

Senior Scope

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

Vol. 6, Issue 4 Published by Coastline Elderly Services, Inc. January 2024

Inside



Holiday Party photos, page 4

- Donations 2
- From the Editor..... 2
- SHINE Counselors 2
- AARP Volunteers 3
- COA Director (cont.) 3
- Updates 4
- 21-day Reset..... 5
- COAs get SIG funds 5
- Free Buses 6
- Be My Neighbor 7
- Legal 8
- Trivia..... 8
- COA to livestream..... 9
- At the COAs..... 10
- COAs Continued..... 11
- Dementia Directory..... 11
- Historical Photo..... 12
- Pressed into Service 12

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



COA Director Pamela Amaral-Lema congratulates a raffle winner (above) with COA Advisory Board member Bruce Duarte on her left at the annual Holiday Party's return to Fort Taber. Below, older adults enjoy the festive and fun party atmosphere.

COA director has big plans for city's senior centers

New Bedford has a new Council on Aging director and she has big plans for the city's older adults. Pamela Amaral-Lema took the reins at the COA in June after Director Deb Lee retired. She's new to the role but not the COA, having spent her entire career working with older adults and the last 10 years at the New Bedford COA as Lee's right hand. She's loved working with older adults from her first role as a dietary aide, she said. "I really enjoyed taking time going up to the floors and speaking to the residents," Amaral-Lema said. "I



used to spend my breaks there and stay on after my shifts, and I really built friendships with a lot of the residents there." "I found that passion early on work-

ing with older adults." As part of that passion, Amaral-Lema went back to school and earned a master's degree in gerontology and the management of aging services from UMass Boston. She's had 20 years of total experience, all of it leading to this role in this city and how she can best help older adults here. "I really want to get the senior centers a little busier and add more activities geared to the active adults," said Amaral-Lema. "Our older adults are baby boomers. They're active. Some of them are still working, part-time or full-time, and some of them

Continued on page 3

Tea, cake, and lively conversation about death

For most people, there's no bigger fear in life than that of death or dying. It's the unavoidable end that looms over all of us, growing stronger as we age. So it's unsurprising that we find it so hard to talk about the topic. We think of conversations around death as heavy and depressing and mostly shy away from talking about the subject at all. But not Marion resident Madeline Cooke. Cooke, 74, wants to bring light to the topic of death and hopes she

"It's authentic. It's real. I mean it's the best common denominator I can imagine because we're all going to die."

—Madeline Cooke

can convince others to do so too. "You can get very close to somebody very quickly (talking about death) and I really like that," she said. "It's authentic. It's real. I mean it's the best common denominator I

can imagine because we're all going to die and we're all going to know somebody, and maybe be a part of, somebody's dying journey." A hospice volunteer and certified "death doula," Cooke has some experiencing helping those who are dying. But that's not what she's looking to do here. She's not sure when her interest in sharing stories about death started, but she said, something sparked when a friend told her about the existence of death cafés, *Continued on page 12*

State receives funding for Cape bridges

The Healey-Driscoll Administration announced last month it was receiving \$372 million in federal funding to rebuild the Cape Cod bridges.

The award represents the full amount the administration applied for in August 2023 from the Federal Multimodal Project Discretionary Grant program, which includes the Nationally Significant Multimodal Freight & Highway Projects (INFRA) program and the National Infrastructure Project Assistance (MEGA) program. The administration still has an outstanding application for \$1.06 billion from the Bridge Investment Program (BIP) Large Bridge Project Program.

“This is a huge win for Team Massachusetts. Our administration said from day one that we were going to compete aggressively for federal funding to bring home to support crucial infrastructure projects in Massachusetts, like the Cape Cod Bridges project,” said Governor Maura Healey in a release. “We are thrilled that our first application was a success, and we are optimistic that we are in a strong position to bring home the remaining funding. We’re grateful for the leadership of the Biden-Harris Administration and for the strong partnership of

Senators Markey and Warren and Congressman Keating.”

The state also submitted an application for \$1.06 billion in grant funding through the Bridge Investment Program (BIP) Large Bridge Project Program for replacement of the Sagamore Bridge. MassDOT is the lead applicant, applying jointly with U.S. Army Corps of Engineers (USACE) as the owner of the bridge.

This brings the total amount applied for by the administration to \$1.45 billion. The administration included \$262 million toward replacing the bridges in their Fiscal Year 2024-2028 Capital Investment Plan, with the goal of ramping up to Gov. Healey’s \$700 million total long-term commitment. The Senate Appropriations Committee has also advanced President Biden’s budget proposal of \$350 million for the Cape Cod Canal Bridges Project.

“(This) presents a powerful opportunity to modernize the design to improve safety, mobility, and resiliency; increase economic vitality; and improve access through better pedestrian and bicycling infrastructure,” said Secretary of Transportation Monica Tibbitts-Nutts.

From the Editor

This December marked my second year with Senior Scope. I appreciate all of the support I’ve received from those who have loved this newspaper for years (an amazing group of people!) as well as those new to it.

I’ve learned from so many of you about the blessings and challenges of growing older, the support that exists for continuing to live independently even as you negotiate changes related to aging, and the strengths and weaknesses of our social support systems.

As a part of Coastline Elderly Services, I’ve had the chance to see our care managers in action and how much they give to the individuals they partner with. And I’ve been able to meet and speak directly to those who receive care and support.

I have to say that’s been the most enjoyable part of my work, whether it’s been for a Senior Scope story or for Coastline. The humor, the frankness, the authenticity, and joy older adults have shared with me has been heartwarming and fun.

Last month, I went to the holiday party at Tripp Towers in New Bedford and frankly, it felt a little like my college parties of old. So much noise, laughter, food and excitement! There were people of many ages there and it was still one joyous, raucous group.

One man sought me out to tell me

about a Coastline manager whose perseverance in negotiating healthcare billing issues saved him thousands of dollars. With another, I discovered a shared former employer and enjoyed talking about the people we knew and jobs we did “in the old days!”

All of this is to say I enjoy the work I do here at Senior Scope and hope in some way it benefits all of you. As we enter 2024 together, there’s a lot of work to be done, but I can feel the gears beginning to turn.


Last year, for example, MassHome Care brought on new leadership and strengthened their focus on advocacy for better support of aging and the needs of older adults. Coastline is participating in that work too as are the other Aging Services Access Points in Massachusetts.

It’s early yet to predict how aging organizations and the growing number of older adults in the state may affect change, but it will be interesting to watch what 2024 brings! Stay tuned!

Connect with Beth Perdue at bperdue@coastlinenb.org.




Beth Perdue



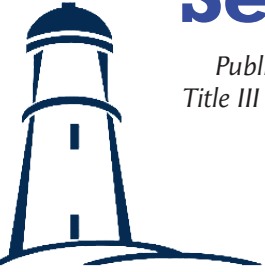
Coastline
508-999-6400

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



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
Philip Beard, Distribution

For further information on advertising rates,
please call: 774.438.2729
or e-mail: 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 January 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.

