

# Senior Scope

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

Vol. 6, Issue 8 Published by Coastline Elderly Services, Inc. May 2024

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Woodstock at SMU? page 12

## Technology support meets older adults ‘where they’re at’

At first, it might have been learning to use an ATM to be able to withdraw money from your bank account. Or, figuring out how to self-checkout at the grocery store.

Later, a potential employer or volunteer organization might have requested an application be completed online, or a primary care physician sent test results to a digital medical record.

Perhaps you needed a photo uploaded to renew a license. Or a physician requested a virtual appointment instead of an in-person visit.

In 2024, so many aspects of daily life require technology training and older adults who do not keep up risk being left behind.

But what might have led to a generation being lost, is instead becoming a movement to give seniors the support they need to connect — when they need to, where they need to, and, importantly, how they want to.

Coastline Elderly Services has been at the forefront of providing technology training in the South Coast since 2022 when it launched its popular series of computer and smartphone classes. Over the past 2.5 years, the state-designated Aging Services Access Point has helped more than 200 people learn to use their devices



Kraig Perry (standing) shows seniors how to use their smartphones at Coastline Elderly Services in New Bedford.

in small group sessions with highly individualized support.

The experience gave the nonprofit a better understanding of what older adults are looking for and led them to go back to the drawing board to develop new technology partnerships where they can “meet seniors where they’re at.”

“It means we’re developing classes and programs that help older adults use technology in ways they want to and also bringing classes to them in their community,” said Coastline Planning Director Zachary Boyer. “That can mean anything from helping them access online exer-

cise classes from a local council on aging, take and send photos to family members, or clip digital coupons on a smartphone app. It depends on the person.”

Boyer said Coastline will bring its technology to seniors by partnering with local organizations like the Immigrants Assistance Center and the Massachusetts Association for the Blind and Visually Impaired as well as area councils on aging who they already work with. They will also host programs in each of the eight communities they serve as a state-appointed

*Continued on page 3*

## Exceptional careers bring local couple together

A White House florist and an electrician on the first nuclear submarine met online in their 80s.

Joe Degnan and Dottie Temple-Degnan are happy to sit down and talk about their pasts. They each had illustrious careers and could fill books with the knowledge and experiences they’ve accumulated in their 90-plus years in the world.

Dottie actually wrote a book, “Flowers White House Style,” about her time as a Chief Florist at the White House under the Reagan administration. And Joe shares a wealth of military and scientific knowledge about his time in the Navy aboard the world’s first operational nuclear-powered submarine, the USS Nautilus, and its journey to be the first submarine to reach the North Pole in 1958.

But perhaps the most fascinating story the couple shares is how they met while both were in their 80s and found love and adventure again.

They met online after a friend convinced Dottie, who was a widow at the time, to try online dating. Dottie was resistant at first.

“I said, ‘You’ve got to be kidding. There’s no way in the world I want to do that,’” she recalled laughing. But her



Joe and Dottie relax in their New Bedford home.

friend’s response, “If nothing else, it’s something to do in the evening and laugh about,” got her thinking.

Joe was already online after his first marriage ended. Neither had to embellish their profile information.

“He fascinated me by what he had done. That was the first hook,” Dottie said, glancing across the table at her

*Continued on page 12*



# What to do if you have a Social Security or SSI overpayment

By Delia De Mello

An overpayment occurs when Social Security pays a person more money in Social Security benefits or SSI payments than should have been paid. The amount of the overpayment is the difference between the payment received and the amount that was due.

Social Security is required by law to adjust benefits or recover debts when an overpayment occurs. If you receive an overpayment notice, it will explain why you've been overpaid, the overpayment amount, your repayment options, and your appeal and waiver rights.

After receiving an overpayment notice, you can:

Repay the overpayment in full or through a repayment plan by check, money order, credit card or by monthly reductions from your Social Security benefit. You may be able to make a full or partial repayment using Pay.gov or your bank's online bill pay option. We offer flexible repayment plans, including payments as low as \$10 per month.

Appeal the overpayment if

you don't agree that you've been overpaid, or you believe the amount is incorrect. You can request a non-medical reconsideration online or you can submit a completed SSA-561, Request for Reconsideration, to your local Social Security office.

Request that we waive the overpayment if you believe you are not at fault for causing the overpayment AND you cannot afford to pay the money back or it is unfair for some other reason. You can ask for a waiver by submitting a completed SSA-632, Request for Waiver of Overpayment Recovery, to your local office. If your overpayment is \$1,000 or less, we may be able to process your waiver request quickly by telephone. You can contact your local office or call us at 1-800-772-1213, Monday through Friday, between 8 a.m. and 7 p.m.

Request a different repayment amount if you are unable to meet your necessary living expenses due to the current repayment amount. If you are unable to repay the debt within 60 months\* due to the negotiated

repayment amount, you will be asked to complete form SSA-634, Request for Change in Overpayment Recovery Rate.

You can find the form at [www.ssa.gov/forms/ssa-634.pdf](http://www.ssa.gov/forms/ssa-634.pdf).

\*NOTE: This is a recent policy change. Previous policy required the completion of the SSA-634 if the overpayment could not be repaid within 36 months.

To learn more about overpayments and our process, visit our Understanding SSI Overpayments webpage at [www.ssa.gov/ssi/text-overpay-ussi.htm](http://www.ssa.gov/ssi/text-overpay-ussi.htm), read our Overpayments fact sheet at [www.ssa.gov/marketing/assets/materials/EN-05-10106.pdf](http://www.ssa.gov/marketing/assets/materials/EN-05-10106.pdf), or watch our Overpayment video at [www.youtube.com/watch?v=pxYYcjqkFvM](http://www.youtube.com/watch?v=pxYYcjqkFvM).



Delia DeMello

# From the Editor

As we head into May and Older Americans Month, Senior Scope is focused on connections, how and why they're important and how older adults can stay connected as they age. It's in line with the Administration of Community Living's — the government entity that oversees the national celebration — 2024 theme: Powered by Connection.




Given the changes in the world, including how governments, health care, social service and academic institutions work, much of the focus here is on how older adults can become more digitally savvy to stay connected. Thankfully there are many organizations stepping up to offer support for making the transition.

In other news, don't miss the feature on the Degnans — two older adults who each had impressive careers before meeting each other and finding love again (page one).


Also, for anyone attending the Celebration of Seniors' on June 14, breakfast RSVPs are now being taken. See the contact information in the ad on page 6.

Connect with Beth at [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org).

 **Coastline**  
508-999-6400

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

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 **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 May 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**  
**My mom, Doris "Kitty" Hebert, with love, Diane, \$10**  
—Diane Freitas

**This issue: \$ 10**  
**Year-to-Date: \$200**

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 **Senior Scope**

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

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# 'POWERED BY CONNECTION'

## Libraries expanded roles help older adults connect

Libraries across the South Coast are helping people connect, via digital devices and in person, in an expanding community role that benefits all ages, especially older adults.

Senior Scope spoke to seven public library systems last month to learn how they support and empower connections for older adults. From these conversations, we learned how much libraries have grown beyond their traditional role as a place for finding books and other media and become vibrant community spaces for meeting others.

"We are one of the last public institutions that actively pursues building community," said New Bedford Library reference librarian, Amy Ferguson. "This has always been one of our core tenants to create a healthy, thriving, safe, neutral place for people to get together."

Dartmouth library director Dina St. Pierre agreed.

"We strive to provide these welcoming, safe physical spaces," she said, adding this now includes providing digital resources.

"We had to develop a wide range of online resources to meet the needs of people in 2024," St. Pierre said.

All of the libraries we spoke to offer technology support in some form and all were happy to talk about the ways they help people connect. There was a variety of responses, especially when it came to programming, not all of which we could capture here.

The beauty of the system, with a few exceptions, is that library users can pick and choose the options that benefit them from all local libraries who participate in the SAILS Library system. They aren't limited to just their town library.

