

Senior Scope

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

Vol. 6, Issue 11 Published by Coastline Elderly Services, Inc. August 2024

Inside

A day in the life of an Outreach Coordinator



50s Night, page 12

- SHINE Counselors..... 2
- From the Editor..... 2
- Social Security..... 2
- Honoring Caregivers 3
- Updates 4
- Rochester woman 4
- NB Wellness 5
- Homelessness & Aging 5
- Capitol Theater 7
- Legal 8
- Trivia..... 8
- Tavares Brothers (cont.)..... 9
- At the COAs..... 10
- COAs Continued..... 11
- Dementia Directory..... 11
- '50s Night Returns..... 12
- Outreach Help (cont.) 12

■ Los Articulos en Español Página 6

■ Os Artigos em Português..... Página 6



102 Years to Celebrate, page 4



Matt Dansereau fields a call about SNAP benefits on a typical summer day. As the Dartmouth COA's Engagement Coordinator he is responsible for helping people understand and connect with programs and services they need.

Matthew Dansereau starts his day with the same optimism he ends it.

On a recent Wednesday, the outreach professional begins work at 8:30 a.m. in his office at the Maria Connor Center for Active Living in Dartmouth. By 9, he's meeting with his first appointment — a couple who need help completing a complicated application.

Minutes after they leave, he's on the phone with a caller wanting to understand why her SNAP benefits are so low. The first of a half dozen SNAP

calls this day, Dansereau sympathizes with the familiar complaint — that the allotted minimum \$23/month in food benefits is woefully inadequate — explaining that the benefit amount hasn't been updated in decades.

"You want to look at your housing costs to help increase your SNAP amount and your out-of-pocket medical expenses and then anything you pay for daycare," he tells one caller, adding a suggestion to extend the funds by using them at Farmers Markets and taking advantage of HIP — Healthy Incentive

Program — reimbursements.

"If you use it at farmers market, they'll actually reimburse you up to \$40 a month," he suggests.

Senior Scope followed Dansereau for a day to capture the role outreach coordinators play in senior centers throughout the state. In a complex system, older adults often need assistance navigating vital but confusing programs like Medicare and MassHealth, as well as food and fuel assistance options.

Continued on page 12

Tavares Brothers honored

New Bedford's Cape Verdean community celebrated a few of their own in June, as the city officially renamed a street for the successful Tavares Brothers musical group.

The brothers achieved national and international success, earning a grammy for "More than a Woman" on the Saturday Night Fever soundtrack, and scoring numerous musical hits including, "It Only Takes a Minute," "Heaven Must Be Missing an Angel," and a remake of "She's Gone" by Hall & Oates.

Decades after they charted, their songs have continued to be popular with millions of plays on the music service Spotify.

Antone "Chubby" Tavares, Victor Tavares, and Perry "Tiny" Tavares were present at the June 29 unveiling of the renamed street, surrounded by family, friends, and well-wishers. Feliciano "Butch"



Well-wishers were thrilled to see, and pose with, the famous musical family.

Tavares was not present. Also recognized were brothers Ralph Tavares who died in 2021 and Arthur "Pooch" Tavares who died in April.

Officials, including Sen. Mark Montigny, Reps. Tony Cabral and

Continued on page 9

Video Connect: Connect with Social Security anywhere

By Delia De Mello

We continue to find ways to make doing business with us easier. With our Social Security Video Connect option, you can conduct business with us using video on your personal device, from your preferred location.



Delia DeMello

Social Security Video Connect is available for:

- No-change replacement Social Security cards (U.S. citizens only).
- Date of birth corrections (U.S. citizens only).
- Benefit applications.
- Redeterminations.
- Overpayments.
- Medicare.

How to get started

To get started with this new service, you will need a computer, tablet, or smart phone with a webcam and internet access. Once you have your device, please complete the following steps:

1. Contact your local Social Security office or call 1-800-772-1213 between 8:00 a.m. and 7:00 p.m., Monday through Friday to schedule a video appointment. A representative will determine if a video appointment is appropriate for you. If a video appointment isn't appropriate for your needs, we can conduct the interview over the phone or in the office.

2. Provide your email address and phone number to receive an email with a link for the Microsoft Teams meeting.

3. Connect with us using that Microsoft Teams meeting link on the date and time of your appointment.

If you run into issues with Teams or need to reschedule your appointment, please contact your local Social Security office or call 1-800-772-1213.

We strive to improve our customer service and increase the ways you can connect with us.

Please share this information with your friends and family who may need it – and post it on social media.

From the Editor

For this month's issue, I got to hang out for a day with Matthew Dansereau at the Dartmouth Council on Aging and watch as he helps people find the services and programs they need, get answers to their questions, and make informed choices about their care.

Outreach coordinators are regular positions in Councils on Aging across Massachusetts and are available to help people learn about and connect to programs and services that can benefit them.

Like Matt, outreach staff help with complex eligibility requirements, explanation of benefit choices, and personalized assistance on how to apply for help. They can help navigate complex systems, like Medicare, and are able to condense large amounts of information, point out priorities in decision making and make people aware of the rules and outcomes when making decisions about future care.

They are an incredible resource. If I learned anything shadowing Matt, it is that this role is important in any town for people

as we age in a way that goes beyond income levels or even age in addressing the social needs people have.

I can't thank Matt and the Dartmouth Council on Aging staff enough for allowing me to hang out for a day and for generously giving their time to answer my many questions. The




Beth Perdue

Center is a beautiful environment to be in and it is inspiring to see the number of people visiting and making connections there throughout the day.

If you haven't reached out to an outreach coordinator in your town before, but have wondered about a specific program or if you could get more support, I highly recommend calling your COA. It may be that they can help.


Or, if not, they probably know who can.

Connect with Senior Scope editor, Beth Perdue, at bperdue@coastlinenb.org.



Coastline
508-999-6400

Mass Options 844-422-6277
massoptions.org 844-422-MASS



SHINE Counselors
in the Greater New Bedford Area


Acushnet Council on Aging 59 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 August 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.

Year-to-Date: \$200

Donate online via PayPal here:





Senior Scope

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

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

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

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

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

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

Yes, I want to support Senior Scope. My voluntary donation in the amount of \$ _____ is enclosed. (Checks paid to: Coastline.)

My name: _____

My address: _____

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

Do not list my name; I am an anonymous donor

Donating in honor of:

In memory of For prayers answered In thanks

Caregivers are the “backbone” of long-term care

Coastline and Fairhaven COA team up to celebrate family caregivers

Unpaid caregivers are “the backbone of long-term care” in the U.S., according to the Centers for Disease Control and Prevention, but that backbone is bending under the weight of what can sometimes be an emotionally and physically demanding responsibility.

In data collected between 2015 and 2017 from people age 45 and older, the CDC found that more than 22% of respondents had provided care or assistance to a friend or family member in the past 30 days, more than 31% of those had provided 20 or more hours of care per week, and more than half of caregivers had been giving care or assistance for two years or more.

More troubling, the CDC learned that more than half of caregivers had seen a decline in their own health and more than 40% had two or more chronic diseases of their own.

Those numbers and the rising burden of caregiving is why Coastline Elderly Services and Fairhaven Council on Aging are teaming up to offer resources, encouragement, and support to family caregivers who support those age 60 and older in a free Caregiver Fair

“This event is a way for us to offer caregivers resources and access to knowledgeable professionals in one location while also providing social interactions with their peers and a free nourishing brunch.”

