

Senior Scope

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

Vol. 7, Issue 1 Published by Coastline Elderly Services, Inc. October 2024

Inside



Expanding outreach efforts, page 12

- SHINE Counselors.....2
- From the Editor..... 2
- Social Security..... 2
- Aging Access Conference... 3
- Updates 4
- Falls Prevention Walk..... 4
- NB Wellness 5
- Long-term Care Reform..... 5
- Caregiver Fair (cont.)..... 7
- Legal 8
- Trivia..... 8
- Medicare Fraud..... 9
- At the COAs..... 10
- COAs Continued..... 11
- Dementia Directory..... 11
- Suicide Prevention (cont.)12
- MassAbility name 12

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



Aging Access Conference, page 3

Suicide Prevention: It's up to all of us

People came to New Bedford's River's End Park on Sept. 10 for many reasons — to honor a loved one, to share their grief, to support others, and to end stigma. They gathered under a rising half-moon that evening, talking about suicide, how it affected them, and how everyone can help prevent it.

The event, Changing the Narrative, was held on World Suicide Prevention Day to raise awareness about suicide prevention and spread messages of hope.

One of those messages is the understanding that talking about suicide doesn't increase the risk of someone taking their own life.

That means we can all talk about mental health and suicide without pushing people to act on thoughts of suicide, said Paul Santos, New Bedford site director for the Department of Mental Health.

It's important information to help those who may be struggling and to begin to end the stigma around suicide, he said.

"For me, this (event) is about creating awareness around stigma and giving individual resources people need to get treatment," Santos said looking around at the 200-plus people in the park. "Just being able to say the cause of death is important and that (suicide) is not a weakness."

Other event speakers agreed that talking about suicide and mental



People gather at River's End Park in New Bedford on World Suicide Prevention Day.

health is crucial.

New Bedford mental health activist Cam Walker told those gathered about his own mental health challenges and how sharing his stories has made a difference for himself and others.

"Mental health matters and we need to talk about it openly," he said. "We talk with our friends about everything...When do we ever say, hey Ray, how are you doing brother? You looked down the last two weeks. What's going on with you?"

"When do I ever say, hey Pops, you know what, I've been depressed as hell the last two weeks, I need you to be there for me. I'm not good right now. I'm not OK right now,"

he continued. "How often do we ever say that to somebody?"

Walker said sharing our stories helps others share theirs.

"If there's one thing I'd like everybody to remember from this speech is that as you go around talking to people about your own problems and your own battles with mental health, you unconsciously give people permission to do the same," Walker said to applause from listeners.

In his remarks, Raymond Lambert, a licensed psychotherapist and clinical director of Whitmarsh House, cautioned people about the amount

Continued on page 12

Caregiver Fair supports 'one of the hardest jobs to do'

Melody Carlson worries about what the future might bring.

The Acushnet woman has been helping her husband since his diagnosis of cancer more than a year ago, with medical appointments, radiation treatments, and increasing difficulty walking and eventually even sitting.

Last winter, when he was discharged from a hospital and later came home from rehabilitation, she worried she might not be able to physically support him.

Insurance changes raised fears of new co-pays and lost benefits like transportation. A recent fall and hospital trip also raised new concerns.

"I thought he would never walk again," Carlson said. "It's scary.

Every three months we go for a PET scan."

Thankfully, the couple's two daughters, one of whom is a nurse, have "stepped up" to help their parents, including offering to drive them to medical appointments.

All of these worries were on Carlson's mind as she entered the Fairhaven Recreation Center gym on Sept. 8 for the Caregiver Fair, put on by Coastline Elderly Services and the Fairhaven Council on Aging. She didn't have one concern that brought her there, she said, instead she was interested to learn more about what assistance is available for families like hers.

"I'm curious to see what's out there," she said.

Organizations and professionals at



Caregivers were able to have one-on-one conversations with area support organizations like the Alzheimer's Association above.

Continued on page 7

Social Security installs new kiosk to improve customer check-in process

By Delia De Mello
Social Security Administration

At Social Security we strive to make our services more accessible while maintaining your privacy. We installed new kiosks in most of our local offices to make it easier for you to check in and conduct business with us. The kiosks are private, easy to use without assistance, and provide consistent service to our customers.



Delia DeMello

Modifications to earlier screens have improved the check-in process, especially for our customers who are blind or have low vision. Each kiosk is compliant with the Americans with Disabilities Act (ADA) and includes the following features:

- Accessible keypads.
- Audio headphone jacks (complimentary headphones are available upon request).
- Braille instructions for how to use the kiosk and report any accessibility issues.

- Built-in thermal printers and ticket dispensers.
- Enhanced 508-compatible check-in software.
- Touchscreen monitors with privacy filters.

These kiosks are just one more way we're improving the customer service experience in our offices. Last year, we began offering Mobile Check-in Express. It allows customers to use their mobile device to scan a QR code at their local office to check in for scheduled and walk-in appointments.

By turning on their device's location services and mobile notifications, visitors receive:

- An electronic ticket so they know their place in line.
- An alert when an employee is ready to help them.
- Information about their interview location.
- An invitation to participate in our feedback survey.

With our new kiosks and Mobile Check-In Express, our check-in process has never been easier. To learn more about our commitment to accessibility, visit www.ssa.gov/accessibility.

From the Editor

The fall season has officially hit judging by the number of events and programs designed to support people in some way. In this issue alone, we highlight three of these events, each of them important and relevant to older adults in some way.

First, there's the Caregiver Fair which brought a group of organizations together in one location to help unpaid family caregivers understand the resources available to them.

Too often, families try to go it alone and that can become more and more difficult as illnesses progress. It can also be hard for caregivers to take their attention off of their loved one long enough to take care of themselves.

This event was special in that it made the caregiver the center of attention. Read more on page one.

The Suicide Prevention Awareness event was another meaningful and supportive program that tackled the difficult issue of suicide with grace and optimism. It also gave people a way to feel and share some of the grief that comes with losing someone by suicide. The lanterns floating down the river were especially moving. Read more on page one.

Finally, it was a privilege to attend the Aging Access conference, see the large number of people across the state who provide direct care to older adults, and learn from them


and other aging leaders about supports available, the challenges to helping others, and the advocacy and funding needed to improve the system. Read more on page three.

On a similar note, I was able to speak with the Rochester Council on Aging staff to learn more about their outreach program, new outreach coordinator, Mary Bessey, and the ways they are working to bring older town residents into the center, especially those who may be shut-in or isolated. They have a committed team working on combatting isolation in multiple ways, including strengthening their transportation program. See page 12.


Connect with Senior Scope editor, Beth Perdue, at bperdue@coastlinenb.org or call her at 774-438-2729.




Beth Perdue

 **Coastline**
508-999-6400

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

 SHINE Counselors in the Greater New Bedford Area		
Acushnet Council on Aging 59 1/2 S. Main St. Acushnet	508-998-0280	Jennifer Ledo
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Virginia Walega Matthew Dansereau
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni Jean Silver
GNB Community Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes
Immigrants' Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira Delia Moreira
Marion Council on Aging 465 Mill Street, Marion	508-748-3570	Connie Heacox
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St., Monday-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

 **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.

Donations for October 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.

For Prayers Answered
Thank you St. Jude & Sacred Heart of Jesus

\$10
— Ethel

Year-to-Date: \$220

Donate online via PayPal here:



To: Coastline, 863 Belleville Ave., New Bedford, MA 02745
Yes, I want to support Senior Scope. My voluntary donation in the amount of \$ _____ is enclosed. (Checks paid to: Coastline.)