As Mattapoisett Library Director Susan Pizzolato put it the variety and potential overlap works because people gravitate toward the places and activities that feel good to them.

"You find your place," Pizzolato said. "(Libraries) could all be doing similar programs and it wouldn't matter, because you'll go where you feel comfortable and get those feelings that, 'I belong here,' and that's what you gravitate towards."

When it comes to technology, people are welcome to come in and use library computers and access their wifi. What many are finding though is that for older adults, they've become a go-to place to ask how to do things like enlarge the font on their phones, create an attachment, complete an online form, or even purchase supplies online.

In Rochester, an older woman came in because she was shopping online and having trouble with her account. She brought her ipad with



Above, older adults enjoy the April solar eclipse at the Acushnet Library.

her to the Plumb Library.

"Someone else had set (the ipad) up for her and...she didn't realize she was actually buying things until they showed up at her house," said Kristen Cardoso, library director. "She wanted to look around (on the site) but she didn't want to keep buying these things."

Cardoso was able to help her change the necessary setting to prevent unintended purchases in the future.

At the Elizabeth Taber Library in Marion, there is a general flow of people asking for help with their personal devices, especially in the summer when those who winter in Florida return home, said Linda Schneider, library assistant. The library had held a class in the past, but found it more effective to help people as they come in.

Many libraries provide wireless hotspots to patrons, allowing them to connect to the internet in their homes or other spaces even if they do not have an internet provider.

They are often used when traveling or if the power goes out, some said.

In Mattapoisett, staff encourage older patrons to try the many digital options for consuming media, some of which allow people to download e-books at home or assist those with visual impairments to continue to enjoy books.

"We try to help older adults be more comfortable with reading books on digital devices," said Pizzolato. "We have a variety of ebooks and some people are reading them and some haven't adapted to them."

Many librarians were eager to point out the many programs they offer and more recent acquisitions like lawn games, strollers, and musical instruments that help people connect in person, avoiding the silos that technology can sometimes foster.

"Our programming is vital programming," emphasized Pizzolato. "It used to be a way to send people to the (book) collection but now it's a way to encourage you to meet people."

### DIGITAL SERVICES

Library policies differ. Visit websites or call ahead for details.

**Acushnet**  
508-998-0270

**Technology:** No longer has wireless hotspots.

**Assistance:** Open tech hours at specific times. Will assist with questions as able.

**Dartmouth**  
508-999-0726

**Technology:** Has 15 wireless hotspots; used frequently.

**Assistance:** Will assist with questions as able, especially about library access including the Libby app.

**Fairhaven**  
508-992-5342

**Technology:** Wireless hotspots are available.

**Assistance:** Yes, but mainly on library information or apps like Libby and Hoopla.

**Marion**  
508-748-1252

**Technology:** Wireless hotspots are available.

**Assistance:** Library services and questions about personal devices whenever able.

**Mattapoisett**  
(508) 758-4171

**Technology:** Wireless hotspots are available.

**Assistance:** Library services and questions about personal devices whenever able.

**New Bedford**  
(508) 991-6275

**Technology:** Wireless hotspots are available.

**Assistance:** Mainly on library services, or apps like Libby and Hoopla.

**Rochester**  
508-763-8600

**Technology:** Four wireless hotspots are available.

**Assistance:** Library services and questions about personal devices whenever able.

*MBI continued...*

Aging Services Access Point.

It's all possible through a multi-organization grant from the Massachusetts Broadband Institute that will distribute \$3 million to 12 organizations over an 18-month period.

Coastline learned in December that it had been allotted \$236,000 of the \$3 million grant which officially kicked off this spring. The nonprofit, which helps older adults get services to allow them to live independently, is now finalizing details of the program's implementation such as how many classes will be taught and what options will exist for one-on-one assistance.

"We are partnering with several organizations to best meet the digital needs of older adults in the South Coast," said Coastline CEO Justin Lees. "Those discussions are still evolving but we expect trainings to begin this June and, through a new partnership with Tech Goes Home, to provide tablets and a year of internet access to those who participate."

The Tech Goes Home partnership is one of the most exciting parts of the grant, said Boyer, because it will allow Coastline to reach people who may be interested in doing more with technology but haven't had the access to devices or an internet connection to begin.

"We know how important access to the digital world can be for our elders," said Marvin Venay, Chief External Affairs and Advocacy Officer at Tech Goes Home. "And we know that older adults often face unique challenges to getting online and using digital tools safely and effectively, including challenges with hardware, difficulty navigating the internet, potential barriers related to sight and hearing, linguistic obstacles, and more."

"Our trainings include four core competencies – using your device, navigating the internet, video conferencing, and communicating via email – but then we work with instructors and learners to go deeper on the opportunities they care about most, whether that's how to connect with loved ones or how to navigate patient healthcare portals," Venay continued.

Tech Goes Home will also train Coastline's trainer, Kraig Perry.

Coastline is not the only organization creating flexible and responsive programming. In a recent Zoom meeting, organized by the Massachusetts Healthy Aging Collaborative, MBI grantee organizations described successful efforts to help older adults connect using technology. Each organization offers unique programs based on seniors' needs from using artificial intelligence in art programs to capacity-building for advocacy work and classes similar to what Coastline is doing.

Beyond this group, local councils on aging have been quietly building their technology options and libraries have been offering help formally and informally. (See story, at left.)

It's good news because organizations who offer technology training have found that ongoing support is important.

In the MHAC Zoom call, western Massachusetts-based Way Finders, said they'd learned that some people leave training sessions ready and able to use what they learned immediately. Others need a refresher or multiple refreshers to feel comfortable, according to Beatrice Dewberry, Community Building and Engagement Director, who spoke on the call.

Anyone interested in learning more about technology classes can email Dionne Gomes at [dgomes@coastlinenb.org](mailto:dgomes@coastlinenb.org) or call her at 508-742-9160. Please include what you hope to do with technology after getting help.



# Update

## Alzheimer's Association launches podcast

The Alzheimer's Association New England region has a new podcast available called "Speaking of Alzheimer's." The podcast posts episodes about every other week, offering first-hand experiences from individuals navigating their journey with Alzheimer's disease, care partners, and researchers. Episodes are offered on Spotify and include titles such as "Life After Alzheimer's" and "Checkmating Alzheimer's: Chess and Early-Stage Social Engagement." Listen here: [Speaking of Alzheimer's | Podcast on Spotify](#).

## Stars & Stripes is May 18

Seaglass Theater will perform STARS & STRIPES, a musical salute to the troops, in New Bedford on Armed Forces Day, May 18. Be transported back to the USO clubs of yesteryear, where servicemen got a ham sandwich, a cup of coffee and a dance with a pretty girl before shipping off to war. Enjoy patriotic songs and dance hall favorites from "Boogie Woogie Bugle Boy" to "God Bless America" to "The Sound of Silence" with a live band and singers. Two performances will be held that day, at 1 p.m. and again at 4 p.m., at Gallery X, 169 William St., New Bedford. Tickets are \$30, \$25 for seniors and students, and can be purchased online via [www.seaglasstheater.com](http://www.seaglasstheater.com).

## 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>.

## Mass RMV warns of website scams

The Massachusetts Registry of Motor Vehicles is reminding customers to use only Mass.Gov/RMV for information or to perform many transactions, including renewing a license or registration. While there has been no sharp increase in reports of deceptive and mimic websites, the RMV noted that it is offering a reminder now because it is a busy time of year for customer transactions. Customers should also avoid using any unofficial third-party websites claiming to assist with RMV services, the RMV said. Customers should also beware of text messages or emails which claim to be from MassDOT or the RMV and avoid clicking on fraudulent links. Those with questions about how to identify and avoid scams can contact the Office of Consumer Affairs and Business Regulation by calling the Consumer Hotline at (617) 973-8787, or toll-free in Massachusetts at (888) 283-3757.

