

Senior Scope

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

Vol. 7, Issue 2 Published by Coastline Elderly Services, Inc. November 2024

Inside



Eating well after age 50, page 7

- SHINE Counselors..... 2
- From the Editor..... 2
- Social Security..... 2
- Brush with Kindness..... 3
- Updates 4
- COLA Increase 4
- NB Wellness 5
- Assisted Living Protection.... 5
- Five Foods to Eat Well 7
- Legal 8
- Trivia..... 8
- Centenarian (cont.) 9
- At the COAs..... 10
- COAs Continued..... 11
- Dementia Directory..... 11
- Meals on Wheels (cont.) . 12
- Meet City Fresh 12

■ Los Articulos en Español Página 6

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



Meet City Fresh, page 12

Meals on Wheels heads down new road

Coastline shakes up meals program for healthier, tastier food

When Gerami Pacheco joined the Coastline Nutrition Program in December 2023, directing the Meals on Wheels program, he noticed a few things early on about the challenges and successes of the longstanding program.

On the positive side, getting nutritious meals to older adults on schedule by caring, well-trained staff with superb food safety procedures was, despite its complexity, an incredibly well-run operation.

"The distribution of the food was and still is phenomenal. Getting everything set up, having all the drivers go out of their way and how they handle everything with food safety, it's phenomenal and just the care and the hospitality they put behind it. I did not build that, that was all (retired Nutrition Director) Phil (Beard)," he said about his predecessor in the role. "He built that from the ground up and I think everyone, no matter



Brianna Brown Carroll, City Fresh's vice president of operations, shows off a meal the business made in its 18,000 sq. ft. production and distribution facility in Roxbury.

what they may have felt about the meals, I think they associate us with that safety check and the drivers and employees who truly do care."

But Pacheco also saw a program that had been serving the same food for decades and had become known for bland, overcooked meals.

"There was this stigma behind the program," he said. "Whether it was negative or bad, it was still 26 years of the same stuff."

Despite only being on the job for

a few months, he set out to change that. With support from Coastline leadership, Pacheco began a bidding process for a new food provider, completing a normally year-long process in just four months and signing with a new provider this summer.

The result was better tasting meals that began reaching older adults in the South Coast in October as part of a quiet launch to allow Coastline to get

Continued on page 12



Friends and family celebrate Rita Mulroy's 100th birthday at Taber Mills in New Bedford.

New Bedford woman enjoys centenarian status

Rita Mulroy sat beaming, the center of attention, at her birthday party on Oct. 9.

The official centenarian had turned 100-years-old three days earlier and was being feted in style by staff, residents, family, and friends at Taber Mills apartments

where she lives in New Bedford.

Mulroy seemed a little surprised by all the attention, but happy to go with the flow and even play up to her audience's expectations, waving to friends and throwing her arms up enthusiastically as the 50 or so people in the community

room completed singing the final notes of Happy Birthday.

She accepted a wrist corsage and tiara with grace and only hesitated when asked to take a spoonful of the elaborate, oversized, and not

Continued on page 9

Here's why checking your earnings history is important

By Delia De Mello

Social Security Administration

It may have been years or even decades since you thought about how much you earned at your first job. Did you know that you can find out how much you made that first year? Or any year you worked and paid Social Security taxes? Your earnings history is a record of your progress toward your future Social Security benefits. We track your earnings so we can pay you the benefits you've earned over your lifetime. That is why it's so important for you to review your earnings record.



Delia DeMello

Even though it's your employer's responsibility to provide accurate earnings information, you should review your earnings history and let us know if there are any errors or omissions. Otherwise, your future Social Security benefits could be lower than you should receive. It's important to identify and report errors as soon as possible. If too much time passes, it could be hard for you to get older tax documents. Also, some

employers may no longer exist or be able to provide past payroll information.

The best way to verify your earnings record is to visit www.ssa.gov/myaccount and create or sign in to your personal my Social Security account. You should review your earnings carefully every year and confirm them using your own records, such as W-2 forms and tax returns. Keep in mind that earnings from this year and last year may not be listed yet. When you have a personal my Social Security account, we send you an email once a year, 3 months before your birthday, to remind you to check your earnings and to get future benefit estimates.

If your Social Security earnings record is incorrect and does not match your personal records, you may be able to submit a correction request online using your personal my Social Security at www.ssa.gov/myaccount.

If that feature is available in your personal my Social Security account, you can use the online process to correct missing earnings, inaccurate earnings from a valid employer, or earnings from an employer you did not work for. You'll need to provide:

- Your address if we need to contact you about your request.

- Details about your correct earnings and employer.
- Evidence or proof of correct earnings, if available.

You can electronically upload your proof (W-2, W-2C, tax return, wage stub, pay slip, etc.) in a JPG or PDF format. After you successfully submit your evidence, you can print or save a receipt.

Earnings corrections cannot be processed online if they are for:

- The current or prior year, which may not be recorded yet.
- Self-employment.
- Railroad Board.
- Certain years before 1978.

Also, you cannot submit an earnings correction online if you:

- Receive Social Security benefits, Supplemental Security Income (SSI), or Medicare.
- Have applied for Social Security benefits or SSI.

If you cannot correct your earnings online, call us at 1-800-772-1213 (TTY 1-800-325-0778), Monday to Friday, 8:00 a.m. to 7:00 p.m. to request a correction.

Start a conversation today. Ask a family member or friend about their first job and let them know they can find out what they earned that year!

From the Editor

It was exciting this month to learn about (and taste) the new meals being introduced by Coastline Elderly Services. I had the chance to visit City Fresh's Roxbury site, the new food service provider's production and distribution facility, and meet with some of the people there from leadership positions to the people who are making the food for this region.


What struck me most about the business is how clear they are on their mission – which isn't to be an industrial provider of food but to feed people, to feed communities, and to provide culturally relevant, nutritious meals.

The employee-owned company also values the contributions of all employees and works to create advancement pathways for them.

More important to us, employees seem genuinely proud of the work they do.


After getting to know City Fresh a little, I reached out to people in the community to learn how others are receiving the new meals. Everything I heard was positive - from the menu to the taste to the visual presentation, people seem thrilled with the change.

If you haven't tried the new meals yet, consider attending Coastline's Open House on Nov. 20. See details on page 12.



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 November 2024

Our donors help *Senior Scope* carry out its mission, and we cannot thank you enough for your support. Voluntary donations can be mailed to Coastline, 863 Belleville Ave., New Bedford, MA 02745. Checks can be paid to the order of: *Coastline*. We cannot process checks made out to "*Senior Scope*." You can also call Coastline's Payment Department at 508-742-9114 to donate with a credit card or use the QR code below to donate online.

In Memoriam

In memory of Louis "Louie" Proulx

\$10
— With Love Diane Freitas


For Prayers Answered


Thank you St. Jude & Sacred Heart of Jesus

\$20
— Ethel Souza

Year-to-Date: \$250

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Senior Scope

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

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Neighborly assistance helps keep Dartmouth resident at home

An enthusiastic team of volunteers gathered at a Dartmouth home in mid-October to paint the house's shingled exterior and help an older woman continue to live there.

About 25 people came together through the help of four local agencies, all coordinated through Buzzards Bay Habitat for Humanity. Projects like these are managed through Habitat for Humanity's Brush with Kindness program, said the organization's executive director, Christine Lacourse.