—Zachary Boyer,
Coastline Planner

on Sunday, Sept. 8.

The event will be held from 11 a.m. to 2 p.m. at the Fairhaven Council on Aging and Rec Center at 229 Huttleston Ave.

The fair addresses a sometimes-unseen need, said Coastline Planner Zachary Boyer. When support is focused on the person in need, caregivers can be overlooked or can overlook their own needs.

“We know from working with caregivers that they need support, not just in the home with their loved ones, but also personal backup so they can take care of their own health needs,” Boyer



A Sept. 8 Caregiver Fair with a complimentary brunch will honor and support family caregivers.

said. “This event is a way for us to offer caregivers resources and access to knowledgeable professionals in one location while also providing social interactions with their peers and a free nourishing brunch.”

The Caregivers Fair will feature speakers on caregiving, resources and giveaways. There will also be complimentary brunch provided. The focus of the day will be on the caregiver and how he or she can

balance caring for their loved ones with caring for themselves.

“We hope those who come enjoy a day that is dedicated to them and that they leave refreshed and with practical steps they can take to care for themselves while also supporting others,” Boyer said.

All family caregivers are welcome to attend the free event. To RSVP for the event, please call the Fairhaven Council on Aging at 508-979-4029 by Aug. 30.



Expect More When Searching for a Medicare Advantage Plan



See for Yourself What Sets Us Apart

We're eternalHealth. We're reimagining Medicare Advantage for those looking to **get more while spending less.**

If you've recently retired, moved, or lost your current coverage you may qualify for savings.



We originated right here in **Massachusetts**. You can count on local, hands-on support.



We **remove common barriers** faced when accessing care.



We **minimize** your healthcare costs so that you can **maximize** the benefits that matter to your health.



At the heart of our approach is **prioritizing our members' needs.**

Call us today to learn more about your local Medicare Advantage plan!

1 (833) 806-2143 (TTY 711)
ChooseeternalHealth.com

eternalHealth is an HMO plan with a Medicare Contract for HMO and PPO offerings. Enrollment in eternalHealth depends on contract renewal. Enrollment may be limited to specific times of the year unless you meet certain criteria, such as qualifying for a Special Election Period. Benefits and cost sharing may vary by plan. We currently serve Suffolk, Worcester, Middlesex, Plymouth, Bristol, and Norfolk counties in Massachusetts. Y0160_SC_M

Update

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. They 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.

State awarded \$1B for Cape bridges

The Massachusetts Department of Transportation and U.S. Army Corps of Engineers have won nearly \$1 billion in federal funding for the replacement of the Cape Cod bridges. The funding is from the Bipartisan Infrastructure Law's Bridge Investment Program (BIP). This brings the total amount of federal funding secured for the project to nearly \$1.72 billion, in addition to the \$700 million in state funding pledged by Governor Maura Healey's administration. The project will bring the bridges into a state of good repair, lower long-term maintenance costs, address issues with traffic operations, improve safety, and preserve and enhance productivity through new direct jobs and other economic benefits, according to a state release. The new design will also have multimodal elements including shared-use paths to fill transportation gaps and ensure full accessibility for pedestrians, cyclists and people with mobility devices.

'Twelfth Night' to play at RJD

Rotch-Jones-Duff House & Garden Museum is bringing the Reverie Theatre Group back for the fifth year with a free summer program, Shakespeare in New Bedford. The 2024 season runs Aug. 15, 16, 17 and Aug. 22, 23, 24 with a show time of 7:30 p.m. A sensory-friendly matinee will be offered on Sunday, Aug. 25, at 2 p.m. This year's performance of 'Twelfth Night' will be a powerful and fresh take on Shakespeare's timeless tale. Illyria will take the form of a thriving jazz club, as Jamie Roballo directs this classic story of love, loss, deception, and identity. Admission is free; donations of any amount are accepted in lieu of a fee. Seating is first-come, first-served. For more information, contact (508) 997-1401 or visit Museum's website: rjdmuseum.org.

NBHS Class of '59 to hold 65th reunion

The New Bedford High School Class of '59 is hosting its 65th Reunion on Saturday, Sept. 28 at the Wamsutta Club, 427 County St., New Bedford from 11 a.m. to 4 p.m. The reunion cost is \$42 per person. To attend, classmates can contact Nancy Hall Whitlock at 508-995-5503; Sherry King Medeiros at 774-417-6118; or Linda Busnengo Poyant at 508-763-5288. Checks are payable to "Class of '59 NBHS" and can be mailed to Nancy Whitlock, 6 Beechwood Drive, Acushnet, MA 02743.

Fall River Vision reopens office

Fall River Vision, an optometry office, has announced the grand re-opening of its new office located at 3950 N. Main St., Fall River. A November 2022 fire at Fall River Vision's previous location led to the need to find a new business site. After a long process, the business is officially back and excited to be in a new Fall River neighborhood to help the community with their eye health and glasses needs. Previously owned by Dr. Douglas Posner, Fall River Vision has been in business for 40 years. Under new owner and medical optometrist Dr. Christina Herald, the business continues to offer a variety of unique specialty products and services including the option of home vision appointments for those who have mobility difficulties.

GRG support group meets

Grandparents Raising Grandchildren, Inc. is a monthly support group for grandfamilies that meets at the YWCA, 20 South Sixth Street, New Bedford on the third Tuesday of the month from 6-8 p.m. The next meeting will be Aug. 20. Grandparents, please call Brenda Grace at 508-996-0168 for more information on Tuesdays and Wednesdays or after 5 p.m. on other weekdays. GRG is also currently accepting donations of socks to help the homeless. Donations can be made at Coastline, 863 Belleville Ave., New Bedford until the end of August. A separate drive is being held to collect school backpacks on Wednesday, Aug. 14 from 11 a.m. to 1 p.m. at Buttonwood Park, in the garden across from the Warming House.

SRTA extends free bus fare

Southeastern Regional Transit Authority announced in June that it will extend its Try Transit program providing free bus service until Aug. 31. The program had been originally scheduled to end in June. Also in June, SRTA said its board had voted to approve the FY'25 budget which includes continued Sunday bus service through the fiscal year. In a Facebook post on the decision, SRTA said "The SRTA Advisory Board voted to approve the FY25 (July 1, 2024 to June 30, 2025) budget with includes continuing service on Sunday. With this vote, Sunday service will remain in service for the foreseeable future."

Buried in Treasures Support

Do you or someone you know struggle with living among too much "stuff"? The Buried in Treasures Support Group will meet from 9:30 – noon on two Saturdays in August - Aug. 5 and 26 - at the Acushnet Senior Center, 59 ½ S. Main St., Acushnet. New and returning members are welcome! Join this free support group to learn how to live a life less cluttered! Join in by calling Brittany Botelho at 508-961-3136, emailing bdejesus88@yahoo.com, or just drop in.

New Bedford expands First-Time Homebuyer help

New Bedford expanded its first-time homebuyer program to provide up to \$25,000 in down payment and other assistance for eligible buyers, according to a recent release. Among eligibility requirements, the property purchased must be in New Bedford and buyers must be current New Bedford residents. Eligible first-time homebuyers must have household income at or below 120% of the area median income and must commit to living in the property as their primary residence for five years. Other requirements apply. City employees are eligible for an additional \$10,000 in assistance. The program may be combined with additional first-time homebuyer initiatives, such as the city's existing Neighborhoods First program, which assists those with household incomes below 80% of area median income, and MassHousing's homeownership programs.

