, nurses and specialized therapists are there every step of the way. Providing the kind of personalized care that makes a real difference. Helping patients with everything from relearning to walk, to breathing without a ventilator, while helping families to understand the process and the outcomes.

All with one goal in mind. Getting patients back to better.

**Our Services Include:**

- Pulmonary/Ventilator Tracheostomy Services
- Cardiac Services
- Complex Wound Care
- IV Therapy
- Multi-System Complications
- Renal Failure/Dialysis
- Medically Complex

4499 Acushnet Avenue • New Bedford, MA 02745  
P: 508.995.6900 • [www.vhmass.com](http://www.vhmass.com)





# 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.

**Hey Moxie Caregiver Connection:** By Moxie Mobility Training. First Monday of the Month at 12:30 p.m. or virtually on Facebook Live at Moxie Mobility Training LLC. Solutions and guidance for caregivers and their loved ones. Education, training and info on community resources to help you find strategies to overcome the struggles and obstacles in caregiving. Free.

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

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

**Tai-Yo-Ba:** Mondays, 10:30 a.m. with Cameron. \$1. Gentle movements inspired from elements of tai chi, yoga and physical therapy. Can be done seated or standing up.

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

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

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

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

## Dartmouth COA

For more information, call the Dartmouth Council on Aging at 508-999-4717. The center is located at 628 Dartmouth St., South Dartmouth, MA 02748. Read the current newsletter or previous newsletters online at: [www.town.dartmouth.ma.us/council-aging/pages/coa-newsletters](http://www.town.dartmouth.ma.us/council-aging/pages/coa-newsletters).

**Moving with Moxie:** A unique, mobile, therapy-based balance class that is essential for people of all ages to improve their balance and mobility. Wednesdays, March 6th & 20th 1 - 2 p.m. Free. Class is limited to 10 people. Preregistration is required.

**AARP DRIVER SAFETY CLASS:** Fridays, March 22 & 29 9:30am-Noon. Must attend both days for certificate. Take the AARP Smart Driver classroom course and you could save money on your insurance. Learn techniques for left turns, right-of-way and roundabouts; how to reduce traffic violations, crashes and the risk of injury and more. Preregistration begins March 1st. Cost: \$20. for AARP members, \$25 for non-members.

**Billiards Tournament:** Thursday, February 15 at 1p.m. Dartmouth veterans see Matt Brouillette to sign up to compete. Catered lunch. Trophies awarded. Preregistration required.

**Valentine's Day Celebration:** Feb. 14. We are planning a Valentines Day celebration and are still working out the details...To be posted to our board at the Center as well as Facebook and Instagram [dartmouthCOA](https://www.facebook.com/dartmouthCOA).

**Basketball Game at Dartmouth High School:** Monday, Feb 12th at 6:30p.m. Bring your school spirit and join us for a DHS Boys Varsity game against Middleborough High School. Reserved seating for seniors. Van leaves Center at 5pm. Free. Preregistration required.

**Traditional Manicures with Sue:** 2nd and last Friday of the month from 11 a.m.-2 p.m. Cost is \$15.00. Pre-registration is required. No gel polish removal or application.

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

**Instructional Chess:** Noon-1:00 p.m. Thursday, Feb. 1, 8, 22 and 29. Keep your mind engaged while learning the ancient art of Chess with Nick D'Alessandro. Nick is a member of the MA Chess Association and has been a Chess instructor since 1990. Walk-ins welcome.

**Restorative Yoga with Lynda:** Thursdays 10:30-11:30 a.m. Props provided to support body and allow for an extended pose. Instructor will gently guide you through each pose on and off the ground. Cost is \$5. Class limited to 8. Call to preregister.

**Stress & Brain Gut Connection:** Feb. 28 at 10:15 a.m. Sara Englis is an experienced health coach with a unique background in gut health, nutritional science, and mindset. Her workshop will empower participants with information about the effect of stress on the gut-brain connection and your overall health and include some simple tips to kick stress to the curb! Preregistration is required.

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

## Fairhaven COA

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

See Fairhaven Council on Aging Community Newsletter for December on the town's website at <https://www.fairhaven-ma.gov/council-aging/pages/calendars-menus-and-newslettersforup-to-dateactivities>.