Remembering to care for our neighbor in the new year.
— Anonymous, \$10

May our police and fire departments have a safe and happy new year.
— Anonymous, \$10


Health & Happiness to All.
— Anonymous, \$25

Thank you St. Jude-the Sacred Heart of Jesus and Father Peter for prayers answered.
— Anonymous, \$10

In Memory of Laura & Bob Gragg, Mr. & Mrs. Elmer Haskell, Charlie & John Haskell, Suzzane Andrews, Sharon Bates - God Bless. Wishing you were all here with the family.
— In my prayers, Florence Gauthier, \$15

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

Donate online via
PayPal here:



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

☐ _____

Inspiring Falmouth couple honored with AARP volunteer award

A Falmouth married couple, co-founders of LGBTQ+ Elders of Color, was recognized recently by AARP Massachusetts with its prestigious 2023 Andrus Award for Community Service.

Paul Glass and Charles D. Evans were selected “for their remarkable service, which has benefited the community, reflected AARP’s vision and mission, and inspired other volunteers,” according to AARP.

“This award acts as a symbol to the public that we can all work together for positive social change,” said Mike Festa, state director, AARP Massachusetts.

Both in their 70s, Glass and Evans relocated to Cape Cod from New York City in 2002. Their volunteer work includes supporting food pantries, Cape Cod Pride, HIV+ advocacy, and more.

“As volunteers and advocates for multiple organizations, including two they co-founded, they have championed positive social change and delivered value through advocacy, information, and service,” AARP said in its article on the award selection.

At the Nov. 12 award ceremony, Glass said the couple has enriched their lives and created stronger community connections through outreach and advocacy.

“To some, retirement may mean

the opportunity to relax and take it easy,” he said. “To us, retirement has provided an opportunity to find new ways to help others.”

Glass cited numerous organizations, initiatives and advisory boards they have supported including the AIDS Support Group of Cape Cod, the Multi-cultural AIDS Coalition, The Theater Offensive, The History Project, Massachusetts Legislative Commission on LGBTQ+ Aging, and the Massachusetts Department of Public Health-Office of HIV/AIDS advisory boards.

“The work we’ve done for the past 10 years with LGBTQ+ Elders of Color has been a particular source of pride... The outreach ... is essential because the challenges we face as LGBTQ+ seniors intensify with age.”

—Paul Glass,
AARP 2023 Andrus Award recipient

“The work we’ve done for the past 10 years with LGBTQ+ Elders of Color has been a particular source of pride,” Glass said at the ceremony. “As co-founders, along with others,



Photo courtesy of AARP Massachusetts
Charles D. Evans and Paul Glass (l-r) accept the 2023 Andrus Award for Community Service.

we have been instrumental in keeping our often-forgotten community visible and active.”

“LGBTQ+ senior communities with multiple identities confront multiple challenges,” he said. “The outreach we do with our community is essential because the challenges we face as LGBTQ+ seniors intensify with age.”

In his award nomination for Glass and Evans, Barrie Atkin said the two men channeled their negative experiences into healing and inspiring

volunteer work and leadership.

“Their signature work co-founding LGBTQ+ Elders of Color in 2013 in Massachusetts was innovative, unusual, and courageous,” Atkin said in his nomination. “No such organization existed at that time. In collaboration with the LGBTQ+ Aging Project, they identified the need and turned the need into a reality. They didn’t just co-found the organization along with others, their continued leadership inspires many others to be involved.”

COA Director continued...

are completely retired and enjoy it. So right now my mission is to research different activities to help our adults to age in place, to stay vital in the community, to build on friendships, and to increase that socialization piece that we lost during the pandemic.”

Her first attempts came this summer with two Twilight Bingo events in August and early September, both of which had a good turnout.

“It was 5-8 at night so folks were able to drive home before it got dark. We provided a dinner too. It was well attended,” said Amaral-Lema.

She also brought the holiday party back to Fort Taber Community Center last month after three years away.

Despite her focus on activities, Amaral-Lema said she is also a strong supporter of the COA’s Social Day program which was expanded under Lee. She understands the need for the program and the good it provides for individuals and families.

“My passion is still for Social Day,” she said. “It’s a therapeutic environment that helps older adults thrive and it provides great respite support for caregivers. Because that is running well, we always want to increase admissions...That is still a priority but just as much as a priority now that I’m the director is to build up the services at the centers.”

Services include activities for New Bedford older adults and other supports like transportation, particularly medical transportation.

“I’m in the process of applying for a grant to expand medical transportation to five days a week (from three days now) and probably add some personal and additional shopping dates to the schedule,” she said.

And she has her eye on how

services, like SHINE counseling, can be expanded. “I want to add more caregiver support groups,” Amaral-Lema said. “Particularly caregivers of those suffering from dementia and cognitive impairment.”

Amaral has high expectations and a big to-do list ahead of her. She expects some of it will take time to check off but says she hopes activities expand as early as this spring.

“I think coming into the new year we’ll really see a change and an increase of activities,” she said.

“Come springtime, I’m going to add Twilight Bingo again. I’m probably going to add a Single Seniors dinner or something similar to Fairhaven’s,” she continued. “I want to do more evening events, because they really like to have something to look forward to, to come out for something out of the norm.”

Like other Senior Centers, Amaral-Lema is aware that the needs and desires of older adults are shifting as people stay healthier and more active as they age. She’s attuned to and has personally witnessed changes in how people use the senior centers.

“We have the younger older adults who really enjoy the exercise programming, so they’ll come in, they’ll take a chair yoga class, a Zumba class, or a strength and conditioning class and then they’ll leave and go about their day. They’ll run errands or just live their own life,” she said.

That’s changed from earlier years, she said.

“When I first started about 10 years ago, we would see many older adults staying at the Senior Center for the whole day. They would have lunch. They would stay for Bingo. They would stay for whatever was going on. They weren’t engaged in an activity;



Friends (above) enjoy a dance together at the COA’s holiday party. Pamela Amaral-Lema (below) was committed to returning the party to Fort Taber after a hiatus in the pandemic.

“I really want to get the senior centers a little busier and add more activities geared to the active adults.”

—Pamela Amaral-Lema,
New Bedford Council on Aging Director



they would kind of congregate in the corner in a little seating area. They’d chit chat and just socialize,” Amaral-Lema said. “We don’t see much of that anymore. Now, it’s really more of a hub. You go in, you participate in what you want, and then you leave. So we want to add more of those one-stop activities that people can enjoy and then once that’s completed, if they don’t enjoy the next activity, at least they feel fulfilled that they enjoyed the hour or hour and a half that they just participated in.”

As she starts her eighth month as director, Amaral-Lema knows there

are both opportunities and challenges to her role and being able to support the city’s aging adults. The pandemic changed things, she said, created more isolation, and the COA is still shifting to meet those needs.

But she’s also clear that this is right where she wants to be.

“My number one goal has always been to help older adults to live independently and stay active with dignity and respect. I am passionate about it. I really want to see them thrive,” said Amaral-Lema. “This is a dream of mine. This has always been where I wanted to be.”

Update

GRG Inc. to meet in new location

Grandparents Raising Grandchildren, Inc. will hold its monthly meeting in a new location in January. The organization, which offers support for grandfamilies, hosts a support group on the third Tuesday of the month from 6 to 8 p.m. In January the meeting will be held at the YWCA, 20 South Sixth Street, 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.

