

# Senior Scope

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

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COA gets new director, page 3

## A SEA OF BLUE

### Seniors want gaps in care addressed now

“The issues of older people, including myself, have been on the back burner for way too long.”

With these words, Sen. Patricia D. Jehlen fired up 300+ older adults and advocates at a rally for aging-related policy needs at the Massachusetts State House in February.

Jehlen, co-chair of the Joint Committee on Elder Affairs with Rep. Tom Stanley, told older adults that every part of the state’s continuum of care for older adults is currently under stress.

Delays and denials of service are impacting older adults at all levels, she said. “It is inescapable now that those problems exist and there’s also no question those problems exist (due) to the workforce shortage ... (and) not paying workers enough.”

Jehlen offered a hypothetical illustration of the lack of care at nearly every step of an individual’s experience.

Imagine a situation, she said, where she, as an older adult, qualifies for homecare services but can’t get them because there is a shortage of workers to meet the demand. With no one to help her, she goes shopping on her own. Coming home, she falls and breaks her hip

*Continued on page 12*



“The issues of older people, including myself, have been on the back burner for way too long.”

—Sen. Pat Jehlen,  
 Co-chair, Massachusetts Joint Committee on Elder Affairs



Above top, AARP Massachusetts President Sandra Harris speaks at Lobby Day. Below, Mass. Senior Action volunteers hand out flyers to participants.



## Tai chi: Movement, breath, and mindfulness in one exercise

Molly Zane flows gracefully into “White Snake Sticks Out Its Tongue” position as her classmates around her do the same. She is one of seven students in a tai chi class on a rainy March morning at the Connor Center for Active Living in Dartmouth.

The students, six older women and one older man, move mindfully following instructor Joe Rebelo’s example at the front of the class while counting the repetitions aloud in Mandarin - “yi, er, san, si” all the way



Joe Rebelo, far left, demonstrates for his tai chi students.

up to “shi,” for the 10th repetition.

A New Bedford native, Rebelo has been practicing martial arts for nearly 56 years and is a blackbelt in 36 styles

and a grandmaster of four. Tai chi was not part of his early training as a youth, until one instructor began requiring students to learn it after experiencing a medical emergency.

“It was one of the best things he ever did in the world for me,” Rebelo says about the requirement.

Now Rebelo is passing on the knowledge, teaching at three local senior centers, including Dartmouth. Tai chi helps to circulate the chi, or life force,

*Continued on page 3*



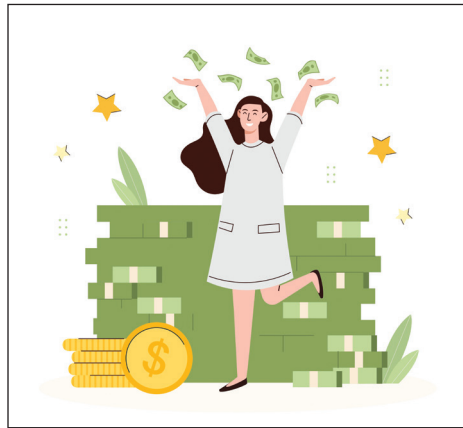
## Plan for your future during Financial Literacy Month in April

By Delia De Mello

We celebrate Financial Literacy Month (FLM) every April to promote financial education and well-being in the United States.



Delia DeMello



FLM also serves as a reminder that Social Security is a vital part of any financial plan. Our online tools are here to help you understand your potential Social Security benefits and how they fit into your financial future.

You should periodically review your Social Security Statement (Statement) using your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

Your Statement is an easy-to-read summary of the estimated benefits you and your family could receive, including potential retirement, disability, and survivors' benefits.

If you're planning to retire, you can visit our Plan for Retirement webpage at [www.ssa.gov/prepare/plan-retirement](http://www.ssa.gov/prepare/plan-retirement).

Here you can compare how different future earnings and retirement benefit start-dates might affect your future benefit amount.

Please tell your friends and family about the steps they can take to improve their financial knowledge by exploring their personal my Social Security account.

If they don't have an account, they can easily create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

## From the Editor

What a month March was! I went into it riding a high from the Feb. 27 Older Adult Lobby Day at the State House. It was incredibly inspiring to see several hundred older adults show up – dressed in blue – advocating for better care for aging Americans.

Estimates put the number participating as above 300 with some going as high as 500. I didn't count, but it was an impressive amount of people and sure to make a point for lawmakers.

If it didn't, the words of legislative and association speakers at the event must have.

There were so many issues on the table, most, if not all, requiring additional funding to implement, that it was impossible to capture it all.

A main takeaway, however, is the need for addressing gaps in care that leave older adults without support for living independently and families struggling to make up the difference. Much of the need tracks back to workforce shortages and better wages for care-related jobs. (See the *Senior Scope* story on page one.)

Then March hit and I participated in one of the many March for Meals campaigns happening throughout the state and U.S. I tagged along

with Coastline Elderly Services, as both *Senior Scope* editor and communications specialist for the New Bedford-based aging services access point.


In Massachusetts most agencies receive federal and state funding to run the meals programs which feed about 4,000 older adults every weekday through Coastline alone.

To raise awareness, Coastline invited legislators and town leaders to deliver meals to seniors' homes and see for themselves the impact the meals program makes. It's fair to say most of them already understood the program's benefits and community need. But many were not aware that the impact of growing numbers of adults over age 65 in the state, rising program expenses including food costs, with no matching funding increase have left the program with a deficit.

These annual events give lawmakers a chance to hear directly from Coastline what the current needs are in what will definitely be an ongoing conversation.




Beth Perdue



**Coastline**  
508-999-6400

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



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

Acushnet Council on Aging 59 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-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

## Donations for April 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.

**In Memory of**


**Remembering our mother on her Heavenly birthday.**  
**Love, Barbara, Annie and Michael.**

**\$40**  
—Ann McCrillis Tipping

**This issue: \$ 40**  
**Year-to-Date: \$190**



**Donate online via PayPal here:**



## Senior Scope

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**New Bedford, MA 02745**

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## Acushnet Council on Aging has a new director

For Lauren Golda, her new job as Council on Aging Director in Acushnet is a homecoming in more ways than one.

With the position, the 29-year-old is returning to a town she lived in for much of her childhood. She is also returning to a role specifically working with the elderly – where her career first started.