Rochester woman honored at age 102



In July, the Rochester COA and COA Director Eric Poulin (left) honored the town's oldest resident, Maureen Riley, who is 102 years old. Special citations were presented to her by the Rochester Select Board, District Attorney Tim Cruz, and Senator Michael Rodrigues. Maureen (above) was joined by her family (center) at the celebration.

Your Health

Want to be happier? Pay attention to your personal relationships

By Jonathan Felix

Relationships play a vital role in health and happiness.

One of the longest longitudinal studies on happiness, the Harvard Study of Adult Development, found that positive human connections are key to well-being. While predictors of health and happiness like good nutrition, sleep, and exercise are important, good relationships stand out. This study has been replicated throughout the world.

One interesting study highlighting the importance of relationships is called the Roseto Effect. Roseto Valfortore is a small town about one hundred miles southeast of Rome, Italy. In 1882, eleven Rosetans emigrated to America, settling in Eastern Pennsylvania and working in the slate mines. Soon, more Rosetans flocked to Pennsylvania, and the mining town was renamed Roseto.

In the late 1950s, Stewart Wolf, then head of Medicine at the University of Oklahoma, attended a seminar in Pennsylvania where he met a local doctor who shared a surprising statistic: Roseto had very few cases of heart attacks despite the prevalence of heart disease in the state. Intrigued, Wolf and several researchers examined death certificates from the mid-1950s and 1960s at the state and federal levels. They found that Roseto had nearly no heart attacks for the otherwise high-risk group of men aged 55 to 64. Men over



65 had a death rate of 1%, while the national average was 2% from 1954 to 1961.

Further research revealed that there was no sign of peptic ulcers among the residents. Records showed no suicides, no drug addiction, no alcoholism, and virtually no crime in Roseto. Compared to neighboring towns, Rosetans were half as likely to suffer from heart attacks, hypertension, and strokes. Yet, their diet was unhealthy, they did not follow an exercise regimen, many were overweight, drank copiously, and smoked.

Researchers ruled out genetics, as records of Rosetans living in other parts of the country showed their mortality rate from heart disease was similar to that of other Americans. The difference was attributed to the social structure and culture of Roseto. The residents lived in close-knit communities, took care of each other, and engaged as a community through local clubs, organizations, and potlucks. Several generations often lived under the same roof, and elders were revered and cared for.

High-quality interpersonal rela-



tionships were the primary factor accounting for the Rosetans' long and happy lives. Unfortunately, these differences gradually disappeared as their traditions faded.

Fortunately, simple practices can help reconnect us. All humans share the profound need to connect, to be understood, respected, and cared for. We all desire meaning, purpose, and belonging. "Service is one of the most powerful antidotes we have to loneliness," asserts Dr. Vivek Murthy, U.S. Surgeon General.

Volunteering is one sure path to greater happiness and well-being. Being of service with like-minded people raises self-esteem and feelings of belonging, both crucial to warding off loneliness, one of the most pressing public health issues of our time. Volunteering increases

human connection and aids in self-efficacy. We choose where, when, and with whom we share our time, giving us meaning and purpose. Volunteering allows us to upskill, stretch, and grow.

I started volunteering at the Boys and Girls Club of Greater New Bedford in 2017. Although I joined the team in 2022, we still actively recruit volunteers who share their passions with members and help further the organization's mission. There are many pro-social organizations in our region.

Jonathan Felix is Assistant to the Executive Director at the Boys & Girls Club of Greater New Bedford. To learn more about volunteering at the Boys and Girls Club, please contact Jonathan Felix at jfelix@bgcnewbedford.org or call 508-992-8011.

AGING INFORMED

'Homelessness is an aging issue' says USAging

The Supreme Court's June 28 decision allowing cities to ban people from sleeping or camping in public places will directly impact older adults in the U.S., according to USAging, the national association for the nation's network of Area Agencies on Aging which supports older adults and people with disabilities.

In response to the decision, USAging released a July 2 statement saying emphatically that homelessness is an aging issue.

"In the January 2023 Point-in-Time Count, 21 percent of the total adult population experiencing homelessness were adults aged 55 and older, and 46 percent of the older individuals were unsheltered (e.g., sleeping in a car, tent or bench). In fact, between 2017 and 2030, the number of adults aged 50 and older is expected to more than triple unless interventions and solutions are scaled," the association said.

"This decision will directly affect the lives of people, including the rising number of older adults, who sleep or camp in public places because they are unhoused," USAging wrote. "Arresting, fining and incarcerating people for public camping can create significant barriers

to accessing housing, employment and benefits."

The Supreme Court opinion released on June 28 upheld an earlier court ruling that, "The enforcement of generally applicable laws regulating camping on public property does not constitute 'cruel and unusual punishment' prohibited by the Eighth Amendment."

In its response, USAging emphasized that the aging services network has had some success in helping older adults who are homeless. Writing ahead of its July 8-11 conference, the association said it will highlight and recognize some of those successful programs at the annual conference. An example, they said, is The Alliance for Aging, Inc. in Miami, FL, the AAA which won a USAging 2023 Aging Achievement Award.

"(The Alliance for Aging) initiated communication with the local Homeless Trust (the CoC) and providers of emergency shelter and housing to improve access to services available through the Aging Network," said USAging. "Enhanced coordination has resulted in increased access to Medicaid and other long-term services and supports."

SSA simplifies disability application process

The Social Security Administration is making it easier and potentially quicker for people to apply for disability benefits with a new rule that went into effect on June 22.

Under the rule, disability applicants will only need to provide information on the past five years and only for work that lasts 30 or more calendar days. In the past the requirement has been to submit information for 15 years of past work when determining past relevant work. The decision will help people prove that they can no longer perform the work they did in the past due to their current disability without having to provide details on 15 years of work. It will also make it less burdensome for the SSA to review past years of work.

"The new rule makes it easier for people applying for benefits by focusing on their most recent relevant work activity while still providing enough information to continue making accurate determinations," the SSA said in a June 26 press release on the changes.

The change is one of several regulation updates Social Security is making to improve its disability program, the agency said in its release. It has also updated the definition of a public assistance household; excluded the value of food from SSI benefit calculations; and announced it will expand its rental subsidy exception, currently only in place for SSI applicants and recipients residing in seven states, as a nationwide policy.

Fresh local produce is available through Mobile Market

It's nearly harvest time and fresh produce will be available again for free this year through the United Way of Greater New Bedford's Hunger Commission. From July through October, produce will be distributed through the United Way's Mobile Market which works to increase access to healthy food in targeted New Bedford and Wareham neighborhoods.

Food distribution sites will be held in New Bedford and Wareham this summer, with weekly times throughout July. In New Bedford, distribution is from 5:30-7 p.m. at BankFive, 1724 Acushnet Ave. in the North End on July 11 and 25 and at BankFive, 160 County St., in the South End on July 18.

In Wareham, distribution is from 5:30-7 p.m. on July 9, 16, 23, and 30 at Ware-

ham Middle School, 4 Viking Drive.

Produce is grown at the Sharing the Harvest Community Farm in Dartmouth, a program of the YMCA SouthCoast. Markets are held rain or shine but may be cancelled due to extreme weather. Updates will be posted on the Facebook page at Facebook.com/unit-edwayofgnb.

Pre-registration is requested. To sign

up, go to www.unitedwayofgnb.org/mobile-market. Forms are available in English, Spanish, Portuguese, and Cape Verdean Creole.