SNAP benefits approved for legal immigrants

Massachusetts Gov. Maura Healey and the state Legislature approved food benefits for legal immigrants who aren't citizens last month as part of a \$3.1 billion spending bill signed by the governor on Dec. 4. The bill allocates \$6 million for an expected seven months of benefits. Massachusetts previously offered SNAP benefits to legal immigrants but ended the practice in 2002. The decision will help the thousands of new immigrants to the state in the past year.

Help recovering pension funds

The Pension Action Center provides free legal counseling for workers and retirees who live or worked in Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont, and Illinois. Part of UMass Boston's Gerontology Institute, the center has served more than 11,000 individuals and recovered over \$68 million in retirement benefits, according to its website. For more information and for resources and tips for recovering pension funds, visit its website at www.umb.edu/pensionaction/. To request assistance, call 1-888-425-6067 or submit an online request at <https://www.umb.edu/pensionaction/request-assistance/>

Cellphone classes re-start at Coastline

Cellphone classes are beginning again at Coastline Elderly Services in New Bedford. Both Android and iPhone classes have been scheduled in monthly segments of three classes each between January and May 2024. Beginner classes will be held in January, March and May with intermediate classes in February and April. Android classes are 9-11 a.m. on Tuesdays with beginner level start dates of Jan. 9, March 5, and May 7 and intermediate level start dates on Feb. 6 and April 9. iPhone classes are 9-11 a.m. on Thursdays with beginner level start dates of Jan. 11, March 7, and May 9; and intermediate level start dates on Feb. 8 and April 11. To register or for more information, call Roshalene at 508-742-9160.

Farms receive recovery funds

Close to 30 Southeastern Massachusetts farms were included in a group of 347 farmers receiving state disaster recovery funding after severe weather events damaged crops earlier this year. In December, the Healey-Driscoll Administration announced that \$20 million would go to impacted farms through the Natural Disaster Recovery Program for Agriculture. NDR provides immediate assistance to farmers who experienced significant crop losses due to a deep February freeze, a late May frost event, and catastrophic flooding in July. For some farmers, these events meant a total loss of their crops for the season, and for others, it substantially reduced their harvest and, as a result, their revenue. Farms eligible for recovery funds had to demonstrate that they suffered losses of greater than 15 percent of their total planted acreage during one of the 2023 natural disasters. NDR funds will be distributed immediately in time for local farms to begin the work needed for next year's growing and harvesting season.

Spinner publishes 2024 calendar

For over 35 years, Spinner Publications' Historical Calendars have celebrated two of the region's most important assets: the commercial fishing industry and the cultural history of Southeastern New England. The newly announced 2024 calendar continues that tradition with 13 historical photographs, detail captions, fishing scenes, and scenes of old southeastern New England. The calendars are available online at SpinnerPub.com/calendars_home.html for \$15 or at the Spinner office at 164 William St., New Bedford for \$10.

Free mental fitness classes for older adults

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; or @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.

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.

State awards local IT grants

The Healey-Driscoll administration announced \$5 million in grants to municipalities to upgrade and improve their information and technology systems through the Community Compact program. This funding comes from one of four Community Compact grant programs being run this fiscal year and will benefit 68 municipalities and school districts, including 13 first-time recipients. The 52 grants will go toward improving cybersecurity and e-permitting, centralizing financial systems, implementing records management systems and infrastructure needed for hybrid meetings. Local awards include the town of Dartmouth, \$8,725, Implementation of a records management system; Fairhaven, \$150,000, Implementation of a records management system; Marion, \$135,000, Implementation of a records management system; Mattapoisett, \$132,479, Disaster recovery enhancements; and Wareham, \$100,000, Implementation of a records management system.

New Bedford COA Holiday Party returns to Fort Taber



The New Bedford holiday party was hoppin' at the Fort Taber Community Center with help from the DJ (*far left*). Dancers enjoyed romantic slow songs and funky dance tunes with Flo DaCosta, Gail Costa, and Judy Cambra (*above*) showing their steps together.

Your Health

Reset your New Year with a 21-day program starting Jan. 2

Looking to reset your New Year in a meaningful way? Join the Marion Institute’s third annual 21-Day Reset and discover how basic lifestyle changes can bring you into alignment with the “Natural Laws to Live By” and closer to personal wellbeing.

The air, water, soil, and sun have been our constant companions since the dawn of mankind. We cannot exist without them. Yet with the relatively sudden onset of omnipresent industry, inescapable technology, and the seemingly endless deluge of modern dietary conveniences, we have become more like distant relatives of Earth’s primary elements. This separation has led us to become a society with more illnesses to manage, than wellness to enjoy!

But how do we return to a more natural state in order to bring about lasting balance and health?

The start of the new year is a great time to introduce small changes to your daily routine that can lead to significant improvements in overall health and immune function.

By registering for the Marion Institute’s free 21-Day Reset program, you’ll receive one email per day highlighting a particular natural health practice such as breathing techniques, sleep hygiene, and grounding. Each email will be brimming with helpful information, valuable resources, and inspiration specially curated for their ease and usefulness to create balance, health, and harmony



throughout the entire year! The Reset works best without any pressure to do everything all at once. We suggest you review or save the daily emails and spend some time reflecting on which habits resonate with you the most. Then, you can begin to incorporate the one or two practices into your daily self-care regime until they become habit. In other words, don’t try to incorporate all 21 practices right away – that would be stressful and defeat the purpose. Rather, use the emails and the Reset as your key for a healthy year in 2024 and beyond.

The Marion Institute is a non-profit organization whose programs advance a culture of health through food equity. Our newest initiative, Frogfoot Farm – Neighbors Feeding Neighbors is a farm-to-food relief program that will grow and harvest fresh produce for area food relief programs. The six-acre farm located on the Wareham/Plymouth line will



both grow food and operate as a base to train volunteers (aka Gleaners) who will harvest crops from area farmers – with all produce delivered to local food pantries or commercial kitchens to be made into prepared meals for food-insecure individuals and families. All farming activities will begin in 2024.

We invite you to learn more about our work online at www.MarionInstitute.org. To register for the 21-Day Reset, go to <https://www.marioninstitute.org/programs/biomed-network/21-day-reset-2024-biomed/>

Guest New Bedford Wellness columnist Liz Wiley is the director of the Marion Institute in Marion.

Social Security overpayments webinar is Jan. 16

The National Center on Law & Elder Rights is offering a free 75-minute webinar called, Legal Basics: Social Security Overpayments at 2 p.m. on Jan. 16.

An overpayment of Social Security (Title II) or Supplemental Security Income (SSI, or Title XVI) benefits occurs whenever an individual receives more money for a month than the amount that should have been paid by the Social Security Administration. This training will review the options individuals have when they receive a notice of an overpayment from SSA.

Presenters will cover the steps advocates can take to ensure the accuracy of an overpayment claim, to reduce or eliminate the amount taken by SSA, and to enforce clients’ due process rights. Participants will also learn about recent changes SSA has made to address overpayment appeal and waiver problems, and how advocates can help.

Webinar presenters are Kate Lang, Director, Federal Income Security, Justice in Aging; and John S. Whitelaw, Advocacy Director, Community Legal Aid Society, Inc.

