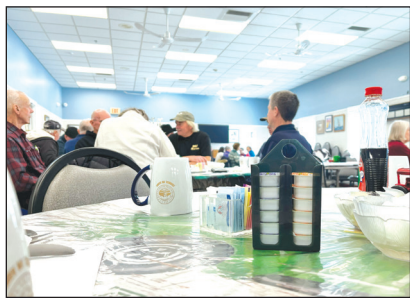


Senior Scope

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

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

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Drayton House officially opened with a ribbon cutting on Jan. 31. At right, Yvonne Drayton speaks at the home named in her honor.



YWCA opens third residential home

Strategic plan prioritizes affordable housing for women of all ages

The YWCA of Southeastern Massachusetts opened its third residential program in January to support and serve the growing need for affordable housing for women.

More than 100 people gathered at 549 County St. in New Bedford to applaud and cheer for the newly opened home, formerly known as Elizabeth's House, that will provide housing for 12 women.

In her remarks, YWCA Executive Director Gail Fortes said the YWCA purchased the building in February of 2023, intentionally choosing to

modify an existing building in the city rather than build a new one.

The opening of the program increases the YWCA's housing by 40 percent bringing the total number of women served to 27, she said.

"We are experiencing a housing crisis and a shortage in our community," Fortes said at the Jan. 31 ribbon cutting event. "On a daily basis at the YWCA, we receive walk-ins, people calling, emails, (from) people who are really desperate and in need of affordable housing."

"With rents skyrocketing, we're

"Many of our residents say this is a natural home for us. It is not a facility. It is not a dormitory. And for the first time I have a key to my own place."

—Gail Fortes,
Executive Director, YWCA

also seeing a population of people who never needed assistance before, our seniors, a lot of people with disabilities, and working

Continued on page 12

AI presentation shows seniors the hype is real

A crowd of older adults packed a Marion Council on Aging program on artificial intelligence last month showing real appreciation for the possibilities of the new technology.

Presenter David Wheeler, president of Therapy Gardens, focused the program on one specific AI platform and what it can do. Called ChatGPT, the product was created by Open AI, an AI research and deployment company that exists to ensure artificial general intelligence benefits all of humanity, according to the company's website.

ChatGPT is used online in a



David Wheeler, at right, communicates with the ChatGPT AI using his keyboard.

chat-like format and is available free for anyone who signs up.

Wheeler showed participants how the AI can assist people with

tasks in both expected and unexpected ways. Examples included translating content into many

Continued on page 3

Memorial Messages & Expressions of Gratitude

March 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 and by using the form below. Checks can be paid to the order of: *Coastline*. We cannot process checks made out to “*Senior Scope*.” You can also call Coastline’s Payment Department at 508-742-9114 to donate with a credit card or use the QR code below to donate online.

In Memory of

From my heart for so many family members who have left us. Miss them. Jerry & Janine & Kathy too. Boswell Family and McKenna Family.

\$40.00

—Anonymous

Remembering Sister Theresa of Calcutta and celebrating her life and inspiration around the globe.

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—Anonymous

Considering Pope Francis his health, instruction and admonishment.

\$10

—Anonymous

In General

\$20

—Anonymous

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From the Editor

This month, I’d like to introduce you to two new features in *Senior Scope*.



Beth Perdue

One is the Memorial Messages box to the left which has more than doubled in size for those times when people send us donation messages that exceed our smaller space. We’ll now be able to include longer messages without having to spread them over several months.

The second is a column I am calling *Aging Informed* for now (page 4). It’s being developed in recognition of the discussion, advocacy, and policy work being done now around issues that affect us all as we age. These are crucial years ahead to try to modify a system of care that is straining on all levels. The first step in supporting change is to be informed and this section will attempt to do that.

Along those lines, next month I’ll report back on the Feb. 27 Lobby Day at the State House which, as I send this issue to the printer, has not yet happened. I’m looking forward to being part of a day where many aging organizations are in the same room together advocating for aging-related priorities.

Stay tuned!

Connect with Beth at bperdue@coastlinenb.org.



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 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-Friday (for New Bedford residents only)	508-991-6250 508-991-6250	Nora Rose Patricia Foster
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	508-965-1047	Denise Dupuis

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Meals on Wheels prepares for future as need increases

Nutrition Program Director retires after 25 years of serving others

For the past 25 years, Philip Beard has made sure New Bedford area meal recipients are well fed.

The retiring director of Coastline’s Senior Nutrition Program, Beard has streamlined the Meals on Wheels program to meet the growing number of meals required annually. Over his tenure, he upgraded delivery trucks, increased efficiency, hired part-time employees as drivers versus volunteers, juggled rising expenses with too little funding, and led a multi-site team dedicated to providing healthy meals to those who need them.

Even now as he hands off leadership to an incoming director, Beard understands the challenges facing the program, including the idea that it might pause adding new enrollees.

He finds that thought “unfathomable,” he said.

“I believe that waiting lists for needy consumers is not something that would be contemplated,” Beard said. “The outrage, I think, would surpass anyone’s imagination that we couldn’t continue providing Meals on Wheels to individuals who are, in many cases, desperate.”

“I want to thank Phil Beard for his incredible 25 years of service at Coastline,” said CEO Justin Lees. “The Nutrition program is a vital part of our mission, serving meals and providing in-person contact to well over 1,000 people every day. I have been amazed at the ability of the program to keep up with a steep increase in demand, and I am so



Phil Beard (l-r) with supervisor Ryan Turbide with a program commendation.



Gerami Pacheco is getting to know the operation as he plans for the future.

grateful for Phil’s leadership over this transformational time.”

As Beard retires, new Nutrition Director Gerami Pacheco is already learning the system, the local need, and what coming generations might like to see added to the program. Pacheco, whose previous experience has been in assisted living residences, says he has observed differences in what younger aging populations are eating now.

“Their taste buds are a lot different,” he said. “A lot of people now have traveled. They’ve tried a lot of different ethnic foods and things along those lines.”

As a first step, Coastline is planning to add garnishes to meals to create a better presentation. More is coming, Pacheco said.

“There’s a bunch of different directions we can go down,” he said, adding that Coastline needs to work with its caterers as well as other Meals on Wheels organizations in the state to determine those directions. “We’re hoping to just evolve the menu, perhaps to meet those needs of

the older adults coming in.”

The challenge lies in getting the operation to work for five meals a week for a variety of ages and tastes and recipients who live across the South Coast, from Dartmouth to Marion and Rochester.

“For sure, it’s a challenge,” said Pacheco. “Because you could go as crazy as you want, but then it comes down to the pricing, the packaging, and the distributing of it all too.”

The challenge is also the size of the operation today versus 20 years ago, Beard said, noting that in the early 2000s Coastline was serving about 214,000 meals per year. Today, that number is above 400,000, he said.