A core group of volunteers had already washed and sanded the exterior of the home in advance of the painters arriving on this sunny Saturday morning, according to Lacourse.

"It was prepped for today and they're going to be adding the trim paint and the stain as you can see," she said, referring to the people working on the home.

The group was a good-sized one for the project, Lacourse said, because of the partnerships involved. In addition to Habitat for Humanity, Coastal Neighbors Network participated, as did the Congregational Church of South Dartmouth. Coastline Elderly Services, also represented, helped fund the project, paying for all of the materials being used, Lacourse said.

Building homes is Habitat for Humanity's primary focus and the organization recently completed a duplex in Westport. It has also built homes in Marion, Mattapoisett and Wareham, Lacourse said.

"When we're not building, we're able to concentrate on this (type of project) a little bit more. This year, this is our third Brush with Kindness project and we've installed four (home) ramps so far," she said. "The need is so great, we just do what we can do. That's why



we make sure it's for low income. We make sure there is a critical need."

In this case, Lacourse said, the critical need was the risk of losing insurance because of the house's condition.

"The homeowner actually was going to lose her house insurance if she didn't paint her home, so we stepped in to help her with that," she said. "So it fits perfectly."

Many of the program applicants they're seeing are older, Lacourse noted.

"Elderly and disabled are what we're finding so far," she said.

Coastal Neighbors Network director Andy Pollock, who was helping out at the home, said Pam, the home resident, is a CNN member. She is in her 70s and is a widow, he said. When she needed help redoing the home's aging exterior, she reached out to Pollock who recommended applying for the Brush with Kindness project.

CNN is a membership group that functions as a virtual village for older adults, helping them continue to live in their communities as they age.

"This is what a village does," Pollock said. "It



Volunteers help paint a Dartmouth home through Habitat for Humanity's Brush with Kindness program.

pulls together when someone is in need."

For those looking to volunteer or who need assistance, email Buzzards Bay Habitat for Humanity at buzzardsbayareahabitat@yahoo.com or call (508) 758-4517. There is an application process to complete to be considered for the program.



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Update

Interfaith Remembrance Service on Nov. 21

Southcoast Health at Home will hold a special service to remember and honor loved ones who have passed on Nov. 21 at 7 p.m. in Somerset. The Interfaith Remembrance Service is being put on by Southcoast Health at Home's Supportive Care Center and will take place at Our Lady of Peace Church, 306 South St., Somerset. Light refreshments and fellowship will follow.

Lung screenings available

A Southcoast Health informational event for help finding out if individuals qualify for a lung screening scan is being held on Nov. 2 from 8 a.m. to 1 p.m. at the Southcoast Health Cancer Center, 206 Mill Road, Fairhaven. The low-dose CT screening allows providers to test and find disease that may not yet cause symptoms. Informational sessions with Dr. Tammy Gleeson at the event will begin at 9 a.m. and 11 a.m. Educational materials and light refreshments will be available. Screenings are available for anyone who is 50 years or older, an active smoker, or who quit smoking less than 15 years ago. The screening event is available at no cost for eligible patients. Blood pressure checks, glucose, A1Cs and Cholesterol checks are also available. To RSVP, go to forms.office.com/Pages/ResponsePage.aspx?id=Sej3q5FBB0y00prJmN6RMeE5S6KUDmpDm23_Ak5WeUNU0M05JM0kyVDZSU1M2UFBBWFpQNUIYNTFUQS4u&origin=QRCode.

Hooray for Hollywood at Gallery X

Seaglass Theater Company will sing the songs that make the movies unforgettable at its 'Hooray for Hollywood' show on Nov. 2 at 7:30 p.m. and Nov. 3 at 3 p.m. at Gallery X in New Bedford. Experience the joy of classic songs from the James Bond movies, The Wizard of Oz, and Dirty Dancing. The concert stars Kristin Lawler, Anthony Pilcher, and Patrice Tiedemann. Music Director Matthew Larson leads the performances. Tickets range from \$25-\$30 and include complimentary popcorn and nostalgic candy treats. They may be purchased online by going to www.seaglasstheater.com and using the ticket link or in person using cash, credit card, or check on the day of the concerts at Gallery X a half hour before each performance. For more information, visit www.seaglasstheater.com or call 508-951-7187.

Fuel assistance is available for Tri-town residents

Coastline Elderly Services, Inc. is providing assistance to people age 60 or older in the communities of Marion, Mattapoisett and Rochester who need help with paying the heat or electric bills. The funds, up to \$300 per household in fuel assistance, will pay for gas, electric, propane, wood, or other heating needs, to help reduce the financial burden for many elders who have difficulty with these purchases. Funding for this project was made possible by the George E. Curtis Charitable Trust. Income eligibility limits are based on pre-taxed monthly income and are set at \$2,510 for a household of one person; \$3,407 for a household of two people; \$4,303 for a three-person household; and \$5,200 for a four-person household. Please contact the Council on Aging in each town to complete a simple application to request fuel assistance. For the Council on Aging in Marion, please call 508-748-3570; in Mattapoisett, 508-758-4110, and in Rochester, 508-763-8723.

Lebanese Bazaar coming up

The Annual Lebanese Holiday Christmas Bazaar will take place on Nov. 16 and 17 this year at Our Lady of Purgatory Catholic Church, 4254 Acushnet Ave., New Bedford. The bazaar is from 10 a.m. to 6 p.m. on Saturday and 10 a.m. to 3 p.m. on Sunday. The event features craft tables, caravan and silent auction, money and basket raffles, delicious Lebanese food, and desserts. All are welcome.

Glass Fusing class offered

The New Bedford Art Museum is holding a Glass Fusing workshop on Nov. 9 at the museum in downtown New Bedford. Participants will create two beautiful and interesting glass pieces, such as a pendant or wishing stone by cutting and assembling pieces of sheet glass to be fused in a kiln after class. Come learn the safety techniques and the science behind cold and "warm" glass with instructor Kim Savoie. Savoie is an accomplished glass artist based in Dartmouth with over 13 years of expertise in the art of glassmaking. Great for kids and adults, no experience is necessary and all materials will be provided. The class is from 10 a.m. to noon. Cost is \$55 or \$49.50 for museum members. To sign up go to newbedfordart.org/glass-fusing/.

New Bedford voting information released

The Board of Election Commissioners released reminders about observing the 150-foot rule and other election information in October in preparation for the Nov. 5 election. Under state law, electioneering, campaigning, signature-gathering and other specific political activities are prohibited within 150 feet of a voting location entrance on Nov. 5 and at early voting sites during voting hours. City election staff will clearly mark the 150-foot area at each location and be available to answer questions or provide assistance. Polls are open across the city on Election Day, Tuesday, Nov. 5, from 7 a.m. to 8 p.m.

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 topics like anxiety, depression, trauma, eating disorders & obsessive-compulsive disorder. 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 Nov. 19. 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 thanks everyone who donated to their recent sock drive.



NBHS Class of '59 Reunion

New Bedford High School Class of 1959 celebrated their 65th reunion together in September.