Golda began working with older adults in high school, pursuing a certified nursing assistant license at Old Colony Regional Vocational Technical High School. As part of the program she worked directly with seniors living at the Jewish Convalescent Home in New Bedford.

She continued that work while in college at Bridgewater State University. She also later obtained a master's degree in health care administration.

"I love the community here," said Golda. "Everyone is on a first name basis... It's a strong community where we have a committed group of people coming in every day."

In her career, Golda has also worked as a case manager for Coastline Elderly Services in the New Bedford and Dartmouth areas. There, she also helped older adults with the sometimes complicated process of getting discharged and returning home with services in place to support them.

"A lot of times, people didn't know what Coastline had to offer until we were there," she recalled. "It was nice for families and residents to have a



Lauren Golda is the new Council on Aging Director in Acushnet.

friendly face in (discharge) meetings and ultimately someone to support them in getting home."

Golda was hired by Acushnet selectmen in January when then-COA Director Heather Chew resigned after 12 years of service in the position.

Her positions including Coastline and, more recently, supervising a primary care practice in Taunton have given her experience working with older adults who need support and knowledge of the existing resources and programs available to help them.

"This was a good opportunity for me," she said. "I have a lot of different experiences but it all makes sense for this role, and it all works together."

Golda said she plans to take time to learn the rhythm and needs of the senior center before deciding on any changes. She can see that the programming is appreciated by Acushnet residents and older adults in nearby towns.

"Right now, I'm sticking to everything status quo," she said. "It's only been a month and I want to put people at ease that I'm not going to come in like a Tasmanian Devil and mess with everything."

That said, she is hoping to add new programs, including a meditation class that is expected to begin this month, and perhaps attract new faces to the senior center.

## Asset test for Medicare Savings Plan ends

As of the first of March, applicants to the Medicare Savings Plan will no longer face an asset limit to determine their eligibility to the plan.

This means, assets such as a home or a savings account will not count toward meeting eligibility requirements.

The Medicare Savings Plan is a cost-savings plan for those on Medicare which eliminates the monthly Medicare Part B premium, offers access to prescription drug plans at no additional premium, and additional benefits.

If you are on Medicare and your monthly income is below \$2,824 for an individual or \$3,833 for a married couple, you may be eligible for the Medicare Savings Programs.

You do not need to be on MassHealth to apply.

For more information on the plan or eligibility requirements, go to [www.mass.gov/info-details/get-help-paying-medicare-costs](http://www.mass.gov/info-details/get-help-paying-medicare-costs), call the MassHealth Customer Service line at (800) 841-2900, or speak to a SHINE counselor (see list of local counselors on page 2).

### Tai chi continued...

throughout the body whether practitioners are standing still or moving, he said. It is especially good, he said, for those days when "one's get-up-and-go has got up and went."

Zane discovered tai chi years ago while living in California, observing older Asian women practicing the martial arts-based style in outdoor venues and parks. The style has become a popular low-impact exercise especially for older adults and Zane, a longtime Dartmouth resident, said she has been doing it for about two years now.

Asked why she sticks with it, she said, "Just for the sake of movement."

This particular morning, Rebelo's class begins with a series of slow movements and conscious breathing done while standing in one position, before moving into a more complex series of poses with memorable names like 'Sun Rise, Sun Set,' 'Grasp the Swallow's Tail,' 'Lion Playing with the Ball,' and 'Brushing the Horse's Mane.'

The names represent the motion, Rebelo explains, guiding participants in visualizing a lion playing with a ball, for example, as they move their hands forward as if holding a beachball between them.

In another position, he gently adjusts a woman's arm into a more natural place, explaining that following the natural flow of the body is important.

"It's amazing the strength you can generate with certain natural alignment," he tells the class.

The breath is as much a focus as the



Above, students learn a new pose in Dartmouth. At right, Molly Zane moves into "White Snake Sticks out its Tongue."

poses, Rebelo adds. "Learning how to control and regulate our breathing is important to our longevity and vitality," he tells students.

Tai chi is popular among people of many ages and cultures, but is especially attractive to older adults, because it combines slow gentle movement with breath work and meditation to provide tangible health benefits.

The National Center for Complementary and Integrative Health at the National Institutes of Health describes it this way. Tai chi, they say, is "a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing."

On its website, the NCCIH details many benefits to the practice including improving balance for older adults and those with

Parkinson's Disease. It may also have a positive cognitive effect, NCCIH suggests, referencing a 2023 study of older adults split into three groups — stretching, doing tai chi, and practicing a cognitively-enhanced form of tai chi. The third group practicing the cognitive-physical form led to improvements in cognition, the study found.

Rebelo believes tai chi is good for all ages. He has taught the martial arts form to people using walkers, wheelchairs, and even bedridden, he said.

"Tai chi is for everyone," he said. "We say, 'You do what you can, as you can, when you can, and (even) if you can.' That's the key."

Tai chi's strength, he said, comes from a focus on the natural movement and alignment of the physical body. But there is also a meditative element



and philosophy which Rebelo includes, calling out to the class as they move, "Remember the slower you go."

He pauses to let students respond together, "The more you know."

Another important mantra Rebelo prompts from the class, is 'If your arm extends;' "Your knee bends," they chant back.

Tai Chi classes are taught at the Fairhaven Council on Aging on Mondays from 11-noon; in Dartmouth on Tuesdays from 9-10 a.m.; and on Fridays from 10-11 a.m. at the Brooklawn Senior Center in New Bedford. Rebelo hopes to add more classes in the region soon.

Classes are taught in eight-week sessions for \$30 per session. People can join midsession for a prorated amount. Call the senior center in your area for details.



# Update

## PRIDE returns in June

South Coast Pride will return to New Bedford on Saturday, June 1, at Buttonwood Park, followed by Taunton Pride on Saturday, June 8, at Hopewell Park. The South Coast LGBTQ+ Network is planning fun-filled, family-friendly events that feature great food, live music and performances, shopping with local vendors, and many other activities. There will also be dedicated areas for kids' activities and spaces for older LGBTQ+ individuals. Last year's events and those in 2022 were visited by thousands of attendees and supported by hundreds of community partners. To stay up to date on Pride happenings, visit <https://www.sclgbtqnetwork.org/pride-2024.html>.