My name: _____

My address: _____

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

Do not list my name; I am an anonymous donor

Donating in honor of:

In memory of For prayers answered In thanks

Aging Access conference brings together 250-plus professionals

Conference highlights advocacy needed to support growing demand for services and workforce

Aging services professionals gathered in Boxborough in September for a day of networking, training on key aging topics, and discussion on program and funding opportunities.

More than 250 people attended the Sept. 24 conference which was the first in-person conference in five years, organized by Mass Aging Access, formerly called Mass Home Care.

The agency debuted its new name, new logo and website at the event, reinforcing its mission to advocate on behalf of older adults and people with disabilities and their caregivers; support access to home and community-based services; foster collaboration; help connect older adults and people with disabilities and their caregivers to a statewide network; work to ensure equitable access to services; and, help to coordinate services for older adults and people with disabilities through member agencies.

As part of its rebranding, Mass Aging Access is strengthening its role to help meet the growing demand for aging services and support, executive director Betsey Crimmins said, adding that the conference is a part of that goal.

“Whatever people have now, we want to make sure that three years from now, 10 years from now, 50 years from now, there’s still a strong system of services and supports for

older adults to access,” she said.

“One of the things we tried to do (today), is orient the sessions toward workers on the ground,” she added. “It’s really training-focused and trying to get people the training and information they need.”

In addition to breakout sessions, those gathered heard from the Executive Office of Elder Affairs Acting Secretary Robin Lipson about three partnership programs that have been supporting older adults across the state.

First, Community Transition Liaison programs is now available statewide, Lipson said. These programs are uniquely positioned to support the complex needs people have as they move back to the community from nursing facilities.

Similarly, the Hospital to Home partnership is up and running with 13 Aging Services Access Points partnering with 15 hospitals to support hospital patients as they transition directly to home after discharge, she said.

And third, the newly branded, Behavioral Health Outreach for Aging Populations, formerly known as Elder Mental Health Outreach Teams now includes 18 BHOAP community partners, many of which are ASAPs that offer the program in 211 cities and towns, she said.

“Our goal is to expand the service



Aging professionals greet their peers as the conference gets underway, above. Below, James Fuccione, Mass Healthy Aging Collaborative, Zachary Boyer, Coastline Elderly Services, and Kathryn Downes, Mass. Broadband Institute lead a session on digital literacy.

even further,” Lipson said.

Lipson also congratulated Mass Aging Access on its new name. “We’ve all learned how much the words we use matter,” she said. “What we call ourselves and how we describe ourselves directly impacts our consumers and our partners and your new name truly captures what you do and who you are.”

EOEA is in the final legislative stages of changing their name.

Bob Blancato, president of Matz, Blancato and Associates, and a strong advocate for aging services based in Washington D.C., gave attendees a legislative update for the coming federal fiscal year, including pushing for advocacy around the reauthorization of the Older Americans Act, the continued need for increased funding



for existing services, and a move to create a national plan on aging.

In May, the Administration of Community Living submitted a report to Congress with a strategic framework for the plan, Blancato said, which includes four domains: age-friendly communities; coordinated housing in support of social services; increased access to long-term services and supports; and aligning healthcare and supportive services.



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

Halloween Party for Seniors

The Venus DeMilo is throwing a Senior Halloween Party from noon to 4 p.m. on Oct. 23. The event features musical entertainer Vini Ames and a meal. Tickets are \$40 per person and must be purchased in advance. Call 508-678-3901 to purchase tickets. The party will be held at the Venus de Milo, 75 Grand Army Highway, Swansea. For more information, email Monte@venusdemilo.com.

In-home vaccinations available

In-home vaccinations for COVID-19 and Influenza are available through the state Department of Public Health for anyone who has difficulty getting to a community vaccination site. Both the COVID and flu vaccines must be given to meet funding requirements. Vaccinations are performed by fully-vaccinated medical professionals, according to the state, following all public health safety guidelines. To schedule an appointment, call 833-983-0485 Monday through Friday from 9 a.m. to 5 p.m. English and Spanish speakers are present and access to other languages is available. For more information or to schedule a vaccination appointment online, visit <https://www.mass.gov/info-details/in-home-vaccination-program-covid-19influenza#how-to-schedule-an-in-home-vaccination->

Southcoast to offer 'My Chart' support

Southcoast Health is offering community My Chart support from 10 a.m. to 2 p.m. Oct. 4 to help people learn more about MyChart, create an account, or get assistance with using the features. Drop in anytime; no registration is required. Bringing your smart device with you is recommended but not required. Southcoast's More Generations Employee Resource Group will offer training in these areas of MyChart: check lab results; refill a prescription; save a spot at Urgent Care; request/download a medical report; and pay bills online. The training will be held in the White Home Living Room at St. Luke's Hospital, 101 Page St., New Bedford. To create a MyChart account, visit www.southcoast.org/mychart

West Nile risk upgraded

State health officials are urging people age 50 and older or those immune-compromised to limit outdoor activity during peak mosquito hours, from dawn to dusk. The warning comes as the Massachusetts Department of Health increased the risk level for West Nile virus to "high" for the city in mid-September. West Nile is a mosquito-carried virus. While 80 percent of infected people have no symptoms, illness can range from a mild fever to a more serious disease. For up-to-date information and the state's risk-level map, visit: <http://www.mass.gov/info-details/Massachusetts-arbovirus-update>

Candlelight vigil for mental health

The National Alliance on Mental Illness will hold a Candlelight Vigil from 5-7 p.m. on Oct. 9 to recognize Mental Illness Awareness Week and World Mental Health Day. The event will feature speakers, resource tables, music, and the ringing of the bell to honor loved ones. NAMI's Heroes in the Fight awards will also be given out. The event is at the Low Tide Yacht Club, 1000 S. Rodney French Boulevard, New Bedford. For more information, call Brenda at 508-493-9048. The event is free and open to the public. Sponsored by NAMI Bristol County and New Bedford Site Board.

Civil War Roundtable dates

The Civil War Roundtable has two in-person meetings coming up with related presentations. The first is on Oct. 22 featuring Dr. Thomas Nester, a history professor at Bridgewater State University. On Nov. 26, Dr. John Rodrigues, a Stonehill College professor will present. Both meetings are at 6 p.m. at the Low Tide Yacht Club, 1000B S. Rodney French Blvd., New Bedford. Also of note, the Fort Taber/Fort Rodman Military Museum will host lighthouse preservationist Douglas M. Bingham speaking on the saving of local lighthouses at 2 p.m. Oct. 13 at the Military Museum, 1000 S. Rodney French Blvd., New Bedford. The event is free.

Flu vaccinations available

The New Bedford Community Health Center will offer flu vaccines to the community on three dates in October. Flu clinics will be held from 9 a.m. to noon on Oct. 5, 19, and 26 at the Community Health Center at 874 Purchase St., New Bedford. People do not need to be a patient at the center to receive a vaccine. The CHC requests that you bring identification and insurance information.

Medicare 101 webinars and assistance is available

The nearly two-month window for making changes to Medicare coverage begins Oct. 15. For assistance from trained counselors see the list of SHINE counselors on page 2 of this issue. For those new to Medicare, the SHINE office for this region holds a monthly Medicare 101: Understanding your Medicare Options and Benefits webinar. Upcoming webinars are scheduled for 2 p.m. on Oct. 23, Nov. 13, and Dec. 18. Sign up at: https://us02web.zoom.us/join/register/tZwk-dOourD8qGdIJomFq1hakubQrFdrbQ_s5#/registration. Local councils on aging hold similar workshops in person at senior centers. Check their newsletter or call your town senior center for information. Open enrollment ends Dec. 7.