Social Security COLA benefit increases 2.5%

Social Security benefits and Supplemental Security Income payments for more than 72.5 million Americans will increase 2.5 percent in 2025, the Social Security Administration announced last month. On average, Social Security retirement benefits will increase by about \$50 per month starting in January.

Over the last decade the COLA increase has averaged about 2.6 percent. It was 3.2 percent in 2024.

Nearly 68 million Social Security beneficiaries will see a 2.5 percent cost-of-living adjustment beginning in January 2025. Increased payments to nearly 7.5 million people receiving SSI will begin on Dec. 31. Some individuals receive both Social Security benefits and SSI.

Other adjustments that take effect in January each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$176,100 from \$168,600.

People will receive notices about their new benefit amount by mail in December.

This year, for the first time, Social Security beneficiaries will receive a newly designed COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person's benefit and any deductions.

Your Health

What it takes to quit smoking for good

By John Barboza BCH, CI
Hypnotist

When people are desperate to quit smoking and they've tried everything to no avail and they don't know what else to do, usually their last alternative is to seek out a hypnotist. So they make the phone call, ask the questions, and either sign up right away or say, they'll discuss it with their partner and call back. Some never do.

Some start the program but never complete it, others show promise by reducing the amounts of cigarettes they smoke per day, and some people just quit smoking altogether.

There are some hypnotists who will not work with smokers because of the uncertainty, the difficulty of dealing with someone who continues to smoke and fails to use the intervention tools they've learned. It can be very disappointing and discouraging to both the client and hypnotist because of this.

Even when free group hypnosis sessions are offered to the public, just a handful of smokers will show up in hopes of becoming smoke-free. Again, some walk out and continue smoking, others reduce the amount of cigarettes they smoke, and some people never smoke again.

There are a lot of factors involved on the part of the smoker. How motivated are they to quit? How much stress is in their life? How long have they smoked



and how many cigarettes do they smoke a day? And more importantly, will they take what they've learned in the session and apply it and turn it into a daily ritual when not needed so that when they do need to use the tools, they will be used to using them at that time?

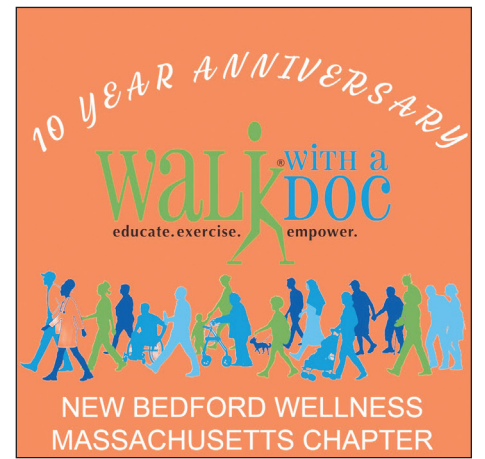
You see, it's all up to the client. The hypnotist is only there to help them on a subconscious level by giving them a boost of motivating suggestions to change the way they think about smoking.

So if you've been thinking about quitting or maybe you don't even think about it at all, you should take a look at the "CDC: Tips From Former Smokers" video clips on YouTube. You might hear

"It's all up to the client. The hypnotist is only there to help them on a subconscious level by giving them a boost of motivating suggestions to change the way they think about smoking."

or see something that emotionally persuades you to quit smoking.

They are a type of aversion stories from smokers who've lost limbs, damaged their lungs, became disfigured and succumbed to cancer and even death due to smoking.



There are a few types of resources available to help people quit. I tell smokers to try them all to see which one works for them.

They have text messaging programs, support groups, nicotine replacement therapy, acupuncture, and hypnosis.

A free method to stop you from smoking is quitting cold turkey. The prison systems incorporated this method back in 2014, and it worked. Although I don't recommend you go to prison to quit smoking. And I don't recommend you replace tobacco cigarettes with electronic cigarettes. Neither are beneficial to your health.

So if you want to quit smoking before it's too late, before you are burdened with unpleasant news about your health, think about what you are doing every time you light up, and take action to get help.

John Barboza is a hypnotist with New Bedford Wellness.

AGING INFORMED

Attorney General's office eyes consumer protection regulations for assisted living

The Massachusetts Attorney General's Office will draft consumer protection regulations for assisted living residences in the state and is asking the public to provide feedback to help inform its decisions.

Members of the public can provide comments to the AGO through an online form available at www.mass.gov/formstack.com/forms/community_feedback_on_ago_assisted_living_residences

In an Oct. 15 media release on the Mass.gov website, the AGO office said it seeks to protect assisted living residents from unfair and deceptive acts and practices, including misrepresentation of available services, improper fees, and unlawful evictions. The aging population served by these facilities, the AGO office said, would benefit greatly from stronger consumer protections in all of these areas, and owners and operators will benefit from greater specificity regarding their legal obligations.

At this time, Massachusetts

does not have consumer protection regulations specific to assisted living residences.

"Every resident of an assisted living facility has the right to live in a safe and habitable environment, free from abuse, neglect, and exploitation," said Attorney General Andrea Joy Campbell. "Our older adults deserve to age safely with dignity and respect, which is why creating consumer protection regulations for assisted living facilities is so important and responsive to their advocacy."

Assisted living residences are designed for older adults who can live independently in a home-like environment, but may need help with daily activities like housekeeping, bathing, or medication assistance. According to the Executive Office of Elder Affairs, more than 17,000 people currently live in these residences in Massachusetts and have various options available to them. It is critical that consumers know what to expect when choosing an

"The demographics of these residents continues to evolve – they are now older, with more complex needs, and it is essential that we ensure these individuals are informed and protected as they navigate their living options crisis."

—Robin Lipson,
Acting Secretary, EOE

assisted living residence as their home.

Chapter 93A, the consumer protection statute, authorizes the Attorney General to promulgate regulations to protect consumers. These regulations can require that facilities make certain disclosures about their contractual terms, and they also can declare certain acts and practices to be unlawful.

The AGO will use feedback received to inform draft regulations and will then proceed to promulgate regulations, a process

which will include the publication of proposed regulations, a public hearing, and opportunities for the public to comment on the proposed regulations.

"The demographics of these residents continues to evolve – they are now older, with more complex needs, and it is essential that we ensure these individuals are informed and protected as they navigate their living options," said Acting Secretary Robin Lipson, Executive Office of Elder Affairs.

"Elder Affairs looks forward to working with the Attorney General's Office as the team explores ways to address assisted living residence consumer issues."

This project is being handled by Director Mary Freeley and Deputy Director Valerie Frias of the AGO's Elder Justice Unit. AG Campbell created the Unit in August 2023 to protect and promote the safety and well-being of elders through enforcement actions, legislative advocacy, and community engagement and education.

Flu vaccines are available at home

Public Health nurses in New Bedford, Acushnet, and Fairhaven will be offering in-home flu vaccines this season for anyone age 18 and older who has difficulty getting to a community vaccine location.

Flu vaccines are important for everyone as we enter the flu season, according to the Centers for Disease Control and Prevention, but are

especially so for people age 65 and older, who have certain medical conditions, or who live in a nursing home or other long-term care facility.

Seasonal flu vaccines are designed to protect against the influenza viruses that research indicates will be most common during the upcoming season. For the 2024-2025 season,

flu vaccines are now trivalent (three component) vaccines, which means they will protect against three distinct flu strains.