## May 4 plant sale at RJD

The Garden Club of Buzzards Bay Plant Sale will be held from 9 a.m. to 1 p.m. May 4, on the grounds of the Rotch-Jones-Duff House and Garden Museum. Gardeners will be able to buy colorful and varied annuals grown in the Club's own greenhouse, unusual perennials from members' gardens, an array of popular geraniums and special coleus, striking succulents, heirloom tomatoes, and herbs. Gently used gardening books donated by Club members will also be available for purchase. The Museum is located at 396 County Road, New Bedford, MA. The event is free and open to the public. Cash, checks, and credit cards will be accepted. For more information, contact Anne Heller, (617) 893-8491.

## LIHEAP continued to May 10

Spring is here but home heat is still necessary for many households. To help, Massachusetts has extended the application period for its home energy assistance program (LIHEAP) until May 10, according to PACE in New Bedford. The program, which was scheduled to end in April, helps eligible households pay a portion of their winter heating bills. The application process is easy, PACE says on its webpage. To determine if you're eligible for assistance go to: <https://www.toapply.org/PACE>.

## Check your nutrition with Coastline dietitian

Coastline will host five free nutrition check-up events in May at local senior centers and housing sites. The programs will look at the impact of malnutrition, where you can learn more about it and how to reduce your risk. Malnutrition is an imbalance between the nutrients your body needs to function and the nutrients it gets. It can mean undernutrition or overnutrition. One out of 2 older adults are at risk for malnutrition. Events will be held: Noon, May 20, at the Fairhaven Senior Center; 12:30 p.m. Tripp Towers, May 21, New Bedford; 11 a.m., May 22, at the Rochester Senior Center; Noon, May 29, at the Acushnet Senior Center; and 1 p.m., May 30, at the Dartmouth Senior Center. Programs will be led by Ashley Whewell, Coastline Registered Dietitian.

## Memorial Day Service announced

The New Bedford Civil War Round Table will hold its annual Memorial Day Service at 9 a.m., May 25, at Rural Cemetery, 149 Dartmouth St., New Bedford. The event includes laying of floral wreath by the 1850's Ladies, sounding of Taps by the 215th Army Band, Massachusetts Army National Guard and a gun salute led by Stephen Pacheco. Participants are asked to drive to the Civil War section in the back of the cemetery. Refreshments will be available after the ceremony.

## Age 60 or older? Know your options

Options Counseling is a free program that guides adults age 60 and older, families and caregivers, through resources that can help them remain in the community. An Options Counselor will work with you to meet individualized goals, including present or future planning needs. They can provide counseling whether you're currently at home, in the community, or in a hospital or facility setting. The Options Counselor may assist with setting up services or provide you with local resources. To make a referral, call Coastline's Information and Referral Department at 508-999-6400.

## Open Studios at Hatch Street

Hatch Street's Spring Open Studios and Sale will take place May 18-19 from 10 a.m. to 5 p.m. for art lovers throughout the South Coast. This festive event features more than 50 artists who open their doors to the public and show and sell their creations, many inspired by the colors of the spring season. Experience handmade textiles, ceramics, furniture, jewelry, art installations and more. The event takes place at the historic mill complex at 88 and 90 Hatch St.

## Historian to speak on Yellowstone

Historian and critically acclaimed author, Megan Kate Nelson will be in New Bedford this month presenting as part of the Fort Taber~Fort Rodman Military Museum's ongoing speaker series. Nelson will discuss her new book, "Saving Yellowstone," at 2 p.m. in the main room of the Military Museum on May 19. The book won the 2023 Spur Award for Historical Nonfiction, and is one of Smithsonian Magazine's Top Ten Books in History for 2023.

## Easter Sunrise Service



A crowd gathers at Fort Phoenix in Fairhaven on Easter morning to celebrate together. The service was led by the Interchurch Council of Greater New Bedford.



# Your Health

## Start your day with gentle fitness movements

By Donna Bosworth

*ACE, YogaFit 500 ERYT, Tai Ji Fit*

As we age, we are continually told that we need to keep active but what does that mean? Is it simply getting out of bed and making it down the stairs? Is it getting out into the garden, playing with the grandchildren, or walking the dog? Is it more involved like going for a long walk or taking a group fitness class?

If you answered yes, to all the above, you are right!

Getting out of bed is a huge start to a great day. The very beginning of movement sets you on the path to greater movement.

Before even getting out of bed, consider doing a BIG stretch to awaken the body or simply rub the arms or legs. Also, wrist circles and foot circles help to open the joints and get them moving.

This is a wonderful way to warm up the body to get those feet on the floor.

The CDC recommends moderate activity for 30 minutes a day, 5 days a week. What is moderate activity? It doesn't have to be organized classes. It can be doing the laundry if you have stairs to climb up and done, vacuuming or mopping floors, digging in the garden, walking the dog, or taking a 10-minute walk at least three times a day, even if it is while watching the TV.

They also recommend strength training a minimum of 2 times per



**“Before even getting out of bed, consider doing a BIG stretch to awaken the body or simply rub the arms or legs.”**

week plus balance activities.

What qualifies as strength training? Anything that works all the major muscle groups — legs, hips, back, abdominals, chest, shoulders, and arms! Perhaps it is lifting weights, carrying a grandchild, bending and stretching to reach dishes or pots and pans, digging in the garden, doing some yoga poses, or push-ups at the kitchen counter. Strength training of any kind helps to make your bones stronger and reduce muscle loss.

Practicing balance activities everyday helps to reduce the possibility of injury like a broken bone. Standing on one leg near a chair or kitchen counter, walking backwards, walking heel to toe, standing from a seated position, or holding



yoga poses such as Tree, all help to improve your balance.

Your local Fitness Center, Council on Aging, yoga studio and YMCA offer a wide variety of group classes that you might also consider. Tai Chi, Chair Yoga, Silver Sneakers, Silver and Fit, Senior Fitness, Senior Circuit, Gentle Yoga are some of the names you might see.

If you have a health issue like Diabetes or Parkinson's, consider these locations for specialized programming designed for you. Be sure to check with your health insurance for what benefits they may offer for gym membership or group classes.

By staying an active older adult, you may be able to prevent or delay health

problems. Keeping your muscles strong with day-to-day activities can help to keep you independent longer and not relying on others.

Get out there and move any way you can!

*Donna Bosworth is the yoga coordinator for the New Bedford Wellness Initiative which offers a variety of free classes on Sunday mornings at the Greater New Bedford Boys & Girls Club during the winter. The summer program includes free yoga classes for all levels at Buttonwood Park and Haskell Gardens. Also supporting Walk with Doc on Saturday mornings during nice weather at 9 a.m. at Buttonwood Park. Donna can frequently be found leading a Tai Ji Fit Flow at 8:30 a.m.*

## Aging Informed:

### State to increase support for nursing home transitions

A settlement agreement between the state of Massachusetts and plaintiffs will offer older and disabled adults, who are currently languishing in nursing homes, expanded opportunities to return home to their communities.

The agreement, which still needs court approval, will support and expand programs to help people transition out of nursing facilities. It was announced by the state on April 16 and follows an October 2022 lawsuit, known as *Marsters v. Healey*, which was filed in U.S. District Court for the District of Massachusetts against the Commonwealth by six individuals with disabilities living in nursing facilities who were unable to return to the community without additional support from the state.

Under the proposed settlement, the state will expand funding for housing programs to assist individuals in nursing facilities who seek to return to the community, including the creation of rental vouchers specifically designated for persons

with disabilities who want to transition to the community, as well as the creation of new residential settings.

“This settlement is a natural next step forward as our administration expands community living options available for individuals residing in nursing facilities,” said Governor Maura Healey in a statement. “We continue to look for opportunities to reduce disparities and inequities for older adults and individuals with disabilities and mental illness in Massachusetts.”

As outlined in the agreement, the state will reach current nursing facility residents, offer informed choice, and support transition planning using these programs: the Executive Office of Elder Affairs' Community Transition Liaison Program, the Commonwealth's Money Follows the Person Demonstration, and the Department of Mental Health's Pre-Admission Screening and Resident Review program.