“In essence, it’s doubled in the course of 20 years,” Beard said. “That has come with some expansion of the number of employees; although we haven’t doubled our staff because we’ve become more productive. (As an example,) when I began I never thought every employee would have a telephone that has GPS and allows them to communicate directly with the driver on the scene.”

ChatGPT continued...

languages, writing business letters, and producing information, all done within seconds of being asked.

But the function can do so much more too. AI has stumped chess masters and can spot anomalies in x-rays no human eye could see, he said.

“People are using this to make stock picks and making money.”

Showing his laptop screen to the group as he worked, Wheeler asked ChatGPT to write a letter thanking a teacher for a present. ChatGPT complied in seconds, showing the nicely written letter on the screen.

Then Wheeler asked it to write the same letter again, this time like Charles Dickens would. Again, within seconds ChatGPT offered up a letter that sounded like it was taken straight out of “Great Expectations.”

Not yet satisfied, Wheeler asked ChatGPT to write the letter like Ernest Hemingway would and it did. This time the letter communicated the message using only a handful of words.

Of all the uses, the biggest oohs and aahs in the room came when Wheeler asked ChatGPT to plan a low sodium, low sugar dinner party for four people with two sides and a dessert and to include recipes and a shopping list.

Within seconds ChatGPT responded with all the requested information.

Then he asked it to put the shopping list in alphabetical order, which it did,



David Wheeler explains some of the exciting possible uses of artificial intelligence.

again within seconds.

The next possibility, Wheeler said, will be to ask it to put the list in order according to the grocery store layout to make shopping easier and eventually there will be a button to hit to have everything delivered to your doorstep.

It isn’t quite there yet, he said, but “It’s going to happen.”

Once the possibilities were clearer, those in the room discussed the pros and cons of having a machine think, write, and communicate for us. Several retired educators, Wheeler included, wondered how it would impact learning environments.

Wheeler acknowledged the changes that will come from having this ability in the hands of youth, but also thought children will still have to think for themselves and education with shift to

meet the new possibilities.

Wrapping up, Wheeler suggested people sign up for ChatGPT if they’re interested and play around with it.

“Don’t be afraid of this stuff,” he advised. “You can tell it, ‘I live in Marion and I’m lonely’ and it will tell you where you can go to meet people and what you can do.”

“What you want is here, you just have to chip away at it,” he added, referring to the back-and-forth interactions with ChatGPT, finetuning what you are asking for to get the best response.

Then he said smiling, “Always say please in case the machines take over.”

ChatGPT 3.5 is available free at OpenAI.com. Click on ‘Log in’ where you’ll get an option to sign up. A more powerful version is available for a monthly fee.

Slam the Scam

How to recognize government imposters

By Delia De Mello
Social Security

Do you know how to spot a government imposter scam? We continue to raise public awareness about Social Security-



Delia DeMello

related and other government imposter scams during the fifth annual “Slam the Scam” Day on March 7, 2024. Knowing how to identify potential scammers will help safeguard your personal information.

There are common elements to many scams. Scammers often take advantage of fears and threaten you with arrest or legal action. Scammers also pretend to be Social Security or other government employees and claim there’s a problem with your Social Security number (SSN) or your benefits. They may even claim your SSN is linked to a crime.

When you suspect you’ve been contacted by a scammer:

- Hang up right away or ignore the message.
- Never provide personal information, money, or gift cards.
- Report the scam immediately to our Office of the Inspector General (OIG) at oig.ssa.gov/scam-awareness/report-the-scam.

If you owe money to Social Security, we’ll mail you a letter with payment options and appeal information. We only accept payments electronically through Pay.gov, Online Bill Pay, or by check or money order.

We will never:

- Threaten you with arrest or legal action because you don’t agree to pay us money immediately.
- Promise a benefit increase in exchange for money.
- Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

Scammers continue to evolve and find new ways to steal your money and personal information. Please stay vigilant and help raise awareness about Social Security-related and other government imposter scams. For more information, please visit www.ssa.gov/scam.

Tell your friends and family about government imposter scams. Let them know they don’t have to be embarrassed to report if they shared personal financial information or suffered a financial loss. The important thing is to report the scam right away.

Together, we can “Slam the Scam!”

Update

Dental services available in Dartmouth with FOE help

The Mobile Dental Clinic is offering its services at the Wellness Center at the Dartmouth Council on Aging in Dartmouth. Services include dental cleaning, dental care, oral cancer screening, desensitizing treatments, or a temporary filling or crown replacement. At press time, appointments were being made for mid-April. The Friends of the Elderly are providing financial assistance for dental care to income eligible Dartmouth residents. Income guidelines are less than \$2,460 a month for a household of one person or less than \$3,287 for a household of two people. Call 508-827-6725 to make an appointment and learn more.

Church Guild holds bargain sale

A clothing and toy sale will be held at St. Julie Billiard Church Hall on March 15 and 16. The sale features gently used clothing for the entire family, plus toys and jigsaw puzzles. The sale is sponsored by the Ladies Guild which says that items for sale are all at bargain prices. The clothing and toy sale is being held from 1-7 p.m. on Friday, March 15 and again from 9 a.m. to 1 p.m. on Saturday, March 16 when there will also be an option to fill a bag for \$3. St. Julie Billiard Church Hall is located at 494 Slocum Road, Dartmouth.

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. 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.

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. 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.

Coastal Foodshed has a new hub in city

Coastal Foodshed has a new operations hub in Kilburn Mill in New Bedford. The new space is the first official home for the New Bedford-based organization that increases access to local food. In a Facebook post, Coastal Foodshed said the space is a milestone for them. “It’s hard to imagine our days of operating out of a tiny cafe space, storing vegetables in a single refrigerator, to now purchasing, transporting, aggregating, selling, and distributing thousands of dollars of local food from over 65 farmers and producers each week, year-round. With your committed support, we have gone from purchasing just under \$7,000 worth of local food from farmers in 2018 to directly purchasing nearly \$500,000 worth of local food from farmers last year.” Coastal Foodshed is currently fundraising for equipment and other materials needed for the new space.

Damien’s Pantry opens new building in Wareham

Damien’s Food Pantry opened their newly constructed site on Feb. 15 with new hours and a distribution method that allows people to choose their own groceries off shelves in a market-style experience. Pantry hours are 8 a.m. to 2:30 p.m. on Thursdays and Saturdays for at least the first 30 days, after which they are subject to change. The pantry’s new facility is at 242 Marion Road in Wareham. It can be reached by calling 508-295-3486. Find more information at www.damiensfoodpantry.org.

Date for Celebration of Seniors 2024 set

The biggest event for older adults in the South Coast returns in June 2024. Save the date for Celebration of Seniors on Friday, June 14 at White’s of Westport. The event will be held from 9 a.m. to noon. Stay tuned for more information at Facebook.com/CoastlineNB.