Last year's flu season was categorized as a moderate one, according to the CDC, and the current season is expected to be similar, the agency said in an August press briefing, reported by AARP.

Residents of New Bedford, Fairhaven, and Acushnet can call 508-991-6691 to schedule an in-home vaccine. Those living in other towns can call the state Department of Public Health at 833-983-0485 to request a vaccine at their home.

Otherwise, to find a vaccine location near you, visit www.vaccines.gov and enter your zip code.

Vacinas contra a gripe disponíveis para serem administradas em casa

Os enfermeiros da Public Health (Departamento de Saúde Pública) em New Bedford, Acushnet e Fairhaven oferecerão vacinas contra a gripe em casa nesta época para qualquer pessoa com 18 anos de idade ou mais que tenha dificuldade em deslocar-se a um centro de vacinação comunitário.

De acordo com os Centers for Disease Control and Prevention (CDC) (Centros de Controle e Prevenção de Doenças), as vacinas contra a gripe

são importantes para todos à medida que entramos na época da gripe, mas são especialmente importantes para as pessoas com 65 anos ou mais, que tenham determinadas condições médicas ou que vivam num lar de idosos ou noutro estabelecimento de cuidados prolongados.

As vacinas contra a gripe sazonal são concebidas para proteger contra os vírus da gripe que a investigação indica que serão mais comuns durante a

próxima época. Para a época de 2024-2025, as vacinas contra a gripe são agora vacinas trivalentes (três componentes), o que significa que protegerão contra três estirpes de gripe distintas.

A época de gripe do ano passado foi classificada como moderada, de acordo com o CDC, e espera-se que a época atual seja semelhante, afirmou a agência numa conferência de imprensa em agosto, noticiada pela AARP.

Os residentes de New Bedford, Fairhaven e Acushnet podem ligar para 508-991-6691 para agendar uma vacina em casa. Os que vivem noutras cidades podem ligar para o Departamento de Saúde Pública do estado através do número 833-983-0485 para solicitar uma vacina em sua casa.

Caso contrário, para encontrar um local de vacinação perto de si, visite www.vaccines.gov e introduza o seu código postal.

Las vacunas contra la gripe (influenza) están disponibles para ser administradas en su casa

Enfermeras del Departamento de Salud Pública en New Bedford, Acushnet, y Fairhaven ofrecerán vacunas antigripales a domicilio esta temporada para toda persona mayor de 18 años de edad que tenga dificultad para ir a un centro comunitario de vacunación.

De acuerdo a los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) las vacunas antigripales son importantes para todos al entrar

en la temporada de gripe, pero en especial para las personas a partir de los 65 años de edad, que tienen ciertas condiciones médicas, o que viven en una residencia geriátrica u otro centro de cuidado a largo plazo.

Las vacunas contra la gripe estacional están diseñadas para proteger contra los virus de la gripe que según las investigaciones indican serán los más comunes durante la próxima temporada. Para la temporada 2024-2025, las vacunas son vacunas

trivalentes (tres componentes), lo que quiere decir que protegerán contra tres cepas diferentes de la gripe.

La temporada de gripe del año pasado fue catalogada como moderada, de acuerdo a los CDC, y se espera que la temporada actual sea similar, dijo la agencia en una rueda de prensa en agosto, de la que informó AARP.

Los residentes de New Bedford, Fairhaven, y Acushnet pueden llamar al 508-991-6691 para programar una

vacunación a domicilio. Aquellos que viven en otras ciudades pueden llamar al Departamento de Salud Pública del estado al 833-983-0485 para solicitar la vacuna a domicilio.

De lo contrario, para encontrar un centro comunitario de vacunación cerca suyo, visite www.vaccines.gov y entre su código postal.

Translations provided by:

 Southcoast Health

Fire Department launches online tool to help keep New Bedford residents safe

Online tool lets New Bedford residents alert fire department to specific needs

Every second counts if a fire breaks out at a home or business.

The New Bedford Fire Department has launched "Community Connect," an online tool in which residents and business owners can enter important information about their property to aid firefighters in case of an emergency.

Residents and business owners can register online at www.communityconnect.io/info/manewbedford and enter key details about their property, family, special needs or pets. The information will be available to the Nbfd and Emergency Medical Services, so if an emergency occurs at your home or business, first-responders will have critical details before arriving to assist in planning and responding to the crisis.

It only takes a few minutes to sign up and enter the information, and those minutes could make a big difference in property damage or injury if a fire were to break out.

"Knowing if there are pets in the home, if the building has sprinklers, if someone has

mobility issues, or even just how many bedrooms or floors your home has can make a huge difference in how we approach a fire scene," Nbfd Chief Scott Kruger said. "If a call comes in, we can review these details on the way to the property, saving us critical minutes upon arrival."

The city made the announcement about the program during Fire Prevention Week in October, held annually to raise awareness and promote education on fire safety.

"Fire Prevention Week is an occasion to remind ourselves to check smoke alarms, use caution when cooking, and understand what to do in the event of a fire," Mayor Jon Mitchell said.

Information entered into the Community Connect program is protected with bank-level encryption and security, and available only to first-responders. More information can be found online at www.communityconnect.io/faq/ma-newbedford.

Older adults who need help entering information online, can contact Coastline's Technology Program at 508-742-9160 to set up one-on-one technology assistance.

JOIN US FOR A TASTY CELEBRATION!

Coastline Elderly Services is thrilled to welcome our new caterer, and you're invited to join the celebration! Come enjoy a delightful afternoon filled with tasty treats and get to know the fantastic crew from Coastline's Meals on Wheels and our culinary pals at City Fresh Foods!



WHERE

✓ 863 Belleville Ave, New Bedford, MA
Whaling City Conference Room A

WHEN

✓ Wednesday, November 20th, 2024
2:00-3:30PM

RSVP BY 11/13

Call 508-999-6400 ext. 3 to RSVP

✓ www.coastlinenb.org

 Coastline
Your guide to independent living

 CITY FRESH FOODS

Five superfoods to eat for better health as we age

Eating well can keep us healthy at any age, but what does good nutrition look like after age 50? As our bodies change, should the food we eat change too?

Senior Scope spoke to Coastline Elderly Services dietitian Ashley Whewell about how nutrition needs evolve as we age and what foods help keep us healthy and active.

Making smart food choices as we get older is important to continuing to live well, she said.

“Our bodies over time have a harder time breaking certain nutrients down. Like for instance, our body stops producing some of our gut enzymes and digestion becomes a little bit harder,” Whewell said. “We also become less physically active, so focusing on nutrition becomes a little bit more important.”

Some foods are better than others for easing these changes.

Whewell, who has a master’s degree in nutrition and health promotion and is a registered dietitian, hosts a monthly ‘Cooking Healthy with Coastline’ show where she shares tips and information about good nutrition as she prepares healthy meals.

A good diet, she said, can help stabilize blood sugar, reduce inflammation, and prevent illnesses like cardiovascular disease, stroke, and diabetes.

Below are five foods, in no particular order, that Whewell puts at the top

of any longevity-focused diet.

Legumes: First up are the beans, lentils, peas and chickpeas which provide important fiber and plant-based protein.