Webinar capacity is limited to 3,000. To register, go to https://hhsacli.zoomgov.com/webinar/register/2517029226541/WN_oA82NJu8SyuwGpIPR2RNBA?eType=EmailBlastContent&eId=6249479d-71b6-4754-8d34-c64a2b7c531c#/registration

Two local COAs awarded Service Incentive Grant funding

Dartmouth and New Bedford councils on aging were among 59 COAs in Massachusetts to receive FY24 Service Incentive Grant funding recently from the Massachusetts Councils on Aging, according to an MCOA announcement. The highly competitive process received more than \$2.1 million requested through the Request for Proposal process, MCOA said.

Dartmouth COA Director Amy DiPietro said the funding will be used to support two projects. The first is a nutrition plan that will promote the socialization, health and well-being of seniors.

“The DCOA Nutrition Innovation plan will assist us in developing a monthly lunch program which engages individuals from our vast multi-cultural community by providing monthly culturally diverse meals and educational programming during our lunch service,” she said via email. “Culturally inclusive dining is an important way to celebrate diversity and promote social inclusion. When we share meals with people from different cultures, we not only learn about their food but also about traditions and way of life.”

The second project will help fund a masterplan for the COA and the the Maria Connor Center for Active Living where it is housed. The Senior Center Modernization plan will explore

“The masterplan will assess the building condition and layout, develop a long-term program, and provide prioritized scope recommendations, including associated costs.”

—Amy DiPietro, Dartmouth COA Director

future expansion goals and reevaluate current uses and other facility improvement concerns.

“The purpose of this Building Improvements Masterplan Study is to evaluate how to best make decisions for incremental future building improvements that support the vision and function of the senior center,” DiPietro said. “The masterplan will assess the building condition and layout, develop a long-term program, and provide prioritized scope recommendations, including associated costs.”

In New Bedford, COA Director Pamela Amaral-Lema said the funding will be used to support transportation services.

“The SIG grant is to provide medical and personal transportation for New Bedford residents,” she said via email.

SIG grants can be used in eight Field Demonstration Project areas, according to MCOA.



These include: Age and Dementia Friendly Capacity Building; Memory Café Innovations and start-ups; Nutrition Innovation and/or Expansion; Senior Center Modernization; Public Health Connections; Development and implementation of Outreach and Marketing of your COA to older adults and caregivers; Capacity-Building for Caregiver Respite Services or financial aid to enable Caregiver Respite Financial Assistance; and, Provision of Transportation Services to support older adults in maintaining their independence.

SIG funding is made available through the Massachusetts Executive Office of Elder Affairs.

SRTA buses will be free to ride through June

The Southeastern Regional Transit Authority is making all of its bus routes free to ride now through June 30 as part of a plan to encourage more people to try transit and to make public transportation more convenient and accessible.

The change, which includes free on-demand service for disabled riders, is part of SRTA’s “Try Transit” program which launched on Jan. 1. The program is funded through a grant awarded by the Massachusetts Department of Transportation.

Free transit is one way that SRTA is looking to make public transportation more accessible. It also plans to begin Sunday service in January, although the start date had not yet been set when this issue was published. Other possibilities being considered include extending bus service after 10

p.m. In addition to increasing access to bus services, the free program will help riders reduce travel expenses. Bus fares at the end of 2023 were at \$1.50.

“This is absolutely a benefit to the public, and there’s going to be an economic benefit to the city and to the region as a result,” Shayne Trimbell, SRTA’s director of transit planning, told New Bedford Light about the ‘Try Transit’ program.

SRTA currently runs buses Monday through Saturday starting at 5:20 a.m. weekdays and 6 a.m. Saturdays. Buses run until 9:40 p.m. weekdays and 9:05 p.m. Saturdays.

Questions regarding the “Try Transit” program can be directed to the Southeastern Regional Transit Authority at 508-999-5211 or info@srtabus.com.

Os autocarros SRTA serão gratuitos até junho

A Southeastern Regional Transit Authority (Autoridade de Trânsito Regional do Sudeste) está a tornar todas as suas carreiras de autocarro gratuitas até 30 de junho, como parte de um plano para encorajar mais pessoas a experimentar o trânsito e para tornar os transportes públicos mais convenientes e acessíveis.

A mudança, que inclui um serviço gratuito a pedido para os passageiros com deficiência, faz parte do programa “Try Transit” da SRTA, lançado em janeiro. 1. O programa é financiado através de uma subvenção concedida pelo Departamento de Transportes de Massachusetts.

O transporte gratuito é uma das formas que a SRTA está a procurar para tornar o transporte público mais acessível. Está igualmente previsto o início do serviço dominical em janeiro, embora a data de início ainda não tenha sido fixada à data da publicação desta edição. Outras possibilidades que estão a ser considera-

das incluem o alargamento do serviço de autocarros após as 22 horas.

Para além de aumentar o acesso aos serviços de autocarro, o programa gratuito ajudará os passageiros a reduzir as despesas de viagem. As tarifas de autocarro no final de 2023 eram de \$1,50.

“Isto é absolutamente um benefício para o público e, como resultado, haverá um benefício económico para a cidade e para a região”, disse Shayne Trimbell, diretor de planeamento de trânsito da SRTA, ao New Bedford Light sobre o programa “Try Transit”.

Atualmente, os autocarros da SRTA circulam de segunda a sábado a partir das 5:20 durante a semana e das 6:00 aos sábados. Os autocarros funcionam até às 21:40 durante a semana e às 21:05 aos sábados.

As perguntas relativas ao programa “Try Transit” podem ser dirigidas à Autoridade de Trânsito Regional do Sudeste através do número 508-999-5211 ou info@srtabus.com.

Los autobuses de SRTA serán gratuitos hasta junio

La Autoridad de Tránsito Regional del Sureste (Southeastern Regional Transit Authority, SRTA) ha decidido que todas sus líneas de autobuses sean gratuitas hasta el 30 de junio, como parte de un plan para alentar a más personas a utilizar el transporte público y hacerlo más conveniente y accesible

El cambio, que incluye un servicio gratuito a demanda para pasajeros discapacitados, forma parte del programa “Try Transit” de SRTA que se puso en marcha el 1 de enero. El programa se financia a través de un subsidio concedido por el Departamento de Transporte de Massachusetts.

El transporte gratuito es una de las formas en que SRTA busca hacer más

accesible el transporte público. También tiene previsto iniciar el servicio los domingos en enero, aunque todavía no se había fijado la fecha de inicio al cierre de esta publicación. Otras posibilidades que se contemplan son ampliar el servicio de autobuses después de las 10 p.m.

Además de incrementar el acceso a los servicios de autobús, el programa gratuito ayudará a los usuarios a reducir los costos de viaje. Las tarifas de autobuses a finales de 2023 eran de \$1.50.

“Esto ciertamente es un beneficio para el público y, como resultado, va a haber un beneficio económico para la ciudad y la región,” dijo Shayne Trimbell, director de planificación de tránsito de SRTA a New Bedford Light acerca del

programa “Try Transit”

Actualmente, los autobuses de SRTA circulan de lunes a sábado comenzando a las 5:20 a.m. los días de semana y a las 6 a.m. los sábados.

Las preguntas relacionadas a “Try Transit” se pueden dirigir a la Autoridad de Tránsito Regional del Sureste (Southeastern Regional Transit Authority) llamando al 508-999-5211 o a info@srtabus.com. pasajeros a reducir las despesas de viagem. As tarifas de autocarro no final de 2023 eram de \$1,50.