Civil War Round Table meets March 26

The Civil War Round Table will hold its monthly meeting at 6 p.m. on March 26 at the Low Tide Yacht Club. This is an in-person meeting featuring Round Table member Judge Joseph Michaud who will present a program on Major General Ambrose Burnside. The Low Tide Yacht Club is located at 1000 Rodney French Blvd. in New Bedford.

Marion Institute launches mindfulness program

The Marion Institute has announced a live-online educational program that will help move the needle on mental health. The program, Mindfulness-Based Stress Reduction, is an eight-week course in mind-body medicine that is taught live online. MBSR will run from 6-8:30 p.m. Wednesdays from March 27 to May 15 with an additional all-day class on Saturday, May 4. Free orientation sessions will be held on March 2, 6, and 14th for those who wish to see if the program is right for them. Sliding scale pricing starts at \$199. For more information, visit bit.ly/mbsrprogram.

Aging Informed

Affordable Connectivity Program ending

Nearly 11,000 households in New Bedford will be impacted by the ending of the federal Affordable Connectivity Program last month. The program provides internet connection to households that might not otherwise be able to afford it.

The program began in January of 2022 and is run by the Federal Communications Commission. It provides a discount on monthly internet bills and a one-time discount for specific devices for qualifying households.

As of Jan. 29, there were 364,304 Massachusetts households enrolled in ACP, or 14 percent of all households in the state.

The program officially began winding down on Feb. 9, the cutoff date for new households to enroll. Already enrolled households will continue to receive program benefits until funding runs out. The last day ACP is expected to be fully funded is April 30.

Efforts to save the program are ongoing including attention from Mass Senior Action Council, an advocacy organization for older adults in the state. On its Facebook page, MSAC shared the site, dontdisconnectus.org, to encourage people to reach out to Congress to share how important the program is.

For information on how to share your voice, follow the steps on outlined on the site.

Pacheco and Schmid not seeking reelection

Two longtime South Coast legislators announced in February that they will not seek reelection.

State Senator Marc Pacheco said on Facebook that he would “not be seeking reelection to the Third Bristol and Plymouth Senate District” and released a statement that detailed his accomplishments over 23 years in the senate.

“I make this decision with a heart full of gratitude for the opportunities that I have had to serve in the Massachusetts state legislature and with sincere gratitude to everyone who has supported me through this incredible journey.”

“It has been and continues to be, an honor to serve,” Pacheco posted while also leaving the door open for future elected positions.

“This decision does not mean I’m closing the door on other existing or future electoral or appointed positions in public service,” he said in his statement.

Rep. Paul A. Schmid III announced that he will not seek reelection as representative for the 8th Bristol District. In a statement posted to Facebook, he thanked all of the members of the SouthCoast delegation saying he has been honored to work with each of them.

Aging Informed offers legislative and policy news of importance to older adults.

Your Health

Quit smoking in Wellness group hypnosis sessions

By John Barboza BCH, CI
The smoking cessation hypnosis group sessions have returned to the Boys and Girls Club of Greater New Bedford, every third Sunday of each month, as part of the New Bedford Wellness Initiative programs being offered every Sunday for adults. The classes run from 9:30 am to noon and the smoking cessation schedule is from 10 a.m. to noon. As a Board Certified Consulting Hypnotist and Hypnosis Instructor, I talk about the dangers of smoking the addictive nicotine and poison-laced tobacco cigarettes in the group session and how they have no positive benefits.

“Hypnosis is not a ‘magic pill’ that miraculously turns all smokers into nonsmokers, but there have been many cases where smokers instantly quit...after just one hypnosis session.

I also clarify that hypnosis is not a “magic pill” that miraculously turns all smokers into non-smokers, but there have been many cases where smokers instantly quit smoking for good after just one hypnosis session.



Overcoming a smoking addiction, anger issues, fear of public speaking or improving sports performance are just some of the things people get hypnotized for. Some people prefer one-on-one sessions while others like the group sessions where everyone is there to lose weight, manage stress, or sleep better. The costs of these sessions vary from hypnotist to hypnotist, but finding the right match can be worth every dollar you spend, especially when it comes to having peace of mind. In my group sessions, I don’t focus on the instant success aspect of the session and instead concentrate on using the tools I teach to rid yourself of the nasty habit. Stories are interlaced into the lecture to give the group a better understanding of the process that will be taking place, and to help them change the way they think about smoking. The different depths of hypnosis are explained to ensure that everyone in



the group understands that no matter how lightly or deeply someone goes into hypnosis, they are all capable of becoming non-smokers. The demonstrations presented allow the group to actually see how the mind works, and the interactive handout keeps them engaged and personalizes the somewhat generic group session. An especially interesting part of the session is when we talk about the myths, fallacies, misconceptions and truths about hypnosis, and the importance of focusing and concentrating on every word the hypnotist speaks so that any distractions will not affect the hypnosis procedure. The mental attitude of each individual is discussed so that everyone in the group will get the most out of the suggestions they will be

receiving when they are hypnotized. Finally, the most fascinating part of the hypnosis session is the method used to relax and hypnotize the group. As I encourage participants to breathe and relax and focus on my voice and the soft, soothing, music, one by one, they close their eyelids, allowing themselves to accept the positive suggestions. When the session ends, I offer a barrage of motivating words to encourage them to succeed and to allow everything they experienced and heard while hypnotized to immediately take place upon emerging from the relaxing, invigorating depths of hypnosis. For information on upcoming hypnosis and other Wellness Initiative programs, go to Facebook.com/NewBedfordWell.

GoFundMe site has become a health care utility for many

By Elisabeth Rosenthal
GoFundMe started as a crowdfunding site for underwriting “ideas and dreams,” and, as GoFundMe’s co-founders, Andrew Ballester and Brad Damphousse, once put it, “for life’s important moments.” In the early years, it funded honeymoon trips, graduation gifts, and church missions to overseas hospitals in need. Now GoFundMe has become a go-to platform for patients trying to escape medical billing nightmares. One study found that, in 2020, the annual number of U.S. campaigns related to medical causes — about 200,000 — was 25 times the number of such campaigns on the site in 2011. More than 500 current campaigns are dedicated to asking for financial help for treating people, mostly kids, who have spinal muscular atrophy, a neurodegenerative genetic condition. The recently approved gene therapy for young children with the condition, by the drugmaker Novartis, has a price tag of about \$2.1 million for the single-dose treatment. Perhaps the most damning aspect of this is that paying for expensive care with crowdfunding is no longer seen as unusual; instead, it is being normalized as part of the health system, like getting bloodwork done or waiting on hold for an appointment. Need a heart transplant? Start a GoFundMe to get on the waiting list. Resorting to GoFundMe when faced with bills has become so accepted that, in some cases, patient advocates and hospital financial aid officers recommend crowdfunding as an alternative to being sent to