## Coordinated Entry System helps people find housing

The Homeless Service Provider Network in New Bedford has rebooted its Coordinated Entry System with a focus on getting people "out of shelters, off the streets and in places not meant for human habitation," according to a news item on the HSPN website. The work recognizes the many barriers facing individuals including "CORI issues, past evictions, mental health, substance use issues and trauma that everyone who has experienced homeless must fight." To achieve its goals CES is working with agencies and those affected to offer services in a timely way. Agency referrals can be made at [www.nbhspn.com/coordinated-entry-reboot-2024](http://www.nbhspn.com/coordinated-entry-reboot-2024) on the HSPN website or by emailing [ce@comcounseling.org](mailto:ce@comcounseling.org).

## City gets geothermal grant

New Bedford was one of 13 communities in Massachusetts awarded funding recently from HEET, a Boston-based nonprofit climate solutions incubator. The city received \$10,000 as part of HEET's efforts to support the proliferation of geothermal networks in the state. The program, made possible with funding from the Massachusetts Clean Energy Center, supports the development of shovel-ready projects to bring clean, utility-scale heating and cooling to neighborhoods throughout the Commonwealth with nearly 50 percent of the money going to environmental justice communities to prioritize an equitable transition to a clean energy future, HEET said in a media release.

## CDC recommends vaccine updates for ages 65+

In February, the Centers for Disease Control and Prevention endorsed a recommendation for adults age 65 and older to receive an additional updated 2023-2024 COVID-19 vaccine dose. The recommendation acknowledges the increased risk of severe disease from COVID-19 in older adults in combination with available data on vaccine effectiveness. Previous CDC recommendations ensured that people who are immunocompromised are already eligible for additional doses of the COVID-19 vaccine. Data continues to show the importance of vaccination to protect those most at risk for severe outcomes of COVID-19. An additional dose of the updated COVID-19 vaccine may restore protection that has waned since a fall vaccine dose, providing increased protection to adults ages 65 years and older. CDC and ACIP will continue to monitor COVID-19 vaccine safety and effectiveness. CDC continues to recommend that everyone stay up to date on their COVID-19 vaccines, especially people with weakened immune systems.

## NBPL loans out more than books and videos

The New Bedford Public Library wants people to know that it provides much more than books and video to its patrons. In a recent release, NBPL said it also loans out a collection of nontraditional library items including a telescope, DVD player, knitting needles and a metal detector. The top 5 items checked out from this collection, called the "Funbrary," are a ukulele, keyboard, microscope kit, light up tracing pad, and bean bag toss. The program has been so successful that the number of checkouts by library patrons increased by 332 percent compared to 2020 when it opened, the library said. Items are available for checkout for a week with a SAILS Library card. Borrowers must be 18 years and older and can have up to 3 items checked out at a time. All New Bedford Library locations have a variety of items to be checked out. A detailed list of items can be found on the library's website. Go to Quick Links at [newbedford-ma.gov/library](http://newbedford-ma.gov/library) for each library's offerings. For more information, please call your local branch of the New Bedford Free Public Library.

## Researchers seek help to create groundwater model

UMass Amherst and the Massachusetts Energy and Environmental Affairs are looking for feedback from homeowners who have experienced groundwater in their basements. The organizations are asking them to complete a 2-minute survey online to help them in their research as they work to create a state groundwater model. According to the organizations, groundwater flooding can occur when rain or snowmelt events infiltrate and cause shallow groundwater to rise such that it affects basements, septic systems, and similar infrastructure and can even rise above ground causing ponding or runoff. Find the survey here: <https://docs.google.com/.../1FAIpQLSeACahLDVq3o4.../viewform>

## 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. Also inquire about scholarship information and applications if you are a student being raised by a grandparent by calling 508-996-0168. Grandparents Raising Grandchildren is partly funded by Coastline and the Executive Office of Elder Affairs.

## 2023 Circuit Breaker credit

With tax season here, adults age 65 or older by Dec. 31 may be eligible for the Circuit Breaker tax credit. This refundable credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2023 is \$2,590. For information and eligibility requirements, go to [www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit](http://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit).

## Celebrating St. Patrick's Day



St. Patrick Day events in local senior centers brought the barney to older adults whether they have Irish roots or not. Above, Rochester Council on Aging had a full house for lunch that was served with assistance from volunteers including representatives from District Attorney Tim Cruz' office. At left, Trish for the day sisters Elizabeth Sylvia, 91, and Elaine Rocha, 92, celebrate the day at the Fairhaven COA.



# Your Health

## Experience the joy of journaling

By Deb Fraine, MS, OTR/L, CHT, RYT-200

I have been a lifetime “journaler” from the time I was a teen, through early motherhood, various travels, dealing with teenagers of my own and into midlife. At different times in my life, journaling served different purposes. Journaling has helped me to vent my frustration, document special moments, problem solve, dream, plan and reflect on all the emotions that come with life.

Today, journaling helps me to find daily gratitude, joy and ponder my plans in this as my Dad calls it “3rd quarter of life.” According to Barbara Bash, “The Simple Joy of Writing by Hand,” actually using a pen and paper or notebook to journal is beneficial to our memory, it reactivates our neural circuits and is meditative.

Though there are many options for digital journaling, using a traditional paper journal and your favorite pen brings out creativity as we can draw, process and cross out the written words. The act of writing connects our brain to our hand and to our eye facilitating an increased ability to focus on this task.

Where do you start as you begin to journal? You may enter the date at the top of the page, set a timer for 5 min and just write away.



**“Documenting your thoughts on paper improves cognitive skills, memory and supports mental health. Journaling daily or even weekly fosters gratitude by giving you a sense of abundance. session.”**

I like to structure my journaling which gives me direction and an impetus to continue writing. I prefer to journal first thing in the morning when my mind is least cluttered. After the date, I list 3 things for which I am grateful. Then I proceed to writing three or four activities/tasks that I would like to accomplish that day. These tasks may include something that I do for others, a work related task and an activity that brings me joy. Of course, I allow myself grace - some



days these tasks are interrupted by whatever life may throw my way.

I also do not pressure myself daily to journal, some weeks are better than others for a multitude of reasons.

There are so many benefits of journaling including facilitating decreased stress by relieving burdens on the mind by allowing you to express your feelings on paper.

Journaling allows us to slow down our pace of life.

Documenting your thoughts on paper improves cognitive skills, memory and supports mental health. Journaling daily or even

weekly fosters gratitude by giving you a sense of abundance. Whenever I feel like life is too busy or burdensome- I change my mindset in my journaling or thoughts to “I get to...”