“Isto é absolutamente um benefício para o público e, como resultado, haverá um benefício económico para a cidade e para a região,” disse Shayne Trimbell,

diretor de planeamento de trânsito da SRTA, ao New Bedford Light sobre o programa “Try Transit.”

Atualmente, os autocarros da SRTA circulam de segunda a sábado a partir das 5:20 durante a semana e das 6:00 aos sábados. Os autocarros funcionam até às 21:40 durante a semana e às 21:05 aos sábados.

As perguntas relativas ao programa “Try Transit” podem ser dirigidas à Autoridade de Trânsito Regional do Sudeste através do número 508-999-5211 ou info@srtabus.com.

Translations provided by:



Coastline partners in \$3 million digital equity grant for expanding technology training

Coastline is thrilled to announce it is one of several Massachusetts organizations included in a \$20 million digital equity grant award announced by the state and Massachusetts Broadband Institute at MassTech on Dec. 5.

The grants are being made through the state’s Digital Equity Partnerships Program which supports high-impact and scalable initiatives that reach residents most affected by the digital divide.

They will fund five partnerships including a \$3 million project through AgeSpan of which Coastline is a partner. The award will help older adult residents across the state access the internet and will include training services, increase awareness of fraud, and boost enrollment in the FCC’s Affordable Connectivity Program. The Massachusetts Healthy Aging Collaborative and its Aging Services Access Provider partners estimate serving 2,400 older adults over the two-year grant period.

In addition to Coastline, the AgeSpan partnership includes Mystic Valley Elder Services, Elder Services of Worcester Area Inc., SeniorCare Inc., Old Colony Elder Services, Somerville-Cambridge Elder Services, Little Brothers-

“We are excited and grateful to be among the recipients of this funding... Our technology classes have been extremely successful, earning us national recognition by USAging. We are hopeful to use this funding to expand technology education in greater New Bedford.”

—Justin Lees,
CEO, Coastline Elderly Services

Friends of the Elderly, Mass. Association for the Blind and Visually Impaired, Mass Law Reform Institute and MassAccess.

“We are excited and grateful to be among the recipients of this funding,” said Coastline CEO Justin Lees. “As a non-profit, Coastline routinely tests out new programs to address the needs we identify in the community. Our technology classes have been extremely successful, earning us national recognition by USAging. We are hopeful to use this funding to expand technology education in greater New Bedford.”

“Alongside our partners, we are proud to be part of MBI’s Digital

Equity Partnership Program – an incredible opportunity that will address digital equity among older adults in more than 70 communities,” James Fuccione, executive director, Massachusetts Healthy Aging Collaborative said in a released statement. “We are all aging and technology is always advancing, so our goal is to create a system of support to improve digital access for older adults now and in the future so that we can all fully participate and engage in our communities.”

Overall, the grants fund five partnerships offering a range of services including regional networks of digital navigators who will train individuals in digital literacy, device refurbishment and distribution, neighborhood-scale broadband connectivity, digital education for workforce development, telehealth resource navigation, and a state-wide effort to provide free WiFi in affordable housing and public housing developments.

In addition to AgeSpan, lead partnership recipients include:

- The Massachusetts League of Community Health Centers, which will receive \$3.75 million;
- The Metropolitan Area Planning Council, which will receive \$5.6 million;

- The Metro North Workforce Investment Board, which will receive \$4.1 million; and,
- UMass Lowell, which will receive \$4.0 million.

“The Digital Equity Partnerships Program supports organizations across Massachusetts that help residents build their digital skills and get online so they can participate fully in our state economy, access modern health services, get connected to loved ones, and so much more,” said Massachusetts Secretary of Economic Development Yvonne Hao. “We are excited to announce today’s grants through the Massachusetts Broadband Institute, which will help make technology more accessible for everyone across the state.”

“These monumental grants ensure that thousands of residents in communities across the state will have the tools and training they need,” said MBI Director Michael Baldino. “The digital divide is narrowing, and that is due to our strategic efforts to expand infrastructure and boost access. When high-speed internet is available in a Massachusetts neighborhood, these programs ensure that residents in that neighborhood can take advantage of everything the digital economy has to offer.”

WON'T YOU BE MY NEIGHBOR?

OH! It's not just an exclamation, it's a condition!

By Nanci Winterhalter

For many years, even as a young adult, I would literally “hop” out of bed early in the morning and upon standing, I would feel lightheaded and dizzy. Occasionally, I would even buckle to my knees! I accepted this as par for the course, because I didn’t know any better and apparently, I was not very curious.

It wasn’t until I was studying to become a physical therapist in my 20’s that I learned what was going on in my body. Mostly due to my low blood pressure, low blood sugar, tendency towards dehydration and quick movement getting up from lying in bed or after sitting for a while, I was experiencing a condition called orthostatic hypotension (or OH).

I offer you a very rudimentary introduction: when you stand from sitting or lying position, gravity causes blood to collect in the lower parts of the body (belly and legs). Your blood pressure (BP) drops as there is less blood flowing back towards the heart. When working properly, sensors in your amazing body sense the lower BP and send signals to the brain basically saying “heart please beat faster” which causes more blood to pump and our BP

regulates. Sometimes this amazing and effective process is interrupted and the body deals less well with the drop in BP. Orthostatic Hypotension is characterized by a sudden drop in blood pressure (BP) upon standing that can lead to symptoms such as lightheadedness, dizziness and sometimes even fainting. These symptoms can vary from mild to more significant, depending on the cause.

Older adults are often more prone to OH. Besides the undesirable sensations of momentary light-headedness, confusion, blurry vision, weakness and/or imbalance, it can increase your fall risk.

Some (but not all) of the more common conditions that can contribute to OH include:

- Dehydration (my personal nemesis);
- Rising too quickly after prolonged sitting or lying down (guilty as charged);
- Heart problems, endocrine problems or nervous system problems;
- Extended bed rest;
- Carbohydrate-heavy meals;
- Vigorous exertion;
- Heat exposure (as a former sun-worshiper, I can attest to



this) or fever;

- Straining on the toilet or severe diarrhea; and,
- Certain medications can contribute to OH - speak with your healthcare provider(s).

If you experience any of these symptoms upon standing, be sure to tell your healthcare provider(s). With a thorough history, evaluation and accurate measurements of orthostatic BP, your healthcare provider(s) can recommend simple strategies and select appropriate medications to help manage your symptoms and minimize your risk for


falls.

In the yogic philosophy, awareness and self-inquiry are paramount. Noticing the sensations of the body helps us discern what is going on and we can take proper action with the guidance of our health care providers.

Ultimately, taking loving and attentive care of ourselves allows us to show up for ourselves and others!

Wishing you, my neighbors, a peaceful and healthy 2024.

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.

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

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

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


April
Intermediate Android: 4/9, 4/16, 4/23
Intermediate iPhone: 4/11, 4/18, 4/25

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 Roshalene Grace at Coastline Elderly Services. 508-742-9160

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



Creating an Estate Plan

Creating an Estate Plan Protecting wealth and preventing hardship for your heirs

By Attorney Erin L. Nunes, Partner

Surprenant & Beneski

Estate planning is the process of making arrangements for your assets when, and if, you become incapacitated, and after your death. It can help you ensure that your assets are distributed according to your wishes, minimize estate taxes, protect your loved ones from financial hardship, and reduce stress and fighting for your loved ones.