Food grown at Sharing the Harvest Farm is done with the help of many volunteers. More volunteers to help sow and/or harvest food are needed. To volunteer, sign up through SignUpGenius at <https://bit.ly/3RSMO0B>.

Produtos frescos locais disponíveis no mercado mobile

Está quase na altura das colheitas e os produtos frescos estarão novamente disponíveis de forma gratuita este ano através da United Way of Greater New Bedford's Hunger Commission. De julho a outubro, os produtos serão distribuídos através do Mercado Mobile da United Way, que trabalha para aumentar o acesso a alimentos saudáveis em bairros específicos de New Bedford e Wareham.

Neste verão, os locais de distri-

buição de alimentos serão em New Bedford e Wareham, com horários semanais durante o mês de julho. Em New Bedford, a distribuição tem lugar das 5:30 às 7:00 p.m. em BankFive, 1724 Acushnet Ave., no North End, a 11 e 25 de julho, e no BankFive, 160 County St., no South End, a 18 de julho.

Em Wareham, a distribuição será efetuada das 5:30 às 7:00 p.m. nos dias 9, 16, 23 e 30 de julho na Wareham

Middle School, 4 Viking Drive.

Os produtos são cultivados na Sharing the Harvest Community Farm em Dartmouth, um programa da YMCA SouthCoast. Embora os mercados se realizem com chuva ou sol, podem ser cancelados devido a condições climáticas extremas. As atualizações serão publicadas na página do Facebook em Facebook.com/unitedwayofgnb.

É necessário efetuar uma pré-inscrição. To sign up, go to www.unitedwayofgnb.org/mobile-market.

Os formulários estão disponíveis em inglês, espanhol, português e crioulo cabo-verdiano.

A produção de alimentos na Sharing the Harvest Farm é feita com a ajuda de muitos voluntários. São necessários mais voluntários para ajudar a semear e/ou colher alimentos. Para ser voluntário, efetue o seu registo através do SignUpGenius em <https://bit.ly/3RSMO0B>.

Productos frescos locales disponibles en el mercado móvil

Se acerca la época de la cosecha y los productos frescos volverán a estar disponibles gratuitamente este año mediante la Comisión contra el Hambre de United Way of Greater New Bedford. De julio a octubre, los productos serán distribuidos a través del Mercado Móvil de United Way que trabaja para aumentar el acceso de alimentos saludables en vecindarios específicos de New Bedford y Wareham.

Este verano la distribución de alimentos se llevará a cabo en New

Bedford y Wareham, con horarios semanales durante todo el mes de julio. En New Bedford, la distribución se llevará a cabo de 5:30 pm a 7:00 pm los días 11 y 25 de julio en Bank Five, 1724 Acushnet Ave.; en el Norte y el 18 de julio en Bank Five, en 160 County St.; en el Sur.

En Wareham, la distribución se llevará a cabo de 5:30 pm a 7:00 pm los días 9, 16, 23 y 30 de julio en la escuela Wareham Middle School, 4 Viking Drive.

Los productos se cultivan en la granja comunitaria Sharing the Harvest en Dartmouth, un programa de YMCA South Coast. Los mercados móviles se llevan a cabo llueva o no, pero se podrían cancelar debido al mal tiempo. La información actualizada se publicará en la página de Facebook en Facebook.com/unitedwayofgnb.

Se requiere registro previo. Para registrarse, visite Facebook.com/unitedwayofgnb.org/mobilemarket. Los formularios están disponibles en

inglés, español, portugués y criollo caboverdiano

El cultivo de los alimentos en la granja Sharing the Harvest se hace con la ayuda de muchos voluntarios. Se necesitan más voluntarios para sembrar y/o cosechar los alimentos. Para ser voluntario, inscribese a través de SignUpGenius en <https://bit.ly/3RSMO0B>.

Translations provided by:

 Southcoast Health

COASTLINE PRESENTS

September
SOIREE

FRIDAY

SEPTEMBER
20

6:00 PM

COUNTRY CLUB OF
NEW BEDFORD

585 SLOCUM RD. NORTH
DARTMOUTH, MA 02747

DINNER

DUELING PIANOS

AUCTION

Admission
\$100

TO PURCHASE TICKETS PLEASE VISIT COASTLINENB.ORG/EVENTS/

OR CALL ASHLEY BARRIGAS 508-742-9180

"The kids from our neighborhood pretty much "owned" the right front theater seating and everyone just knew that. Our friends always hung out together."

Rick Dias, New Bedford



Elevation of Acushnet Avenue



studio2sustain
ARCHITECTURE

Capitol Theater to get new life as mix of apartments, retail, and more

A once beloved theater in New Bedford's North End is getting new life as a mixed-use building with housing, retail, a community kitchen, business incubator and new home for the Community Economic Development Center.

Capitol Theater opened in 1920 and for many decades was a thriving 1,000-seat neighborhood movie house and a vibrant part of the social life in the city's North End. Located on Acushnet Avenue, the theater was visited by adults and children and many city residents still remember their trips there.

"While the property has been blighted and largely vacant for decades, it is truly on the cusp of becoming the hub of activity and vital resources for the North End community and beyond."

**—Corinn Williams,
Executive Director, CEDC**

One website, dedicated to old movie theaters, includes many stories of the theater and fond memories by New Bedford residents. In 2009, for example, Rick Dias wrote about his experiences as a child at the theater.

"I used to go to the Capitol Theater in New Bedford's North End in the 50's and early 60's," Dias wrote on CinemaTreasures.org. "Then the Capitol featured two continuous movies and five Looney Tunes cartoons. The admission was 12 cents on Saturday and 25 cents on Sunday. It was a very popular pastime for the kids."

"Candy Bars were 5 cents and Popcorn was 10 cents," he continued. "We had a 5-cent bottle Coke machine until someone threw an empty bottle. The kids from our neighborhood pretty much "owned" the right front theater seating and everyone just knew that. Our friends always hung out together."

Capitol Theater was the first New Bedford theater built specifically for screening movies. It thrived until the 1960s and 70s when other uses, including live music performances, were added. In 1980, the theater closed for good.

Now the building is set to begin a new life contributing to the neighborhood's economic

development, thanks to the CEDC. The economic development center, which provides direct services and referrals on legal, health, employment and education issues to people who have recently immigrated here, broke ground on the more than \$5 million project on June 26.

"We are so grateful to the Community Preservation Committee for championing this project from its inception, to WHALE as our pre-development partner, and to Mayor Mitchell's administration for the investment of ARPA funds," said CEDC Director Corinn Williams in a released statement. "While the property has been blighted and largely vacant for decades, it is truly on the cusp of becoming the hub of activity and vital resources for the North End community and beyond. We can't wait to welcome everyone back for a ribbon cutting next year, when the transformation is complete."

"It has been a long road to get here, and we could not have done it without such broad and deep support in New Bedford and at the state level," Williams said.

The city has supported the project with more than \$1 million in Community Preservation Act allocations, a \$1.64 million American Rescue Plan Act award, and a \$375,000 grant from the Brownfields Revolving Loan Fund. The CEDC used the funds to leverage other sources of capital, including state and federal Historic Tax Credits, grants from MassDevelopment, and private fundraising.

"The Capitol Theater was part of the fabric of living and working along the Ave.," Mayor Jon Mitchell said in the release. "Redeveloping this long vacant building into a hub of commercial, educational, and professional activity will contribute significantly to the revitalization of the neighborhood."