“Legumes are an excellent source of fiber, specifically soluble fiber,” said Whewell. “They’re also very high in plant-based protein which helps to stabilize blood sugars and lower your risk of heart disease.”

Maintaining stable blood sugar levels is important for a variety of reasons, according to Whewell.

“(It) helps with lowering risk for insulin resistance, Type 2 diabetes, and weight gain,” she said.

Soluble fiber, Whewell explained, is the type of fiber that attracts water and that consequently slows down digestion.

“It’s just easier for your body to digest,” she said.

Fatty fish: Having at least two servings of fatty fish a week – like sardines, salmon, and mackerel – can help provide the body with crucial Omega-3 fatty acids, Whewell said, reducing the risk for some diseases and supporting brain health.

“Omega-3s are good for lowering our risk of heart disease. It lowers triglycerides (a type of fat found in the blood that, in high levels, can increase the risk of heart disease, stroke, and other health issues) and helps to increase good cholesterol and so lower the risk of dementia,” she said.

Eating some fish regularly, even if

it’s just tuna or sardines, can help significantly reduce the risk of cardiac disease. For those with fish allergies, Whewell recommends plant-based sources of Omega-3s like walnuts, flax seeds, or edamame beans.

Berries: While Whewell labeled this category berries, she strongly recommends the antioxidant powerhouse of the group – blueberries.

“Omega-3s are good for lowering our risk of heart disease. It lowers triglycerides and helps to increase good cholesterol and so lower the risk of dementia.”

—Ashley Whewell,
Coastline Registered Dietitian

“They’re very high in antioxidants so they help to lower inflammation in the body and help with cell repair,” she said.

Whewell recommends two servings of the fruit a day and while blueberries are at the top of the list, raspberries, strawberries and blackberries are also good choices, she said. “They can eat them raw or they can have some in yogurt or cereal, or in a smoothie,” she said.

Whole Grains: For Whewell,

oatmeal, specifically using steel cut oats, is at the top of her grains list. But, she said, whole grain bread and pasta along with popcorn and cornmeal all work too.

Whewell stressed that choosing whole grains versus refined options is important. Whole grains can lower the risk of diabetes and heart disease.

“They really help with blood sugar regulation and lowering your cholesterol,” she said.

Extra Virgin Olive Oil: Last but not least, Whewell recommends using olive oil when cooking or in salad dressings to add unsaturated fats to our diets. Unlike saturated fats, unsaturated ones are plant-based and can help lower bad cholesterol levels.

“Olive oil is also high in polyphenols which function as antioxidants in helping to prevent cell damage and inflammation in the body,” she said.

One category not included here that Whewell also highly recommends is leafy greens. When creating the list, she said, she wanted to emphasize extra virgin olive oil as a healthy option among available cooking oils, particularly because some oils can have less beneficial results. Whewell hears a lot of confusion about which oils are healthiest to use from older adults she talks to.

But that doesn’t diminish the power of leafy greens, like chard and kale, to keep us healthy, she said.

“They are very beneficial for long term health,” she said.

‘Groundbreaking agreement’ will lower utility bills for hundreds of thousands of low-income households

Low-income households in Massachusetts are set to receive substantial discounts on utility bills through a new agreement between the state, MassHealth, the Department of Transitional Assistance (DTA), and five statewide utility companies.

Massachusetts residents who receive MassHealth, Supplemental Nutrition Assistance Program (SNAP), Transitional Aid to Families with Dependent Children (TAFDC), and Emergency Aid to the Elderly, Disabled, and Children (EAEDC) will see the discounts automatically taken from their bills, according to the state’s Oct. 16 media release.

MassHealth members and DTA clients will receive up to 25 percent on gas expenses and 42 percent on electric expenses without having to submit additional paperwork, the state stressed.

MassHealth members that are eligible electric customers of National Grid could expect discounts of up to 71 percent after implementation of its new tiered discount program expected to go into effect later this year.

The average residential customer on basic service can now expect to save up to \$460 a year on their gas heating bills and up to \$1,058 per year on electric bills.

“Far too many Massachusetts residents struggle to cover the high costs of gas and electric bills, especially as we head into the winter months.

“The money these individuals and families save on their utility bills will be critical in helping them pay for other necessities like food or housing costs.”

—Jeff McCue,
DTA Commissioner

We are proud to deliver this landmark agreement that will automatically deliver significant savings for hundreds of thousands of households across the state,” said Gov. Maura Healey. “We’re grateful for the partnership of Berkshire Gas, Eversource, Liberty Gas, National Grid, and Unitil as we work to make Massachusetts more affordable for everyone.”

“The money these individuals and families save on their utility bills will be critical in helping them pay for other necessities like food or housing costs,” DTA Commissioner Jeff McCue said about the agreement.

Five utility companies, Berkshire Gas, Eversource, Liberty Gas, National Grid, and Unitil, have joined the agreement. Combined, the companies serve more than 3.5 million Massachusetts residents across their gas and electric businesses, underscoring the extensive reach and impact of this partnership, the state said in its release.



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SCCLS can help with housing, debt, and other legal needs

By Katherine T. Kane

JD, Elder Law Unit, South Coastal Counties Legal Services, Inc.

Facing big problems can be scary, and sometimes it is hard to figure out the next steps on your own. When those problems involve a court, government agency, creditors, or landlords it can feel even worse. If you are struggling with a legal problem, you might be able to get help from South Coastal Counties Legal Services (SCCLS).

SCCLS is a non-profit law firm which provides free legal help to our clients with many different civil (not criminal) legal problems in Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties. Ordinarily we limit our services based on how much money a person has, but for clients over 60 we do not consider income.

We have offices in New Bedford, Fall River, Brockton, and Hyannis. From these offices, we can help people throughout the entire region. SCCLS also has a subsidiary (the Justice Center of Southeastern Massachusetts) which also provides additional legal assistance for certain clients.

Some of the cases that we provide help with include:

Housing: For tenants we may be able to provide help in evictions cases for all kinds of housing (private, public, subsidized, and more). We also have experience helping clients appeal denials and terminations for different rent subsidy programs. In addition, we may be able to help if you are facing issues with repairs or housing discrimination.

Health Benefits: Our organization can also provide help for individuals with questions or concerns about their health insurance or other health related

benefits. This can include problems with enrollment, denials, and terminations from MassHealth and Medicare.

Public Benefits: Our offices help clients access other public benefits such as Social Security, Supplemental Security Income (SSI), Social Security Disability (SSDI), SNAP (aka “food stamps”), cash assistance and other programs.

Consumer Debt: Our program is often able to provide clients with help dealing with consumer debt issues. If you are dealing with harassment from creditors, collectors, or scammers we may be able to assist you.

Eligibility for services is based on age, home address, and other project priorities.

There is no need to wait until a problem becomes serious. You may call us as soon as you think you have a problem. The intake line is (800)-244-9023 and the best hours are Monday-Thursday 9:00am-2:00pm. You can also file an application for our help online at <https://sccls.org/get-help/>. We work hard to make our services more accessible, so if you need help due to health issues, language barriers, or other barriers please let us know. For more information about SCCLS and the legal services provided you may visit our website at <https://sccls.org>.

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

Become a Dementia Friends Champion

A Dementia Friends training will be held virtually Nov. 12 to offer participants the knowledge and materials needed to lead a Dementia Friends Information Session in their community.