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

**Cribbage:** Mondays 10 a.m. - noon.

**Pitch:** Thursdays, 12:30-3 p.m.

**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.

**Moving with Moxie:** Second and last Wednesday at 1 p.m. Call for new pricing. Moving with Moxie is a unique, mobile, therapy-based balance class that is essential for people of all ages who want to improve their balance and mobility. Class size is limited to 10 people.

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

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

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

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

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

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

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

**Watercolor Painting:** Wednesdays 1-2:30 p.m. Session fee and deposit required. Please see front desk for next 4-week session.

**COA Drop-In hour:** Third Friday of month from 10:30-11:30 a.m. Light refreshments served. COA director available to talk, answer questions, and provide information.

## 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.

**Urinary Tract Health:** Monday, February 5th 1:00 p.m. Sharlene Kirby of Community Nurse Home Care will be on hand to discuss urinary tract health. She will give an overview of the urinary tract, parts that could be infected, causes and risk factors of UTI'S, symptoms to watch out for, preventative measures and what to do if you experience symptoms. Bring your concerns and questions on this topic.

**SRTA Bus Services:** February 9 1 p.m. Mandy from SRTA will be dispensing useful information regarding the local bus service and service to Boston. She will review pricing, service areas and schedules. Find out how easy and nonstressful taking a bus can be.

Continued on Page 11

SENIOR SCOPE

Advertise here



Senior Scope offers advertising packages at great rates.

Get your ad seen by older adults in New Bedford and surrounding communities.

Contact Beth Perdue at [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org) or call 774-438-2729.



SIGN UP NOW

GET SENIOR SCOPE DELIVERED STRAIGHT TO YOUR INBOX

SIGN UP AT:  
<https://coastlinenb.org/news/seniorscope/>



Place your ad here next month

Senior Scope offers advertising packages at great rates.

To request a rate sheet, email editor Beth Perdue at [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org) or call 774-438-2729 today.



**Valentine’s Floral Arranging:** Monday, February 12th 1 p.m. Members of the Marion Garden Group will be offering a workshop on making a beautiful Valentine’s arrangement. Space is limited, call 508-748-3570 to make your reservation. There is a \$5 materials cost, due at sign up. Please bring scissors or shears with you on the day of the event.

**Cooking Demonstration:** Tuesday, Feb. 13 Noon. Join us for a lunchtime 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.

**Culture Park Short Plays:** Friday, Feb. 23 1 p.m. The Culture Park Uncommon Lunch Players will be presenting a selection of fun, entertaining and relevant short plays entitled Artificially Intelligent & Otherwise Imaginative Plays.

**Richard Hughes Presents:** A Celebration of Valentine’s Day Friday, February 16th 1:00 p.m. Romantic silent movie clips starring Rudolph Valentino, Harold Lloyd, Buster Keaton, Charlie Chaplin, Mary Pickford, Clara Bow, Charlie Chase and Harry Langdon with musical accompaniment by pianist Richard Hughes. Plus some Valentine’s Day Singalongs made popular by Frank Sinatra, Bing Crosby and others.

**The LGBTQ+ Senior Supper Club:** Meets Wednesday, December 13th from 5:00 p.m.-7:00 p.m. at the Marion COA. Join us for food, drink & great conversation! Call 5087483570 so we know to expect you.

**Waterfront Memory Cafe:** Wednesdays 1:00 p.m.-2:00 p.m. An engaging gathering for individuals with memory loss and their care partner. Enjoy an afternoon of conversation with some new and old friends and take in some music, play a game or a different form of entertainment. To join for lunch beforehand, make lunch reservations 48 hours in advance. Register to attend by calling Linda at 508-748-3570.

**The LGBTQ+ Senior Supper Club:** 5-7 p.m. on Wednesday, Feb. 14 at the Marion COA. Join us for food, drink & great conversation! Please call 508-748-3570 so we know to expect you.

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.

**Free Manicures:** Feb. 1. Appointment time slots: 9:30 a.m., 10 a.m., 10:30 a.m., and 11 a.m. RSVP: 508-758-4110 This is offered as part of a high school instructional program.