Find a comfy chair, in the sun with a wonderful view of nature each morning. Document your thoughts, life, moments of gratitude, hopes, dreams, life goals and experience the benefits of journaling.

*Deb Fraine is a licensed occupational therapist, certified hand therapist, and a registered member of Yoga Alliance having completed her 200-hour Yoga Teacher Training in 2015.*

## Aging Informed:

### What the reauthorization of the Older Americans Act means to you

A key event in 2024 that will impact older adults is the reauthorization of the Older Americans Act.

The act, which expires at the end of the year, is the foundation of all non-Medicaid home and community-based services in the U.S. and affects close to 11 million older Americans every year.

It's reauthorized every four years but what makes the 2024 process especially significant, beyond concerning budget turmoil in Congress, are the rapidly growing number of older adults in the U.S. - increasing at unprecedented rates - and the impact the pandemic had on the population and delivery of services.

Those are two factors that U.S. Aging, the national association that represents area agencies on aging, said it wants to see Congress consider in its 2024 policy brief.

The OAA is the basis for the

many local programs and services that exist to support older Americans like meals, transportation, support for caregivers, and health and wellness programs.

It's also the document that authorizes funding grants to state agencies which then fund regional agencies to provide services and programs, including Coastline Elderly Services and Bristol Elder Services here in the South Coast.

In its policy brief, U.S. Aging made recommendations grouped under three core areas: Serving more older adults who need support to age well at home; Meeting the needs of current and future older adults; and Maintaining efficient oversight and management of quality, local delivery of services.

Within those areas, the organization specifically supports modernizing funding streams for nutrition programs and reducing social isolation and loneliness by

helping aging network professionals create and replicate innovative strategies to address these issues.

During the pandemic, U.S. Aging said disruptions forced new innovations that have been helpful to older adults and which should now be considered in OAA updates.

Locally, pandemic-driven innovations included classes to help older adults connect digitally online and through programs like Facetime and Zoom.

Another concern that aging groups want Congress to address via OAA is the existing workforce shortage for direct care workers.

“The pay is low, (median earnings of \$23,688 annually), the work is demanding and there is rarely opportunity for career advancement,” U.S. Aging states about these jobs in its policy brief.

U.S. Aging points to cost savings created through OAA

programs as older adults receive in-home assistance that delay or prevent more expensive care like nursing homes.

Federal surveys have also shown that every \$1 in federal funding for the OAA leverages nearly an additional \$3 in state, local, and private funding, U.S. Aging said.

Given the importance of the act and its impact for older adults, many aging groups are advocating for specific changes and asking older adults to contact their elected officials to share stories of how they are helped by local programs and services that fall under OAA.

Guidelines and suggestions of how to help can be found in U.S. Aging's Reauthorization toolkit on their website at <https://www.usaging.org/oa>

*Aging Informed is a monthly feature spotlighting legislative and policy news of importance to older adults.*



## New Bedford Street Sheet disponível online

A New Bedford Street Sheet é uma lista abrangente de recursos importantes para ajudar as pessoas a encontrar comida e abrigo na região e a satisfazer necessidades mais imediatas, incluindo ajuda numa crise. O guia completo é elaborado anualmente pela Homeless Service Providers' Network da cidade e está disponível em três línguas: inglês, português e espanhol.

O guia é fácil de utilizar e dá acesso a serviços de crise locais, estatais e nacionais, incluindo a prevenção do suicídio, assistência à saúde mental, ajuda jurídica e muito mais. Inclui uma lista de todas as dispensas alimentares da zona e onde são servidas as refeições. Também enumera recursos para comunidades específicas de pessoas, incluindo adultos mais velhos, famílias, LGBTQ+ e

veteranos.

Para quem está a lutar contra o consumo de substâncias, a folha inclui informações sobre centros de tratamento e organizações de apoio da zona.

As pessoas ou famílias que não têm casa ou que estão ameaçadas de ficar sem-abrigo podem encontrar uma lista de todos os abrigos da cidade na ficha de rua. Também recomenda

que qualquer pessoa que pretenda evitar a situação de sem-abrigo, que esteja prestes a tornar-se sem-abrigo, ou que precise de realojamento ou de habitação de apoio, ligue para o New Bedford Coordinated Entry nos dias úteis entre as 8h30 e as 17h00 para o número 508-999-4757.

Para aceder à ficha e aos seus recursos, vá a [www.nbhspn.com/nbhspn-street-sheet/](http://www.nbhspn.com/nbhspn-street-sheet/)

## New Bedford Street Sheet available online

The New Bedford Street Sheet is a comprehensive list of important resources to help people find food and shelter in the region and fill more immediate needs including help in a crisis. The comprehensive guide is put together annually by the city's Homeless Service Providers' Network and is available in three languages: English, Portuguese and

Spanish.

The guide is easy to use and provides access to local, state and national crisis services including suicide prevention, mental health assistance, legal help and more. It includes a list of all area food pantries and where meals are served. It also lists resources for specific communities of people including

older adults, families, LGBTQ+, and veterans.

For anyone struggling with substance use, the sheet includes information on area treatment centers and supportive organizations.

Individuals or families who are without a home, or threatened by homelessness, can find a list of all shelters in the city on the street sheet.

It also recommends that anyone looking to avoid homelessness, who is about to become homeless, or who needs rehousing or supportive housing, call New Bedford Coordinated Entry on weekdays between 8:30 a.m. and 5 p.m. at 508-999-4757.

To access the sheet and its resources, visit [www.nbhspn.com/nbhspn-street-sheet/](http://www.nbhspn.com/nbhspn-street-sheet/)

## La Hoja de Calle (Street Sheet) de New Bedford está disponible en línea

La Hoja de Calle de New Bedford es una lista completa de recursos importantes para ayudar a la gente a encontrar alimentos y refugio en la región y cubrir necesidades inmediatas, incluida la ayuda en caso de crisis. La Red de Proveedores de Servicios a las personas en situación de calle de la ciudad elabora anualmente esta guía completa, disponible en tres idiomas: inglés, portugués y español.

La guía es fácil de usar y ofrece acceso a los servicios de crisis locales, estatales y nacionales, como prevención del suicidio, asistencia en salud mental, ayuda jurídica y mucho más. Incluye una lista de todas las despensas de alimentos en el área y de los lugares donde se sirven comidas. También enumera recursos para las comunidades específicas de personas, incluidos los adultos mayores, las familias, LGBTQ+ y los veteranos.