collections. My inbox and the “Bill of the Month” project (a collaboration by KFF Health News and NPR) have become a kind of complaint desk for people who can’t afford their medical bills, and I’m gobsmacked every time a patient tells me they’ve been advised that GoFundMe is their best option. GoFundMe acknowledges the reliance of patients on its platform. Ari Romio, a spokesperson for the company, said that “medical expenses” is the most common category of fundraiser it hosts. But she declined to say what proportion of campaigns are medically related, because people starting a campaign self-select the purpose of the fundraiser. They might choose the family or travel category, she said, if a child needs to go to a different state for treatment, for example. So although the company has estimated in the past that roughly a third of the funds raised on the site are related to costs for illness or injury, that could be an undercount. Andrea Coy of Fort Collins, Colorado, turned to GoFundMe in 2021 as a last resort after an air-ambulance bill tipped her family’s finances over the edge. Sebastian, her son who was then a year old, had been admitted with pneumonia to a local hospital and then transferred urgently by helicopter to Children’s Hospital Colorado in Denver when his oxygen levels dropped. REACH, the air-ambulance transport company that contracted with the hospital, was out-of-network and billed the family nearly \$65,000 for the ride—more than \$28,000 of which Coy’s insurer, UnitedHealthcare, paid. Even so, REACH continued sending Coy’s

family bills for the balance, and later began regularly calling Coy to try to collect, enough so she felt the company was harassing her, she told me. Coy made calls to her company’s human resources department, REACH, and UnitedHealthcare for help in resolving the case. She applied to various patient groups for financial assistance and was rejected again and again. Eventually, she got the outstanding balance knocked down to \$5,000, but even that was more than she could afford on top of the \$12,000 the family owed out-of-pocket for Sebastian’s actual treatment. That’s when a hospital financial aid officer suggested she try GoFundMe. But, as Coy said, “I’m not an influencer or anything like that,” so the appeal “offered only a bit of temporary relief — we’ve hit a wall.” They have gone deep into debt and hope to climb out. In an emailed response, a spokesperson for REACH noted that they could not comment on a specific case because of patient-privacy laws, but that, if the ambulance ride occurred before the federal No Surprises Act went into effect, the bill was legal. (That act protects patients from such air-ambulance bills and has been in force since Jan. 1, 2022.) But the spokesperson added, “If a patient is experiencing a financial hardship, we work with them to find equitable solutions.” What is “equitable” — and whether that includes seeking an additional \$5,000, beyond a \$28,000 insurance payment, for transporting a sick child — is subjective, of course. In many respects, research shows,

GoFundMe tends to perpetuate socioeconomic disparities that already affect medical bills and debt. If you are famous or part of a circle of friends who have money, your crowdfunding campaign is much more likely to succeed than if you are middle-class or poor. And given the price of American health care, even the most robust fundraising can feel inadequate. If you’re looking for help to pay for a \$2 million drug, even tens of thousands can be a drop in the bucket. Despite the noble ambitions of its original vision, GoFundMe is a privately held for-profit company. In 2015, the founders sold a majority stake to a venture-capital investor group led by Accel Partners and Technology Crossover Ventures. And when I asked about medical bills being the most common reason for GoFundMe campaigns, the company’s current CEO, Tim Cadogan, said, “Our mission is to help people help each other. We are not, and cannot, be the solution to complex, systemic problems that are best solved with meaningful public policy.” And that’s true. Despite the site’s hopeful vibe, most medical-expense campaigns in the U.S. fell short of their goal, and some raised little or no money, a 2017 study from the University of Washington found. Campaigns made an average of about 40% of the target amount, and there is evidence that yields — measured as a percentage of their targets — have worsened over time. KFF Health News is a national newsroom on health issues.

Encomendar testes COVID gratuitos on-line

Os kits de teste COVID gratuitos ainda estão disponíveis através do governo federal e podem ser encomendados on-line em COVID.gov. Os testes COVID alertam para o facto de ter COVID-19 e podem ser utilizados se tiver sido exposto ao vírus ou se estiver a apresentar sintomas. Todos os agregados familiares dos EUA são elegíveis para receber quatro kits de teste gratuitos enviados

diretamente para casa. Se não encomendou kits de teste desde setembro de 2023, quando o programa foi reaberto, pode ser elegível para fazer duas encomendas para um total de oito kits de teste. Para efetuar uma encomenda, vá a COVID.gov e preencha o formulário simples com o seu nome e endereço postal. Se for elegível para quatro kits adicionais, o sítio alerta-o.

Tenha em atenção que os kits podem ter datas de validade impressas na embalagem que foram entretanto prorrogadas. Para confirmar as datas de validade actuais, siga as instruções incluídas nos kits. Os kits são gratuitos e não é necessário qualquer cartão de crédito ou outra informação financeira. Pode optar por fornecer um endereço de e-mail se pretender receber uma

confirmação por e-mail e atualizações de entrega do Serviço Postal dos EUA, mas não é obrigatório. O governo federal não lhe pedirá quaisquer informações pessoais adicionais, nem lhe telefonará, enviará mensagens de texto ou enviará mensagens de e-mail para lhe pedir essas informações. Depois de utilizar o kit, pode comunicar os resultados às agências de saúde pública em MakeMyTestCount.org.

Free COVID tests available for ordering online

Free COVID test kits are still available through the federal government and can be ordered online at COVID.gov. COVID tests will alert you if you have COVID-19 and can be used if you have been exposed to the virus or are experiencing symptoms. All U.S. households are eligible to receive four free test kits mailed directly to their home. If you haven't

ordered test kits since September 2023 when the program reopened, you may be eligible to place two orders for a total of eight test kits. To place an order, go to COVID.gov and fill in the easy form with your name and mailing address information. If you are eligible for four additional kits, the site will alert you.

Please note that kits may have expiration dates printed on the packaging that have since been extended. To confirm current expiration dates, follow instructions included in the kits. There is no charge for the kits and no credit card or other financial information is needed. You may choose to provide an email address if you'd like

to receive an email confirmation and delivery updates from the U.S. Postal Service, but it is not required. The federal government will not ask you for any additional personal information, nor will they call, text or email to ask for this information. Once you've used the kit, you can report the results to public health agencies at MakeMyTestCount.org.

Solicite pruebas de detección de COVID gratuitas en línea

Los kits de prueba de detección de COVID gratuitos siguen estando disponibles a través del gobierno federal y pueden pedirse en línea en COVID.gov. Las pruebas de detección de COVID le alertarán si tiene COVID-19 y pueden utilizarse si ha estado expuesto al virus o está teniendo síntomas. Todos los hogares de EE.UU. pueden recibir cuatro kits de prueba gratuitos enviados por correo directamente a su domicilio. Si

no solicitó kits de prueba desde septiembre de 2023, cuando se reabrió el programa, puede realizar dos pedidos para un total de ocho kits. Para hacer un pedido, visite COVID.gov y complete el simple formulario con su nombre y su dirección postal. Si puede optar por cuatro kits adicionales, el sitio le alertará. Tenga en cuenta que los kits pueden tener fechas de vencimiento

impresas en el envase que se han extendido desde entonces. Para confirmar las fechas de vencimiento actuales, siga las instrucciones incluidas en los kits. Los kits son gratuitos y no se necesita tarjeta de crédito ni ningún otro tipo de información financiera. Si quiere recibir un correo electrónico de confirmación y actualizaciones de entrega de parte del Servicio Postal de EE.UU., puede proporcionar una dirección

de correo electrónico, pero no es obligatorio. El gobierno federal no le pedirá ninguna información personal adicional, ni le llamará, enviará un mensaje de texto o un correo electrónico para solicitar dicha información. Una vez que haya utilizado el kit, puede comunicar los resultados a los organismos de salud pública en MakeMyTestCount.org.