Once completed, the 24,000-square-foot building will be the CEDC's new home with four classrooms, business incubator space, and a community kitchen on the first floor. There will also be 2,400 square feet of leasable retail space and, on the second floor, six mixed-income housing units.

Work is underway and expected to be completed in 2025.



The Community Economic Development Center and city officials break ground on the project at the Capitol Theater on June 25.



Estate Planning • Elder Law • Probate

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

TRUST PLANNING TO ACHIEVE YOUR GOALS

MASSHEALTH/MEDICAID PLANNING FOR LONG-TERM CARE

ESTATE ADMINISTRATION, GUARDIANSHIPS AND CONSERVATORSHIPS



Surprenant & Beneski, P.C.

Strategic Planning for Your Peace of Mind

NEW BEDFORD • HYANNIS • EASTON

508-994-5200 • www.MyFamilyEstatePlanning.com



Medicare and MassHealth programs to help you age at home

By Andrew L. Bardetti

Supervising Attorney, Elder Law Unit, South Coastal Counties Legal Services, Inc.

For many, the idea of growing old in a nursing facility is one to avoid. While the high cost of at home care may make aging at home feel like a dream, there are government funded programs to make it a reality. First, there are some limited at home services available through Medicare. Second, there are a variety of at home or waiver-based services available through MassHealth.

Medicare covers home health services when the services are medically "reasonable and necessary." 42 C.F.R. § 409.42(c)(1)(i). In addition, the individual must also be 1) confined to their home and 2) need skilled nursing care and/or skilled therapy services on an intermittent basis; 3) a plan must be established and regularly reviewed by a physician or similarly qualified individual; and 4) the services are provided through a Medicare-certified home health agency. Medicare Advantage plans may have additional requirements or benefits. Either way, Medicare should cover at home skilled services when the above criteria are met. If you are denied coverage of these services, you may want to appeal that decision and provide additional information from your doctor or provider as to why you need home health services.

In Massachusetts, MassHealth administers a variety of programs to provide services to people who would otherwise be in a nursing facility. Some of these programs are in conjunction with the Executive Office of Elder Affairs, Department of Developmental Services, and Massachusetts Rehabilitation Commission. One category of these programs are called home and community based services (HCBS) waivers because the government is waiving certain requirements that would otherwise apply, such as having to be in a nursing facility. There are ten HCBS programs in Massachusetts, each geared towards a particular group of people. For example, the Frail Elder Waiver is for those 60+ who need supports to live in the community. Another

Resources

- For help transitioning back into the community, call Samantha Oliveira, Community Transition Liaison Program, Coastline, at 508-742-9118.

- For other resources or assistance, call Coastline at its main number, 508-999-6400.

example is the Moving Forward Plan waivers designed to help individuals living in nursing facilities move back into the community. Information about all of these waivers is available online here: <https://www.mass.gov/info-details/home-and-community-based-services-hcbs-waivers#list-of-waivers>

Recently, a class action lawsuit reached a settlement to provide more resources for tens of thousands of individuals with disabilities who want to leave a nursing facility. The *Marsters v. Healey* settlement agreement provides increased funding for housing programs, and a set of actions for the Commonwealth to complete to support at least 2,400 class members in transitioning back into the community. For more information, see https://www.centerforpublicrep.org/court_case/marsters-et-al-v-healey-et-al/

Whether you are seeking help at home under Medicare or MassHealth, you have a right to appeal any denial of coverage. There are also resources available through Coastline to help you navigate the benefits available to you. To reach Coastline, you may call 508-999-6400 or see the resource box above for more information.

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's a group of cats called?
A.) Smack B.) Kennel C.) Herd D.) Clowder
- 2.) What is the most consumed vegetable in the U.S.?
A.) Carrot B.) Potato C.) Lettuce D.) Tomato
- 3.) What article of clothing did Albert Einstein NEVER wear?
A.) Socks B.) Sweaters
C.) Boots D.) Shirts
- 4.) Which character was the theme of the first Macy's Thanksgiving day parade?
A.) Mickey Mouse B.) Goofy
C.) Mother Goose D.) Bugs Bunny
- 5.) How many pounds does the Liberty Bell weigh?
A.) 1050 B.) 1280 C.) 870 D.) 1600
- 6.) Which country is the world's most visited?
A.) France B.) Japan C.) United States D.) Egypt
- 7.) What magnitude was the largest earthquake ever recorded?
A.) 7.5 B.) 8.5 C.) 7.9 D.) 9.5
- 8.) What was the FIRST item ever sold on Ebay?
A.) A broken laser pointer B.) A pair of shoes
C.) A bottle of wine D.) A guitar
- 9.) What's a baby mouse called?
A.) Meece B.) Joey
C.) Pit D.) Pinkie
- 10.) Usually, how many people attend New Year's Eve at Times Square?
A.) About a million B.) 500,000
C.) 400,000 D.) 175,000

[Answers listed on page 11]



HONORING CAREGIVERS:

Complimentary Brunch, Inspiring Speakers, Valuable Resources, and Exciting Giveaways.

CAREGIVERS

FAIR

SUNDAY

SEPTEMBER 8, 2024

11 AM - 2 PM

FAIRHAVEN COUNCIL ON AGING / REC CENTER

229 HUTTLESTON AVE, FAIRHAVEN, MA 02719

RSVP: 508-979-4029 BY JULY 26, 2024

Vendor Contact: Zach Boyer zboyer@coastlinenb.org

Funded in part by Coastline Elderly Services, Fairhaven Council on Aging, the American Rescue Plan Act (ARPA) and the Executive Office of Elder Affairs

This public event is targeted to those who are caregivers for adults aged 60 years and older



Tavares Brothers Tiny, Victor, and Chubby, were celebrated and applauded at a city event renaming a street for the musical legends.



Tavares Brothers Way continued...

Chris Hendricks, and many City Council members including Council President Naomi Carney, were also present in support of the naming.

In his remarks, Mayor Jon Mitchell said the city thanks the entire Tavares family and called them a “family that has made us all proud.”

“We are naming permanently a very prominent street” for them, he said.

Tiny Tavares thanked the city for the honor.

“It’s about paying tribute to our family, but it’s also about paying tribute to the village because without the village we wouldn’t be the gentlemen we are now, to get us where we are today,” he said, according to a report in The Standard-Times. “Thank you all for coming out. We love you.”

The new Tavares Brothers’ Way is visible

off of Route 18 in the city’s Cape Verdean neighborhood — what is the original Cape Verdean neighborhood in the United States, according to Mayor Mitchell. It extends from Route 18 to S. 2nd Street, renaming a portion of Griffin Court.

The group had several names before becoming the Tavares’ Brothers and later just Tavares. Overall, they placed eight singles on the Billboard Top 40, and 12 on the R&B Top 10 chart while touring with superstar music business names like the Jackson 5, KC and The Sunshine Band, the Bee Gees, and Marvin Gaye.

They received the Lifetime Achievement Award from The National R&B Music Society in 2013 and were inducted into the Cape Verdean Music Hall of Fame in 2006. They performed two shows at the Zeiterion last year to benefit the Cape Verdean Recognition Committee.



The Massachusetts Senior Medicare Patrol (SMP) Program is here to help YOU!



PROTECT YOUR MEDICARE NUMBER!