**Friday Morning Chat:** Join Liz and Donna for a warm drink, light refreshments, and an opened theme chat; every second Friday of the month. All are welcome to this new outreach program. Friday, February 9 from 9:30-10:30 a.m. RSVP: 508-758-4110.

**Valentine’s Favorite Things Tea Party:** If you have never been to a Favorite Things Party, now’s your chance. Basically, everyone brings one of their favorite things-like a candle that smells amazing, incredible chocolate chip cookies from a certain bakery, and so on – then they get to tell everyone why they love it. At the end of the party, everyone gets to take someone else’s favorite thing home! In the past, dressing for a tea was taken very seriously as it was important to look your best. When you call to RSVP, you will be asked what color you would like. That will be the color of the table you will sit at, as well as the color you will wear to the tea! Do it up because there will be prizes. Tuesday, February 13 11:30 a.m. RSVP: 508-758-4110 (starting February 1st) Cost: \$5

**Cookie Swap:** Tuesday, December 19th at 1:00 p.m. Cost: Free. RSVP: 508-758-4110 starting 12/1. It’s that time of year when the best cookies are made. What fun to make extra in order to trade! Please bring two dozen of your favorite holiday cookie to share. Enjoy a savory charcuterie board and festive drinks! Listen to holiday music and talk to friends! Then leave with an assortment of holiday cookies!

**Art for Your Mind:** Join local art historian, Jill Sanford, for an enjoyable hour seeing things in new ways. The featured topic, Wonderful Winter Scenes, is a selection of beautifully painted snowscapes created by well-known artists through time. Learn how Dutch masters, Impressionists, and modern painters have successfully captured the challenging subject of people and nature in winter. Wednesday, February 7 at 12:30.

**DIY Diva’s present “Picture This”:** Create your very own seaside mosaic using shells, beach themed objects, epoxy resin, and upcycled picture frames. Create it on Friday and it’s yours to take home on Monday. Our two DIY Divas, Donna and Lauren, will show you how! Friday, February 23 at 10:00 a.m. Cost: \$10 .

**Crafting Conversations:** Mondays at 10:00 a.m. Bring your personal knitting, crocheting, rug hooking, or anything you’d like to work on and enjoy the company of others while doing so. Note: There is no instructor or class format.

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.

**Trips:** No trips this month. They will resume in March.

**Brain Builders:** Please join us in February for our Brain Builders classes. Our minds, like our bodies, need exercise to stay fit. Join Lisa from Buzzards Bay Speech Therapy for engaging activities to stimulate memory, word-engaging activities to stimulate memory, word-finding, finding, and thinking skills. Our Winter series of classes will introduce skill building strategies to new participants while continuing to challenge those who attend regularly. All are welcome. We meet on Thursday, Feb. 8th & Thursday, Feb. 22nd from 12:45 to 1:45 p.m. Free.

**Mardi Gras Party:** We are having a Mardi Gras Party on Monday, February 12th. Our chefs will be Mike & Ann Cambra & Mike & Sheila Daniel. On the Menu is Grilled Shrimp Crostini, Chicken Gumbo and King Cake for dessert! We will also have refreshing “Hurricanes” for drinks. Cost is only \$10. You must sign-up and pay at the front desk but please do it quickly as many of our themed Monday lunches fill up fast! Wear your best purple, yellow and green Mardi Gras colors!.

**Legislative meeting:** Maureen Estes Flanagan, Legislative Aide for Sen. Michael Rodrigues, will visit us on Wednesday, Feb. 28th from 8 a.m. to 9 a.m. Please come and visit her with any of your questions on Massachusetts/state issues.

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.

February 2024 Trivia Quiz Answers

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

PROJECT INDEPENDENCE  
Serving adults with medical needs for more than 35 years

**Adult Day Services**  
Brittany B. Botelho, MHA, LSW  
Executive Director  
250 Elm Street,  
New Bedford, MA 02740  
Phone: 508-997-1441  
www.piadhc.org  
*Caregiver Grant Funded by Title III-E  
of O.A.A. Sponsored by Coastline Elderly*



SUBSCRIBE TO  
SENIOR SCOPE

You can have a one year  
subscription (12 issues) of the  
print edition of Senior Scope  
delivered to your door for \$18.