Para quienes luchan contra el consumo de sustancias, la hoja de calle incluye información sobre los centros de tratamiento y las organizaciones de apoyo en el área.

Las personas o familias que carecen de vivienda, o que se ven amenazadas por la falta de vivienda, pueden encontrar en la hoja de calle, una lista de todos los refugios de la ciudad. Además, recomienda que cualquier persona que quiera evitar estar en situación

de calle, que esté a punto de quedarse sin vivienda, o que necesite realojamiento o vivienda de apoyo, llame a New Bedford Coordinated Entry los días hábiles entre las 8:30am y las 5:00 pm al 508-999-4757.

Para acceder a la hoja de calle y sus recursos, visite [www.nbhspn.com/nbhspn-street-sheet/](http://www.nbhspn.com/nbhspn-street-sheet/)

Translations provided by:

 Southcoast Health

## Southcoast Health wants to buy St. Anne's Hospital

Southcoast Health expressed interest in purchasing St. Anne's Hospital in Fall River last month, after, it said, the hospital's for-profit owner, Steward Health Care, made clear it wants to sell it and its other Massachusetts hospitals.

"St. Anne's Hospital patients, providers and employees are part of our community; they are our family members, friends and neighbors," said hospital system president, David McCready in a letter to his Southcoast colleagues. "That is why we are taking action to care for our community as we always have, and why we are announcing our strong interest in having St. Anne's Hospital join the Southcoast Health family."

The hospital system acknowledged the complexity of any potential sale and said it will work with an external advisory firm to conduct its due diligence.

This is a developing story for both organizations as well as at the state level.

Steward's financial troubles have led to severe criticism from Gov. Maura Healey who is demanding the health care company comply with a court

**"That is why we are taking action to care for our community as we always have, and why we are announcing our strong interest in having St. Anne's Hospital join the Southcoast Health family."**

**—David McCready,  
President, Southcoast Health**

order to disclose its financial status. In a February letter to Steward where she made that clear, Healey also encouraged Steward to leave the state.

"The time has come to move past our many months of discussions and begin executing a safe, orderly transition of your seven licensed facilities in Massachusetts to new operators as soon as possible," Healey wrote.

Steward Health Care was formed after private investment firm Cerberus Capital Management purchased six hospitals from Caritas Christi Health Care including St. Anne's in 2010.

## A Bristol County Celebration of Seniors



Friday, June 14, 2024

9am-12pm

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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](mailto:ZBoyer@CoastlineNB.org).  
Vendor Info: Natacha Salemme at 508-742-9113, [NSalemme@CoastlineNB.org](mailto:NSalemme@CoastlineNB.org).



WON'T YOU BE MY NEIGHBOR?

# Learn more about yourself through movement

By Nanci Winterhalter

With one lifetime to occupy this body, getting to know it better and tending it properly seems like a natural thing to do. And yet, how many of us do that? Do we appreciate our vessel and nourish it when all is well and we are functioning with ease or do we only pay attention to it when times of dis-ease arise?

Indulge me for a minute. Like many of you, I am a pet lover. I have lived the majority of my life with a dog in my house. And I know Harry's habits well. On the infrequent occasions that Harry "demonstrates" he has an upset stomach, I become a compulsive pet detective.

Questions begin: Did anyone in the house feed him anything new? Has anyone noticed a change in Harry's mood? Has anyone left anything around that he could have eaten?

Then I am down on my knees looking for anything a dog might see and eat that he shouldn't.

The yard is searched to see what his "recent productions" look like.

Harry's schedule is pondered: has he been alone too long; has his appetite changed; has he shown signs of pain or malaise; is he sleeping well?

An action plan is formed. Shall I cook him white rice and chicken?



How much? How will we keep track of his "habits" to know how he is responding? How long before we call the vet?

When it comes to ourselves, we don't always utilize similar strategies. We often complain, lament, judge ourselves or our container instead of assuming the detective spirit. We are usually curious and take action for our pets, but not always for ourselves.

Getting to really know ourselves takes our time and attention, but it is not difficult and can be most enjoyable. We don't have to wait until we are unwell, and it is never too late to start! How to begin?

Awareness, without judgment, is key and a good place to start can be with movement.

Considering your current movement abilities and interests, you might choose a gentle yoga, Tai-chi, or Qi-Gong class at your local senior/community center or an accessible studio to get you going. If you prefer a more private journey, mindful walking may be for you.

In your movement exploration, you might ask yourself a question or two. Such as: Do I move with ease or force? When I move in a different way does it feel more natural? What tells me so? How does my breath feel when I move?

**"Overtime, this approach can get you more in touch with your body which is a stepping stone in caring for it more fully. Eventually, it can leak into other parts of your being and you may find a more harmonious way of not only moving, but living!"**

Is it smooth or jerky? Even or uneven? Halting or continuous? What is my body telling me if I listen closely?

Then, let the experience unfold. Over time, this approach can get you more in touch with your body which is a stepping stone in caring for it more fully. Eventually, it can leak into other parts of your being and you may find a more harmonious way of not only moving, but living!

My colleague at SanghaNewBedford and a wonderful meditation/yoga teacher, David Trauterman, reminds us that our movement practice invites us to feel:

- Relaxed and wakeful;
- Light and strong;
- Calm and energized!

Who wouldn't want some of that? *Nanci Winterhalter, MSPT, is a certified yoga teacher and yoga therapist.*



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## Cell Phone Classes with Kraig Perry

The last available class slots are in the Beginner iPhone class beginning May 9. Call now to reserve your place.

New class announcements are coming soon!

**FULL!**

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

**FULL!**

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

**FULL!**

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

**FULL!**

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 Zach Boyer at Coastline Elderly Services. 508-742-9161**

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

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



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## Why not combine Tax Time with Estate Planning?

By Attorney Michelle D. Beneski,  
Partner, CELA, LLM Taxation  
*Surprenant & Beneski*

Since preparing to pay your taxes is time-consuming and requires thoughtful organization, it can be the perfect time to also work on your estate plan with a competent estate planning attorney. Here's why:

1. **You may have been procrastinating about both tax preparation and estate planning.** Seeing the possibility to cross both off your list at once may provide you with the incentive you need to complete both tasks and begin the New Year prepared for the future.