There are many different elements to estate planning, but some of the most important include:

- **Power of Attorney:** A power of attorney is a document that gives someone else the authority to make financial and legal decisions on your behalf if you become incapacitated.
- **Healthcare Proxy:** A healthcare proxy is a document that appoints someone to make healthcare decisions on your behalf if you become incapacitated.
- **A Trust:** A trust is a legal entity that can be used to hold and manage your assets. Trusts can be used to avoid probate, protect your assets from creditors, and provide for your loved ones in a specific way.
- **A Last Will & Testament:** A will is a legal document that specifies who will inherit your assets after your death. It can also appoint a guardian for your minor children.
- **Advance Directive / Living Will:** An advance directive is a document that specifies your wishes for end-of-life care, such as whether you want to be resuscitated or placed on life support.
- **HIPAA Authorization:** Allows someone access to your protected medical information. This can allow them to discuss medications with a pharmacist, manage insurance issues, etc.

Estate planning can be a complex process, but it is important to take the time to do it right. By creating an estate plan, you can ensure that your wishes are carried out and that your loved ones are taken care of.

- Here are some of the benefits of having an estate plan:
- It ensures that your assets are distributed according to your wishes.
 - It can help to minimize estate taxes.
 - It can protect your assets from creditors.
 - It can provide for your loved ones in a specific way.
 - It can help to minimize probate, which is a court process that can be time-consuming and expensive.
 - It can give you peace of mind knowing that your affairs are in order.

If you do not have an estate plan, you should consider working with an estate planning attorney to get started. An attorney can help you understand your options and create a plan that meets your specific needs.

- Here are some tips for creating an estate plan:
- Start by taking inventory of your assets. This includes your property, investments, retirement accounts, and other belongings.
 - Consider your goals for your estate plan. What do you want to happen to your assets after you die? How do you want to be cared for during an incapacity event? How do you trust to manage your financial and legal affairs if you are incapacitated?
 - Meet with an estate planning attorney to discuss your options.
 - Get everything in writing and signed by all parties involved trust.
 - Be sure to fund your properly, if applicable.
 - Review your estate plan regularly and update it as needed.

Estate planning is an important part of ensuring that your wishes are carried out and that your loved ones are taken care of after you die in a way that does not create additional complications for them.

By taking the time to create an estate plan, you can protect your wealth and prevent hardship for your heirs.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What type of hat did Charlie Chaplin popularize in silent movies?
A.) Fedora hat B.) Trapper hat
C.) Bowler hat D.) Top hat
- 2.) What U.S. president was born on the Fourth of July?
A.) George Washington B.) Bill Clinton
C.) Calvin Coolidge D.) Donald Trump
- 3.) What are the strings on bananas called?
A.) Phloem bundles B.) Internal Peel C.) Endocarp D.) Stems
- 4.) When did the TV sitcom “Friends” first air?
A.) 1994 B.) 2004 C.) 2000 D.) 1990
- 5.) Which is the ONLY King in a deck of cards without a mustache ?
A.) King of Hearts B.) King of Spades
C.) King of Clubs D.) King of Diamonds
- 6.) The only letter not used in the name of any of the United States?
A.) Z B.) X C.) F D.) Q
- 7.) What are the 2 cities in “A Tale of Two Cities”?
A.) New York & Boston B.) Rome & Paris
C.) London & Paris D.) London & Sydney
- 8.) Which of these cities is furthest North?
A.) Duluth, Michigan B.) Olympia, Washington
C.) Springfield, Illinois D.) Augusta, Maine
- 9.) What dessert is named after a Massachusetts city?
A.) Fig Newtons B.) Twizzlers
C.) Oreos D.) Famous Amos
- 10.) What fast food chain started as a hot dog stand in 1940?
A.) Wendy’s B.) Burger King
C.) KFC D.) McDonald’s

[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
855-833-8124 (TTY: 711)



Grant award will let Fairhaven COA livestream programs

Fairhaven Council on Aging is taking another step forward in its efforts to help older adults use technology better with the announcement of a new grant award that will let it make Senior Center programming available to older adults in their homes.

COA director Martha Reed said the plan to broadcast programs live via Facebook and also record them for later viewing is all about creating broader access and helping older adults feel less socially isolated.

“Our goal is to make people that are home because of COVID, RSV, or other issues see what’s going on,” she said. “Almost like a COA cam.”

Under the grant, the Senior Center will receive nearly \$18,000 from the Massachusetts Executive Office of Elder Affairs to purchase equipment for livestreaming programs and funding new ones, including a Moxie Mobility home safety program, that will be accessible live both in the Senior Center and via Facebook as a live stream.

The award comes a few months after a similar-size grant was announced to fund a Tech Café at the Senior Center and to purchase new laptops.

Reed said the COA will provide training to any older adult who needs it so they can tune in to livestreams from home as well as device support, including training. Specific technology training will be offered through the digital literacy work the COA is already doing with instructor Kraig Perry.

“We’ll also have loaner iPads if people are homebound in Fairhaven and don’t have a tablet,” she said. “And we’re working to increase loaners that may be borrowed from the library.”

The COA plans to work with Fairhaven’s Cable Access and Television Department to livestream programs via Facebook.

Programs will also be recorded, edited, and uploaded onto their YouTube channel for on-demand viewing by seniors and broadcast on the FairhavenTV channel. COA staff will receive training from the town’s Cable Access Department to ensure high-quality production and broadcast delivery.

The specifics of what programs will be livestreamed and/or available on YouTube are still in the works and there will likely be some trial and error at the start,

“Since the pandemic, older adults in our service area have experienced prolonged periods of social isolation. Being able to watch live events at the Senior Center would help them feel connected to their community and decrease these feelings of isolation.”

—Fairhaven COA
in a Released Statement

Reed said, but the COA hopes to provide livestream and online options for all programs that are not limited by licensing or privacy issues that would prevent it. Support groups, for example, would not be broadcast or recorded, she said.

“We’ll put out a monthly schedule of what’s going to be livestreamed and what’s taped and we’ll track the metrics,” said Reed. “Then we’ll look at the data and see what it’s showing.”

Livestreaming will include both exercise and educational programs, for example chair yoga or MassHealth renewal programs.

“Since the pandemic, older adults in our service area have

experienced prolonged periods of social isolation,” the COA said in a released statement. “Being able to watch live events at the Senior Center would help them feel connected to their community and decrease these feelings of isolation.”

“The secondary goal of this request is to provide fall prevention, health, and home safety tips and training in our community. This is in response to a 30 percent increase in Fire and EMS calls in Fairhaven for older adults in our service area who have fallen and injured themselves in their homes.”

Reed expects that the necessary equipment will be purchased and set up over the winter with programming to begin streaming for April 1.

“It was an opportunity that I couldn’t see passing by,” she said about the decision to apply for the grant.

The grant is part of EOE’s Hybrid Programming Grants which are designed to help COAs expand access to programming for older adults in the community.

For more information on programming in Fairhaven or their technology classes, call the COA at 508-979-4029.



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



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.

The Singing Nurse: Tuesday, Jan. 30 at 1 p.m. Free concert at the Acushnet Senior Community Center. Reservations appreciated. Call 508-998-0280.

