

Senior Scope

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

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Is a personal trainer right for you in 2025?

Older adults are turning to the gym for better health. Personal trainers can ease their way.

Eileen Diggle doesn't consider herself a fitness expert.

A retired math teacher, the 78-year-old is used to relying on her smarts more than her muscles. But three years ago, when her physical therapists told her she'd plateaued in her recovery from a surgery-related stroke, she turned to a personal trainer for help.

"So many times, I had reached the plateau," Diggle said about her post-heart surgery and stroke-related physical therapy. "And it wasn't very pleasant, because they kept telling me, 'This is as good as you're going to get.'"

Determined to regain her independence, Diggle reached out to Julie Fostin, a personal trainer at Total Fitness in Dartmouth, with whom she had worked years before in advance of knee replacement surgery. Together they put a plan together that Diggle could manage.

"I've always been independent and this completely tied me up at first," Diggle said. "I literally couldn't do



Eileen Diggle uses the arm press machine under personal trainer Julie Fostin's supervision.

anything. I couldn't go to the bathroom by myself. I couldn't go to bed by myself. It was awful."

Older adults have many reasons for turning to the gym to stay healthy as they age, including surgeries, chronic conditions, reduced mobility, and more serious health concerns like Diggle's. Making the decision to connect with a personal trainer is an individual one that can be especially helpful for anyone intimidated by a gym environment, worried about

future injuries, or new to focused exercise routines.

A personal trainer will create a plan based on the individual's goals, help them meet them safely, and offer encouragement and support along the way, said Fostin, who also directs the New Bedford Wellness Initiative.

At Total Fitness, Fostin works primarily with adults over age 50, many of whom come in with specific

Continued on page 12

Hope for housing help at summit, despite no easy solutions

In a summit meant to find solutions to rising numbers of homeless people in the region, one of the most emotional moments came when a long-time, well-respected advocate stood up before the crowd of more than 100 and said she'd recently become homeless.

The declaration sent ripples of shock through the audience.

And she wasn't the only one. Asked who in the room had experienced homelessness, nearly a dozen professionals stood up.

The Bristol County Continuum Summit on Homelessness was held Nov. 22 at White's of Westport to help resolve the lack of housing available, bringing together federal, state and local officials, economists, housing experts, advocates and social service providers from agencies and organizations throughout



The White's of Westport event is full of people wanting to learn more about housing.

southeastern Massachusetts.

Most in attendance knew someone who needed housing and for many, the increasing inability to help those without homes had become personally painful.

The morning's first speaker, Michael Goodman, executive

director of Economic and Community Partnerships and professor of policy at the University of Massachusetts Dartmouth, laid out the long-standing issues behind the housing problem.

Goodman painted a complex

Continued on page 5

Social Security's FAQ page can answer your important questions

By Delia De Mello

Social Security Administration

There are many online resources about Social Security, but it is important that you visit our official website – SSA.gov – for the most accurate and up-to-date answers. You can find lots of information about our programs and services on our Frequently Asked Questions page at faq.ssa.gov.



Delia DeMello

We feature the most asked questions at the top of the page to include:

- How can I get help from Social Security?
- How much will the COLA amount be for 2025 and when will I receive it?
- What should I do if I receive a call from someone claiming to be a Social Security employee?
- How do I schedule, reschedule, or cancel an appointment?
- What happens if I work and

“You can find lots of information about our programs and services on our Frequently Asked Questions page at faq.ssa.gov.”

—Delia De Mello,
Social Security Administration

get Social Security retirement benefits?

You can also browse by topic, including:

- Disability.
- Supplemental Security Income.
- Retirement.
- Medicare.

Many of our FAQs are available in Spanish, as well, at www.ssa.gov/espanol.

Visit our publications library at www.ssa.gov/pubs for more detailed information on many important topics. Most publications are available in text, audio, downloadable formats, and in other languages.

Please share this information with your loved ones.

From the Editor

For this first issue of 2025, I dove into a question that I'd often wondered while watching my parents get older and less mobile.