2. **You're Already Gathering and Organizing Your Financial Information.** The financial papers you're collecting to file your taxes — bank statements, 1099s, records of uncovered medical expenses, charitable donations — will also be valuable in terms of estate planning. Because your estate simply means all that you own, you will also need data about your real estate, retirement accounts, life insurance, investments, businesses, and other valuables, such as collectibles, jewelry, and art.

3. **It's Time to Make the Most of Your Giving.** If you are subject to high-income tax and/or give large sums to close relatives on a regular basis, you can use gift tax benefits to maximum advantage by presenting those you love with gifts that will not incur tax for either of you. The acceptable amount per person is \$17,000 in 2023. Because the federal exemption for estate tax is now \$12.06 million but will revert to 5.9 million in 2026, our estate planning attorneys can help you take advantage of this high exemption now and for the next few years. We will also assist you in lowering your income taxes through charitable donations of various kinds.

4. **Other Ways to Protect Yourself from High Taxes.** In addition to personal gifting and charitable donations, our estate planning

**“The acceptable amount per person is \$17,000 in 2023. Because the federal exemption for estate tax is now \$12.06 million but will revert to 5.9 million in 2026, our estate planning attorneys can help you take advantage of this high exemption.”**

attorneys can help you protect your assets from income taxes and estate taxes during your lifetime, as well as protect the inheritance your loved ones receive. We have strategies well-crafted for this purpose, including the creation of trusts and contributions to retirement accounts and flexible spending accounts. In addition, trusts can also serve multiple objectives, such as avoiding probate and protecting the eligibility of special needs relatives for government benefits.

5. **If You Own a Business, It's Time to Protect It with Succession Planning.** Though your business may be thriving this year, consider how it would fare if you became incapacitated or died. How would the loss of your business affect your loved ones? Your employees? Business succession planning is a central part of estate planning, and it can ensure that your business can continue being profitable even if you are unable to be at its helm.

An estate planning attorney will help you make a will, create trusts as needed, and draft the documents that will protect you and your family in case of an illness, accident, or medical event (e.g. Durable Power of Attorney, Health Care Proxy). An estate planning attorney will enable you to work on your estate planning and tax preparation at the same time — definitely, a win-win situation!

*Attorney Michelle Beneski is certified as an elder law attorney by the National Elder Law Foundation, and a partner at Surprenant & Beneski is an estate planning and elder law practice in New Bedford.*

## Trivia

### FOR YOUR ENTERTAINMENT – KIM CAMARA

- In which of New York city's 5 boroughs does Coney Island reside?  
A.) Bronx B.) Queens C.) Manhattan D.) Brooklyn
- What well known international symbol was designed by a college student?  
A.) Nike Logo B.) Recycling Logo  
C.) Coca Cola Logo D.) Internet Explorer Logo
- What popular fast food franchise was started on the East Coast?  
A.) Chick Fil A B.) Burger King  
C.) Burger Chef D.) Wendy's
- What American airport has the most travellers per year?  
A.) Atlanta's Hartsfield-Jackson B.) Chicago's O'Hare International  
C.) Los Angeles International D.) Orlando International
- What is the fear of snow called?  
A.) Chionophobia B.) Claustrophobia  
C.) Cryophobia D.) Agoraphobia
- What is the name of the coffee house from the sitcom "Friends"?  
A.) Arnold's B.) Central Perk  
C.) Peach Pit D.) Luke's Diner
- What is the longest road in the United States?  
A.) Route 6 B.) Route 66 C.) Route 12 D.) Route 20
- What is the largest beverage size at Starbucks?  
A.) Venti B.) Demi C.) Grande D.) Trenti
- A milliner is someone who specializes in what?  
A.) Woodworking B.) Shoes  
C.) Hats D.) Investing
- Where would a "croupier" work?  
A.) Wine Cellar B.) Zoo  
C.) Clothing Store D.) Casino

[Answers listed on page 11]

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## As ACP ends, Lifeline offers smaller internet access discount

Households across the U.S. must decide whether they can afford the full cost of internet service this month or choose to end their access after the federal Affordable Connectivity Program officially ends.

ACP helped an estimated 23 million households nationwide afford broadband internet service with a monthly discount of \$30 for most households through area providers. ACP discount to pay broadband internet service fees from area providers. In Massachusetts, the number of households helped was 364,304 or 14% of the state's total households.

ACP, which was designed to expand broadband digital access, is expected to pay its final discounts this month.

No comparable discount currently exists in Massachusetts but one option for qualifying low-income households is Lifeline, a federal program that offers eligible consumers up to \$9.25 off the monthly cost of phone, internet, or bundled services. A larger discount of \$34.25 per month is available for those living on tribal lands.

Unfortunately for many, the eligibility requirements for Lifeline are much stricter than ACP and consumers must work with a limited number of broadband providers who participate in the program.

To qualify, Massachusetts households must meet income limits of 135% or less than the federal poverty guidelines or qualify through participation in certain federal assistance programs like SNAP and Medicaid. Federal poverty guidelines, as of 2023 amounts, are \$19,683 for one-person households and \$26,622



**TOE THE START LINE, 1979:** From small beginnings in 1977, the New Bedford Half Marathon grew into one of New England's important track and field events. Jim Ryan, Larry Finnerty, Marty Flinn and other friends helped organize the yearly events and create the tradition. The 1979 crowd, shown here, assembled on a blustery but sunny Sunday March 18 morning, eagerly anticipating the starting gun. That year, Larry Olsen was the first man to cross the finish line in 1:09:08 and Ann Sullivan Hird was the first woman in 1:18:44. Life and running soon took on a faster pace. In 2015, those times would have kept both runners out of the top ten.

for two-person households. The eligibility limit increases by \$6,939 for each additional person in the household. For example, it is \$33,561 for three-person households.

Where both options are available, Lifeline subscribers have the choice of applying their discount to home or wireless phone service; home internet or a wireless phone data plan,

according to the state's information on the program. Additional information, including minimum broadband standards, can be found at [www.mass.gov/info-details/lifeline-services](http://www.mass.gov/info-details/lifeline-services).

More information is available at [www.lifelinesupport.org](http://www.lifelinesupport.org) including an option to apply online. You may be asked to show documentation that supports your eligibility.

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# Councils on Aging

## Acushnet COA

For more information, call the Acushnet Council on Aging at 508-998-0280. The center is located at 59 ½ South Main St., Acushnet, MA 02743.