Manicures: By Old Colony students. Jan. 11 and March 7. Free. Walk-ins welcome but appointments are suggested.

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.

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-1:00 p.m. Thursday, January 4th, 11th, 25th \$5.00 per lesson. Walk-ins welcome.

Broadband Info Session: Tuesday, Jan 9th from 10-11 a.m. Learn the ins and outs of town-owned internet services and what it could mean to you. Walk-ins welcome.

Oil Painting: Six-week series, Jan. 8 to Feb. 26. Mondays 9:30-11:30 a.m. \$60. Learn classic oil painting methods. Supply list provided at pre-registration.

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.

Essential Oils to Beat the Flu: Friday, January 12th at 1 p.m. Make a great take home while learning recipes to boost your immunity. Cost is \$10.00 Pre-registration is required.

The Snowy Owl: Thursday, Jan 25th at 1 p.m. Tuesday. Explore with Ma Audubon, the year-round life cycles of the Snowy Owl and why they spend their winter in Massachusetts. Pre-registration required.

Art for your Mind with Art Historian Jill Sanford: “Wonderful Winter Scenes” Thursday, January 18th at 1 p.m. Pre-registration is required.

Book Club: Second Monday of the month at 1 p.m. December book pick is “The Soul of an Octopus” by Sy Montgomery. Walk-ins welcome!

Free Hearing Screenings: 3rd Thursday every other month from 10-12 Call the Center for appointment.

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.

Mobile Dental Hygiene Services: At the COA. Booking for March 14. Financial Assistance is available. Call 508-827-6725 for an appointment.

Brain Builders: Six-week course with Buzzard Bay Speech Therapy Mondays 1-2 p.m. Attendees will enhance their brain fitness in a fun environment. Call the Center for more info. and to preregister. Free.

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

Movie: “Big George Foreman” Jan. 31 at 1 p.m. Pre-registration required. Free.

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: Jan. 3 Tiverton Casino, Jan. 10 Warwick Mall, Jan. 17 Hyannis Mall, Jan. 24 Providence Place, Jan. 31 South Shore Plaza. Trips are \$6.

Breakfast at the Rochester COA: Jan. 8. \$2 for van ride which leaves COA at 7:30 a.m. Bring money for breakfast. Menu can be previewed at Fairhaven COA.

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., \$5. (Price will be increasing in December.) 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.

Marion COA

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

Fall and Motor Vehicle Crash Prevention: Monday, January 8th 1:00 p.m. Representatives from Southcoast Health’s St. Luke’s Hospital Trauma Center will be on hand to address these concerns. Learn simple adjustments you can make to prevent falls, the importance of checking your environment for hazards, exercises to increase strength & balance and steps to stay safe on the roads.

Cooking Demonstration: Jan. 9 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

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 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 or call 774-438-2729 today.

Code Red: Friday, January 12th 11:30 a.m. - 1 p.m. Code Red is an emergency notification service that allows for state and local public safety agencies to notify residents by telephone with geotargeted, time sensitive information in an emergency situation with up-to-date information and instructions. Members from the Plymouth County Sheriff’s Office will be on hand to sign you up for this free service.

Financial Planning: Friday, January 19th 1p.m. Erik Johnson of Pioneer Financial Group will be on hand to talk about Social Security, general investment planning and annuities. This presentation will be an interactive format, so bring your questions. You will leave with helpful tips and information. Call 508-748-3570 to reserve your space.

Artificial Intelligence Workshop: Friday, January 26th 1 p.m. Learn to use A.I. for everyday tasks, personalized recommendations and meaningful conversations. Get personalized news updates, plan unique experiences, spark fresh hobby ideas and even receive tailored book and movie recommendations. It is all about enhancing your life with A.I.’s assistance. Come find out what all of the buzz is about.

The LGBTQ+ Senior Supper Club: Meets Wednesday, Jan. 10 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.

Watercolor Classes with Canalside Artist Kate Furler: Fridays, 9-11 a.m. This class focuses on watercolor techniques. Cost per each class is \$15 payable to the instructor. Call 508-748-3570 to register and to receive the list of class supplies you will need.

Bingo: Monday, January 29th 1 p.m. 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 508-748-3570 to reserve your lunch before the game.

Tai Chi: Beginning Jan. 11 a 6-week series of beginner-oriented classes. This is the perfect time to give it a try. Call 508-748-3570 to express interest. Classes will be held Thursdays at 10:30 a.m.

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: Thursday, Feb. 1. Appointment time slots: 9:30, 10:00, 10:30, and 11:00 a.m. RSVP: 508-758-4110. This is offered as part of a high school instructional program.

Bad Weather Blues Bingo: Tuesday, January 23 at 9:30 a.m. Get out of the house and join us for a free bingo! Meet up with people and enjoy some light refreshments. Win prizes that will help with the Winter Blues. RSVP: 508-758-4110.

Busting Myths and Getting Savvy About Senior Living: Tuesday, January 30 at noon. RSVP: 508-758-4110. Senior living expert, Jodi Tolman, will be presenting, this program that will help seniors and their adult children learn a great deal about how independent living differs from assisted living, memory care, and skilled nursing; when is the right time to make a move; how to find just the right community for yourself or a loved-one; what will it cost; and how will you pay for it! Jodi is the Regional Marketing Consultant with Oasis Senior Living Advisors. Adult children are welcome and encouraged to join their loved ones for this very important program. Free Program. Lunch will be served.

Art for Your Mind: Join local art historian, Jill Sanford, for an enjoyable hour seeing things in new ways. John Singer Sargent, an American Legacy Wednesday, January 3 at 12:30 p.m. The featured topic offers a look at a selection of paintings spanning Sargent’s career, lending insight into his ever-evolving techniques and subjects. From elegant society images to informal watercolors, Sargent’s extraordinary proficiency brought him both commercial success and critics’ disapproval.

Trips: Jan. 4: MFA Boston current exhibits is based on portraits by John Singer Sargent. “Fashioned by Sargent” and explores the artist’s complex relationship with his often affluent clients and their clothes. General admission is included with ticket. 8:30 a.m. \$10 van. Check out the MFA Boston’s website (https://www.mfa.org/) to see what other exhibits will be on display. \$27 general admission/\$34 exhibit & general admission. Pay at door or buy timed tickets ahead of time on own. Jan. 11: Boston Symphony Orchestra Tickets can be purchased online through the BSO or at the door. Stop for breakfast at Panera Bread and walk to Symphony Hall. Also stop for lunch on the way home. Rehearsal dates are: Jan. 11, Feb. 29, and April 18. 6:30 a.m. \$10 van. Jan. 18: Canalside Restaurant, where Upper Cape Cod Regional Technical School Culinary Arts students gain practical experience while preparing and serving your meal as you overlook the canal. 11 a.m., \$5 van. Jan. 25: Shopping in Seekonk. Come with us to get some projects to keep you busy on cold days. Hobby Lobby, At Home and finally lunch at Newport Creamery. 8:30 a.m., \$5 van.

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. Trips resume in March.

Brain Builders: Need ideas, advice, tips or tricks on how to improve you rmemory? Why not join us for our Brain Builders classes this month. Class meets on Jan. 11 and 25 from 12:45-1:45 p.m.