How do we accommodate injuries, medical conditions, and mobility challenges while staying healthy and fit as we age? What needs to change in how we exercise, if anything?

My mom, for example, is much frailer now in her late 80s. Her exercise is mostly walking in the house and sometimes on the street she lives on, but she still sometimes pulls out her two-pound weights and carries them as she walks.

What I learned from professionals is that it's not about the age we are, whatever the number is, but about the modifications or accommodations that need to be made to support us and what exercises will help us achieve the life goals we have.

Through a conversation with a spirited local woman, I also learned that sometimes changes come in inches and not in feet. Over the past four years, this retired teacher has put

much of her life back together again through continued focus and work.

It hasn't been perfect.

She's taken time off – the month of February for example when travel to the gym gets difficult – and she is sometimes unmotivated. But working with a personal trainer, she gets tailored routines for her specific needs, a guide through the process, plus a lot of encouragement and celebration of the many small but meaningful achievements.

She may still use a walker and struggle with stairs, but she's also gotten her license back and learned to get her walker in and out of the car on her own and to navigate obstacles like stairs and heavy doors by herself.

And that has reopened the world to her.

Read more in Eileen's story on page one. Also in this issue, hear some of the frustrations of the many individuals looking to solve the housing crisis locally; learn about new library mobile services available, and what's coming up for educational opportunities.

I hope you all had a Happy New Year. Buckle up, it's going to be a busy year!

Connect with Beth 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

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In Memoriam

In memory of Doris "Kitty" Hebert. With love, Diane.
\$10
— Diane Freitas

In memory of Alfred E. Gauthier. Wishing you were here!
In memory of Laura and Bob Gregg. Missing you both.
In memory of Laura & Elmer Haskell. Missing you.
\$15
— Wife, Sister & Daughter, Florence Gauthier

For Prayers Answered

\$10
— Anonymous



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New Bedford delivers books to homebound residents

New Bedford residents who can no longer make the trip to their local library can still get the novels and movies they love through a mobile library service that brings the library to them.

The city's Mobile Library van, a new smaller version that can be driven by any library staff person, makes trips to homes for people who have difficulty getting to library branches on their own, whether from temporary illnesses or long-term mobility challenges.

"It's much easier to navigate city streets, and any member of the staff can drive it, whereas the larger vehicle required a driver with a Commercial Driver's License," said Library Director Olivia Melo in a city media release. "New Bedford is fortunate to have five library buildings across the city to meet the needs of residents, but we were lacking a way to bring library services to those who find themselves unable to get to a library branch."

Using the mobile library van, branch manager Ned Denby said they will bring the books people ask for to them, or if they aren't sure what they want, they'll bring a selection of books from the genres the person loves most.

"It's up to them," they said. "If they have a specific author or series they want, they can let me know."

If people share books they've enjoyed in the past, Denby will also



Above, the new smaller van has made the expanded service possible. And, (at right) Ned Denby will help find book and movie selections to meet the person's tastes.

use their best judgement to choose similar books for the individual. The library also has a selection of books on CDs, which work well for people who have vision difficulties, they said, as well as movies on DVDs.

Denby said the program started in January with regular visits to local housing and apartment complexes where older adults live. (See the biweekly schedule at right.) Jan. 1 falls in week one, although the schedule will begin on Thursday that week in recognition of the New Year's holiday, they said.

"At the regular stops I make at facilities like Tripp Towers, I bring in a cart of books in regular and

large print and, when possible, a small selection of DVDs or audiobooks on CD," they said via email. "I'm (also) able to deliver holds and pick up returns."

For new patrons, Denby said, "It's helpful if they have a library card already set up, but if not, I can plan for a longer first visit to get them registered."

The program is for New Bedford residents only. Book visits can be scheduled by using an online form at <https://forms.gle/SGp2iewRmt2rGUAp9>, by calling Denby at 508-979-1703, or emailing them at ndenby@sailsinc.org.