Translations provided by:



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

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If you have questions, call or email Beth Perdue at 774-438-2729 or bperdue@coastlinenb.org.

A Bristol County Celebration of Seniors



Friday, June 14, 2024
9am-12pm
White's of Westport
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Join us for a FREE breakfast, resource fair and presentations on issues important to seniors. More information to come.

Sponsor Info: Zach Boyer at 508-742-9161, ZBoyer@CoastlineNB.org.
Vendor Info: Natacha Salemme at 508-742-9113, NSalemme@CoastlineNB.org.

WON'T YOU BE MY NEIGHBOR?

Embodied Movement: What's it all about Alfie?

By Nanci Winterhalter
Do you sometimes look back and question your choices? I know I do! Happily for me, one of the best decisions in my life was to become a physical therapist. From as early as I can remember, I have loved to move. Not particularly athletic and even less competitive and not someone who “always had to be on the go.” It was more an appreciation of moving for movement’s sake. And to this day, I still enjoy paying attention to movement, noticing what and how I feel when I move, noticing what I learn about myself as I move, feeling more complete as I do so and even more empowered.

“An embodiment practice is a method of using the unique sensations of our body as a tool to develop awareness, stay present, self-regulate, feel whole, find balance, feel connected, know ourself, love ourself and be empowered.”
—Somatic Movement Project

By now, you might be asking yourself, “What the heck is she talking about this month?” It may be hard to put this experience into words, but it

is referred to as embodied movement. “An embodiment practice is a method of using the unique sensations of our body as a tool to develop awareness, stay present, self-regulate, feel whole, find balance, feel connected, know ourself, love ourself and be empowered,” according to the Somatic Movement Project. Let me clarify. Exhibit A: When I go for a walk with my husband I will (too) often say, “Can you feel your foot hit the ground? Can you feel your toes push off? Can you feel your arm swing? Do you feel your breath change? How do you “feel” when you walk, etc.?” Not all at once of course! Eye rolls may follow. He may tire of these commentaries, but I never tire of the sensations! Does that make me weird? Maybe so. But still, it grounds me. It was my privilege to bring this type of “movement awareness” to my work with clients as a physical therapist in our mutual goal to enhance their experience of moving and to reconnect with themselves after an injury, accident, or illness. And now, as a yoga teacher, this “embodiment” experience has expanded to how connected I feel not only to myself, but to the people in the room as we explore movement together. It still surprises me how calm and balanced we can feel when moving



with attention, intention and self compassion. Exhibit B: In a yoga class, we might notice any number of sensations: physical, energetic, emotional and more. We may inhale and let our arms float up as if a helium balloon is lifting them. We might ask ourself:

- Does my arm feel light or heavy?
- How does my hand feel as I raise my arm?
- Does the movement feel different when I close my eyes (or soften my gaze) than when they are open?
- Am I letting my breath flow naturally as I move or am I holding it?
- Does this movement give me a little energy boost or make me tired?

What tells me so?

- Am I moving with curiosity or with impatience?
- Am I striving or pushing beyond what is wise for me?
- What happens if I do this a couple of times? What tells me to stop or take a different path?

What an enlightening and enjoyable experience embodied movement can be! Who doesn’t want to feel more at home in their body? *Stay tuned:* Next month we will explore more ways to realize and recognize the benefits of embodied movement. *Nanci Winterhalter, MSPT, is a certified yoga teacher and yoga therapist.*

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Beginner iPhone: 3/7, 3/14, 3/21

May

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

FULL!

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

April

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

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

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Navigating Estate Planning after a Dementia Diagnosis

By Brandon Walecka, Esq.

Receiving a diagnosis of dementia can be a daunting and emotional experience, both for the individual affected and their loved ones.

Amidst the challenges of coping with the diagnosis and managing its progression, estate planning often becomes a critical concern. Planning for the future becomes more urgent, necessitating careful consideration and proactive steps to ensure that wishes are honored, and assets are managed appropriately. In this article, we delve into the complexities of estate planning after a dementia diagnosis, offering insights and guidance for navigating this intricate process.

Understanding the Impact of Dementia on Estate Planning

Dementia is a progressive condition that affects cognitive functions such as memory, reasoning, and decision-making. As the disease advances, individuals may have trouble managing their financial affairs, making healthcare decisions, and expressing their preferences regarding end-of-life care. In light of these challenges, estate planning takes on heightened significance, serving as a means to safeguard one’s interests and provide clarity for family members and caregivers.

Key Considerations for Estate Planning

- **Advance Directives:** Establishing advance directives, such as a durable power of attorney for legal and financial decisions and a health care proxy for medical and personal decisions, is crucial for ensuring that trusted individuals are appointed to make decisions on behalf of the person with dementia when they are no longer able to do so themselves. These documents empower designated agents to manage financial matters, access medical records, and make health care choices in accordance with the individual’s wishes.
- **Wills and Trusts:** Reviewing and updating existing wills and trusts is essential to reflect the individual’s current intentions and ensure that their assets are distributed according to their preferences. In cases where dementia may raise questions about testamentary capacity, it’s advisable to work with an attorney experienced in elder law to mitigate the risk of potential disputes or challenges to the validity of the estate plan.
- **Conservatorship or Guardianship:** In situations where an individual’s capacity to make decisions is significantly impaired by dementia and advance directives are not in place,

seeking guardianship or conservatorship may be necessary to protect their interests and manage their affairs. This legal process involves petitioning the court to appoint a guardian or conservator to act in the person’s best interests and make decisions on their behalf.

- **Long-Term Care Planning:** Considering the potential need for long-term care is essential in estate planning for individuals with dementia. Long-term care insurance, Medicaid/MassHealth planning, and setting up a trust are strategies that can help mitigate the financial burden associated with care services and ensure that adequate provisions are in place to support the individual’s needs.
- **Beneficiary Designations:** Reviewing beneficiary designations on retirement accounts, life insurance policies, and other assets is crucial to ensure that these assets are distributed according to the individual’s wishes and align with the overall estate plan. Updating beneficiary designations may also help avoid unintended consequences or conflicts with the estate planning documents.
- **Communication and Documentation:** Open communication with family members, caregivers, and legal professionals is vital throughout the estate planning process. Documenting preferences, instructions, and important information in writing can help ensure clarity and facilitate decision-making in the event of cognitive decline. Additionally, maintaining a comprehensive inventory of assets, accounts, and important documents simplifies the administration of the estate.