Information sessions are face-to-face or virtual, lasting about an hour, that cover five key messages everyone should know about dementia. The goal is to help community members understand dementia and simple things they can do to make a difference for people living with it. Trainings are led by Beth

Soltzberg, MSW.

The Nov. 12 training will be on Zoom from 1-4 p.m. and is open to any adult in Massachusetts.

To register, go to <https://us06web.zoom.us/meeting/register/tZEpciehrDIpGdcCGXrIh2UuAMemRgNZz-R6Z> by Nov. 11. Participants will need to register as a champion on the Dementia Friends Massachusetts website after the training. For information, contact Beth Soltzberg at bsoltzberg@jfcfsbos-ton.org or 781-693-5628.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What is the most common surname in the United States?
A.) Smith B.) Jones C.) Brown D.) Medeiros
- 2.) Of all U.S. presidents, which 1st name was the most common?
A.) James B.) John C.) William D.) George
- 3.) “BLEPHARITIS” is an inflammation of what body part?
A.) Eyelids B.) Brain C.) Heart D.) Ears
- 4.) How long did the “Hundred Years War” actually last?
A.) 108 B.) 104 C.) 99 D.) 116
- 5.) “SUFFERAGE” is the right to do what?
A.) Carry a gun B.) Vote
C.) Curse in public D.) Marry
- 6.) “Florentine” is the presence of what in a dish?
A.) Garlic B.) Marinara sauce
C.) Spinach D.) Basil
- 7.) “RANIDAPHOBIA” is the fear of what?
A.) Sharks B.) Frogs C.) Scorpions D.) Dogs
- 8.) “EPISTAXIS” is the medical term for which common complaint?
A.) Sneeze B.) Cough
C.) Nose bleed D.) Headache
- 9.) What word refers to the Finnish tradition of ice swimming in the winter?
A.) Lagom B.) Hygge C.) Sisu D.) Avanto
- 10.) What is the highest speed limit allowed in the United States?
A.) 75 MPH B.) 85 MPH
C.) 90 MPH D.) 100 MPH

[Answers listed on page 11]

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H9585_MASCO_Newspaper_2024_M

Centenarian continued...

yet cut, birthday cake.

But she did that with a smile too.

His mother has always been a friendly, independent person, said her son, Rick Mulroy, who, even at age 100, lives alone, dressing herself, and preparing her own meals.

“She’s amazing,” he said. “I just enjoy her company.”

“The only problem she has is her hearing,” he continued, adding that she takes only two medications, walks every day, and loves word searches, playing solitaire, and putting puzzles together.

“I put the borders up and then we make them together,” Rick Mulroy said about the puzzles. “I’ll come back two days later and they’re all done.”

Mulroy has always been independent and taken care of herself, agreed her daughter, Peggy Barry. Her husband died when Mulroy was 50, she said. Her children were adults and she was suddenly alone, Barry said.

“You just find your way,” she said about her mother’s resilience.

“Love and dedication to family has always been important to her,” said Barry, adding that she learned many important life lessons from her mother.

“She always sees the glass half

“It’s a wonderful feeling. It’s so nice to have so many people come and wish me luck.”

—Rita Mulroy, 100

full,” she said.

Some people might know his mom as “the cart lady” for the 25-plus years she volunteered at Alden Court Nursing Home, pushing a cart filled with gifts and items for residents, Rick Mulroy said. Everything on the cart had to be \$1, he continued, describing many visits to the Dollar Tree store to help his mom pick up word search books, jewelry, candy, and lots of stuffed animals.

“They couldn’t wait for her to get there,” he said about nursing home residents.

“She’s always been on her own,” Rick Mulroy said. “She’s a good person. She always says to me, ‘Why am I still here? Why doesn’t the good Lord come for me?’”

Barry praised the staff at Taber Mills for the positive support they offer her mom.

“It’s amazing,” she said, referring to the many staff members in the room to celebrate her mother. “It’s unbelievable



for her to be able to live independently and to see all the maintenance and office staff here today.”

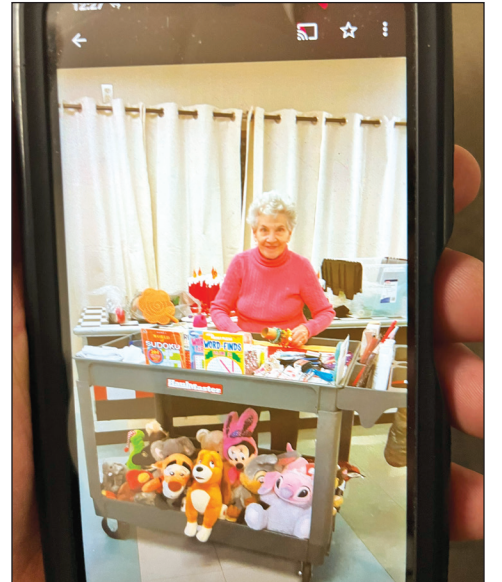
Mulroy said she was happy to be 100.

“It’s a wonderful feeling,” she said. “It’s so nice to have so many people come and wish me luck.”

At the party, New Bedford city councilors Linda Morad and Shawn Oliver presented Mulroy with an official citation “birthday card.”

The city celebrates its residents who make this age milestone, Morad told Mulroy.

“We hope we’re back here next year for 101, 102, 103,” she said.



Above top, Rita Mulroy waves to well-wishers at her 100th birthday party as her daughter Peggy Barry guides her to a seat. Above, Mulroy volunteered for many years at Alden Court Nursing Home.



Preventing Medicare Fraud

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.

LET’S FIGHT FRAUD TOGETHER!



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.

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 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.

Hosting Fairhaven's Mahjong and Mexican Train Dominoes groups: (Due to scheduling conflicts.) Nov. 5 and 12. Mahjong is 10 a.m. - 2 p.m. and Dominoes is 1:30-3:30 p.m.

Voting Day: We will be offering rides to Acushnet residents on election day from 8:30 a.m. - 3 p.m. (Please call the center to book your ride.)

Manicures with Old Colony RVTHS Cosmetology students: Starting on Thursday Nov. 21. Registration required. Please call the center to book your appointment.

Veterans Coffee Social: With Brad Fish, Acushnet's Veterans Service Officer, will take place the first Tuesday of every month 8:30 a.m. - 9:30 a.m. First Session: Tuesday December 3rd.

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

Hey Moxie Caregiver Connection: By Moxie Mobility Training. First Monday of the Month at 12:30 p.m. or virtually on Facebook Live at Moxie Mobility Training LLC. Solutions and guidance for caregivers and their loved ones.

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.

MADOT-RMV Clinic: Last Friday of the month 10 a.m. - 1 p.m. Assistance with applications, paperwork review and appointment setting for Real ID, Senior ID, and disability placard as well as other RMV related forms and questions will be available. Pre registration required.

NEW Thrive Dartmouth: The Center is hosting and presenting inter-generational on- and off-site events to promote community and healthy living. First Thursday of each month and seasonal Saturday mornings. Next Thrive Dartmouth is Nov. 7, 5-6:30 p.m. Topic: Food for Thought and Smooth Moves with Sara Englis, integrative health coach and Donna Bosworth, fitness expert and certified health coach. Also, Dec. 5 THRIVE 5-6:30 p.m. Topic: Centering Hope, Optimism and Love in our Daily Life with Steve Banno, author and teacher. Call the Center at 508-999-4717 to pre register.