Mail your check made payable to “Coastline”  
(not “Senior Scope”) to 863 Belleville Ave., New  
Bedford, MA 02745, Att. Senior Scope. Please  
include your full name, and mailing address.



Melville  
Towers

508-993-3077  
melville@peabodyproperties.com  
www.peabodyproperties.com  
850 Pleasant Street  
New Bedford, MA  
Hours: 8am - 4:30pm  
Monday - Wednesday - Friday

Housing for 62 yrs+ & handicapped & disabled person.  
Rent based on 30% of adjusted gross income.

- 1 & 2 Bedrooms
- Beautiful Common Areas including community room, hair salon and laundry facility
- 24-Hour Emergency Maintenance
- On-Site Professional Management
- On-Site Parking
- Wide range of resident services programs and social activities



Privately owned building in the North End of New Bedford. Taber Mill is now accepting applications for bright 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped and disabled persons who are 18 years old and over. Rent based on 30% of adjusted income. Income requirements, please call for more info.

217 Deane Street, New Bedford, MA 02746

(508) 996-3111

VOICE-TDD# 1-800-439-2370  
cristeiri@bostonland.com





# Community

## Using lifelong skills to create meaningful retirements

If you listen to former surgeon and wound care physician, Dr. C. Douglas Fogg, speak about his many years of medical and community service, he'll tell you his work, his career, and his community effort all come down to a very simple thing — his enjoyment of and respect for people.

A respected surgeon who at age 65 transferred to wound care management instead of retiring, Dr. Fogg "officially" retired in 2015, but at age 88 is still helping others through board service, clinical assistance, donations, mentoring, and more.

He doesn't make a distinction between his work before retirement and what he does now, except to say with a smile, that he may have slowed his pace a little.

His work has always been his vocation.

"I have an avocation," said Dr. Fogg. "I'm a doctor. I didn't want to work."

As a surgeon, Dr. Fogg made house calls, enjoying the chance to see patients in their home environments. Years later, he still recalls details of those visits like the formal wedding photos and other family memorabilia he saw.

He maintains that focus on personal connection in his community work especially at Mercy Meals, the New Bedford non-profit that provides hot breakfasts in the community and operates a foot clinic in the city.

It started with a simple visit when Dr. Fogg visited Mercy Meals and asked if he could come down and help. Two years later the nurse running the foot clinic retired, he said, adding, "So I took over."

Executive Director David Motta

calls Dr. Fogg's contributions at Mercy Meals tremendous.

"He comes by at least once a week bringing socks and sometimes backpacks," he said. "He's really an incredible man."

Motta said Dr. Fogg also contributes with the foot clinic during the academic year, working with UMass Dartmouth student nurses who "check vitals and do foot checks for the (clinic) patrons, whoever wants to have it done."

Some days that's about 10 people while others are fewer or even none, he said.

Those who come, said Motta, "Love it. They soak their feet and they get new socks and shoes."

At the clinic, Dr. Fogg helps patrons and passes on his knowledge and skills to a younger generation of nurses, preparing a syllabus on wound care for them and taking time to mentor them.

"I give them both teaching and treating. It's just fun," he said.