Through these initiatives, it has

committed to identifying and supporting the transition of at least 2,400 individuals from a nursing facility to the community over the next eight years.

One of these programs, CTLP, is currently being implemented by regional Aging Services Access Points who contract with the state. Locally, Coastline Elderly Services has a CTLP program for the greater New Bedford area.

According to the agreement, CTLP teams shall proactively engage, and continue to engage, with nursing facility residents.

“In performing in-reach and transition activities, CTLP teams shall focus their efforts toward individuals other than those individuals who are admitted for short-term rehabilitation stays of 45 days or less, or who have an assigned case manager from the Department of Developmental Services (“DDS”), DMH, or the Massachusetts Rehabilitation Commission, or through the MFP Demo, regardless of the individual's insurance type,” the

agreement reads.

Richard Caouette, one of the six plaintiffs, expressed his desire to return to the community.

“For decades I lived an independent life,” he said. “I held a job and am an honorably discharged U.S. Army veteran. For me, living in a nursing home is like living under martial law. I am determined to return to the community and pray the Agreement will get me a new home so I can leave here.”

Sadly, the original plaintiff will not benefit under the agreement.

“Although tragically, the first plaintiff, John Simmons, died in a nursing facility awaiting to leave, the agreement will allow thousands of others to realize this dream,” said Deborah Filler, senior attorney at Greater Boston Legal Services.

To access Coastline's CTLP program, call them at 508-999-6400.

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



## O Mês dos Americanos Idosos concentra-se no poder das ligações

Comemorado durante o mês de Maio, o Mês dos Americanos Idosos reconhece as contribuições dos americanos mais velhos, destaca as tendências de envelhecimento e como elas impactam os idosos, e aumenta a conscientização e reafirma os compromissos de servir os idosos em nossas comunidades.

Liderada pela Administração Federal para a Vida Comunitária, o tema da celebração de 2024 é “Powered by Connection”, que reflete o poder crescente das ligações digitais e sociais e a

sua importância para o bem-estar físico, mental e emocional à medida que envelhecemos.

Conforme a ACL, o tema desse ano “centra-se no profundo impacto que as ligações significativas têm no bem-estar e na saúde dos adultos mais velhos – uma relação sublinhada pelo Conselho do Cirurgião Geral dos EUA sobre os Efeitos Curativos da Ligação Social e da Comunidade”.

Ao reconhecer e nutrir o papel que a conectividade desempenha, observa a

### Older Americans Month focuses on the power of connections

Celebrated each May, Older Americans Month recognizes older Americans' contributions, highlights aging trends and how they impact older adults, and raises awareness of and reaffirms commitments to serving older adults in our communities.

Led by the federal Administration for Community Living, the 2024 celebration theme is “Powered by Connec-

tion,” which reflects the growing power of digital and social connections and their importance to physical, mental and emotional well-being as we age.

According to ACL, this year's theme “focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the

ACL, podemos mitigar questões como a solidão, promovendo em última análise um envelhecimento saudável para mais americanos.

O que os indivíduos podem fazer para criar ligações com outras pessoas? ACL oferece essas recomendações:

- Convide mais ligação para sua vida encontrando uma nova paixão, ingressando num clube social, fazendo um curso ou experimentando novas atividades na sua comunidade.

- Mantenha-se envolvido na sua

comunidade retribuindo através de voluntariado, trabalho, ensino ou orientação.

- Invista tempo com as pessoas para construir novos relacionamentos e descobrir ligações mais profundas com a sua família, amigos, colegas ou vizinhos.

Para atividades locais, conecte-se ao seu Centro para Idosos (veja contatos, páginas 10-11) ou visite [www.acl.gov/oam/2024/older-americans-month-2024](http://www.acl.gov/oam/2024/older-americans-month-2024).

Healing Effects of Social Connection and Community.”

What can individuals do to connect with others? ACL offers these suggestions:

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.

- Stay engaged in your community by

giving back through volunteering, working, teaching, or mentoring.

- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For local activities, connect with your Senior Center (see contacts, pages 10-11) or visit [www.acl.gov/oam/2024/older-americans-month-2024](http://www.acl.gov/oam/2024/older-americans-month-2024).

## El Mes de los Estadounidenses de Edad Avanzada se centra en el poder de las conexiones

Celebrado cada mes de mayo, el Mes de los Estadounidenses de Edad Avanzada reconoce las contribuciones de los estadounidenses mayores, destaca las tendencias del envejecimiento y cómo estas afectan a los adultos mayores, crea conciencia y reafirma el compromiso de servir a los adultos mayores en nuestras comunidades.

Dirigido por la Administración para la Vida Comunitaria (ACL, por su sigla en inglés), el tema de la celebración de 2024 es “Impulsados por Conexión”,

lo que refleja el creciente poder de las conexiones digitales y sociales y la importancia del bienestar físico, mental y emocional a medida que envejecemos.

De acuerdo a ACL, el tema de este año “se centra en el profundo impacto que las conexiones valiosas tienen en el bienestar y la salud de los adultos mayores, una conexión destacada por el Asesoramiento del Cirujano General de EE.UU. sobre los Efectos Curativos de la Conexión Social y la Comunidad.”

ACL señala que si reconocemos y

fomentamos el papel que desempeña la conexión, podemos mitigar problemas como la soledad y, en última instancia, promover un envejecimiento saludable para más estadounidenses.

¿Qué pueden hacer las personas para conectarse con otras personas? ACL ofrece estas sugerencias:

- Invite más conexión a su vida encontrando una pasión nueva, uniéndose a un club social, tomando una clase, o intentando nuevas actividades en su comunidad.

- Siga involucrado en su comunidad

retribuendo a través del voluntariado, el trabajo, la enseñanza o la tutoría.

- Invierta tiempo con las personas para crear nuevos vínculos y descubrir conexiones profundas con su familia, amigos, colegas o vecinos.

Para las actividades locales, comuníquese con su Senior Center (Centro para Adultos Mayores) (ver contatos, páginas 10-11) o visite [www.acl.gov/oam/2024/older-americans-month-2024](http://www.acl.gov/oam/2024/older-americans-month-2024).

Translations provided by:

 Southcoast Health

## \$2 million awarded to nonprofits

The Point32Health Foundation announced 20 grants totaling more than \$2 million in April helping nonprofit organizations advance equity in aging and social and racial justice initiatives in New England.

The new Foundation investments support public policy and system changes to eliminate barriers, promote inclusion and support community-centered solutions.

Of the total award, more than \$1 million was distributed in Massachusetts to the following organizations:

Carroll Center for the Blind (Statewide)

\$287,500 | Three years

Improve accessibility and inclusion for older adults experiencing vision loss and enhance Age with Independence program.

Dismas House (Worcester County)

\$70,000 | Two years

Engage community leaders who are older adults and former offenders in community organizing efforts for affordable housing and supportive reentry services and a collaborative compassionate release initiative.

Elder Health Care Disparities Coalition (Roxbury)

\$44,000 | One year

Support Elder Connect – Loneliness Reduction and Digital Literacy Intervention program that uses technology training and intergenerational activities for increased social engagement and improved access to telehealth for older people of color.

Health Care For All (Statewide)

\$120,000 | Three years

Support for Health Ambassadors for Older Adults initiative that improves health care access and connection to community-based supports by addressing social determinants in communities of color and informing policies and systems that impact older people.

Mattapan Food and Fitness Coalition

\$100,000 | Three years

Support older residents through the Edgewater Neighborhood Association to improve outdoor community space, increase social connections, access to healthy food and physical activity.

NAMI Massachusetts (Statewide)

\$100,000 | One year

Improve the quality of life for people living with mental health conditions, their families and their caregivers.

Three Sisters Garden Project (Essex County)

\$30,000 | One year

Increase access to healthy, culturally relevant food for people with lower incomes in Essex County.