Support for too much clutter

Do you find it difficult to stop acquiring, sort or discard your items? Have you worried that you struggle with Hoarding Disorder, or someone has called you a hoarder? Come learn about hoarding and related mental health disorders and issues in a safe environment including anxiety, depression, trauma, eating disorders & OCD. The Buried in Treasures Support Group will meet from 9:30 a.m. – 12:15 p.m. on Saturdays on Nov. 2 - What is Hoarding?; Nov. 16 - Mandalas; and Nov. 30 - What is Anxiety at the Fairhaven Senior Center, 229 Huttleston Ave., Fairhaven. In December, they will meet there on Dec. 7 - Chair Yoga; and Dec. 21 - What is OCD? All are welcome to attend. For information or to pre-register, contact Brittany Botelho, MHA, LSW, CDP at 508-961-3136 or bdejesus88@yahoo.com. You are welcome to also just drop in. Future class dates will be available soon.

GRG support group meeting

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 Oct. 15. Grandparents, please call Brenda Grace at 508-996-0168 for more information on Tuesdays and Wednesdays or after 5 p.m. on other weekdays.

Coastline celebrates Falls Prevention Week, Sept. 23-27



Coastline employees, family and friends walked Brooklawn Park to raise awareness for falls prevention and that preventing falls is possible during Falls Prevention week in September. The steps walked contributed towards helping the state reach its goal of 75 million steps.

Your Health

Sounding into mindfulness and quieting the mind

By Julie Silvia

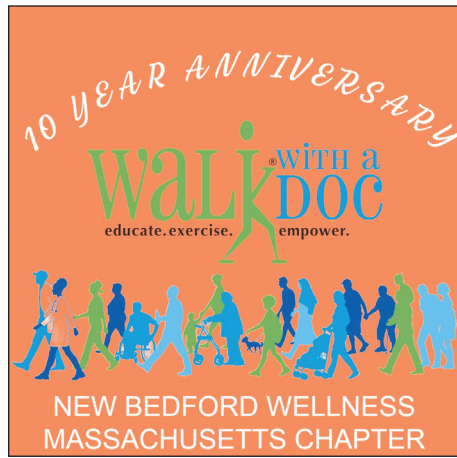
The Current Within

Quieting the mind can be challenging in these times that we are living in. We are bombarded by the buzz of information coming at us from what seems like all directions at times.

I often laugh at the word “mindful”, as I feel it contradicts what actually happens when we engage in, and actually become more mindful humans. Personally, so much of becoming more “mindful” of course is actually allowing the full feeling of the mind (aka information overload!) to feel less full and more clear.

One of my favorite practices is to go for walks in parks or in the woods and connect with my breath. Whenever I conscientiously focus on my breath, I like to visualize the thoughts in my mind emptying out. I inhale deeply, allowing my belly to expand, and I exhale fully, imagining all the air leaving my body. And repeat. Long deep conscious breathing can be done anytime, and anywhere!

The human mind has tremendous capacity, and this is what sets us apart from other animals. There is so much research available now on how meditation impacts the brain in a positive way. When we practice enough meditation and grounding practices, we are able to slow our thoughts down, therefore balancing the hemispheres of the brain. When we slow our thoughts down, we actually create



more capacity for intellectual growth, and increased focus.

The healing modality that I personally work with and teach the most is Kundalini Yoga. Kundalini Yoga is a holistic practice that is accessible to people of all ages and backgrounds. Many practices can be done as little as 3 minutes and can transform your mood, energy level and so much more.

Rooted in ancient Indian traditions, Kundalini Yoga is a naad or sound yoga. We chant or listen and breathe in prescriptive patterns that use ancient mantra as a way to bring our minds and bodies to a meditative state.

Kundalini Yoga combines physical postures (asanas), breathwork (pranayama), meditation, and chanting of mantras to promote higher consciousness. Many of the physical postures in Kundalini Yoga are adaptable to a chair.

The reason I like Kundalini Yoga the most is that I can focus on



the sounds of the mantra as a way to distract my mind from the fast moving thoughts into becoming more still. Kundalini Yoga has helped me manage stress and address emotions stored in my body. The rhythmic breathing techniques and practices within this ancient and spiritual practice have helped me manage anxiety, reduce stress, and promote relaxation, leading to a sense of tranquility and inner stability.

If you are interested in learning more about this practice, don't hesitate to reach out to me! Kundalini Yoga is a self healing technology that is accessible to all and it all starts with the breath!

Rev. Julie Silvia (Devi Namdass Kaur) is an ordained interfaith

minister and certified Kundalini Yoga Instructor with KRI and RYT® 200 with Yoga Alliance. Julie is an instructor of trauma informed Kundalini Yoga to people with mixed health conditions and Post Traumatic Stress (PTS). In addition to teaching Kundalini Yoga, Julie also enjoys teaching Yin Yoga and Yoga Nidra. Julie is Co-Founder & President of The Current Healing Arts, a 501(c)(3) non profit integrative wellness center serving the community of greater New Bedford, MA and beyond with in person and online offerings and trainings that enhance mental, physical and spiritual health for all. Contact her at yoga@thecurrentwithin.org or go to www.thecurrentwithin.org.

AGING INFORMED

Long-term care bill to increase oversight and boost workforce for elder care

The governor's signature on a bill last month will bring necessary reforms to the state's long-term care system, affecting nursing homes and assisted living centers and helping to improve the care of older adults.

Once it becomes law, the bill will improve quality and oversight of long-term care and strengthen the Commonwealth's oversight of nursing homes. It will provide anti-discrimination protections for LGBTQ+ nursing home residents and permanently allow assisted living residences to offer basic health services.

"Those who make the decision to put their loved ones in a nursing home or long-term care facility deserve to know that those loved ones will be protected. Once law, this bill will give the Commonwealth the resources and tools to ensure their safety, weed out bad actors in the field, and enforce oversight and accountability," said Senate President Karen E. Spilka (D-Ashland).

The bill includes the following:

Inclusion for LGBTQ+ Residents: Requires each long-term care facility

to provide staff training on the rights and care of LGBTQ+ older adults and older adults living with HIV. It forbids any long-term care facility and long-term care facility staff from discriminating based in whole or in part on a person's sexual orientation, gender identity, gender expression, intersex status or HIV status.

Building the Long-Term Care Workforce: Supports recruitment and retainment of a dedicated long-term care workforce, including grants to develop new Certified Nursing Assistants, career ladder grants for direct care workers to train to become Licensed Practical Nurses, along with leadership and supervisory training for nursing home leaders.

Estate Recovery: Limits MassHealth estate recovery to only federally mandated recovery and removes estate recovery for residents receiving assistance under CommonHealth.

Medication Aides: Requires the Department of Public Health to create a program for the certification, training, and oversight of certified medication aides to be authorized to

administer medications to residents of long-term care facilities.

Expanding Access to Basic Health Services: Makes it easier for residents of assisted living residences to offer basic health services such as helping a resident administer drops, manage their oxygen, or take a home diagnostic test.

Enhancing State Oversight and Compliance: Enhances oversight and compliance of ALRs by lowering the threshold for ownership interest disclosure from 25 percent to five percent. Applicants will be required to demonstrate that any prior multi-family housing, ALR, or health care facility in which they had an interest met all the licensure or certification criteria. Also gives the Executive Office of Elder Affairs new powers to penalize non-compliance through fines of up to \$500 per day. This is in addition to existing EOE powers to modify, suspend, or revoke a certification, or deny a recertification. Finally, it adds whistleblower protections for staff and residents and authorizes the Attorney General to file a civil action

against a person who commits abuse, mistreatment or neglect of a patient or resident and other actions.