Books are kept for a month and returned with a second van visit.



Mobile Van Schedule

WEEK 1

Wednesdays:

Tripp Towers, 10-11 a.m.
Young House, 2-3 p.m.

Thursdays:

Whaler's Cove, 10:30-11:30 a.m.

Fridays:

Taber Mills, 10-11 a.m.

WEEK 2

Wednesdays:

Olympia Towers, 10-11 a.m.
Bedford Towers, 2-3 p.m.

Thursdays:

PACE Community Food Center, 10-11 a.m.
Melville Towers, 2-3 p.m.



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Updates

Mental fitness for older adults

Buzzards Bay Speech Therapy's free Brain Builders course is available to older adults via Zoom on Mondays from 10:30 to 11:30 a.m. and on Wednesdays from 7 to 8 p.m. Participants can join the class by phone or online or choose at-home programs delivered each week by mail or email. Classes are also scheduled at local senior centers. Currently, the Rochester COA is offering classes. The class is designed to improve memory, word-finding skills, thinking skills, and socialization. Brain Builders is led by Lisa Yauch-Cadden, MS CCC-SLP, Kari Star, MS CCC-SLP, and Lori Yauch, MA CCC-SLP. For information and to obtain the link to connect to the class, contact Lisa at 508-326-0353; lycslp@gmail.com; or @buzzards-bayspeech. Funded in part by Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs. Classes are for education and socialization and not intended to diagnose/treat any condition/problem.

Know your options as you age

Options Counseling is a free program that guides adults age 60 and older, families and caregivers, through resources that can help them remain in the community. To make a referral, call Coastline's Information and Referral Department at 508-999-6400.

Illustration classes at the Art Museum

Upcoming classes at the New Bedford Art Museum include two taught by artist and illustrator Isiah Botelho. Drawing with Colored Pencils begins Saturday, Jan. 4 with four total classes from 3-5 p.m. on the month's four consecutive Saturdays. Grab your colored pencils to learn some low-tech, high-impact techniques. The class is \$115 to participate or \$104 for museum members. The second class taught by Botelho is an ongoing monthly meeting on the third Friday of the month from 6-8 p.m. The next class is on Jan. 17. Join other sketchers at this informal monthly gathering. Each session will kick off with a prompt to inspire discussion and drawing, and participants will be able to share their work comfortably. Bring your sketchbook and preferred materials; some basic supplies will be available. No pressure, no judgment, no guilt, just community. Tickets are \$10. Both classes are at the Art Museum, 608 Pleasant St., New Bedford. Visit NewBedfordArt.org or call 508-961-3072 for details and to sign up.

Vicente's Market opens

A neighborhood supermarket opened in New Bedford in mid-December. Vicente's Supermarket is open seven days a week from 7 a.m. to 9 p.m. and is located at 452 Mt Pleasant St. The supermarket prides itself on carrying international foods and serving all local ethnicities. City officials were onsite on Dec. 13 for a ribbon cutting and official opening. During the brief ceremony, a store representative said the supermarket chain, which has stores in Brockton and Pawtucket, had wanted to come to New Bedford for a long time. "We can't wait to serve you guys," he said. "We're going to do everything...to make this store your store." Vicente's can be reached by calling 508-203-6350 or at <https://www.vicentessupermarket.com/>

Fuel assistance available in Tri-town

Coastline Elderly Services is providing fuel assistance to people age 60 or older in Marion, Mattapoisett and Rochester. The funds, up to \$300 per household, will pay for gas, electric, propane, wood, or other heating needs for elders who have difficulty with these purchases. Funding is from the George E. Curtis Charitable Trust. Income eligibility limits, based on pre-taxed monthly income, 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. Contact the Council on Aging in each town to complete a simple application. For Marion, call 508-748-3570; in Mattapoisett, 508-758-4110, and in Rochester, 508-763-8723.