Way Finders (Holyoke and Springfield)

\$285,000 | Three years

Advance older adult resident-led advocacy and community organizing focused on digital equity, housing justice and other community priorities in Springfield and Holyoke.

## A Bristol County Celebration of Seniors!

Hosted by:

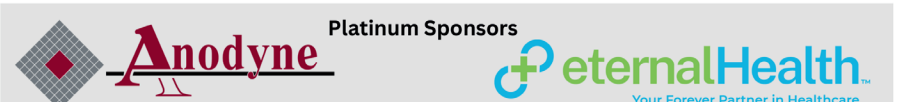


### Join Us For Our Annual FREE Breakfast and Resource Fair

Friday, June 14th 9am-12pm

White's of Westport: 66 State Rd. Westport

*A special thanks to our sponsors!*



For Breakfast RSVP, Contact the District Attorney's Office:  
508-961-1972 / [Brian.Rose@Mass.gov](mailto:Brian.Rose@Mass.gov)



WON'T YOU BE MY NEIGHBOR?

# May is Older Americans Month ...Who, me?

By Nanci Winterhalter

Besides the beautiful scenery and the acting chops of Katherine Hepburn and Henry Fonda, there is a conversation that has stuck with me from the 2007 movie *On Golden Pond*:

Ethel: "Hey, I met the nicest couple!"  
 Norman: "Huh? Where?" Ethel: "In the woods!" Norman: "A couple of people?" Ethel: "No, a couple of antelope. Of course, a couple of people. Their name is Migliori, I believe."  
 Norman: "Migliori? What sorta name is that?" Ethel: "I don't know, darling. Italian, I suppose. They're up from Boston."  
 Norman: "They speak English?" Ethel: "Of course they speak English. They're a nice middle-aged couple, just like us."  
 Norman: "If they're just like us, they're not middle-aged."  
 Ethel: "Of course they are!"  
 Norman: "Middle-aged means the 'middle', Ethel. Middle of life. People don't live to be a hundred and fifty!"  
 Ethel: "Well... we're at the far edge of middle age, that's all."  
 Norman: "We're not, you know. We're not middle-aged. You're old, and I'm ancient!"  
 Ethel: "Oh, poop!"

Like Ethel, I consider myself at the far"ish" edge of middle age. However, I have noticed that upon entering the 60's a couple of years ago, topics previously unspoken of have become more familiar areas of discussion amongst my cohort. Grandkids, hobbies, retirement, social security, health care, down-sizing and more.



Lions and tigers and bears, oh my! Even though I might feel and think like I am 40, I have to admit that The Older Americans Act (OAA) does apply to me. OAA is a federal law that promotes the well-being of Americans "over 60". To be honest, the thought of now being an OLDER American can be a little intimidating. But I remain optimistic!

Every year in May, the ACL (Administration for Community Living) leads the nation's observance of Older Americans Month and has proclaimed the theme for 2024 as Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. That got

me thinking...how am I doing? How are you doing?

As a student of yoga, I am blessed to have a built-in community at both the studio (Sangha in downtown New Bedford) where I teach and practice and the community center (Dartmouth COA) where I teach. I am always surprised by how many opportunities I have for learning/sharing at both places. From daily and varied movement classes, artistic explorations, book review/clubs, music, workshops, special presenters on a plethora of topics, community volunteer projects, scholarly pursuits, practical guidance and the wonderful people I have met through these affiliations. For instance, in a recent yoga class at Sangha, full

of students of varied ages, we breathe and move together, we celebrate a special birthday, we laugh. After class, we spontaneously meet about the possibility of collaborating on a new project. I leave feeling energized and enthusiastic.

Likewise, during classes I teach at the Dartmouth COA that focus on cultivating healthy posture, we move and laugh together, share common experiences and encourage each other. Leaving, I walk around the Center where people are playing, learning, meditating, "Zumba"-ing, reading, helping each other and generally connecting. I pick up a few newsletters to share with people I know and I feel invigorated. The thought of aging is no longer as intimidating to me as I am "powered by connection". Likewise, during classes I teach at the Dartmouth COA that focus on cultivating healthy posture, we move and laugh together, share common experiences and encourage each other. Leaving, I walk around the Center where people are playing, learning, meditating, "Zumba"-ing, reading, helping each other and generally connecting. I pick up a few newsletters to share with people I know and I feel invigorated. The thought of aging is no longer as intimidating to me as I am "powered by connection."

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

## SAVE THE DATES!

MAY NEWSLETTER

Coastline Presents...

# NUTRITION CHECK-UP EVENTS

### What is Malnutrition?

Malnutrition is an imbalance between the nutrients your body needs to function and the nutrients it gets. It can mean undernutrition or overnutrition. 1 out of 2 older adults are at risk for malnutrition.

### Why It Matters

- Weakened immune system
- Poor wound healing
- Increased risk of hospitalization
- Vitamin deficiencies
- Reduced GI function
- Increased risk of death

### Events

Coastline will be hosting several check-up events, where you can learn more about malnutrition and how to reduce your risk.

- Fairhaven Senior Center**  
• May 20th @ 12pm
- Tripp Towers, New Bedford**  
• May 21st @ 12:30pm
- Rochester Senior Center**  
• May 22nd @ 11am
- Acushnet Senior Center**  
• May 29th @ 12pm
- Dartmouth Senior Center**  
• May 30th @ 1pm

<https://my.clevelandclinic.org/health/diseases/22987-malnutrition>

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## What you need to know about requesting policy changes from your landlord

By Gavin Bates

South Coastal Counties Legal Services

Both federal and state law ban landlords (along with many other service providers, businesses, and government agencies) from engaging in “disability discrimination.”

There is quite a bit of confusion, and a lot of opinions, about this subject.

A disabled person is defined as someone who has a physical or mental condition or medical issue which “substantially limits” one or more major life activities of a person, or if they have a record of that impairment, or even if they are regarded as having that impairment by others.

Major life activities can include a variety of things such as manual labor, walking, seeing, hearing, speaking, breathing, or learning. It is a broad definition, by design, and is meant to encourage all of us to treat each other as equals while making allowances and being flexible when somebody needs it.

**“Don’t feel like you have to deny yourself access to something you need.**

**Instead, talk to your medical providers and if you need something ask for it!”**

This often comes up during discussions of a change in a rule or policy that a tenant needs in order to live in their home. This can include anything from the need to install a ramp to allow someone with a wheelchair to get in and out, or asking a landlord to allow you to have a dog despite a “no pets” rule, or even to stop an eviction due to the symptoms of a medical event (such as experiencing mood swings due to a new medication).

If a landlord fails to properly consider a request like this, or denies it unfairly, it can be considered disability discrimination and illegal. Courts, elder service agencies, or the Massachusetts Commission Against Discrimination are all good places to seek help if you are experiencing that kind of discrimination.

In short, landlords must make reasonable and necessary accommodations to their rules and policies if it’s necessary for a tenant’s health and it doesn’t great too much of a burden or disruption for the landlord.

For instance, a request to allow you to pay your rent on the 15th rather than the 1st because you are on a fixed income and waiting on your check would certainly be reasonable and a landlord would have to comply.

A request to stop paying rent altogether and live in an apartment for free would likely not be reasonable,

because the landlord would genuinely be harmed. Similarly, if your doctor writes you a letter saying you need to keep your dog as an emotional support animal in your home, that will almost certainly be reasonable so long as the dog is not dangerous or very disruptive to others.

But a request to stop pest control at a building because you felt emotionally connected to the mice in the basement would always be too much of a burden on the landlord and other people living there.

To make a reasonable accommodation, you must take a handful of steps and provide some supporting evidence.

To start with, you must ask the landlord to change a rule or policy. Do not assume they know. Put it in writing and make it obvious.

While you do not need to tell them exactly what the health condition or issue is, you will need a letter from a medical provider confirming that you are disabled and that you need the change.