- ✓ Medicare numbers and health insurance information should be protected just like credit cards.
- ✓ Medicare cards no longer contain Social Security numbers, although this number is still very valuable for thieves seeking to commit Medicare fraud and medical identity theft.

DETECT HEALTHCARE ERRORS, FRAUD AND ABUSE.

- ✓ The SMP Program offers free healthcare journals, “My Health Care Tracker,” to keep an accurate record of all healthcare encounters, procedures, tests, and much more.
- ✓ Always review Medicare Summary Notices, Explanation of Benefits, and other billing statements for accuracy.
- ✓ If errors or discrepancies are detected, contact the provider, Medicare, and SMP.

REPORT BY CALLING THE MA SMP PROGRAM.

- ✓ Contact the Massachusetts Senior Medicare Patrol (SMP) Program at **800-892-0890** to report all healthcare errors, fraud, abuse, and scams.

EDUCATE YOURSELF!

- ✓ MA SMP provides free informational presentations to avoid becoming a victim of healthcare errors, fraud, and scams.
- ✓ MA SMP provides free, confidential assistance to understand Medicare Summary Notices, Explanation of Benefits, and help resolving questionable medical bills.

TO SCHEDULE A FREE EDUCATIONAL SESSION OR TO VOLUNTEER, CONTACT THE MA SMP PROGRAM AT 800-892-0890



Massachusetts Senior Medicare Patrol (SMP) Program at AgeSpan
 280 Merrimack Street, Suite 400
 Lawrence, MA 01843
 800-892-0890 • www.MASMP.org

Councils on Aging

Acushnet COA

For Acushnet Council on Aging programs and activities, see the COA newsletter in the Senior Center or online at <https://mycommunityonline.com/organization/acushnet-council-on-aging>. 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.

Blood Pressure Checks and Wellness Visits: With Community Nurse Home Care. First Wednesday of every month. Next visit is Aug. 7 8:30 a.m. to 10:30 a.m.

Hip-Hop Class with Rondae: Class returns for a one-day event. Tuesday, August 6, 11:30 a.m. - 12:30 p.m. at the Acushnet COA.

End of Summer BBQ: With Coastline on Aug. 14, 11:30 a.m.-12:30 p.m. at the Acushnet COA. Please register with the Front Desk. Meal choice of hamburger or hot dog is required at time of sign up.

What's Cooking with Community Nurse: Join Barbara Canuel, Registered Dietitian from Community Nurse for a nutrition demonstration. Light snack provided – you will be sampling Barbara's Creation! Aug. 28 at 12:30 p.m. at the Acushnet COA. Please register with the Front Desk.

Fall/Winter Trips: Oct. 17, Salem, MA just in time for Halloween, \$65; Nov. 7, Foxwoods Casino, \$35; Dec. 8, The Newport Playhouse/ Dinner Theater– Lend me a Soprano and Buffet Dinner, \$100. Details from the COA.

Strong Women, Strong Bones: With Karen, Monday - Thursday, 9 a.m. \$2/ suggested voluntary donation. Strength training, weight-bearing aerobic exercise, stretching, and balance.

Dartmouth COA

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

Moving with Moxie: Aug. 7 & 21, 1-2 p.m. A unique, mobile, therapy-based balance class that is essential for people of all ages to improve their balance and mobility. Pre-registration required. Cost is \$5.

Cellphone classes: Tuesday & Wednesday Aug. 13th & 14th at 1-3 p.m. FREE Android & iPhone classes at the Center. Call 508-742-9160 to register.

Billiards Tournament: Thursday, Aug. 15 at 9 a.m. Pre-registration required. Contact Dartmouth Veteran agent Matt Brouillette for information and to register, 508-999-4717.

Macrobiotic Cooking: Friday, Aug. 16 at 1 p.m. Join Carol Lauro, Macrobiotic teacher for over 35 years. Explore the medicinal benefits of whole food and the Macrobiotic lifestyle. Pre-registration required.

Salem Pirate Museum: Wednesday, Aug. 21. Lunch at Bambalini's. Cost is \$19.50 for admission and transportation. Pre-registration required.

Sing along and Ice Cream: Aug. 22 at 1 p.m. Get out of the heat and sing some favorite popular tunes with professionally trained pianist, Gary Dubois. Free! Pre-registration required.

Beauty in Balance: Tuesday, Aug. 27 at 1 p.m. Paint "Beauty in Balance." Step by step instruction to create your summer memento. All supplies and inspiration provided. Cost is \$20. Pre registration required.

Hummingbirds with the Audubon Society: August 28th at 2:30 p.m. Learn more about hummingbirds, their special adaptations, and how to attract them to your home. Pre-registration required.

Movie: Thursday, Aug. 29 at 1 p.m. Movie "Blue Miracle."

Nutrition Clinic: Private nutritional counseling with registered dietitian – Set goals, establish meal plans, monitor results. Last Thursday of each month at 10:00. Contact Nancy at the Center for more info and appointment.

Posture & Movement: Fridays at 8:30-9:30 a.m. For those who can easily move on and off the floor. Improve/strengthen your posture as you become more "posture aware." Cost is \$5. Walk-ins welcome.

Movie: "Ordinary Angels" Tuesday, July 30.

Bowling on the Green: Tuesday, June 18 from 9:30-11:30 a.m. Bowling on the Green and Croquet at Howland Green in New Bedford. Play and instructions.

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

The Gala at Roundhill Fundraiser: Wine tasting, Hors d'oeuvres and Music, Saturday, Sept 21, 6:30-9:30 p.m. Proceeds benefit DCOA programs and site improvements. Cost is \$75 per person. Contact Maria Connor for tickets at 508-636-6453.

Meditation with Lynda: Tuesdays at 10:15 a.m. Walk-ins are welcome. Free.

Music with Friends: Do you love music, play an instrument, love to sing? Join this informal group on Tuesdays at 1:00 to share songs, sounds and stories. Free. Walk-ins and spectators are welcome!

Family Caregiver Support Group: Join Coastline in a partnership with the Dartmouth COA for monthly support group the first Thursday of the month from 1-2:30 p.m. No pre-registration needed.

YWCA Widow Person Program: At the Center on the first and third Thursday of the month. Two sessions from 8:30-10 a.m. and 10:30 a.m. - noon. Walk-ins are welcome. Please call Jane Rocha for more information at 508-999-3255.

QiGong: Now an ongoing, free class. Wednesdays, 2:15-3:15 p.m. Qigong, pronounced 'chee-gong', is an ancient Chinese practice that focuses on cultivating and balancing the body's vital energy, known as Qi. It combines gentle movements, deep breathing, and meditation to promote overall health and well-being. Qigong offers a perfect blend of physical activity and mindfulness. It can be practiced by individuals of all physical abilities from either seated or standing positions. Free. Walk-ins welcome.

Fairhaven COA

For information on programs and activities, 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>. For more information, call the Fairhaven Council on Aging at 508-979-4029, located at 229 Huttleston Ave., Fairhaven, MA 02719. Open 7:30am-3:30pm and until 8pm on Wednesdays.

Bourne Walking Excursion: Aug. 24. Arrive at COA for 8:30 a.m. sharp. \$10. Please bring a bagged lunch, sunscreen, hat and water. Cape Cod Canal walk is flat, straight and 2.3 miles.

Mall Trips: Aug. 2, Plainridge Park Casino; Aug. 9, Hyannis Mall; Aug. 16, Warwick Mall; Aug. 23, Plymouth Shopping; and Aug. 30, Thames Street, Newport. Each trip is \$6. Please bring exact amount.