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 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 Jan. 4, Zen Tangling; Jan. 18, Eating Disorders; Feb. 1, Scrapbook Cards; Feb. 15, What is Grief?; March 1, Painting Cardinals; March 15, What is Depression?; and, March 29, DIY Recipe Boxes. Meetings are held at the Fairhaven Senior Center, 229 Huttleston Ave. 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.

Local options for disposal of Christmas trees

The Greater New Bedford Refuse Management District has tips for New Bedford and Dartmouth residents for disposing of their real Christmas trees after the holidays. Real Christmas trees are chipped and used as beneficial cover at the Crapo Hill Landfill.

For New Bedford residents: Capitol Waste Services will pick up real Christmas trees from Jan. 13-17 at residents' curbs. Trees must be placed there by 7 a.m. the weekday after trash and recycling collection. For example, if your trash/recycling day is Monday, Christmas trees will only be collected along your route on Tuesday, Jan. 14. If your trash day is Friday, Christmas trees will be collected along your route on Monday, Jan. 13. Please remove all ornaments, stands, lights, and tinsel. Do not place trees in plastic bags. Property owners may be issued a violation notice if trees are placed at the curb any other time or without decorations removed. Starting on Dec. 26, Christmas trees can be brought to the following locations: East Rodney French Blvd., beach parking lot, between Hudson Street and Seymour Street, ends Jan. 11; Brooklawn Community Center, 1997 Acushnet Ave., large parking lot behind Community Center, ends Jan. 11; and, Recycling Center, 1103 Shawmut Ave., open Monday, Wednesday, Friday, noon to 5 p.m. and Saturday, 7:30 a.m. to 3 p.m.

For Dartmouth residents: SMART program participants can have their real Christmas trees scheduled to be picked up on the same day as their solid waste (in a separate truck) during the weeks of Jan. 6 and Jan. 13. Collection begins at 7 a.m. Please remove all ornaments, stands, lights, and tinsel. Do not place trees in plastic bags. Dartmouth residents may also drop off real Christmas trees at the brush area located at the Department of Public Works/Water Pollution Control Facility, 759 Russells Mills Road, Dartmouth on Monday, Tuesday, Thursday, and Friday between 7:30 a.m. and 3:15 p.m. and Saturday, Jan. 11 or Feb. 8 from 7:30 a.m. to 2:45 p.m. A permit is required. Holiday hours may be in effect for the New Year holiday.



Coastline celebrates its many volunteers

Volunteers from Coastline Elderly Services Money Management Program, Nursing Home Ombudsmen and Evidence-based Community Programs celebrated the holidays together in December at the aging services organization's New Bedford location.



Community

New Bedford launches curbside pickup through new partnership

Massachusetts-based company will also pickup in other South Coast towns

New Bedford residents will be able to donate unwanted clothing and other small household items right from their home through a new curbside donation program that launches this month. The city announced its new partnership with CMRK Inc. in December.

Under the partnership, CMRK Inc will accept gently used clothing and small household items to be reused, repurposed or upcycled. Items must be boxed or bagged and labeled with CMRK – as you would if you were moving – and set outside the home for pick-up.

New Bedford pickups will be offered by CMRK monthly on specific dates with the first two scheduled for Jan. 3 and Jan. 31.

“We are excited to help New Bedford residents give their clothing, sheets, towels, shoes, and other accepted items a new life. Donating clothing helps the environment, helps save taxpayers money and helps support the work of Big Brother Big Sister mentoring agencies. We look forward to having a great mutually beneficial partnership for years to come,” said Jennifer

Vieira, Director of Facilities & Fleet Management.

CMRK Inc. will pick up the following items:

In a bag: Clothing (all types, sizes, and styles), blankets, towels, curtains, tablecloths, all paired shoes and sneakers, accessories (e.g., purses, backpacks, belts, jewelry, hats, gloves, socks) and more. No wet or moldy items. Make sure bags are clearly labeled with CMRK.