So, as an example, you do not need to tell your landlord you are feeling depressed and need your dog to live with you, but you do need a therapist or a doctor to write a letter saying “this person is disabled and needs their dog to live with them in their home” to confirm your request.

If you make a request based on your health to your landlord and you have a supporting letter, then the question becomes whether or not the request is practical and feasible to allow.

A judge will weigh the costs and benefits to everyone involved.

If you have a medical need for what you are asking and you have a private landlord, you can make your request stronger by finding a charity or someone similar to help you pay for the change you are asking for.

If you live in public or subsidized housing (like at a housing authority), the landlord may have to pay for the changes themselves.

Don’t feel like you have to deny yourself access to something you need. Instead, talk to your medical providers and if you need something ask for it! You’ll never get something if you don’t request it, and a denial might very well be illegal.

If you want to learn more, you can read more at [masslegalthelp.org](http://masslegalthelp.org).

*This information is provided by South Coastal Counties Legal Services (SCCLS) which provides free legal services to eligible clients. There are no income criteria for adults age 60+ but individual representation is prioritized to those with the greatest economic and social need. SCCLS has offices in New Bedford, Fall River, Brockton, and Hyannis. For more information, please call our intake line at (800) 244-9023.*

## Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What are people born in the 50’s called?  
A.) Gen “X”                      B.) Baby Boomers  
C.) Gen “Z”                      D.) Millennials
- 2.) What is the purpose of holes in crackers?  
A.) Prevent sticking    B.) Reduce weight  
C.) Release steam        D.) Save dough
- 3.) Biscotti are small Italian biscuits originally made of what?  
A.) Bread dough        B.) Pistachios  
C.) Almonds                D.) Brown sugar
- 4.) What is the official snack food of Utah?  
A.) Jello    B.) Potato Chips    C.) Oreos    D.) Beignets
- 5.) What is the traditional gift for a 10th wedding anniversary?  
A.) Crystal    B.) Tin    C.) Stone    D.) Paper
- 6.) Approximately, what is the cost of a wedding in the U.S.?  
A.) \$10,000    B.) \$15,000    C.) \$20,000    D.) \$30,000
- 7.) Approximately how many couples are married each year in Las Vegas?  
A.) Around 10,000                      B.) Around 25,000  
C.) Around 55,000                      D.) Around 120,000
- 8.) What does a person suffering from “glossophobia” fear?  
A.) Windows    B.) Cats    C.) Mirrors    D.) Public Speaking
- 9.) What color is the Wicked Witch of the West’s face?  
A.) Blue                      B.) Red  
C.) Yellow                      D.) Green
- 10.) What was the first children’s toy advertised on television?  
A.) Slinky                      B.) Mr. Potato Head  
C.) Silly Putty                      D.) Barbie

[Answers listed on page 11]

## Are you getting all the free benefits you deserve?



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## Diabetes Prevention series free for current enrollees

YMCA Southcoast has relaunched its Diabetes Prevention Program, an evidence-based lifestyle change program to help people at high risk of developing type 2 diabetes prevent or prolong the development of the disease.

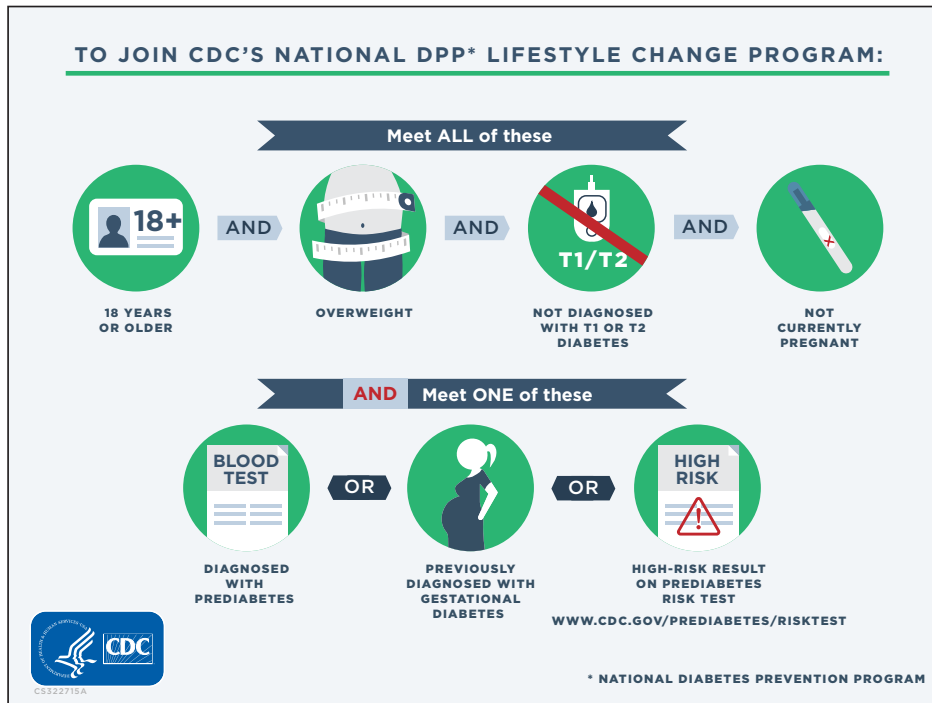
The year-long program includes 26 modules presented by a trained Lifestyle Coach who facilitates group discussions. Participants will receive a free Y membership!

Eligibility requirements for the YDPP include:

- 18+ years of age;
- Overweight (minimum BMI of 25, or 23 for those of Asian ethnicity);
- Diagnosed with prediabetes by their health care provider, or,
- Score at least 5 on the CDC's Prediabetes Risk Test.

Visit <https://www.cdc.gov/prediabetes/takethetest/> to take test online.

There are ongoing YDPP cohorts in Fall River and New Bedford, and new cohorts are forming in spring 2024 in Acushnet, New Bedford, and Wareham. This re-launch is a collaboration between the YMCA, Southcoast Health, the City of New Bedford Health Department and New Bedford Community Health (formerly the Greater New Bedford Community Health Center). Classes are available in



Individuals must meet the above criteria to participate in the Diabetes Prevention program. To take the test online, visit <https://www.cdc.gov/prediabetes/takethetest/>

English, Portuguese and Spanish.

Those who enroll in classes now and are eligible will be able to participate free (without needing to pay the \$600 program fee) while funds last, according to the YMCA.

In the future, limited financial assistance may still be available on a case by case basis.

Learn more in upcoming information sessions. For a list of times and dates or to see if you're eligible for the program, email Rutchell Charleus, Diabetes

Prevention Program Coordinator, at [rcharleus@ymcasc.org](mailto:rcharleus@ymcasc.org). Or call the YMCA at 508-996-9622, Ext. 131.

YMCA Southcoast has been working to provide health and social services to thousands of youth, families, and individuals throughout the Southcoast region for over 160 years. For more information, visit one of the branches in Dartmouth, Fall River, Mattapoisett, New Bedford, Swansea, and Wareham or [ymcasouthcoast.org](http://ymcasouthcoast.org).

## Portuguese Americans of the Year recognized

Three local chapters of the Prince Henry Society of Massachusetts, Inc. recognized individuals in Taunton, New Bedford, and Fall River last month at the society's annual Portuguese-American of the Year Recognition Banquet.

The event was hosted by the Taunton chapter.

The Portuguese-American of the Year awards were given to Marc J. Santos, representing the New Bedford chapter; Joseph C. Borges, for the Fall River chapter; and Jack Gaspar, for the Taunton Chapter.

Also recognized was Henry Mello, of Taunton, who received the Founders Award.

The awards honor individuals for their outstanding service to the society and the Portuguese-American community, the organization said in a Facebook post. Founded in 1980, the New Bedford chapter of the Prince Henry Society came together through the efforts of the late Milton Ferreira, Anthony S. Catojo, Jr. and Gabriel "Gabe" Moura to preserve the contribution of the Portuguese in America and promote the cultural, economic, educational and social betterment of persons of Portuguese descent.