Monday Movie Matinee: 12:15 p.m. Aug. 7 movie is 'Ticket to Paradise.' Aug. 21 movie is 'Jerry & Marge Go Large.'

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 Rebelo. \$30 for 8 Weeks

Osteo Class: Simple and safe Bone boosting exercises. Monday, Wednesday and Friday 8:30am-10am. \$1.

Marion COA

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

Technology Classes: Beginner classes, 1-3 p.m. Aug. 6 Android class, maximum 6 people; Aug. 7, iPhone Class (maximum participants 10). Classes will be led by Kraig Perry. For more information, or to register for a class, call 508-748-3570. Classes are made possible courtesy of Coastline, through funding provided by the MA Broadband Institute's Digital Equity Partnerships grant.

Summer Concert Series: Friday, Aug. 9th, 1 p.m. Enjoy our outdoor summer concert series with the music of Tony Martin and Pat. Our summer concert series is held outside under the pavilion. Drop by and enjoy good music, good friends and good times!

Strength & Conditioning: 9 a.m. Tuesdays. Free.

Continued on Page 11




HONORING CAREGIVERS:
Complimentary Brunch, Inspiring Speakers, Valuable Resources, and Exciting Giveaways.

CAREGIVERS FAIR

SUNDAY
SEPTEMBER 8, 2024
11 AM - 2 PM

FAIRHAVEN COUNCIL ON AGING/ REC CENTER
229 HUTTLESTON AVE, FAIRHAVEN, MA 02719
RSVP: 508-979-4029 BY JULY 26, 2024

Vendor Contact: Zach Boyer zboyer@coastlinenb.org



SIGN UP NOW

GET SENIOR SCOPE DELIVERED STRAIGHT TO YOUR INBOX

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

Now Accepting Applications*

Bedford Towers

62+ Senior Living Community

- 1 & 2BR Apts./ 2 & 3 BR Townhouses
- Modern appliances
- Wall-to-wall carpeting
- Window shades
- Washer/dryer hook-up (townhouses)
- Air-conditioning
- Emergency call system
- Grand community gathering space
- Laundry care-suite (apartments)
- Basketball court / Playground
- Professional, on-site management & 24-hour emergency maintenance

231 Middle St., New Bedford
508.992.9603 | PeabodyProperties.com

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

Professionally managed by: 



Art for Your Mind: Appreciating Animals in Art, Monday, Aug. 12, 1 p.m. Animals have long been a powerful source of inspiration in art. From the mythical dragon and unicorn to the common dog, cat and horse, we'll observe the many ways artists have incorporated animal forms into their creations. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways.

Lunch & Learn: Heat and its Effects on Older Adults Thursday, July 11, noon. Learn ways to stay safe during the summer heat. Know the symptoms when your body is overheating. Find out guidelines for proper hydration and create a heat action plan. Come meet some of Marion's Fire/EMS team while enjoying a light lunch and learning ways to stay healthy. Call 508-748-3570 to make your reservation by July 5.

Cooking Demonstration: Aug. 13 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.

UFOs & Spy Balloons in the News: Friday, Aug. 16, 1 p.m. Join podcaster paranormal enthusiast and Massachusetts native Christopher Torres as he takes you through the most recent developments on the topics of UFOs, on and off the record stories about UFOs and spy balloons and what we can expect next. Learn some interesting facts about things that are going on that we do not always know about. This program is sponsored by the Friends of the Marion Council on Aging.

D.J. Jordan: Monday, August 19th, 1 p.m. D.J. Jordan will be here to play some of your favorite music and do some line dancing. Join us for a fun filled afternoon under the pavilion. Wear your dancing shoes and bring your requests!

Mattapoisett COA

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

Summer Cookout: Friday, August 16th, 11:30 a.m.—2:00 p.m. Traditional cookout food (hamburgers, hot dogs, chicken) and the sides! Live entertainment! Games! Fun! OUTDOORS—on the corner of Barstow and Church St. If you have your own outdoor chair, please bring it. Registration required, no later than 8/9 with food choice. \$5 per person. Register by calling 508-758-4110.

Vascular Care: Aug. 2, Lunch at noon and presentation at 12:15 p.m. Stratton G. Danes, MD is a Board-certified vascular surgeon. He is experienced in both open and endovascular procedures, and practices the full range of vascular surgery, including limb salvage, aortic aneurysm repair, venous disease and varicose veins, carotid interventions, and dialysis access. Presentation will focus on vascular health. A question and answer period will follow. Lunch will be provided. The presentation is free. Register by calling 508-758-4110.

Band Concerts: Until Aug. 28, every Wednesday at 7:30 p.m. Rides available weekly, by appointment.

Paint Party: Aug. 30, 10 a.m. Create your own whimsical acrylic paint artwork. Step-by-step painting instruction with "Paint Party with Lidia". No art experience needed. Join in the fun! Cost is \$5. Registration required.

Pottery: 2nd & 4th Thursday, 10-11:30 a.m. Create unique items using clay. 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 and decorate, and sent to the kiln for final glazing. \$10 (everything is included). Registration requested.

Art for your Mind: Aug. 7 at 12:30 p.m. Free. The featured topic, Edward Hopper's New England, offers a close look at the work of one of America's most prominent 20th Century artists. With a focus on Hopper's images of local, coastal areas – experience the way his unique, simplified style captivates and intrigues viewers. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! Call to register.

Drum Circle: Wednesdays at 1 p.m. on Aug. 21, Sept. 25, Oct. 23, Nov. 20, and Dec. 18. Did you know that drumming increases dopamine and serotonin levels, which help to help elevate our mood? In addition, it can help reduce stress, among other benefits. Check it out once and you won't want to miss a beat! Free. Instructor, Sam Holmstock earned a B.A. Music Degree from Berklee College of Music. He has performed worldwide with the band Entrain.

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.

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. 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. Aug. 9.: Let's give a tip of the hat to all Rochester has to offer! We will visit several local businesses including, "Nettie's Bees," Costa's Kitchen, A&M winery and more! Leave COA at 11 a.m. and return by 3:30 p.m. The van ride is \$5 roundtrip for Rochester residents and \$10 for nonresidents. Aug. 20: Marshfield Fair. Leave COA at 11 a.m. and return by 5 p.m. This is senior day at the Marshfield Fair so admission is free for seniors. The van ride is \$5 roundtrip for Rochester residents and \$10 for nonresidents.

Monday Lunches: An Italian-themed luncheon on Aug. 5 at 11:30 a.m. Cost is \$10. Barbecues are on Aug. 12, \$2, and 19, \$5.

Art Show: Thursday, August 22nd from 6-8 p.m. at the Rochester COA. Sponsored by the friends of the Rochester Senior Center. Artists interested in participating should get an application at the Front desk. The public is invited to attend and participate by voting for their favorites.

Dog Days of Summer Outdoor Party: Tuesday, August 27th from 5-7 p.m. Sponsored by the Friends of the Rochester Senior Center. Entertainment by singer Marvin Perry. Pulled pork sandwiches and strawberry shortcake for sale (\$5 each). Proceeds to benefit the COA.

Save the Date: The next big events will be the Car Show and Sock Hop on Sept. 5th from 3-6 p.m. and the Health Fair on Oct. 2nd from 10 a.m. to 12 p.m. at the Rochester COA. More information will be out soon.