Long Term Care Facilities: Requires the DPH to inspect each long-term care facility annually to assess quality of services and compliance and review the civil litigation history, in addition to the criminal history, of the long-term care facility applicants, including any litigation related to quality of care, patient safety, labor issues, or deceptive business practices. Also requires DPH to review the financial capacity of an applicant and lets them limit, restrict, or revoke a long-term care facility license for cause.

Small House Nursing Homes: These have emerged over the last two decades as an alternative to traditional long-term care facilities with a growing body of evidence demonstrating superior clinical outcomes in addition to higher resident and staff satisfaction levels. The bill would streamline the process for small house nursing homes to be licensed in the Commonwealth.

Medicare Open Enrollment begins on Oct. 15

The annual open enrollment period for Medicare runs from Oct. 15 to Dec. 7 and is a good time to review your coverage, costs, and any changes you've made to your medications or healthcare providers.

Having a plan that meets your needs is important. If you're not sure how to compare your current coverage with other available plans or have questions

about which plan is best for you, help is available through the state's SHINE program. Trained SHINE counselors, based at local councils on aging, can work with you to find the best plan for your needs.

The growing variety of Medicare Advantage Plans can be confusing to navigate, as is the Medicare Savings Program. Having a guide to walk

you through the process can help you get the best care and potentially save money.

If you're 65 or older and don't know if you can enroll in Medicare, also check with a SHINE counselor. U.S. citizens and permanent residents are eligible for premium-free Medicare Part A coverage if they have worked at least 10 years where they paid Medi-

care payroll taxes, or they had a spouse who did, according to KFF. Without adequate work history, legal immigrants, age 65 or older, can purchase Medicare Part A after residing legally in the U.S. for five years continuously.

To connect with a SHINE counselor, see the list of names and phone numbers on page 2 of this issue of Senior Scope.

As inscrições abertas para a Medicare começam em 15 de Outubro

O período anual de inscrições abertas para a Medicare começa em 15 de Outubro à 7 de Dezembro. é um bom momento para rever a sua cobertura, custos e quaisquer alterações efetuadas aos seus medicamentos ou prestadores de cuidados de saúde.

É importante ter um plano que atende as suas necessidades. Se não tiver a certeza de como comparar a sua cobertura atual com outros planos disponíveis ou tiver dúvidas sobre

qual o plano mais adequado para si, existe ajuda disponível através do programa SHINE do estado. Os conselheiros SHINE treinados, baseados em conselhos locais sobre envelhecimento, podem trabalhar consigo para encontrar o melhor plano para as suas necessidades,

A crescente variedade de Planos Medicare Advantage pode ser confusa de navegar, bem como o Programa de Economia da Medicare. Ter um guia

para o orientar durante o processo pode ajudá-lo a obter o melhor serviço e potencialmente economizar dinheiro.

Se tem 65 anos ou mais e não sabe se pode candidatar-se ao Medicare, verifique também com um conselheiro SHINE. Os cidadãos dos EUA e os residentes permanentes são elegíveis para a cobertura gratuita do Medicare Parte A trabalharam pelo menos 10 anos onde pagaram impostos sobre a

folha de pagamento do Medicare ou se tiverem um cônjuge que o tenha feito, conforme a KFF. Sem um histórico de trabalho adequado, os imigrantes legais com 65 anos ou mais, podem adquirir o Medicare Parte A depois de residirem legalmente nos EUA durante cinco anos consecutivos.

Para falar com um conselheiro SHINE, consulte a lista de nomes e números de telefone na página 2 desta edição do Senior Scope.

La inscripción abierta para Medicare comienza el 15 de octubre.

El período anual de inscripción abierta para Medicare va desde el 15 de octubre al 7 de diciembre y es un buen momento para revisar su cobertura, los costos, y cualquier cambio que haya hecho para sus medicamentos o proveedores de atención médica.

Tener un plan que cumpla con sus necesidades es importante. Si no está seguro de cómo comparar su cobertura actual con otros planes disponibles o tiene preguntas sobre cuál de los planes es mejor para usted, puede obtener ayuda a través

del programa estatal SHINE. Los consejeros capacitados del programa SHINE, que trabajan en los consejos locales para la tercera edad, pueden ayudarle a encontrar el plan que mejor se adapte a sus necesidades.

El aumento en la variedad de planes Medicare Advantage puede crear confusión, al igual que el Programa de Ahorro de Medicare. Tener un guía que le acompañe a lo largo del proceso puede ayudarle a obtener la mejor atención y, posiblemente, a ahorrar dinero.

Si tiene 65 años de edad o más y no sabe si puede inscribirse en Medicare, consulte también con un consejero del programa SHINE. Los ciudadanos estadounidenses y los residentes permanentes pueden optar por la cobertura de la parte A de Medicare sin prima si han trabajado al menos 10 años en los que hayan pagado los impuestos sobre nóminas de Medicare, o si han tenido un cónyuge que lo haya hecho, según KFF. Sin un historial laboral adecuado, los inmigrantes legales,

de 65 años de edad o más, pueden adquirir Medicare Parte A tras residir legalmente en EE.UU. durante cinco años ininterrumpidos.

Para ponerse en contacto con un consejero del programa SHINE, consulte la lista de nombres y números de teléfono en la página 2 de este número de Senior Scope.

Translations provided by:

 Southcoast Health

New Bedford study leads to plan to improve internet speeds and options

New Bedford completed a study on its internet service as a step in considering bringing a fiber-optic network to the city. In a Sept. 6 media release, Mayor Jon Mitchell said the network would make New Bedford more attractive to new internet service providers which could increase competition and benefit customers.

Broad swaths of New Bedford have internet speeds well below the Federal Communications Commission standard, the city said in its release. That statement is based on upload and download speed data collected in the spring of 2023 from more than 3,000 Middle School students through the New Bedford Public Schools' program that provided Chromebooks to them.

Data analysis from Digital Millennial Consulting, which is cited in the CTC feasibility study, found that:

- More than 60% of tested locations recorded internet speeds below the FCC standard for educational connectivity.
- New Bedford needed to see an increase of 361% to its average download speed and a 761% increase in average upload speed to meet FCC standards.
- Families experiencing poverty were more likely to have slower

“New Bedford residents have bills that are too high and internet speeds that are too low. This study puts us in a much better upfront position to attract much needed competition in the market that will put downward pressure on prices and lead to higher internet speeds.”

—Jonathan Mitchell,
Mayor, New Bedford

internet service than others.

The groundwork for a fiber network has begun with more than 60 miles of fiber cable already installed to serve as an internal network for municipal government. New Bedford also applied for capital funds from the Massachusetts Broadband Institute and will continue to seek state and federal grants to fund the initiative.

Based on surveys, site visits and engagement sessions with local business owners, there is strong public support for recruiting additional internet service providers to offer customers broadband options in the city. A request for proposals for companies is being developed and is expected to be released this fall.

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.

Senior Scope is available for free at Senior Centers, grocery stores, medical offices and more in the South Coast.

If you'd prefer to have the newspaper mailed directly to your home, you can subscribe for a full year, by mailing an \$18 check made payable to "Coastline" (not "Senior Scope") to 863 Belleville Ave., New Bedford, MA 02745, Att. Senior Scope. Please include your full name, and mailing address.

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

Caregiver Fair continued...

the Sept. 8 fair heard stories exactly like Carlson's as well as other variations of caregiving efforts that brought people out to learn more. Vendors included healthcare and senior care options organizations, hospice groups, the Alzheimer's Association, banks, senior living options and supportive services.