Wrentham Outlets: Friday, November 8th. Van leaves the Center at 9 a.m. Preregistration is required.

The Golden Girls Craft & Trivia Party: Tuesday, November 12th 2-3:30. Dress in your favorite Golden Girl attire or most glamorous 80s outfit. Cost is \$5.00. Refreshments and prizes! Pre registration required.

Toxic Free Living: Wednesday, November 13th at 1 p.m. Do you feel overwhelmed with the idea of eliminating chemicals from your life? Learn some "ditch and switch" ideas to replace chemicals with natural alternatives. Pre registration is required.

Energetics of Food: Thursday, November 14th at 1 p.m. Join Carol Louro, macrobiotic teacher and author, as she explains how food choices affect health and emotional well being. Pre registration required.

Music Immersion: Friday, November 15th at 1 p.m. Join Violinist Emmy Holmes-Hicks and CEO Dave Prentiss from the N.B Symphony Orchestra for a program that will immerse you in music and the world of orchestras. Pre registration is required.

Blue Cross/Blue Shield: 2025 Advantage Plan Options presentation, Thursday, November 21st at 1 p.m.

Movie: Tuesday, November 26 1 p.m. "BeeKeeper" starring Jason Statham.

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.

Veteran's Day Parade: Nov. 11. Parade kicks off at 10 a.m. from Main St. at Benoit Square, south to Fairhaven High School.

Thanksgiving Dinner: On Thanksgiving Day, Nov. 28, 11 a.m. to 1 p.m. Reserve your seat by Nov. 20.

Single Senior Supper Club: Note time change for winter. Third Tuesday of the month, 2:30 - 4:30 p.m. Must sign up at the front desk or call a week before. \$3. Please do not arrive before 2:15 p.m.

La Salette trip: Join for a trip to La Salette on Dec. 4 for a dinner and to view the Festival of Lights 2024. Departs Fairhaven Senior Center between 3:15 and 3:30 p.m. \$25. Sign up and pre-pay by Nov. 15.

Mall Trips: Nov. 6, Twin River Casino; Nov.13, Hyannis Mall; Nov. 20, Providence Place Mall; Nov. 27, Warwick Mall. Trips are \$6. Please bring exact change. Must call to sign up.

Memory Cafe: 11:30-1:30 p.m. Nov. 21 at the Council on Aging. Call to reserve a spot by Nov. 18. There will be musical entertainment following lunch and socializing. Space is limited.

Monday Movie Matinee: 12:15 p.m. Nov. 4. Movie is 'Atlas.' Nov. 18, movie is 'A Family Affair' Call to sign up.

Moxie Motion: 2nd and last Wednesday of the month 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.

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.

Legal Lunch & Learn: Thursday, November 7th at noon. While enjoying an Italian luncheon, Attorney Jilian Morton will cover topics that become increasingly relevant as we age: wills, trusts, power of attorney, strategies to protect your assets, practical steps for organizing documents, and communication with family and healthcare providers. Reservations are required to attend, please call 508-748-3570. As an added enhancement to this program Dr. Ed Hoffer will be on hand to discuss the importance of having a health care proxy. Copies of the document will be on hand for your review and convenience.

Continued on Page 11

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Charlie Card: Monday, November 4th 11:30 a.m. 1:00 p.m. In need of a Charlie Card? A Representative from SRTA will be on hand to get you set up.

Styling with Vintage & Thrifted Fashion: Friday, Nov. 8th 1 p.m. Karen Antonowicz will help us find our authentic style through buying vintage and second hand clothing and accessories. Additionally, discover great makeup tips for a flattering look, no matter what your age.

Waterfront Memory Cafe: Wednesdays, 1 p.m. - 2 p.m. An engaging gathering for individuals with memory loss and their care partner. Enjoy an afternoon of conversation with some new and old friends and take in some music, play a game or a different form of entertainment. To join for lunch beforehand, make lunch reservations 48 hours in advance by calling Linda at 508-748-3570.

Robert Black as Elvis: Friday, November 15th, 1:00 p.m. Robert is an award-winning Elvis Presley tribute artist performing nationwide. His authentic portrayal has made him one of the country's most popular tribute singers.

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

Open Mic Night: Friday, November 15th, 6:30 p.m. We invite you to take in this unique performing experience where teen performers showcase their talents as they step up to the mic.

The 50's, 60's & 70's: November 18th, 1 p.m. Marvin Perry will be singing a memorable collection of the classics.

Mattapoissett COA

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

Grieving during the Holidays: Thursday, Nov. 7th 9:30 a.m.-3 p.m., \$20—AARP members; \$25—non-members. Balancing the already busy holiday time with the sadness of not being able to share this holiday time with our loved one, can feel overwhelming. This one-hour workshop provides tips and ideas to help us navigate the challenges of this holiday time, honor the memory of our loved one and care for our own needs as we grieve. Invite others! If you cannot make the 11/7 program, call Nancy at the number below to learn of the other sessions available in the area. Free of charge and available to the public. Registration is required – do so by phone or email: 508-973-3227 or arnoldn@southcoast.org.

Education & Lunch: Dogs in the White House. An engaging, educational and non-partisan presentation by Nancy Franks that focuses on a topic we can all agree on: pets! Nov. 5, 12:15 lunch and 12:30 presentation. \$5 for lunch. Presentation is free. Register: 508-758-4110 or coadirector@mattapoissett.net

Education & Lunch: Pain happens. There are many ways to deal with it. Have you heard of Physiatry? It is a non-surgical procedure that may help to improve function, independence and quality of life. Learn more about it at this informational session. Questions will be taken. Speaker: Dr. Parakrama M. Ananta, MD, a physiatrist with over 37 years of diverse experience in this field. He currently serves with Southcoast Health. Nov. 13, 12:15 lunch and 12:30 presentation. \$5 for lunch. Presentation is free. Register: 508-758-4110 or coadirector@mattapoissett.net

Thanksgiving for Tri-town residents: If you are over 60 and live in Mattapoissett, Marion or Rochester, the Old Rochester Regional Junior High Community invites you to their annual THANKSGIVING DINNER. The students look forward to serving you on: Sunday, November 24th. Doors open at 11:15 a.m. Dinner Served at noon. You MUST REGISTER with your town's Council on Aging. Call for any questions. Rides are available upon request.

Art for your Mind: Nov. 6 at 12:30 p.m. Free. The featured topic, 'Children in Art.' Enjoy images of childhood from a variety of cultures and time periods. Renew your appreciation of the creative choices artists made as they approach this universal subject. 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 Nov. 20, and Dec. 18. Free. Instructor, Sam Holmstock.

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. Tuesday, November 12th— Patriot Place & Trader Joe's - Depart COA at 9:30 a.m. and return by 3 p.m. Get some holiday gift shopping done or find that perfect treat for entertaining guests. Lunch where you please. The van ride is \$5 round trip for Rochester residents and \$10 for non-residents. Wednesday, November 20th— Shelly's Tea Rooms - Depart COA at 11 a.m. and return by 3 p.m. Why not treat yourself before the holiday rush begins? Shelly's offers a wide variety of meal choices, from a full English tea to lunch & lite bites. The van ride is \$5 round trip for Rochester residents and \$10 for non-residents.