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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 1/2 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.

**Ford Middle School Chorus:** May 20, 6 p.m. at the Acushnet Public Library. Transportation will be provided by Ford Middle School. Register with the Council on Aging.

**Nutrition Check-up:** May 29 from noon - 1 p.m. With Coastline Dietitian Ashley Whewell.

**Boston Duck Tour:** July 18th \$85: Lunch on your own at the Prudential Center. Lots of shops, boutiques & restaurants to visit. Opportunity to independently tour the Prudential Observation Deck. See the breathtaking view of Boston from the 52nd floor!

**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

## 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).

**Tour Allen's Pond:** May 8 at 9 a.m. Tour Allen's Pond wildlife sanctuary with naturalist Julia O'Hara. Please dress appropriately for this hour long hike. Transportation leaves the Center at 8:45 a.m. Pre-registration is required.

**Busing Myths and Getting Savy about Memory Care Assisted Living:** May 15 at 1 p.m. This workshop will help seniors and their adult children learn the ins and outs of finding the right memory care facility. Pre-registration required.

**AI and ChatGPT:** May 16 at 1 p.m. Part 1. Artificial Intelligence and You: The technological world is moving so fast..enjoy an in-person, real presentation on Artificial Intelligence. May 22 at 1 p.m. Part 2. How to use Chat GPT: Chat GPT can revolutionize your free time. Use it for everyday tasks, learning and meaningful conversations. Learn what the fuss is all about! Cost is \$10 for this two-part workshop.

**QiGong:** With Cristina Corrieri. Cost is \$20 for six week session. Wednesdays 2:15-3:15 p.m. beginning May 22. Pre-registration required.

**Moving with Moxie:** Mobile therapy-based class essential for all ages to improve balance and mobility. First and third Wednesday at 2 p.m. Beginning May 15. Cost is \$5 per class. Pre-registration required.

**Cultural Cuisine Luncheon:** May 24 at 1 p.m. We are going to France with lunch, educational demonstration and entertainment. Pre-registration is required.

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

**Widow Person Support:** 1st and 3rd Thursday of the month 8:30-10 & 10:30-12 Call facilitator, Jane Rocha, for more information, at 508-999-3255.

**May Hearing Clinic:** By appointment. Third Friday, EOM 10 a.m. - noon.

**Instructional Chess:** Walk-ins welcome. May 2nd, 8th, and 16th Noon-1 p.m.

**Walk in Coffee Hour:** Tuesdays and Thursday, 9:15-10:30 a.m. Coffee and Baked Goods. Free.

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

**Gentle Yoga Flow:** Tuesdays 11:30 a.m. and Thursdays 1 p.m. Cost is \$5. Walk-ins welcome.

**Veteran's Corner:** 1st Friday of the month, 9 a.m. Casual gathering of veterans with Dartmouth Vet Service Officer. Walk-ins welcome.

## Fairhaven COA

For more information, call the Fairhaven Council on Aging at 508-979-4029, located at 229 Huttleston Ave., Fairhaven, MA 02719. Visit the website at: [fairhaven-ma.gov/council-aging](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.

**Sheryl Faye as Queen Elizabeth II:** Monday, May 6th at 1 p.m. Queen Elizabeth II was a true icon, inspiring people around the world with her strength, courage, resilience and dedication to a life of service. For 70 years, she remained a constant presence as sovereign, shepherding the people of the United Kingdom through both joyful times and darker periods of challenge and uncertainty.

**Manicures & Lunch:** At Old Colony Regional Vocational Technical High School, Thursday, May 9th, 9:30 a.m. We will be treated to complimentary manicures from the Cosmetology students (tips are welcome) to start the day. After, the skills of the culinary students will be on display at their restaurant. You will be responsible for the cost of your lunch and gratuity. Sign ups for this trip will begin May 1.

Continued on Page 11



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**The History of Chocolate:** Monday, May 13th, 1 p.m. Dr. Timothy Walker will take us on a journey of the History of Chocolate. We will learn where chocolate had its origins and how it was used in early New England. How did it come to Colonial New England? How was cocoa made in Early America? Did New England mariners drink chocolate at sea? And the best part is that we will be sampling some authentic chocolate from that era! Call 508-748-3570 to make your reservation for this lecture.

**Cooking Demonstration:** May 14 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.

**Southcoast Ringers:** Monday, May 20th, 1 p.m. We invite you to enjoy the harmonious, graceful and flowing music of the hand bell choir.

**Community EMS Lunch & Lecture:** Thursday, May 16th, Noon. On hand will be Marion's Board of Health, EMT Department and Animal Control Officer to answer questions and discuss concerns regarding dog bites and what to do if you encounter a bat. They will also cover other bites and rashes you might encounter through the Spring & Summer. As part of Stroke Awareness Month they will also touch on this topic and begin the discussion with a heart healthy lunch. Registration is required. Please call 508-748-3570 to let us know you will be attending.

**Navigating Today's Digital World:** Friday, May 31st at 1 p.m. David Wheeler will lead a discussion on Chat GPT, podcasts, social media, YouTube and Amazon. All hot topics, you will have an opportunity to ask questions that you may have about any of them. This is sure to be a lively and informative lecture.

### 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.

**Free Manicures:** May 9 Appointment time slots: 9:30, 10:00, 10:30, and 11:00 RSVP: 508-758-4110. Service provided by Sophomore Cosmetology students.

**Shakespeare for Scaredy Cats:** 5-week session, May 16-June 13, Thursdays, 6 p.m.—7:30 p.m. Romeo and Juliet We will chat about the play, translate it to everyday speech and discover what the play might mean. There are no wrong interpretations. An enjoyable and educational program led by Dr. Karrie Szatek, who holds a Ph.D. in Shakespeare, and is a retired English professor. Her students have said she is fun, energetic and enthusiastic, especially about Shakespeare. Please bring a copy of the book. The Folger or Signet editions are recommended.

**The Newport Playhouse:** Thursday, June 20th, \$103 per person RSVP: 508-758-4110. The Motorcoach will depart from the Marion COA at 10:30 AM and will return at approximately 5 p.m.. "The Cemetery Club" is a comedy about three widows that visit their husbands' graves once a month, one widower that visits his wife's grave once a month, and a budding romance that will soon be squashed! This trip includes a full buffet, the play, cabaret show, transportation, and driver's gratuity. Full payment due upon reservation. Please make checks out to the Friends of the Marion COA. No Refunds.

**May trips:** Festival at Hyannis, May 2, 9:30 a.m. \$5 van. Mashpee Commons, 9:15 a.m., May 9, \$5 van. New England Quilt Museum, May 16, 8:45 a.m. \$7 van; \$9 admission. New Bedford Fishing Heritage Center, May 23, 9:40 a.m. \$3 van, \$25 class. Briggs Nursery, May 30, 9 a.m. \$5 van.

**Drawing with Frank:** Thursday, May 16th 10 a.m. Cost: \$5 RSVP: 508-758-4110. Every third Thursday of the month as Frank takes you, step-by-step, to create your own frameable work of art. Subjects will vary.

**Pizza & a Movie:** May 29 12:15 p.m. "The Holdovers" Nobody likes teacher Paul Hunham and with no family and nowhere to go over Christmas holiday in 1970, Paul remains at school to supervise students unable to journey home. Only one student holdover remains, an 18-year-old named Angus, a good student whose bad behavior threatens to get him expelled. Joining Paul and Angus is head cook Mary, a woman whose own son was recently lost in Vietnam. These three very different people form an unlikely Christmas family sharing comic misadventures during two very snowy weeks in New England.