Coastline Planner Zachary Boyer said the fair was held to support people who sometimes overlook their own needs when giving to others.

"Most of the time the focus is on the person who needs care, but the people who care for them need support too," Boyer said. "Today's event is meant to provide education and information on the kinds of help that is available like healthcare assistance, support groups, and self-care programs."

"Caregivers need to take care of themselves," agreed Stephanie Gibson, Family Caregiver Outreach Specialist for Coastline, noting that caregiving often starts by lending a helping hand to someone in need but quickly becomes more involved.

"Caregiving begins as helping someone out. But as a person declines, then you find you're putting in more and more time and it becomes a full-time job," she said.

That's when caregiver support

"Caregiving is one of the hardest jobs there is, but people don't know that until you do it. Thank you, caregivers."

**—Juraci Capataz,
Tufts Senior Care Options**

programs and respite options, like those offered through Coastline, can help, Gibson said. These programs don't cost anything, she added.

Liam Zaczkowski, from the Immigrants Assistance Center, wanted people to know about the help the IAC provides in multiple languages. People can get help with MassHealth, Medicare and other questions, he said. Most importantly, they can assist both Spanish and Portuguese-speakers navigate complex insurance programs.

Moxie Mobility founder Kathy Clark runs a program called "Hey, Moxie" Caregiver Connections that directly supports caregiver well-being. One of its benefits is helping caregivers prevent injuries and keep their own fitness levels up.

Many times, Clark said, professionals who come to the home are focused solely on the person needing care. But, she said, caregivers need education too, like how to help their loved one go up or down stairs, how to support



Fairhaven's Recreation Center's gym was filled with representatives from area organizations and businesses.

them while walking with them, or even how to prevent their own injuries when supporting another person's weight.

Sometimes, what caregivers need the most is the opportunity to connect with others in similar situations who understand what they are feeling and experiencing. That's when a support group can be helpful, according to Gibson, who runs a caregiver's group from 1-2:30 p.m. on the

first Thursday of the month at the Dartmouth Council on Aging. "Anyone can walk in," she said about the group.

Speaking before attendees, Juraci Capataz, from Tufts Senior Care Options, wanted caregivers to feel the gratitude that exists for what they do.

"Caregiving is one of the hardest jobs there is, but people don't know that until you do it," Capataz said. "Thank you, caregivers."

New Bedford to see operations and maintenance jobs with state wind procurement

Massachusetts and Rhode Island announced in early September the selection of 2,878 megawatts of offshore wind. As a part of the procurement, Massachusetts selected 2,678 MW in total from three projects. This selection is New England's and Massachusetts' largest offshore wind selection to date, representing nearly 20 percent of Massachusetts overall electric demand.

Through this procurement, offshore wind will power over 1.4 million Massachusetts homes and reduce the state's carbon emissions by the equivalent of taking one million gas-powered cars off the road, the state said in a media release.

Of its total 2678 MW, Massachusetts selected 1,087 MW of the 1,287 MW SouthCoast Wind multistate project, 791 MW of the 791 MW New England Wind 1 project, and up to 800 MW of the 1,200 MW Vineyard Wind 2 project.

All three projects intend to utilize Project Labor Agreements - pre-hire collective bargaining agreements between construction unions and contractors that establish the terms and conditions of employment for construction projects. All of New England's purpose-built offshore wind ports in New England - New Bedford, New London, Salem, and Providence Port - will have tenants through 2032 as a part of this selec-

tion.

Avangrid has a PLA with the Massachusetts Building Trades Council for onshore construction work, and the National Building Trades Union for offshore construction for the New England Wind 1 project. The project will locate staging operations in Salem and an operations and maintenance hub in New Bedford. Construction could begin as early as 2025 with an expected commercial operations date in 2029, according to the state release.

The Vineyard Wind 2 project will be staged at the Salem Offshore Wind Terminal with O&M to be located in New Bedford.

Construction on the SouthCoast Wind project is expected to start in 2025 and to deliver power by 2030.

Next, the Massachusetts Electric Distribution Companies will begin contract negotiations with selected developers, the state said. Additionally, DOER and MassCEC will negotiate a Memorandum of Understanding with each developer to track bid commitments. Resulting contracts will be filed with the Department of Public Utilities for review and approval. At that time, more information will be made public, including project pricing and net benefits analysis, and economic development commitments. DOER estimates contracts will be filed at the DPU this winter.



Estate Planning • Elder Law • Probate

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

TRUST PLANNING TO ACHIEVE YOUR GOALS

MASSEALTH/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



How to protect your wealth and prevent hardship for your heirs

By Erin L. Nunes, Esq.
Surprenant & Beneski

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

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

- **Power of Attorney:** A power of attorney is a document that gives someone else the authority to make financial and legal decisions on your behalf if you become incapacitated.

- **Healthcare Proxy:** A healthcare proxy is a document that appoints someone to make healthcare decisions on your behalf if you become incapacitated.

- **A Trust:** A trust is a legal entity that can be used to hold and manage your assets. Trusts can be used to avoid probate, protect your assets from creditors, and provide for your loved ones in a specific way.

- **A Last Will & Testament:** A will is a legal document that specifies who will inherit your assets after your death. It can also appoint a guardian for your minor children.

- **Advance Directive / Living Will:** An advance directive is a document that specifies your wishes for end-of-life care, such as whether you want to be resuscitated or placed on life support.

- **HIPAA Authorization:** Allows someone access to your protected medical information. This can allow them to discuss medications with a pharmacist, manage insurance issues, etc.

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

Here are some of the benefits of having an estate plan:

- It ensures that your assets are distributed according to your wish-

es.

- It can help to minimize estate taxes.

- It can protect your assets from creditors.

- It can provide for your loved ones in a specific way.

- It can help to minimize probate, which is a court process that can be time-consuming and expensive.

- It can give you peace of mind knowing that your affairs are in order.

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

Here are some tips for creating an estate plan:

- Start by taking inventory of your assets. This includes your property, investments, retirement accounts, and other belongings.

- Consider your goals for your estate plan. What do you want to happen to your assets after you die? How do you want to be cared for during an incapacity event? How do you trust to manage your financial and legal affairs if you are incapacitated?

- Meet with an estate planning attorney to discuss your options.

- Get everything in writing and signed by all parties involved trust.

- Be sure to fund your properly, if applicable.

- Review your estate plan regularly and update it as needed.

Estate planning is an important part of ensuring that your wishes are carried out and that your loved ones are taken care of after you die in a way that does not create additional complications for them. By taking the time to create an estate plan, you can protect your wealth and prevent hardship for your heirs. Regardless of the asset amount or how they are titled, consulting a qualified probate attorney for guidance is always advisable after the loss of a loved one.

Attorney Nunes is a partner at Surprenant & Beneski, an estate planning and elder law practice in New Bedford.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What is the Guinness world record for the heaviest pumpkin?
A.) 1785 lbs. B.) 1786 lbs. C.) 2301 lbs. D.) 2,749 lbs.
- 2.) Who wrote “Something wicked this way comes” in 1962?
A.) Stephen King B.) Ray Bradbury
C.) Dean Koontz D.) Anne Rice
- 3.) What’s another word for “Lycanthrope”??
A.) Ghost B.) Warlock C.) Wizard D.) Werewolf
- 4.) What do you call a “group” of witches?
A.) Grope B.) Hoven C.) Coven D.) Skittish
- 5.) What does the word “Abracadabra” signify?
A.) Appear B.) Disappear
C.) Vanish D.) None of the Above
- 6.) What percentage of Americans pretend they’re not home on Halloween?
A.) 48 B.) 12 C.) 51 D.) 21
- 7.) How much money, approximately, do Americans spend dressing their pets up for Halloween?
A.) \$10 million B.) \$500 million
C.) \$355 million D.) \$700 million
- 8.) Which president said Abraham Lincoln haunts the White House?
A.) George H.W. Bush B.) Richard Nixon
C.) Donald Trump D.) Ronald Reagan
- 9.) How much did Americans spend on Halloween decorations in 2023?
A.) \$675 million B.) \$3.9 billion C.) \$1.8 billion D.) \$957 million
- 10.) What was the most popular Halloween costume in the US in 2023?
A.) Donald Trump B.) Spiderman
C.) Barbie D.) Elsa

[Answers listed on page 11]

No matter your path, we have a health plan for you.