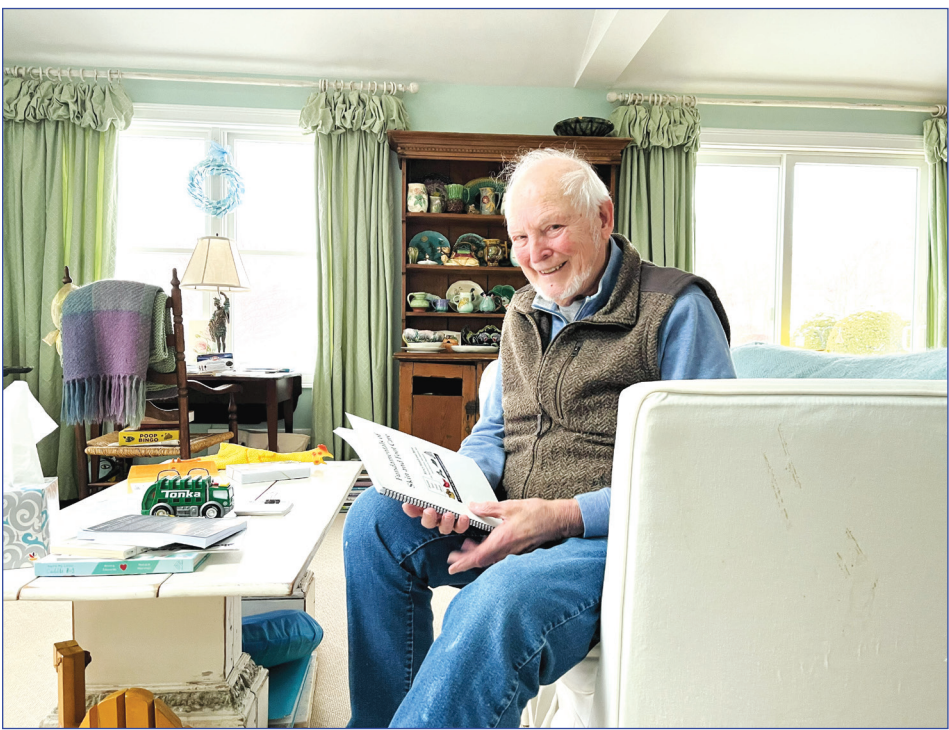
Nursing students also hear his views on connecting with people and medical etiquette.

Dr. Fogg says he was once told not to speak to the patrons, a command he found incredulous. He finds the interview process important to treatment and the patrons receptive and appreciative.

"Talk to them," he tells nursing students. "They want to talk."

This fall, the Boys & Girls Club recognized Dr. Fogg with its Robert Chadwick Community Service Award where he's served as a board member for more than 25 years.

"His passion and compassion for helping others is second to none. He's just a beautiful soul,"



Dr. Douglas Fogg reviews wound care materials at his home in Dartmouth.

said Robert A. Mendes, executive director of the Boys & Girls Club of Greater New Bedford. "He's very supportive of all the programs, not only montarily. He's come in here and worked with nursing students to do heart checks and every holiday season those families in need have cards from Market Basket to make sure they have food on the table."

Service was important to his entire family, Dr. Fogg said describing how his wife, Sandra, who died recently, was recognized for the longest term of service for the Association for the Relief of Aged Women in New Bedford.

"They established a permanent fund of \$1500 just in general for her 39 years of service," he said, adding that

the fund is called the Sandra Roberts Fogg Beneficiary Award.

With all he's done and learned, Dr. Fogg wants young people, especially those entering the medical profession, to know they don't have to be in a hurry to get everything done.

I tell them, "You're all going to live to be 90...so don't be in a big hurry. Your careers are going to be long."

Asked about advice he would share with other retirees or anyone preparing for retirement, Dr. Fogg recommends sharing any skills you have.

"If you've got a talent for something, use it. Share it with people," he said from his Dartmouth home. "Give back. You've got to."

### The Way Things Were



**SALVAGE FOR VICTORY, 1943:** In this Spinner Publication photo, scrap collector Frank Alves delivers one ton of paper, 150 pounds of fat, 300 pounds of rags and assorted iron to junkman Samuel H. Mirsky (with cigar). Atop the wagon, Joseph Silva hands Mirsky an iron bed rail.

### State addresses health disparities

The state laid out its plan for Advancing Health Equity in Massachusetts (AHM) in January, an initiative to eliminate racial, economic, and regional disparities in health outcomes.

Led by Secretary of Health and Human Services Kate Walsh and Undersecretary for Health Dr. Kiame Mahaniah, the initiative will engage agencies and stakeholders from across the state in reworking the systems that lead to poor outcomes for vulnerable communities.

The first year will have two primary focuses: maternal health and social determinants of health. Building on the July 2023 Department of Public Health report that revealed major inequities in unexpected labor and delivery complications, AHM will examine maternal health and how to improve outcomes for mothers and infants in the period before, during, and after birth. AHM will also examine the living conditions and societal structures that make a person more vulnerable to diabetes, heart disease, stroke, and other cardiometabolic diseases – the leading cause of death in Massachusetts.