Dementia Directory

www.alzconnected.org

In-Person Groups

Alzheimer's Support Group: Every other Tuesday, 2:45 to 4 p.m. Held at the Dartmouth COA. Group is for caregivers and their care partners. Please contact Carolyn Greany at 508-304-4587.

Caregivers Support Group: First Thursday of the month from 1 to 2 p.m. Held at Fairhaven COA at 508-979-4029. Social Day options for person receiving care are available.

Caregivers Connection Group: Nov 29 at the Fairhaven COA from 11:15 a.m. - 12:15 p.m. With Moxie Mobility Training. Call the COA at 508-979-4029 for details.

Caregiver Group: First and Third Tuesdays 10 a.m. at the Rochester COA. Come join us and find out more. Register with Carol at 508-763-8723.

Family Caregiver Support Group: Every first Thursday of the month from 1 to 2:30 p.m. Meets at the Dartmouth Council on Aging. Open to any caregiver, regardless of illness of person cared for. Call Stephanie Gibson at Coastline at 774-510-5209.

Virtual Support Groups

Family Caregiver Support Group: Virtual Meetings are held the third Thursday of the month from 10:30 a.m. to noon. Call Stephanie Gibson at Coastline at 774-510-5209.

Additional Options: Call the Alzheimer's Association at 800-272-3900 or visit www.alzconnected.org.

LGBTQIA+ Bereavement Support Group: An 8-week free online support group for LGBTQIA+ meets via Zoom from Nov. 1 to January 3 on Tuesdays from 6-7:30 p.m. Email Lisa Krinsky at lkrinsky@fenwayhealth.org if interested.

August 2024 Trivia Quiz Answers

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

PROJECT INDEPENDENCE

Serving adults with medical needs for more than 35 years

Adult Day Services

Brittany B. Botelho, MHA, LSW
Executive Director
250 Elm Street,
New Bedford, MA 02740
Phone: 508-997-1441
www.piadhc.org

Caregiver Grant Funded by Title III-E
of O.A.A. Sponsored by Coastline Elderly



SUBSCRIBE TO SENIOR SCOPE

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

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

Now Accepting Applications

Melville Towers

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

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

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



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

217 Deane Street, New Bedford, MA 02746
(508) 996-3111

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



Community

New Bedford Historic District comes alive for '50s night

Cars, couples, and cool tunes turned the city's historic district into a street party in July, as the annual 50s Night, begun by the late Joe Jesus, returned. The beloved event brings out car enthusiasts, lovers of "oldies but goodies," and those looking to enjoy a fun summer evening out and about in the city.

Those who came ranged from toddlers to well into their eighth decade of life, but for this one evening, everyone was young.

"We got our first request," shouted out a D.J. spinning tunes on Union Street, as the event got going around 5 p.m. The "Beep, Beep" sounds of the fitting 'Nash Rambler,' a 1958 song by The Playmates, followed from several large speakers.

The main event though is always the cars.

Unique and classic automobiles lined Union and side streets in bold colors and shapes. Vintage, out-of-production classics, and concept cars of all shapes and sizes were on view courtesy of local car clubs and owners.

New Bedford native and Marine Corps veteran Ron St. John was on Union Street with his 2008 Corvette. The vehicle has a 350 engine and an automatic top down, he said. Only 1500 of the cars were made in the Atomic Orange color he chose.

The Corvette replaced a 1993 black Corvette St. John had owned, but that one, he said, had a fixed top which had to be opened with a wrench. Now, he can just press a button to release the top.

In addition to car shows, St. John said he takes the car on group rides, like a recent one to Halifax, and to the many veterans' rallies being held.

"We just came back from a vet rally in Bowling Green, Kentucky," he said, where he had a special wind deflector made for the Corvette with the iconic image of six Marines planting the U.S. flag on the summit of Mount Suribachi. The image was modeled on the well-known 1945 photo taken during the Battle of Iwo Jima which came to symbolize the resilience of the U.S. Marines during World War II.

St. John said he is a big fan of the 50s Night event.

"We always come here. We've been here every year since when Joe Jesus was alive."



Ron St. John, of New Bedford, shows off his 2008 Atomic Orange Corvette (above top). The "Ideal" classic Plymouth Limousine got a lot of attention from passersby (above bottom). People got up close and personal with the cars lining Union Street (at left).

COA Outreach continued...

Having people like Dansereau available to explain options can make the difference between receiving benefits or not.

"If somebody comes here, I try to solve their issue as best I can," Dansereau said. "I can't solve every issue, but I can surely do SNAP (the federal nutrition food program). I can do health insurance. I can do fuel assistance. I can do all that here, so they don't have to go to a lot of different places."

Most of Dansereau's professional career has been in human services. For many years, he worked for Catholic Social Services, managing the Solanus Casey Food Pantry in New Bedford. These experiences gave him a solid background in which agencies and people in the region can help on specific issues. It's a double-edged sword though, because while it makes his referrals on target, it also means others know his name and skills and frequently refer people to him.

Rising numbers of those needing help is having an impact on everyone.

"One of the things I see is that older adults are living a lot longer so their money is not keeping up with how long they're living," said Dansereau. "So when they retired at 67 and had \$2,500 a month 30 years ago that \$2,500 doesn't really make ends meet anymore."

"A lot of people also don't realize what they qualify for and you

have some people who might be embarrassed to try to access some of the stuff or feel they're taking it away from somebody else," he added. "I think the health insurance safety net starts to fall apart too as you get older, and there's more conditions to it."

After lunch, Dansereau gets about an hour to check emails and catch up on paperwork before a 1 p.m. appointment with a woman hoping to boost her benefits. The woman comes and goes quickly, suddenly worried that just by asking about her current benefits, she may jeopardize them.

Dansereau doesn't agree, and tells her so, but lets her make the decision.

His next appointment is a Dartmouth woman whose husband has already signed up for Medicare. Now, it's her turn and she wants help choosing the right options. With a few questions, Dansereau steers her to the main areas she should focus on when making her choices, explains what they mean, and invites her to return once she's made her decisions.

He takes a moment to record his morning calls, pulling out 47 pages of logged calls he's taken this year, a total of 893 calls between January and May. "They could be five minutes long; they could be 30 minutes," he said. "I would say easily half of them lead to a follow up meeting."

The job can be frustrating, Dansereau acknowledges, because you see people's needs but can't always fill



Dansereau steps out to pick up some resources as a woman waits in his office.

them. Even when you can help, it often takes time to make it happen and doesn't always give the person exactly what they hoped for.

Housing, for example, is one of the toughest challenges outreach professionals face, he said. People come to Dansereau who no longer have a place to live. "I have a lot of people that are 55, 56, 57 who are homeless," said Dansereau. "I have a couple that's encamped in town and they're both in their mid-50s. I have a gentleman who's encamped in town who's 62...I've had 80-year-olds living in cars."

"I've developed strategies over the years on how not to take anything home with me," he said. "I guess, with some of the horror stories I've seen over the years, you can't come

and scare me with your horror story because I've seen some crazy things over the years."

When he can't get the system to step in, Dansereau sometimes fantasizes about helping people personally.

"Sometimes I say, well if I buy an apartment and I fill it with homeless people...that's the type of stuff I think about," he says, acknowledging with a wry grin the futility of the idea.

Instead, he's learned to help people focus on changing their situations little by little over time. "One of the things I like to tell people is that you're here now and in six months you're going to be here and you're not gonna see the incremental steps. But if you look back, you'll see these steps put you in a slightly better place."