WellSense Senior Care Options offers coordinated care for seniors 65+ with MassHealth Standard



Personalized team to help schedule medical appointments and manage medications



Free dental, vision and hearing coverage



Free transportation to and from doctor's appointments, including 10 social rides per month



WellSense
HEALTH PLAN

Learn more at
wellsense.org/sco

855-833-8124 (TTY: 711)

H9585_MASCO_Newspaper_2024_M

Medicare scam calls increase as open enrollment nears

By **Lucilia Prates, MA**
*Senior Medicare Patrol
 Program Director*

Medicare Open Enrollment for 2025 is upon us; it begins on Oct. 15 and ends on Dec. 7, 2024. Medicare scam calls are also on the rise. This is the time of year when we see scam calls increase exponentially. We are all being targeted!

I, the director for the Massachusetts Senior Medicare Patrol (SMP) Program, have been receiving upwards of 10 calls per day in the recent weeks on my direct office line, and I am not a Medicare beneficiary.

The callers are alleging that they are calling from Medicare, and that Medicare is issuing new plastic red, white, and blue Medicare cards, new Medicare cards with a chip, Medicare gold cards, and it goes on and on.

This is NOT true.

What these scammers are hoping for is to catch the call recipient off guard, at a vulnerable moment.

They want you to confirm personal information, like your Medicare number, Social Security number, bank account or other personal information.

They go as far as to threaten you with your benefits being terminated by Medicare.

This is NOT true.

Please do not fall for such

“The callers are alleging that they are calling from Medicare, and that Medicare is issuing new plastic red, white, and blue Medicare cards, new Medicare cards with a chip, Medicare gold cards, and it goes on and on. This is NOT true.”

—Lucilia Prates, MA
Senior Medicare Patrol

scams. The best recommendation I can give you is to hang up and not confirm any personal information.

The callers are oftentimes looking for a YES answer to their question so they can use the recording to falsify your need to receive back braces, genetic testing kits, and much more. Be aware, and do not answer questions with a Yes. Another tactic used is to ask you to press a number on your key dial pad.

Do not do it!

This is often a way to demonstrate you have agreed to something, or you are confirming receipt of a product.

If you are a Medicare beneficiary, family member, or caregiver, please do your part to help protect Medicare.



Medicare loses upwards of \$60 billion annually but having one’s medical identity compromised can have devastating health related outcomes.

Let us all do our part; keep a personal health care journal and document all medical interactions, review and compare Medicare Summary Notices (MSN), Explanation of Benefits (EOB) and all other medical billing statements.

If you receive calls from people pretending to be from Medicare, please report them. If you detect discrepancies in your MSNs, EOBs, or other medical bills,

please report them by calling the MA SMP Program at 1-800-892-0890.

We are here to help you!

This article was republished from a publication supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$613,506.00 with 100 percent funding by ACL/HHS. The content is that of the author and does not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



SMP
Senior Medicare Patrol

Preventing Medicare Fraud

LET’S FIGHT FRAUD TOGETHER!

Medicare Open Enrollment 2025

October 15 – December 7

Starting October 1, 2024, you will receive in your mail: **MEDICARE & YOU 2025** the official U.S. Government Medicare Handbook. We recommend you review the entire book to learn if your insurance plan is still available and what changes have been made to Medicare for 2025. *Make sure you read pages 105-106 on how you can protect yourself from fraud and medical identity theft.*



THINGS TO REMEMBER:

- Medicare will not call you to offer you a new Medicare card. It is likely to be a scam.
- Scam calls can increase during Medicare Open Enrollment. We recommend that you let calls go to voicemail.
- Do not give or confirm personal information with these callers.
- If you talk to scammers long enough they could mimic your voice and turn it into a recording of you agreeing to products and services you don’t need.
- If you do talk to a scammer and provide them with your Medicare number, contact the Massachusetts Senior Medicare Patrol (SMP) Program at 1-800-892-0890, and we can walk you through the process of protecting yourself.

Contact the Massachusetts Senior Medicare Patrol (SMP) Program: www.masmp.org or call 1-800-892-0890.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$613,506.00 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

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.

Ask the Experts: Join us on Wednesday, October 30, at noon for Ask the Experts, an important and highly informative program hosted by Oasis Senior Advisors and featuring panelists, Jim Monti: Owner and Advisor at Oasis, Jennifer Goddard: Financial Advisor with Minsky Financial Group and Erin L. Nunes: Partner at the elder law firm of Surprenant & Beneski. Attendees will have the opportunity to ask questions during the program, or afterward in a one-on-one format. Lunch will be provided! Please register with the front desk.

Halloween Bingo Party: Join us Thursday Oct. 31, 1-3:30 p.m. for a Halloween Bingo Party. Don't forget your costume! Cards are .50 cents each regular games. Coverall \$1.00. You Pick EM's 4 for \$1. Raffle & refreshments. Please register with the front desk.

Nutrition Demonstration: Barbara Canuel, Dietitian from Community Nurse will be here Wednesday, Oct. 23 from 12:30-2:30 p.m. Light snack will be provided. You will be sampling Barbara's creation. Please register with the front desk.

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.

iPhone assistance: Do you need help learning basic smartphone use or keeping up with new features? Help is here Thursdays from 10-11 a.m. Registration appreciated. Walk-ins welcome.

Watercolors for Beginners: Friday, Oct 11 & 25 at 1 p.m. Enjoy a fun, hands-on step by step approach to learning the fundamentals. Cost is \$10 per class. Take one or both classes. All materials included.

Dangers of Distracted Driving: Thursday, Oct. 17 at 1 p.m. St. Luke's Hospital Trauma Center will present three types of common distractions, how to limit them and statistics concerning distracted drivers. Pre-registration required.

NEW Thrive Dartmouth: The Center is hosting and presenting intergenerational on- and off-site events to promote community and healthy living. First Thursday of each month and seasonal Saturday mornings. Thrive Dartmouth First "pop-up," Saturday, Oct.19, 10-11:30 a.m. at Round the Bend Farm, 92 Allens Neck Road, Dartmouth. Topic is Balance: Learn and Move with Nanci Winterhalter, MSPT, Yoga Therapist. Bring your Yoga mat. Call the Center to pre-register. 508-999-4717.

Dartmouth High Football: Senior Celebration under the Lights! Dartmouth vs. Barnstable Friday, Oct. 18 at 7 p.m. Free for seniors 60+. Transportation from the Center is available. Pre-registration is required.

Apple picking: At Sweet Berry Farm in Middletown RI followed by Lunch at the Newport Vineyards. Cost is \$5 for transportation. Pre-registration is required.

The Pulse of Poetry: Thursday, Sept. 26 at 1 p.m. The Pulse of Poetry and Tips on Publishing with Dartmouth writer and poet, Teresa Hickey. Hickey will share her published poems and tips on the publishing process. Pre-registration required.