Meet with Moxie: Kathy Clark and Corie Trezon of Moxie Mobility Training, LLC will be available in our Conference Room on Tuesday, January 16th at 9 a.m. Do you care for someone with physical limitations? Come talk to them about how you can help your loved ones with improving mobility. Ask them anything regarding health, fitness, exercise, home modifications, navigating healthcare, tips for success at home, reducing fall risk, increasing balance, & much more! Come join in the discussion and bring your toughest questions! Free.

Meet with Oasis: Senior living expert, Jodi Tolman, has 15 years’ experience in the senior living industry and will present an extremely informative informativeprogram on Wednesday, January 24 at 11 a.m. Busting Myths and Getting Savvy About Senior Living will help seniors and their adult children learn about how independent living differs from assisted living, memory care, and skilled nursing; when is the right time to make a move; how to find just the right community for yourself or a loved one; what will it cost; and how will you pay for it! Adult children are welcome to join. Refreshments will be served!

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.

January 2024 Trivia Quiz Answers

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

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 full year’s subscription (12 issues) of the print edition of *Senior Scope* delivered to your door for \$12. Checks can be made out to “Coastline” (not “Senior Scope”) and mailed to 863 Belleville Ave., New Bedford, MA 02745.



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

Pressed into Service

Like many of us, I worked in retail part-time when I was in school, but I never thought I would be pressed into service in my later years. Well, it's happening and I don't like it.

I'm talking about the growing trend to force customers to use self-service check-outs. In many stores even if there's a cashier at the register, customers are told to use the self-checkout and if you say no, the cashier comes around the counter and does it for you.

Apparently this is an attempt by the corporate owners to show you how simple it is to check yourself out so they can lay off the cashiers and make even bigger profits.

Note to retailers: I don't want to scan my items and check myself out. I'm not working for you. I'm paying dearly for whatever you're selling. Is it too much to expect a clerk to provide a little service?

I've been a CVS customer for years but I'm about ready to leave them in the dust because of their insistence on self-checkout. And they aren't the only ones. Retailers like Target, Kohl's and Stop & Shop are also putting us to work bagging and checking out our own purchases. Banks are now falling in line too.

A few weeks ago I stopped into a Stop & Shop to use the Citizens Bank ATM. I've been using ATMs for years, but Citizens is now introducing a new automated teller machine that allows you to perform more types of transactions.

That sounds fine, except that the teller who was standing behind the counter when I visited was not allowed to cash a check or accept a deposit. Customers had to use the new ATM. The woman ahead of me could not figure out how to deposit her check and was getting frustrated, and the teller was not coming to her aid.

After the customer finally completed her transaction with help from her companion and left, I mentioned to the young teller behind the counter that he must be bored standing there all day and not assisting people.

He agreed and said he and other tellers "hate it. We like to help people, but we're not allowed to do that anymore."

Whether it's banking or retail, customers do appreciate a little help. For many elders, going to the store or the bank was an opportunity for a pleasant interaction with a familiar person. Now it's a cold transaction with a soulless machine.

Market Basket, my favorite grocery store, has not given in to the self-checkout trend and I'm very grateful for that. Their customer service is great and no doubt contributes to their success. Maybe other retailers will take note.

A final thought: Social scientists wonder why loneliness has become such a major problem in this country. It might be time to take a look at the erosion of opportunities for human interaction that are one of the results of self-service everything.

Jeannine Wilson Aidala

Retired Senior Scope Editor

The Way We Were



Madison Street, New Bedford, Jan. 14, 1964: Southeastern Massachusetts suffered an overnight winter blizzard, leaving residents digging out for days. New Bedford recorded 14 inches of snow, with drifts several feet high. Winds reached up to 50 miles an hour, sweeping some streets clear but piling up 6-foot drifts in others. Temperatures dipped to 14 degrees.

Despite the blinding white-out reducing visibility to zero, no serious accidents were reported. One 63-year-old Marvin Street man was treated for exposure and reported in fair condition after being found in a 3-foot drift in front of his house.

Schools and businesses closed early the day of the storm and stayed closed for days or more.

In New Bedford, more than 30 cars stuck in the snow had to be towed out of the path of plows working to clear the streets.

Gas Company crews and the Civil Defense Rescue Squad's Supply and Power Division were on alert to assist where needed during the emergency. Flights were cancelled up and down the Eastern seaboard, and even the mail was delayed.

Death Tea Party continued...

a new type of public gathering that began in Europe almost 15 years ago. Cafés were set up in England initially with general guiding principles that included having no agenda or message, creating a respectful space, and pairing the conversation with tea and cake.

The cafés brought people, often strangers, together to make the most out of living by talking about death.

Cooke thought it looked like fun and decided to open her home to friends to create her own Death Café. She served tea and cake in what became a regular meeting group. The meetings showed her that conversation on death didn't have to be dark or heavy, she said.

"I thought why don't we talk about real deep subjects like death and dying, instead of all the fluff stuff," she said. "So I brought some friends together and we would just do tea and cake."

One conversation in particular brought home the possibility of finding lightness in sharing stories around the end of life.

A neighbor told a powerful story about a near death experience that took away his fear of dying. It had such an impact, he told Cooke clearly to share his story with others.

"He went to get his annual physical and they said, 'Oh, there's a heart murmur; we better check this out,'" she said, retelling the story as she heard it. "They opened him up and it turns out it was a valve. They took his heart out and put it on the table - these are his

words...- and put in a pig's valve."

All was good, Cooke said, until the next day.

"The next morning he got up...and slowly tried to walk down the hall with help from nurses on either side of him. Suddenly he just saw white, total white, peaceful, calm, quiet. And he said it like that, 'Quiet.'"

"His whole face lit up when he told me how he loved the white, everything was 'White,'" she continued. "And then they used the paddles (to revive him), and he was cross, and said, 'Why'd you do that?' to them."

Cooke said she's not sure if the statement was word for word what her neighbor said to medical staff when he woke up, but his reluctance at leaving the white space was clear. He is fine now, she said, and still active, but his feelings about death have changed.

"He said, 'I'm not afraid to die.' And he leaned in and said (it again), 'I'm not afraid to die.'"

Cooke believes there are many people out there with equally powerful stories about death. She doesn't mean the near-death experience specifically, just their own personal experiences and stories.

"I mean that everybody has a story or many stories and ones that aren't doom and gloom. That are fascinating stories," she said. "I think it's just fascinating to hear them."

So many people carry stories about dying and death that Cooke decided to host a public event to enjoy tea and cake and talk about death. The event, her first public Death Tea Party, was held last month at the Marion Council



Madeline Cooke at home with her dog.

on Aging with 15 people attending.

She set it up following Death Café guidelines, especially not having an agenda and being clear the event was not meant to be a grief support group. They're both important to a positive experience, Cooke said, but the second one in particular keeps the conversation from getting too heavy.

Cooke, who plans to hold more Death Tea Parties, said the conversation began with topics that felt comfortable to attendees.

"It's pretty strange in this time and place to even use the word death, so it was comfortable for people to share stories of funerals when families came together to find that humor was restorative or that the ashes remain important to them," she said. "There were some laughs as well over an unusual method of spreading the ashes."

And, she said, "On a more serious note was the telling of having been given last rites three times."