**Please note:** Due to an increase in the cost of service, some exercise classes will no longer be free. As of Aug. 1, Tai-Yo-Ba with Cam (Monday) and Strength and Conditioning with Larry (Friday) will now be \$1/per person. **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 American Folk Revival:** Join us April 24 at 1 p.m. for The American Folk Revival with Lewis & Shea, aka Andrew and Michael. (Made possible by the Acushnet Cultural Council in partnership with the Massachusetts Cultural Council). Please call the COA to register.

**Sound and Ground Class:** With Kathleen Silva on April 3. 1-2 p.m. Kathleen will take you on a journey with sound, while you allow the vibrations to communicate deep within your mind and body. \$3 suggested donation. Call the COA to register.

**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.

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

## Dartmouth COA

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

**Southcoast Health Cares About My Diabetes Team:** If you have prediabetes or are at risk for developing Type 2 diabetes, the team can connect you with a free in person prevention program. Monday, April 8th at 11 a.m. Walk-ins welcome.

**Essential Oils for Better Sleep:** Learn simple, natural solutions to help you sleep. Cost is \$10 and includes a Make & Take sleep roller. Pre-registration is required. Thursday, April 11 at 1 p.m.

**Smart Phone App Workshop:** Top five apps will be reviewed and set up: Weather app, Grocery app, Google Maps, and Facetime/Zoom apps. Cost is \$10 for the two-part workshop. April 12th & 26th 9-11 Pre-registration required.

**Pickle Ball and More Tour:** Lunch and a tour and play at the new Pickle Ball and More. (In the former BVO Outlet.) Friday, April 19th Noon-2 p.m. Pre-registration required.

**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.

**Open Art Studio:** Bring your own supplies. Instructor can provide instruction and inspiration. Cost is \$10. Walk ins welcome! Tuesday 9:30-noon.

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

**Cultural Cuisine:** We will visit India this month with an authentic lunch and entertainment/education by UMass Dart. Center for Indic Studies students. Tuesday, April 16 Noon-2 p.m. Pre-registration required.

**Instructional Oil Painting:** Cost is \$60 for 6 classes. Monday, 9-11 April 22-June 3. Pre-registration required.

**Southwick Zoo Trip:** Wednesday, April 24th 9-4 Cost is \$20 for admission. Pre-registration required.

**Vernal Pools with the Audubon Society:** Discover the enchanting sounds of the vernal pool as you delve into the intricate relationship of vernal pools and the species that rely on them. Tuesday, April 25 1-2 p.m. Pre-registration required.

**Movie:** "The Hill" Wednesday, April 27 at 1 p.m. Pre-registration required.

**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](http://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](https://facebook.com/marioncoa). Marion Board of Health: 508-748-3530.

**Caregiver Connection:** By Moxie Mobility Training. Wednesday, April 3 2 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.

**Understanding Vascular Disease:** April 8 at 1 p.m. Stratton Danes, MD of The Vascular Care Group will help you learn symptoms, understand risk factors and gain valuable information regarding the wide array of treatment options available within the realm of vascular disease.

**LGBTQ+ Senior Supper Club:** Meets Wednesday, March 13, from 5-7 p.m. at the Marion COA. Please call 508-748-3570 so we know to expect you.

*Continued on Page 11*



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\*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Info contained herein subject to change w/o notice.

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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:** April 9 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.

**Titanic:** Friday, April 12 at 1 p.m. Discover our own state's many connections to this familiar story. Get to know the Massachusetts residents who were aboard the Titanic on that fateful day in 1912. Learn how Cape Cod played a role in both the Titanic's rescue and recovery.

**Music of Elvis, Dean Martin & Roy Orbison:** Robert Black performs the music of Elvis, Dean Martin & Roy Orbison, April 19 at 1 p.m. Robert Black is an award-winning tribute artist performing nationwide. Enjoy an afternoon of music as he delights with the music of: Elvis, forever the King of Rock & Roll; Dean Martin, member of the Rat Pack with a natural charisma and velvety baritone and Roy Orbison known for his soaring voice the most operatic in rock music who will always be remembered for hit ballads of loneliness and heartache.

**Irish Splendor:** April 22 at 1 p.m. Collette Tours will be making a special presentation of this exciting opportunity to travel to Ireland. Highlights of this excursion are Dublin, Christ Church Cathedral, Blarney Castle, Dingle Peninsula, farm visit, Cliffs of Moher, whiskey distillery and Castle Stay. A representative will be on hand to explain the trip, itinerary, pricing and other pertinent details.

### Mattapoisett COA

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

**Lunch and a Show:** 10-Minute Plays Tuesday, April 9 at 12:30 p.m. RSVP: 508-758-4110. Cost: \$3. Sign up for an enjoyable afternoon with engaging, satirical and fun performances. This unique entertainment features a number of 10-minute plays from local published playwrights, performed by talented actors.

**Haiku for National Poetry Month:** Celebrate National Poetry Month with Haiku April 5th at 10 a.m. RSVP: 508-758-4110. Explore the fascinating Japanese poetic tradition of haiku. Learn how, over a thousand years ago, a party game led to the creation of this lyric style of poetry. Participants will begin by creating a renga together. The "hokku" or starting verse in this game is what we now call haiku. If you can name the seasons, have a simple vocabulary, believe that spirit is more important than form, and aren't bothered by incomplete sentences, you can join in the fun of a renga party and create your own haiku. Group led by Candice Rowe, MA, MFA in Creative Writing Light refreshments served.

**Free Coffee and Donuts for Veterans:** April 19 at 8 a.m. 17 Barstow St. RSVP: 508-758-4110. Join us and Tri-Town Veterans Service Officer, Chris Gerrior at the Council on Aging for free coffee and donuts.

**Mattapoisett Lions Club Senior Dinner:** For Mattapoisett residents Saturday, April 20. Serving begins 12:30 p.m./doors open at noon. Mattapoisett Congregational Church Hall. RSVP: 508-758-4110. Homebound over 60, please call to request delivery by Lions Club volunteers.

**Spring Brunch Buffet:** The Friends of the Mattapoisett COA invites Mattapoisett Residents and the Friends of the Mattapoisett COA to their first Spring Brunch Buffet Thursday, April 11th at the Knights of Columbus. Doors open at 9 a.m. Starts at 9:30 a.m. RSVP: 508-758-4110. RW Catering will be serving scrambled eggs, pancakes, bacon, sausage, home fries, coffee, and a variety of juices. Live soft & smooth music will be played by Rick & Friends.