Movie: Tuesday, Oct. 29 1 p.m. "Longlegs," a horror film starring Nicolas Cage. Free. Pre-registration required.

Halloween Costume Party: Thursday, Oct. 31st at 1:30 p.m. Refreshments and entertainment with Keith Lewis, Elvis?? Cost is \$10.

Save the Date: Veteran's Luncheon at Rachels on Friday, Nov. 1. Call the Center for more information.

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

Nutrition Clinic: Private nutritional counseling with registered dietitian – Set goals, establish meal plans, monitor results. Last Thursday of each month at 9-11 a.m. Contact Nancy at the Center for more info and appointment.

RMV Clinic: Last Friday of each month from 10 a.m. to 1 p.m. MADOT-RMV Clinic. Help with applications, paperwork review and appointment setting for Real ID, Senior ID, and Disability Placard as well as other RMV related forms and questions. Pre-registration required.

Open Art Studio: Tuesdays 9:30 a.m. - noon. Beginners welcome. Bring your projects and art supplies. Art instruction and inspiration provided. Walk-ins welcome. Cost \$10.

Hand and Foot (Canasta): Mondays 9:30-11:30 a.m. Walk-ins welcome.

Wellness Walks: Last Wednesday of the month 9-10 a.m. Wellness Walks with Dartmouth Public Health Nurse. All levels of ability welcome. Free.

Instructional Chess: October 3, 17, 24 and 31, Noon-1 p.m. Walk-ins welcome. Free.

Blood Pressure Screenings: 2nd Thursday & last Tuesday from 9-11 a.m. Walk-ins welcome.

Meditation with Lynda: Tuesdays at 10:15 a.m. Walk-ins 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!

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, 02719. Open 7:30am-3:30 p.m. and until 8 p.m. on Wednesdays.

Breakfast and Cervelli's: Oct. 21st. The van will leave the COA at 7:45 a.m. to go to breakfast at the Rochester COA. Following breakfast at 9 a.m. we will take the trip to Cervelli's Farm stand. Bring cash for both places. Call to sign up.

Spooky Bingo: Oct. 25th at 1 p.m. Join us for a spooky afternoon wearing your best costume and playing Music Bingo! Light refreshments available. \$.25 per card.

Flu Clinics: Southeastern MA Public Health Collaborative will be at the COA on Oct. 8 from 10 a.m.-2 p.m. for standard and high dose Flu vaccines. Please bring your insurance card. On Nov.1 from 10 a.m.-1 p.m. Brian from Fairhaven Pharmacy will also be administering standard and high dose Flu vaccines.

Mall Trips: Oct. 2, Tiverton Casino; Oct.9, Providence Place Mall; Oct. 16, South Shore Plaza; Oct. 23, Warwick Mall; Oct. 30, Kingston Collection Shopping Mall. Trips are \$6. Please bring exact change. Must call to sign up.

Monday Movie Matinee: 12:15 p.m. Oct. 7. Movie is 'Love Again.' Oct 21. movie is 'The Addams Family.' Call to sign up.

Moxie Motion: Oct. 9 & 30 at 1 p.m. Free. Build strength and endurance safely through crucial fundamental movements that also enhance balance. Participants engage in exercise at their own pace, supported by the group.

Wellness Excursion: Oct.24 \$10. Bus leaves promptly at 8:30 a.m. Trip is to Marion to see ocean front views., then the bus will travel to historic Hyannis. Bring a hat, sunscreen, lunch and cash. Ice cream stop on the way home. Call to sign up.

Cribbage: Mondays 10 a.m. to noon.

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.

Chronic Respiratory Diseases: Monday, Oct. 7. 1 p.m. Clinical Research Educator Sharlene Kirby from Community Nurse Home Care will be joining us to discuss respiratory health. Many find themselves suffering from Chronic Respiratory Disease and are susceptible to pneumonia, along with significant illness related to influenza and Covid 19. Sharlene will educate on signs and symptoms to monitor, how to manage the chronic disease and how to keep one out of the hospital and how to prevent infection.

LGBTQ+ Supper Club: Meets October 9 from 5-7 p.m. at the Marion COA. Join us for food, drink & great conversation! Please call 508-748-3570 so we know to expect you.

Continued on Page 11

SENIOR SCOPE

Advertise here

Senior Scope offers advertising packages at great rates.

Get your ad seen by older adults in New Bedford and surrounding communities.

Contact Beth Perdue at bperdue@coastlinenb.org or call 774-438-2729.



SIGN UP NOW

GET SENIOR SCOPE DELIVERED STRAIGHT TO YOUR INBOX

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

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:
PEABODY PROPERTIES

Legal Lunch & Learn: Tuesday, Oct. 8 at noon. While enjoying an Italian luncheon, Attorney Jilian Morton will cover topics that become increasingly relevant as one ages: wills, trusts, power of attorney, strategies to protect your assets, practical steps for organizing documents, communication with family and healthcare providers. Reservations are required to attend, please call 508-748-3570.

Open Enrollment SHINE Presentation: Friday, Oct. 18 at 1 p.m. Christie Rexford, SHINE Regional Director, will be offering insight on the upcoming open enrollment period for your health benefits. Gather information to make the most informed decision regarding your healthcare. Bring your questions. Call 508-748-3570 to make your reservation for this presentation. Light refreshments will be served.

Cooking Demonstration: Oct. 15 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.

Moxie Mobility Training, LLC Caregiver Connection: Oct. 21 at 1 p.m. Come share your challenges. Learn solutions and strategies for overcoming obstacles to Aging in Place. For more information contact: Kathy Clark at 508-450-6774.

Painted Canyons of the West Travel Presentation: Friday, Oct. 25 at 1 p.m. Collette Tours will highlight the Wonder of the West from Grand Junction, Moab, Bryce Canyon, Zion National Park to Las Vegas. This is an upcoming nine day tour.

Light Lunch & Health Screenings: Oct. 31 at noon. Services that will be offered will be: Cholesterol Screening, Blood Pressure, A1C, Memory Screenings, Covid & Flu Vaccinations. Light lunch. RSVP.

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.

Medicare 101: Oct. 22, 4 p.m. Don't miss this important informational live session about Medicare! Learn the changes set for 2025. Learn all the parts of Medicare and how they may fit you! Learn that you have FREE help with Medicare (despite places that want to charge you!) Ask questions. Get answers! Speaker: Christie Rexford, Regional Director for the Commonwealth of MA SHINE (Serving Health Information Needs of Everyone). Free. Call the COA to register.

Prepare to Care: Why wait until the (potentially) inevitable happens? Whether it's your parent, spouse, family member friend, or just someone who needs someone, it is common that many people are or will care for someone in some capacity. Be PRO-ACTIVE and PREPARE TO CARE, through this AARP program. Thursday, Oct. 10th at 1 p.m. Free. Register: 508-758-4110 or coadirector@mattapoisett.net

Art for your Mind: Oct. 2 at 12:30 p.m. Free. The featured topic, 'The Abstract Expressionists, What were they thinking?,' offers an opportunity to explore the giant canvases, splattered paint, and brilliant colors of the 20th-century, American, Abstract Art Movement. Learn about what led to this movement, then search for powerful emotions in the works of Krasner, Pollock, Rothko and Frankenthaler – key figures of this surprising and often confusing period of art. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

Drum Circle: Wednesdays at 1 p.m. on 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.

AARP Smart Driver classroom course: Refresh your driving skills for ALL ages! This class provides tips you may not have known; reminders for things that may have been forgotten; and overall, information for safety behind the wheel. Oct. 3 9:30 a.m. to 3 p.m. \$20 AARP members & \$25 for nonmembers. Register by calling 508-758-4110.