**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, May 10 and 24 from 9:30-10:30 a.m. RSVP: 508-758-4110.

### 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.com/council-aging](http://townofrochester.mass.com/council-aging). Facebook: [facebook.com/Rochester, Mass.](https://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. May 8, Lunch & Wine Tasting. Van ride is \$5 for Rochester residents and \$10 for non-residents. Depart COA at 11:15 a.m. and return at 3:30 p.m. Wine tasting at Wesport River Vineyard & Lunch at Kozy Nook. Bring cash or card to pay for wine tasting & lunch. May 29 WHYDAH Pirate Museum and lunch. Van ride is \$5 for Rochester residents and \$10 for non-residents. Depart COA at 9:15 a.m. and return at 2 p.m. Lunch at Towne Tavern & Tap. Bring cash or card to pay for museum admission & lunch.

**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 May 9 and 30 from 12:45 to 1:45 p.m. Free.

**Lunch:** Cinco de Mayo, Monday May 6, 11:30 a.m. See menu posted at the center or on our Facebook Page! Cost is \$10.

**Car Show & Sock Hop:** May 16 from 3-6 p.m. Rain date is May 23. Break out your 50s attire or come as you are. Music provided by Johnny Angel. Hot dogs & popcorn provided by the Fire Department. Ice cream floats & bake sale provided by Friends of the Rochester Senior Center.

### 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.

### May 2024 Trivia Quiz Answers

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

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# Community

## Fatal pedestrian crash report released

In 2023, one in every five fatal motor vehicle crashes in Massachusetts involved a person walking getting hit by the driver of a car. Forty cities and towns experienced at least one fatal pedestrian crash over the course of the year, with eight municipalities seeing multiple crashes. More than half (54%) of the deaths occurred in environmental justice communities.

These insights come from Fatal Pedestrian Crashes in MA (2023) WalkMassachusetts' third annual report tracking pedestrian deaths from motor vehicles around the Commonwealth. Along with calculating the number of pedestrian deaths, the report provides time-of-day, geographic, and other insights to inform solutions for safer streets.

Older adults (people aged 65 or older) continue to be disproportionately harmed, making up 31.9% of victims while representing only 18% of the state's population.

With over three-quarters of fatal pedestrian crashes in 2023 happening on local streets controlled by a city or town (76.8%), WalkMassachusetts is introducing the Walk Audit Academy video series. The series will provide guidance on the elements of what creates a safe street and how to organize a group of friends and neighbors to take action on specific streets.

WalkMassachusetts is also offering a Walk Audit Academy training program, where staff will work with a cohort of three to five groups within a community in a hands-on manner.

People can learn more about both programs at [www.walkmass.org/waa](http://www.walkmass.org/waa).



**WOODS OF DARTMOUTH MUSIC FESTIVAL 1970:** In early May of 1970, Southeastern Massachusetts University (now UMass Dartmouth) was host to a three-day outdoor music festival that attracted over 100,000 to the campus. The "Woods of Dartmouth," modeled after Woodstock, was organized by students and was a great success, but ultimately lost money despite robust ticket sales and high attendance. Scheduled bands were Benefit Street, The Byrds, Country Funk, Eastern Sound Company, Federation Nyne, Fleamarket, Grand Funk Railroad, The Guess Who, Ides of March, The Jefferson Thomas Show, Manfred Mann, The Neptunes, Orpheus, Rhinoceros, Spring Flood, Street Scene, Ten Wheel Drive, Tombstone Blues, and Transition. Some bands played on multiple days; others cancelled or cut their performance short due to a Saturday rainstorm. Tickets were \$3.00 per day. By comparison, The Red Skelton and Friends Show was held at the Olympia Theatre in New Bedford for \$3.00 extra. The concert site was the field by Cedar Dell Pond.

### Degnans continued...

husband. "I couldn't imagine being in a submarine in the first place let alone going under the ice."

Joe too was fascinated by what Dottie had done in her life.

"Her little biography helped me out," he said chuckling. "Wow, it worked."

They corresponded online for two years before taking an opportunity to meet in person. At the time, Dottie was living in Mattapoisett. Joe was in Florida and coming up to New England in the spring and summer.

"I was here and I thought I might as well come in and see her," he said about meeting Dottie. "And bingo, we went from there."

They dated for the next two years. Then, four years ago, they got married in the chapel at the Naval Station in Newport.

Joe was 86 and Dottie was 89.

Their life hasn't slowed down since.

Before they met, back in the 1950s, Joe had been a Navy electrician who was on a transport troop moving people, allowed to leave North Vietnam, to Saigon. He later made the switch to a submarine and eventually to the Nautilus. He says, jokingly, it was because he had a chance to visit a diesel submarine which had air-conditioning.

His first trip near the North Pole, in 1957 was a journey of discovering how vessels and their machinery operate in extreme under water conditions. They did not make it to the North Pole in '57, but they learned a lot.

"What we were doing of course was for the first time ever learning about what

do you do up there under the ice," he said, describing lakes, called polynyas, that exist between the icebergs and allow a submarine to surface.

Finding one big enough was not easy and the existence of smaller icebergs floating in them complicated surfacing further. "You come up very slowly and it looked clear, but there's a thing called Bergy bits that are large ice cubes, you might say, that drift over that we didn't see," Joe explained during a presentation about a difficult surfacing at New Bedford's Military Museum this winter. "It was a big mistake we had both periscopes up and came up under these Bergy bits and, bang, we went blind. We broke off both periscopes, so after that and other things the captain said, 'That's it. We're getting out of here.'"

The early lessons helped the crew prepare for the next trip, which in 1958 successfully transited the Pole.

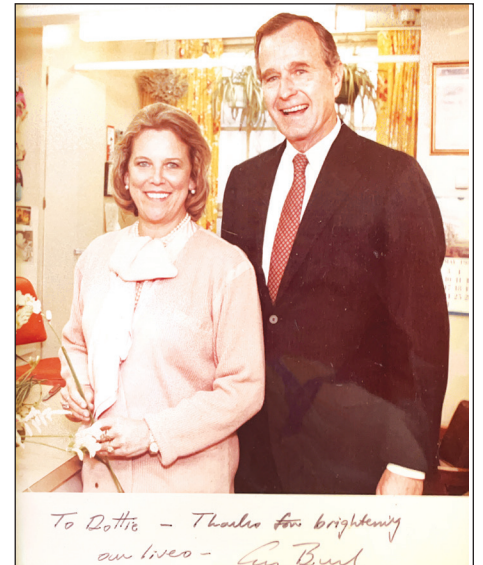
Dottie has similar tales of being a florist working with the White House for the Carter and first Bush administration. She later moved to Washington DC when she became chief florist under Reagan.

Dottie recalled creating floral arrangements for the G9 summit held at Colonial Williamsburg in Virginia. She and her staff used William and Mary College as their staging ground to create an elegant display for heads of state from France, United Kingdom, Canada, West Germany, Japan, Italy and U.S. She sometimes attended state dinners and once sat nearby the Shah of Iran.

Today, the couple spends their time traveling and enjoying life.



Above, Dottie and Joe on their wedding day. At right, above, Dottie poses with President George Bush at the White House. At right, below, Joe's unit citation for outstanding service in Operation Sunshine, from President Dwight D. Eisenhower, hangs on the wall.



Dottie is 93 and Joe, proudly declares he will turn 91 in August. They take regular trips, sometimes just to see interesting sights.

"Joe likes to find all these great things, like the biggest ball of string," Dottie said. "He makes me laugh and I know I make him laugh...I know that's canned, everybody says laughter is the best remedy, but it really is. If you can laugh at yourself, the rest of it doesn't really matter much. ... We have a really happy relationship."

They've both had health challenges but neither lets it slow them down. Joe, a cancer survivor who recently got a new hip, uses a walker and for longer trips, sometimes an electric chair.

They overcome, Dottie says.

"You have to make it work," said Dottie. "Otherwise, you give up. You can't give up."

"Now is what's important," she continued. "I think we'll both admit that we are the happiest now that we've ever been."

Asked if they recommend online dating services for others, they both say yes enthusiastically.

But take it slow, Dottie cautions. "You have to use good judgment," she said.

"Don't jump into a situation that might not be what you're looking for," added Joe.