**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, April 12 and 26 from 9:30-10:30 a.m. RSVP: 508-758-4110.

**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.

### 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 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 [townofrochester.mass.gov/council-aging](http://townofrochester.mass.gov/council-aging). Facebook: [facebook.com/Rochester, Mass.](https://www.facebook.com/Rochester,Mass)

**Trips:** Call 508-763-8723 or visit the front desk to sign up for a trip and please pay at the front desk. Friday, April 12th, Woods Hole Aquarium. Admission is free—van ride is \$5 for Rochester residents and \$10 for non-residents. Depart COA at 10:15 a.m. and return at 2:30 p.m. with lunch at Brewfish (bring cash or card to pay for lunch). Friday, April 26th—Wrentham Outlets. Van ride is \$5 for Rochester residents and \$10 for nonresidents. Depart COA at 9:30 a.m. and return at 3 p.m. (lunch at a restaurant of your choosing.)

**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 April 4 and 8 from 12:45 to 1:45 p.m. Free.

**Lunch:** Hawaiian themed lunch on Monday, April 8th at 11:30 a.m. See menu posted at the center or on our Facebook Page! There will be Luau Dancers performing at noon. Cost is \$15.

**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.

### Dementia Directory

[www.alzconnected.org](http://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](http://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](mailto:lkrinsky@fenwayhealth.org) if interested.

### April 2024 Trivia Quiz Answers

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

## PROJECT INDEPENDENCE

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Executive Director  
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New Bedford, MA 02740  
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[www.piadhc.org](http://www.piadhc.org)

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# Community

## MORE THAN JUST A MEAL: Drivers deliver connection & well-being with meals



Above left, Coastline and Fairhaven officials deliver a meal to Joan Youngblood, center. With her are (l-r) Ashley Whewell, Bob Espindola, Peter Richard, Charlie Murphy, Angie Lopes Ellison, and Gerami Pacheco.

The community rallied around Meals for Wheels last month as Coastline held a series of events in New Bedford, Rochester, and Fairhaven giving local legislators and leaders the chance to see the program in action.

Sen. Mark Montigny, Rep. Tony Cabral, Rep. Chris Hendricks, New Bedford Mayor Jon Mitchell, Brian Rose from District Attorney Thomas Quinn's office, Fairhaven selectmen Charlie Murphy and Bob Espindola, and Fairhaven administrator Angie Lopes Ellison all took to the streets, knocking on doors, greeting older residents and handing them their lunch.

Many lunch recipients were excited to see the newcomers stop by, inviting officials in and chatting with them.

"We know that this is more than just a meal," said CEO Justin Lees about the connections made. "It's the social interaction; it's a well-being check, and it's an opportunity to make sure that if someone needs services beyond just a meal, we can line them up with that."

Lees added his thanks to all of the people and community partners who helped raise awareness for the program.

"We are grateful to have the support of New Bedford's elected delegation, and we hope that their experience this month reminds them of why our services are a great investment, and that older adults should not be overlooked or minimized when evaluating the needs of the Commonwealth."



Above, Sen. Mark Montigny hands Manny Ferreira his lunch. Below left, New Bedford Mayor Jon Mitchell helps seal meal trays for delivery and at right, Driver Mark Johnson and Rep. Tony Cabral give Lee Charlton, past president of the NAACP, his meal.



### Lobby Day continued...

on the steps.

"I call the ambulance (but) it's late. It takes a while to get there because there's a shortage of EMTs," Jehlen said. "I get to the hospital, (but) the (Emergency Department) is understaffed. I may stay there for hours or days because there's no room in the hospital because they're understaffed."

"I'm (finally) admitted and I'm treated," Jehlen continued. "(Then) I can't get out to the rehab facility or the nursing home because they don't have enough staff."

"Finally, I get there. I get treated. It's a little late (and) I don't get as well as quickly as I could. I'm ready to go home (but) there's no one to care for me at home because homecare (organizations) are understaffed."

At every step, workforce shortages impede care and exacerbate problems.

"Those delays and denials of service were made so clear during Covid," said Jehlen.

In his remarks, Stanley expressed support of the SHINE program which provides Medicare and other counseling to older adults and is an acronym for Serving the Health Insurance Needs of Everyone.

"When those of us that have someone in need of elder care, of senior care, in our family, it often comes and we're shocked. We're in emergency mode to get the care," Stanley said. "Well the SHINE program is there to evaluate and direct families and loved ones on how to care for their...elder family



Above, Coastline Planner Zach Boyer updates Rep. Tony Cabral on the Elderly Nutrition Program with Coastline COO Sylvia Nobre-Hilton. Below left, the Coastline team of Board members and staff participate in Lobby Day and, at right, Coastline Director of Finance Sherri Middendorf talks with Alexander Chilton in Sen. Michael Rodrigues's office.



members. And it's very important that we fully fund that program."

Stanley also praised the state's housing bond bill which, he said, includes a section that establishes a commission on making Massachusetts a housing friendly state.

"This commission will bring together a diverse set of stakeholders to

recommend comprehensive strategies, and how to expand their supply of affordable, supportive, senior housing for all older adults," said Stanley.

Emceed by AARP state director Mike Festa, Lobby Day was organized and led by Mass Home Care, the advocacy arm of the state's 20+ aging services providers. The crowd

included representatives from more than a dozen aging organizations including Coastline Elderly Services in New Bedford.

Many of the older adults represented Mass Senior Action, the grassroots, senior-led, advocacy organization.

Betsy Crimmins, executive director of Mass Home Care said it was amazing to see the sea of blue in the room.

"Although so many of us work at different entities in the aging network, we are all part of the nonprofit...aging services network of Massachusetts which recognizes the importance of older adults and people with disabilities being able to make informed, dignified choices about the care they receive and the settings in which they receive their care," she told participants. "We want to make sure that all of us, our family members (and) the people we care about, have access to a knowledgeable, kind, caring person who will sit with us, listen to us, and inform us about our choices and not have choices made for us by a for-profit entity using algorithms, or formularies or artificial intelligence because, as we know, whether we like it or not that's the way our healthcare system is already rapidly moving. And our social care system cannot follow. It's too important what we do."

"The event today is not the start and end of what we need to do," she continued. "We've got to redouble our efforts to let anyone who will listen to us know the value of what you do day in and day out."