Crafting Conversations: Mondays at 10 a.m. Bring your personal knitting, crocheting, rug hooking, or anything you'd like to work on and enjoy the company of others while doing so. Note: There is no instructor or class format.

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 townofrochesterma.com/council-aging. Facebook: 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. Wednesday, October 9, Sweet Berry Farm. Leave COA at 10 a.m. and return by 3 p.m. Pick your own apples, choose a pumpkin. Enjoy ice cream or a slice of pie from the café. Lunch at Four Corners Grille in Tiverton, RI. The van ride is \$5 round trip for Rochester residents and \$10 for non-residents.

Wednesday, October 23, "The Old Colony Museum." Depart COA at 10 a.m. and return by 3 p.m. Museum fee is \$3 for seniors aged 62+. Learn more about the area's settlement, industry, transportation, military, society and more. Lunch at Boston Tavern. The van ride is \$5 round trip for Rochester residents and \$10 for non-residents.

Halloween Party: Our annual Halloween party, lunch & costume contest is Monday, October 28th at 11:30 a.m. Cash prizes for the best costumes and a huge menu of food. See bulletin boards or our Facebook Page for more info. Cost is \$20. Call or visit the front desk to register. Also, our annual volunteer appreciation lunch is Tuesday, October 8 at 11:30 a.m. Free lunch for volunteers, please register!

Presentations: Join us on Wednesday, October 16 from 11 a.m. to noon for a presentation on preventing identity theft and scams by First Citizens' Federal Credit Union. Also, if you care for someone with mobility issues, please join us on Tuesday, Oct. 22 at 9 a.m. For a presentation by "Hey, Moxie."

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.

October 2024 Trivia Quiz Answers

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

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



Melville Towers

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

- 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

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



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



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, Att. Senior Scope. Please include your full name, and mailing address.

Community

Bringing older adults into the COA one by one

When Mary Bessey retired from her role as SHINE (Sharing the Health Insurance Needs of Everyone) regional director in Southeastern Massachusetts in 2018, she had plans for her life that didn't include getting another job.

"I never planned on working again. I mean I went and bought two goats," she said, laughing. "They were supposed to be 4-H projects for one of my granddaughters."

But life had other plans.

First a healthcare organization reached out and asked her to work for them for a few months. Then, in 2021, the Rochester Council on Aging asked her to be on their board.

Bessey had been on the board before, lives across the street from the Senior Center, and knew the center well through her mother and sister.

So, she said yes.

"My mom and sister were here just about every day," she said. "It was an amazing place for them."

A few years later, Bessey's COA role increased when she and three other volunteers – Patricia Joy, Sue Norton, and Marjorie O'Brien – stepped up to help Lorraine Thompson, the COA's recently retired outreach coordinator when she was out temporarily.

And that led to a new job, her current part-time role as the COA's new outreach coordinator which she began doing in early August.

Bessey's background working with seniors, being part of SHINE, and knowing the COA so well has helped her pick up the role quickly.



Transportation Coordinator Carol Galante-Dias, COA Director Eric Poulin, and Outreach Coordinator Mary Bessey (l-r) sit under an artistic rendering of the COA building, hand stitched by Bessey's sister Tina Bessey.

She is now learning more about other less familiar programs, like fuel assistance, food banks, and more.

One of her favorite parts of the position, she said, is visiting older town residents and helping those who may be stuck at home get out of the house, whether for visiting the Senior Center or a little shopping or sightseeing.

"Just going out and making contact with all these people, we've been able to talk them into (coming in), saying, 'Gee, at least come for breakfast. Let's get out of the house.' And we have a van that picks them up for breakfast."

COA Director Eric Poulin said several board members, including Bessey, had done great work in early 2024 to reach more older Rochester

residents. "One of my goals was to increase the amount of outreach we were doing and they definitely did that," he said about the volunteers. "The number of phone calls, the number of home visits, everything was going up and Mary we could see was the shining star, seemed to be enjoying it, and doing really well."

Poulin expressed appreciation for Thompson's 11 years of serving as the COA's outreach coordinator and said he encouraged Bessey to apply for the position, based on her knowledge of the community and people, her professional contacts, and the skills she brings to the position through her work with SHINE and others.

"It really was a perfect fit for us," he said.

State renames Rehabilitation Commission

Governor Maura Healey signed legislation in September to rename the Massachusetts Rehabilitation Commission to MassAbility.

The bill was created to reflect the administration's goal of expanding the agency's reach and ushering in a new, more inclusive model for disability career services and independent living, the state said in a media release. The legislation also removes outdated terms from the general laws like "handicap," "handicapped," and "retarded," replacing them with "barrier," "person with a disability," and "person with an intellectual disability."

The name directly resulted from feedback from the disability community and was selected following significant research, focus groups, surveys, and conversations with the community, businesses, providers, and advocacy organizations, the state said.

"Words matter," said Gov. Healey. "This legislation ensures that the names and terms we use accurately reflect the strength and capabilities of the disability community, supports our goal of helping the people we serve achieve autonomy and independence, and breaks down stigma."

Suicide Prevention continued...

of time they spend on their device screens. It leads to isolation and affects our mental health, he said.

"The more that we isolate ourselves, the worse we become mentally," Lambert said.

"We are made to talk to each other," he continued. "We are made to love each other. We are made to go outside. We are made to laugh."

Santos stressed that 988, the statewide suicide and crisis lifeline, is the number to call if people are in need of support or are considering harming themselves. In New Bedford, Child & Family Services also operates a 24/7 mental health crisis line which can be reached at 508-996-3154.

He also suggested people can learn more about ways to help an individual who might be considering suicide through a process called QPR – question, persuade and refer. It's a technique that anyone can use to help those who might be considering ending their lives.

The QPR Insitute, which offers QPR trainings, compares learning the method to learning CPR or the Heimlich Maneuver — in other words, it's necessary.

Many of those who came out for the event took the opportunity to write personal messages on paper

lanterns which were launched and then floated down the Acushnet River as families and loved ones held candles and watched them pass.

Other options to honored lost loved ones included painting rocks and adding names to a roster that was read aloud respectfully.

"We are made to talk to each other. We are made to love each other. We are made to go outside. We are made to laugh."

—Ray Lambert,
Clinical Director, Whitmarsh House

Cynthia DeCicco, from The Compassionate Friends, wanted people to know about two support groups she and her husband Michael lead for people who have lost a child, including adult children, grandchildren or siblings to suicide. One is held the first Wednesday of the month from 6:30-8:30 p.m. at the Smith Mills Congregational Church in Dartmouth, she said. The other is the third Wednesday of the month from 7 to 8:30 p.m. at the Veteran Community Center, 239



Main St., Bourne.

The DeCiccos' daughter, Tracy Samuel, died by suicide after being in the military, DeCicco said.

"I'm grateful we can do things in her honor," she said.

Brian Fernandes has been working to raise awareness and prevent suicide after losing his son Nicholas to suicide in 2008. Through the work of the foundation he created in Nicholas' name, he and others have created an art scholarship to support students at the Greater New Bedford Vocational Technical High School. Art was a passion of Nicholas', Fernandes said, and is a way to help students explore their emotions.

Lambert summed up the effort and



People paint rocks in memory of their loved ones, *above top*. Lanterns are placed in the river to float past those watching with candles, *above*.

need to prevent suicide in this way.

"We as a people have to stand together as a community to fight this," he said. "It's not going away. It's only increasing."

"You're not going to do it if you're not compassionate."