Estate planning after a dementia diagnosis presents unique challenges that require careful consideration and proactive planning. By addressing these key considerations, individuals can establish a comprehensive estate plan that reflects their wishes and provides peace of mind for themselves and their loved ones. Seeking guidance from legal and financial professionals with expertise in elder law and estate planning can help navigate the complexities of this process and ensure that the individual’s interests are protected throughout their journey with dementia.

This information is intended to provide a basic understanding of why estate planning is important for everybody and information on some of the more common estate planning tools. This article does not constitute legal advice. Do you have a suggestion for an article topic for Attorney Walecka? Reach out at [Walecka Law, P.C., 774-203-9003 or Brandon@WaleckaLaw.com](mailto:WaleckaLaw@WaleckaLaw.com)

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What is the name of a word that has the same meaning as another word?
A.) Synonym B.) Antonym
C.) Preposition D.) Conjunction
- 2.) What is the most consumed fruit in the U.S. ?
A.) Apple B.) Banana C.) Orange D.) Peach
- 3.) Which country consumes the most whiskey overall?
A.) United States B.) Russia
C.) India D.) Ireland
- 4.) What country has the most donut shops per capita?
A.) England B.) United States
C.) Germany D.) Canada
- 5.) What is inflamed if you are suffering from “Glossitis”?
A.) Colon B.) Skin
C.) Joints D.) Tongue
- 6.) What U.S. city has a post office that does NOT fly an American flag?
A.) Los Angeles B.) Philadelphia
C.) Austin D.) Seattle
- 7.) Which U.S. state completely bans the sale of any and all fireworks?
A.) Texas B.) Ohio C.) Massachusetts D.) Illinois
- 8.) Which of these U.S. states only have ONE school district?
A.) Mississippi B.) Arkansas C.) Hawaii D.) Maine
- 9.) What African country was named by Portuguese explorers for their shrimps?
A.) Angola B.) Mozambique
C.) Cameroon D.) Ghana
- 10.) What is the phrase on the Whaleman statue on New Bedford’s library lawn?
A.) “To fight the fight, one must persevere.”
B.) “Onward and Upward”
C.) “The sea shall never overcome.”
D.) “A dead whale or a stove boat.”

[Answers listed on page 11]

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COA chef hiring is a big win for the town of Rochester

Ken Viera didn't start out expecting to be a cook.

Until his 50s, the Rochester resident was a furniture maker, working with his son to produce furniture for local mill stores.

Then, in one week, he lost nearly everything when the mill stores closed and his son was killed in a motorcycle accident. He tried to find work, but at 59, with years of being self-employed, he found it hard to even get a call back from potential employers.

He was beginning to feel desperate when he went to his local Senior Center in Rochester looking for help and they asked, 'Can you cook?'

He said yes. "Yes, I can."

It's hard to say who was luckier that day in 2019.

Viera, who became employed through Coastline's Senior Community Service Employment Program which pays for older workers to learn new skills while working for host agencies.

The Rochester community who got a skilled cook who brought humor and a love for people to the breakfast café operating in the town's Senior Center.

Or SCSEP, which was able to help a talented worker over age 55 learn and use new skills and transition into paid employment when he might otherwise not have been given a chance.

Karyl Ryan, director of the SCSEP program, called Viera an example of what SCSEP does best and the Rochester COA where he works,

an ideal host agency. The program matches individuals and agencies and pays for their work with the expectation that they will develop skills and be able to find employment and/or be hired by the agency.

"We're just proud of him," Ryan said of Viera. "We really are. We hold him up as an example of how well this program works."

The town of Rochester took that final step with Viera in January, officially making him a town employee for 19 hours a week. They plan to increase that number to 20 to give him benefits, when the next budget cycle begins in July, COA Director Eric Poulin said.

"We just fulfilled what you're supposed to do," Poulin said about the hiring decision. "Hopefully everybody else is going to do that too."

"But also Kenny has just worked out tremendously for us," he added.

For his part, Viera takes his position seriously...and not so seriously.

As head chef, he runs a group of volunteers who bring their own big hearts to the job. But it also means he has a new staff each day with their own ways of working. His days start early and by 5:15 a.m. he's at the café making muffins and prepping food.

It's a community effort and the early arrivals often pitch in and help set up tables, large circular ones that seat eight and are designed to help people socialize more easily.

"People pull together so strongly



Ken Viera (second from right) poses with his COA team (l-r) Karen Santos, Coastline floating site manager, Director Eric Poulin, and SCSEP worker Colleen McAdams.

here," Viera said. "Everybody helps each other. People who are here eating get up and help too."

Volunteer and COA board member, Sue Norton, praised Viera for his culinary skills and personality and said he is a huge part of the café's success which brought in \$36,000 in profit last year to help support COA programming.

"He's great to work with. He's got a sense of humor," she said.

Viera made the chef role his own, combining a talent for cooking, a love of trying new dishes, and a desire to help others. He's not above bringing a meal out of the kitchen himself, sometimes

with a humorous explanation for why the dish isn't perfect.

He works the grill with two spatulas in his hands, one for the eggs and one for the blueberry pancakes, and has, on occasion, accidentally switched them, getting blueberry juice on someone's eggs.

When that happens, Viera said he likes to deliver the eggs to the table to explain the mishap, telling the person not to worry, it might just be a little bit of mold on their eggs.

"Sometimes they really believe me," he said laughing, then adding, "I love talking with people. We have a good time."

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Call Beth at 774-438-2729 or email bperdue@CoastlineNB.org

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.

Trips: March 21st, Foxwoods. \$35/pp. Try your luck at Bingo or win a jackpot on the slot machines! Shuttles are also available to the Pequot Museum. April 18th, Daniel Webster Inn, Grand Buffet Luncheon and Cabaret Show. \$90/pp. A beautiful historic inn located in a quiet, lovely neighborhood of Sandwich. Buffet includes field greens, chicken COQ Au Vin Roasted Chicken Smothered with Veggies, Pasta Primavera, Broiled Native Scrod, Potato and Chocolate Tuxedo Mousse Cake. Cabaret features a spectrum of great music performed! May 23rd, Foster’s Lobster Bake, York, Maine. Details to follow.

Community Nurse: Hosting a Blood Pressure/ Wellness Clinic the first Wednesday of every month from 8:30-10:30 a.m.

Cribbage Players Wanted: The Cribbage League is looking to expand. It meets Mondays 11 a.m. to 3 p.m. Stop by the front desk to learn more.

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.

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.

Moving with Moxie: Mobile therapy-based class essential for all ages to improve balance and mobility. March 6 & 20. Free class is limited to 10 people. Pre-registration required.