Special Lunches: Friday, November 22nd at 11:30 a.m. Our annual Thanksgiving meal for Rochester seniors is returning. Cooked and served by the staff & students of Old Colony and supported through a generous donation by the Rochester Firefighter's Association. You must be a Rochester resident age 60 or older to enjoy this free meal. Limited to the first 100 people that register. Call now to register: 508-763-8723. You must register before Nov. 7th.

Chair Yoga Is Back: Join us for classes every Tuesday at 3 p.m. Cost \$5.

Brain Builders' Classes: Brain Builders returns on Thursday, Nov. 14th from 12:30 to 1:30 p.m.

Save The Dates: Dec. 7th, Pancakes With Santa; Dec. 16th At 11:30 a.m., Holiday Party with lots of Food & Entertainment/ More information coming 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.

November 2024 Trivia Quiz Answers

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

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Community

Meals on Wheels continued...

a sense of people's reactions to it.

The response has been incredible.

Martha Reed, Council on Aging director in Fairhaven, said the meals look better, have greater variety, and have been consistently good since the launch. One recent meal had the whole dining room buzzing with how good it was.

"Some of the variety is very different from what people are used to and I think they're really liking that," she said. "There was one day, they served a beef teriyaki and the dining room was such a buzz on how good it was. I think it just made a difference to these folks that this really is a different meal."

The food has been fantastic, agreed Amy DiPietro, COA director in Dartmouth.

"I think a lot of people eat with their eyes and this is colorful," she said. "The vegetables are fresh and bright."

That wasn't always how it looked with the previous food provider, she said.

"It used to be gray," DiPietro said. "Everything was gray, so now it's definitely focused on fresh ingredients and obviously a better quality. People seem happy."

Consistency was one of the reasons reviewers put the new provider, Boston-based City Fresh, at the top of their list again and again during the bidding process.

"It's all about that consistency," said Pacheco. "City Fresh serves 30,000 meals every day to not just us, but Boston Public Schools as well, and they do that without a hitch and everything comes out the exact same. I could have meal number one and it's going to taste the exact same as meal number 30."

City Fresh is a Boston-area meals provider which has been around for 30 years and is well known in the city area for feeding people through aging services and the public schools.

It was able to take on Coastline's meals program, which is one of only two in the state that serves hot meals, and is therefore more complex than others which stick to only frozen foods. For City Fresh, making the food each morning and delivering it hot hasn't been a problem.

Looking back, Pacheco said the move was a risk. People may not have been happy with the taste of the old food, but they loved getting their meals, their relationships with drivers, and the regular safety checks, and some worried about the change.

But now, watching people enjoy the meals, makes it all worth it.

"That's like my big thing is that they actually are now eating it," he said. "They're getting the nutrients we've always wanted them to get. Because at the end of the day, nutrition is the building block for life and it's going to be able to help them...live an independent life."

Pacheco said he got a call from one woman who had been angry about the changes and complaining before the new meals even debuted.

She changed her tune after trying



Above, Coastline Nutrition Director Gerami Pacheco, (far right) gets a tour of City Fresh's Roxbury facility with (l-r) company President Henry Rinehart and VP of Operations Brianna Carroll. At right, Sonia takes a break from preparing meals to wipe down a kitchen table.



"City Fresh serves 30,000 meals every day to not just us, but Boston Public Schools as well, and they do that without a hitch and everything comes out the exact same. I could have meal number one and it's going to taste the exact same as meal number 30."

—Gerami Pacheco,
Director, Coastline Nutrition Program

a meal, he said.

"She called me again last week and apologized. She said, 'I thought you were blowing smoke.' She was over the moon about the meals and telling all her friends," he said, adding that these positive comments have been personally rewarding. "It's so nice to hear that people are happy about the change. I'm grateful."

Next up, Pacheco says Coastline is working to transition to actual dinnerware and utensils and to create Grab & Go menus.

"We're hoping to do some Grab & Go programs at some sites that will give people a little more flexibility and freedom to come and go as they please, do other activities and such," said Pacheco. "And it's still no additional charge to the consumer. We just ask for donations."

Starting this month, Coastline made the decision to increase its voluntary donation request to \$3 per meal, still well below the actual cost of the meal.

The program depends on state and federal funding to exist. Years of rising costs, level funding and recent state budget cuts have made it more difficult to continue meeting the local need, the organization said.

"Coastline remains committed to serving meals to every older adult who needs one," said CEO Justin Lees. "It's why we're here and we don't want to see any eligible person go without."

Instead, the organization is

Meet City Fresh, Coastline's new Meals on Wheels caterer

City Fresh isn't yet a household name in the South Coast, but it may soon become one.

Approximately 1,600 older adults locally have spent the last month eating about five meals a week made by the Roxbury-based business with rave reviews, according to Coastline Nutrition Director Gerami Pacheco.

All of these meals are made fresh each morning and delivered hot to South Coast residents, age 60 and older, who need them.

The successful business does more than \$30 million in annual sales, has 190 employees, including 22 employee owners, and a 29-year track record of success, according to information provided by City Fresh. It makes and delivers 30,000 healthy, fresh, culturally relevant meals every day.

The food provider got an early break from an aging services agency like Coastline.

"The company took off when (Boston) Mayor Menino visited our Dudley Square location and ate our food," Sheldon Lloyd, co-founder and CEO, told Boston Edible magazine in early 2024. "Press from his visit prompted a call from the director of a senior service agency. She asked if we could make culturally connected foods for her

seniors, meet the senior feeding nutrition requirements and all of the food safety requirements and get the meals delivered on time, ready to be eaten. We took a deep breath and said, "Yes, we can!" And we did."

From there City Fresh grew to include senior centers, daycare, afterschool programs, summer camps, and eventually public schools including the Boston Public School system.

"At City Fresh, we call this work "community feeding," Lloyd said.

Meals to be sent to the South Coast are prepared in the early morning hours, packed and on the road heading south by 5:45 a.m.

The new meals began with a smooth transition both City Fresh and Coastline staff said.

"We've identified you all as a client that we're really interested in and that we think we can add value to in a sustained way," said City Fresh President Henry Rinehart during a recent tour for Coastline staff to observe the facility at work. "This has really just been incredibly enjoyable. I was only up at 5 a.m. one day this last week and that was strictly by choice because they were having fun and I wanted to be part of it."

looking to increase its advocacy and fundraising efforts to make up the meals budget difference which for the seven towns the agency covers is more than \$1 million annually.

Despite the challenge, Pacheco is happy that the new meals are a hit among older adults.

At Fairhaven COA recently, three town residents, Dottie Shope, Joan Carlson, and Alta Wotton, said the new meals have been a big improvement.

"They're excellent," Carlson said. "I ate everything which is very

unusual," added Shope. "If it continues like this, I'll be very happy."

Interested in tasting the new meals? Coastline is hosting an open house with City Fresh to introduce the meals and meal provider to the community. The event is from 2-3:30 p.m. on Nov. 20 at Coastline's location at 863 Belleville Ave., New Bedford. RSVP by Nov. 13 by calling 508-999-6400, Ext. 3.