Guided Meditation with Lynda: Tuesdays 10:15-11:00 Thursdays 9:15-10 a.m. Free. Walk-ins welcome.

Acoustic Jam session: Do you love music, like singing, or play an instrument? Informal group meets on Tuesdays 1-2:45 p.m. Walk-ins welcome-to play or just to listen.

French Conversation and Culture: Wednesdays at 10 a.m. Come and spend a light heated non-threatening hour in the world of French with retired French professor, Suzanne Pelletier. Walk-ins welcome.

Birding by Ear with the Audubon Society: March 12 at 1 p.m. “By understanding what sounds birds are making and why, the chirping, cooing, and squawking becomes much more fascinating conversation.” Pre-registration required. Free.

Cultural Cuisine Program: March 13 from 1-2:30 p.m. Will take you to Ireland with a corned beef lunch and live Celtic music performed by the Al Mackey Band. Pre-registration is required.

“Live to be 100” Secrets of the Blue Zones documentary: March 14 & 28 at 1 p.m. Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and healthy lives. Pre-registration required. Free.

EATALY MARKETPLACE BOSTON TRIP: March 15. Bring your appetite! Pre-registration required. Cost is \$10.

Fall and Motor Vehicle Crash Prevention: March 15 at 10:30 a.m. Southcoast Health’s St. Luke’s Hospital Trauma Center will educate you on simple adjustments you can make to prevent falls, the importance of checking your environment for hazards, exercises to increase strength and balance and steps to stay safe on the road.

Cooking on a Budget: March 20 at 1 p.m. Discover practical tips and strategies to embrace healthy eating without breaking the bank. Pre-registration is required.

Join us as we make SUN Catchers: With the DeMello School Student Council kids! March 21 at 1 p.m. Pre-registration required. Free.

Movie: “Bank of Dave” March 27 at 1 p.m.

Single Senior Supper Club: First Tuesday of the month. 4-6 p.m. Cost is \$5. Pre-registration required.

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 7:30am-3:30pm and until 8pm on Wednesdays. See Fairhaven Council on Aging Community Newsletter on the town’s website at <https://www.fairhaven-ma.gov/council-aging/pages/calendars-menus-and-newsletters>.

Walking: Every day (unless noted in the newsletter or at the center) in the Recreation Center next door to the COA inside the gymnasium. 12:30-1pm.

Massage Mondays: With Carol Flock. 20 minute massages for \$30.00. Please call the COA for dates and appointment times.

Cribbage: Mondays 10am to Noon.

Tai Chi: Mondays 11am-12pm with Joe Rebello.

Movie Matinee: On Monday, Every 2 weeks at 12:15. Please see the newsletter or call the center for date and information about the movie that will be playing.

Osteo Class: Simple and safe Bone boosting exercises. Monday, Wednesday and Friday 8:30am-10am.

Mahjongg: Tuesdays 10am-12pm.

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

Chair Yoga: Wednesdays & Fridays 10:15-11:15 \$3.

Wellness Clinic: Come get your blood pressure checked with Community Nurse 11:15-1:15.

Moving with Moxie: Second and last Wednesday at 1 p.m. Call for new pricing. Therapy-based balance class that is essential for people of all ages who want to improve their balance and mobility. Must call to sign up.

Sewing Group: Wednesdays 4:00-7:45 p.m.

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

Hey Moxie! Caregiver Support: 1st Thursday of the Month 2:45-3:45pm.

Widow & Widowers, General Loss & Grief Support: 2nd Thursday of the month 5-6:30pm.

Health Awareness: Thursdays 9-10am. Supportive group for health and fitness.

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

Marion COA

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

Charlie Card: Monday, March 11, at 11:30 a.m. In need of a Charlie Card? Well, then you are in luck! A representative from SRTA will be on hand to complete this transaction.

Springtime Health: Monday, March 11, 1 p.m. Lori and Lyle from the Community EMS Program will be on hand with tips to stay healthy and active this spring. They will address concerns such as: allergies and respiratory conditions, sun exposure, dehydration, exercise and ticks.

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

Continued on Page 11



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Jeopardy: Friday, March 15, 1 p.m. This game show created by Merv Griffin debuted back in 1964. This game of questions & answers is still as popular today. Join our host, Kevin Richman, as he leads in this afternoon of fun and fact finding. Call 508-748-3570.

Cooking Demonstration: March 12 at noon. Join us for a lunchtime cooking demonstration with Barbara Canuel, Registered Dietitian from Community Nurse Home Care. Learn new tips and tricks while preparing quick, nutritious meals.

A Celebration of Ireland: March 18, 1 p.m. Enjoy an Irish music performance by Eddie Dillon. Originally from Boston, Eddie Dillon of Fairhaven, is a well-known entertainer and songwriter who has performed many years in Irish folk clubs and fesvals throughout the Northeast. Dillon combines his instrumental virtuosity with a keen wit for an original and entertaining performance.

TED Talks: The Power of Animal Scent, Tuesday, March 19, 1 p.m. What if we could diagnose some of the world’s deadliest diseases by the smells our bodies give off? In a fascinating talk, biologist James Logan introduces Freya, a malaria sniffing dog, to show how we can harness the awesome powers of animal scent to detect chemical signatures associated with infection and change the way we diagnose disease. TED Talks are presentations made through video that present great ideas in 18 minutes or less.

Bingo: March 25, 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.

Podiatry: Dr. Alan Lechan, D.P.M. will be providing podiatry care monthly at the Council on Aging. Call 508-748-3570 to schedule an appointment.

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.

Korean Lotus Lantern Workshop: March 19 at 1 p.m. Cost: \$10. RSVP between 3/1 and 3/8, payment due by 3/12. Join us for an educational and fun afternoon creating lotus flower lanterns. This craft workshop will be led by a member of the Korean Spirit and Culture Promotion Project who will show us step-by-step how to make a traditional Korean lotus lantern via Zoom. This is a limited-space program.

Free Manicures: March 14. 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, March 8 and 22 from 9:30-10:30 a.m. RSVP: 508-758-4110.

St. Patrick’s Day Bingo: March 12 at 11 a.m. RSVP: 508-758-4110 Cost: \$5 Do you have the luck of the Irish? Join us for a brown bag lunch bingo! Non-cash prizes.

Trip: Blackstone River Glass Center trip, April 4. RSVP and payment due by noon 3/8 (No refunds unless someone from wait list is able to take your spot.) Check or money order for \$40 made out to “Blackstone River Glass Center.” \$7 for van paid separately. Glass Fusing: Each person will be provided a base layer of sheet glass to decorate with an assortment of flat glass, glass stringers, colored frit (glass sand) and pre-cut shapes. Once the design in complete, they place an additional sheet of flat glass over the piece and put it in a kiln. This process fuses all of the glass together, resulting in a beautiful and unique suncatcher.

Art for Your Mind: Join local art historian, Jill Sanford, for an enjoyable hour seeing things in new ways. The featured topic, American Women Artists highlights the work of a selection of women from the 18th to the 21st Centuries – their pastels, paintings, photographs, sculptures and more. These artists helped to shape America’s artistic identity and advance the role of women in art. Wednesday, March 6 at 12:30.

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

Cribbage: Tuesdays at 3 p.m. Walk-ins welcome, but recommendation to call ahead.

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-Friday. 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. Fridays from 2-3 p.m. at Tierney.

Bingo: Tuesday & Thursday from noon-2 p.m. at Brooklawn and and Monday, Wednesday & Friday from noon-2 p.m. at Tierney.

Zumba with Pati: Mondays from 10-11 a.m. and Thursdays from noon to 1 p.m., both at Tierney.

Chair Yoga with Sue: Mondays from 10-11 a.m. at Andrea McCoy Gymnasium, Tuesdays from 10-11 a.m. at Tierney, and Wednesdays from 10-11 a.m. at Brooklawn.

Springtime Stroll: 11:30 a.m.-2:30 p.m. April 12 at Fort Taber Community Center. Lunch by D&D Catering. Entertainment by DJ Jordan Paiva. RSVP by April 4 to 508-991-6250. \$15. Purchase tickets at the COA office at 181 Hillman St., Bldg. 9.

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: Trips posted on the bulletin board of the Senior Center so members who attend regularly get to see them first.

Brain Builders: 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 March 7 and 2 from 12:45 to 1:45 p.m. Free.

Lunch: Our next quarterly birthday luncheon is on March 25th at 11:30 a.m. If you are a Rochester resident age 60 or older with a birthday in January, February or March you will receive a free lunch but you must register in advance by calling the COA or visiting the front desk. For everyone else the cost is \$5. Turkey dinner with musical entertainment by Lewis & Shea from 12:15-1:30 p.m.

AARP Tax Prep: The hard-working volunteers from AARP are once again here to help. They offer a free tax service to all our seniors. There are a limited number of slots available, so call for an appointment at 508-763-8723. The program will run every Wednesday until April 10.

Legislative: Maureen Estes Flanagan, Legislative Aide for Sen. Michael Rodrigues, will visit us on March 27 from 8 a.m. to 9 a.m. Visit her with any 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.

March 2024 Trivia Quiz Answers

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

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Community



HARVESTING ICE, 1910: Charles Cornell harvests ice from his pond on Old Fall River Road, Dartmouth, MA, circa 1910. Before refrigerators, dozens of freshwater ponds in and around Dartmouth had their own ice houses. Usually built of wood and insulated with straw or sawdust, ice houses stored ice until needed during warm weather. During winter, teams of men and boys cleared snow off the pond, cut the ice into uniform blocks, and stacked them in the houses. Because of the low capital requirements, recent immigrants often ran small ice houses. In contrast, the largest, long-lasting companies had several larger ice houses and sold ice wholesale and retail.

State supports greater food access with grants

Last month, the state announced \$8.2 million to support greater food access to residents in underserved Massachusetts communities through four distinct grant programs benefiting 42 businesses and organizations. The four programs are essential to increasing the production of locally grown food, supporting local food policy councils and food working groups, expanding retail and distribution channels, and distributing locally grown food to underserved communities across Massachusetts.

Included in the grant funding were the following South Coast organizations and projects:

- Urban Agriculture Program grant:
- Groundwork Southcoast - New Bedford, MA: \$15,000; and,
 - Plymouth County Sheriff’s Department - Plymouth, MA: \$20,000.
- Local Food Policy Council Program grant:
- Marion Institute – Marion, MA: \$20,000;
- Massachusetts Food Ventures Program grant:
- Elliot Farm, LLC – Lakeville, MA: \$250,000
- Local Food Purchase Assistance Plus grant:
- Coastal Foodshed – New Bedford, MA: \$750,000

Drayton House continued...

people who do not qualify for public services,” she continued. “Some are being displaced, with ... new landlords raising their rents almost double.”

The Drayton House is the YWCA’s third residential program with another one already in the works, according to Fortes, who stressed the impact of the current affordable housing shortage on the community.

“This is unacceptable for our community,” she said. “We need to raise our voices and continue to advocate and not only ask, but demand, that our city, state and federal officials work and commit to ensuring that residents in New Bedford and everywhere have equal access to affordable, clean, safe and well-maintained quality housing that meets their needs in a place that they can call their home.”

It was fitting for many reasons that the new home is named for longtime community leader and former YWCA executive director Yvonne Drayton who led the YWCA in creating residential programs, expanding its capacity and service area, and mentoring and empowering a new generation of leaders to follow her. Drayton, who retired as YWCA executive director in 2007 was the obvious choice, speakers said.

Drayton has also played a strong role at the national level for the YWCA association, was a co-founder of the Homeless Service Provider Network in New Bedford and continues to serve in the community.

“As we were discussing names for this program, we wanted to name it



Above, one of the Drayton House rooms is ready for occupancy. At right, above, the home has beautiful molding and features like this curved grand staircase. Below, Yvonne Drayton, in black beret, chats with well-wishers at the ribbon-cutting.

after someone who lives and breathes the YWCA mission,” said Fortes. “Within about five seconds, we all came to the same conclusion and that person was Yvonne Drayton.”

In her remarks, YWCA board president Lindsay Cater-Monteiro called Drayton a champion for equitable opportunities for everyone. The YWCA was “intentional and thoughtful” in its strategic plan and what they wanted the housing project to embody for residents, she said.

Carter-Monteiro also thanked Drayton for being a personal mentor to her.

“Even in the 90s I had never worked for a woman of color especially one that was in a position of leadership let alone the executive director,” she said. “I can remember being captivated by the way she could command a room with her

presence when she visited the site... With her support and her reassurance ... I found my voice that gave me the confidence to stand here today as your board president.”

In her remarks, Drayton recalled being 13 years old and going to the YWCA on Spring Street to sign up for tennis lessons. Looking out over the crowd, she called it heartwarming to see so many people present who have contributed to and supported the YWCA over the years.

“One of my fondest memories is being hired from the board of directors by the Hon. Bettina Borders, retired, who said, ‘You need to think about this as either saving the YW or closing it,’ and I went home and I told my mother and my aunt that that’s what she said and they said, ‘Well you can’t close it on your watch.’ So I said,



“OK, let me work,” she said.

Drayton said it’s always been easier to house men than it has women. She appealed to those present to continue to support the YWCA and these types of programs through direct work, financial contributions or voting.

“The need is great,” she said.

The women who are served through the YWCA’s residential programs are often homeless after leaving another program, priced out of a current living situation, or couch surfing, according to Fortes.

The YWCA does more than provide a roof over their heads.

“We are committed to giving them a furnished place to live that they can call their own,” Fortes said. “Many of our residents say this is a natural home for us. It is not a facility. It is not a dormitory. And for the first time