In a box: Kitchen accessories (e.g., pots, pans, dishes, glasses), small working appliances (e.g., coffee maker and small toaster oven) and small décor items (e.g., vases, knick-knacks, picture frames, and paintings.) Also, small musical instruments, books, toys, puzzles, and DVDs. Please wrap glassware to keep the items protected. No broken items. Make sure boxes are closed and clearly labeled with CMRK.

Bicycles are accepted - tape sign with CMRK on bike and place bike by front door or curbside.

The Greater New Bedford Regional Refuse Management District was also enthusiastic

“Donating clothing helps the environment, helps save taxpayers money and helps support the work of Big Brother Big Sister mentoring agencies.”

—Jennifer Vieira,
Director, Facilities & Fleet Management

about the program and the alternative to landfills it offers.

“Clothing, footwear, bedding, curtains, fabric, and similar items are banned from going in the trash by the Massachusetts Department of Environmental Protection because there are plenty of opportunities to reuse or repurpose these materials instead of throwing them away,” said Anthony Novelli, district executive director. “We appreciate this new partnership that helps keep usable clothing and household goods out of the Crapo Hill landfill, which is a valuable asset to our community and should be reserved for materials with no better alternatives.”

A company spokesman said CMRK works to make the process as friendly for older adults as possible. Those who are not

To schedule a pick-up

- Use an online form at www.cmrkne.co; or,
- Call (508) 466-4590.

For questions about what can be donated, email dispatch@cmrkne.com or call (508) 466-4590.

online are encouraged to call the company at (508) 466-4590. Drivers are not permitted to enter a home, garage, or enclosed porch, so items must be left outside the home, packaged and labeled well.

There are certain items like furniture, televisions and mattresses that will not be picked up, the spokesman said.

Although this program is for New Bedford residents only, the company schedules pickups throughout the state. Residents of South Coast towns can go to the website at www.cmrkne.com to schedule a pick-up using an online form or call (508) 466-4590.

For questions about what to donate, please email dispatch@cmrkne.com or call (508) 466-4590.

Homeless Summit continued...

picture of the region’s current aging housing stock, rising costs, and how housing production has not kept pace with need over several decades.

The pace of housing development is changing, he said, but not fast enough to keep up with population growth, even as that growth has slowed.

“I do want to acknowledge that in recent years, particularly in our two cities (of Fall River and New Bedford) that the trend has started to reverse and we’re starting to see more development, greater attention to the problem and some more production in the pipeline,” Goodman said. “But I think we’ve got a whole lot more work to do in order to balance the housing market in our region.”

When production does not keep up with demand, Goodman added, then competition for existing units grows and prices rise.

“And this is precisely what we’ve seen in Massachusetts and in southeastern Massachusetts and on the South Coast,” he said.

“Part of the challenge here isn’t just the prices,” Goodman continued. “When people say the rent is too damn high, I say yes, that’s exactly right. But the incomes are also too low here for as long as we’ve been measuring that.”

Goodman described some of the problems behind creating new housing including the subsidies

needed to make up the gap between the costs of development and the rents that lower regional income levels allow.

“We need to do everything that we can do to catch up as quickly as possible if we’re determined to address the underlying causes of the problems that bring us together in this room here today,” he said.

Attendees also heard from federal, state and local housing officials about the programs that currently exist to support those without homes and new programs being developed.

The summit was the effort of the Bristol County Continuum of Care which was created through the 2024 merger of the New Bedford Homelessness Providers Network and the Greater Bristol County Attleboro Taunton Coalition to End Homelessness or “GBCATCH.”

The BCCC meets regularly to address pressing issues around the complexity of homelessness and works toward ensuring every individual and every family has access to appropriate, sustainable safe, decent and affordable housing, according to its website description.

At the event, longtime homelessness advocate and member of Rise Up for Homes, Leslie Poulin, was recognized with the first Rise Up for Homes Community Service Award for extraordinary ongoing commitment and service to helping



Homelessness advocates, Carl Alves and Rev. David Lima (l-r) and Robin Muise (far right), present Leslie Poulin with the first Rise Up for Homes Community Service Award.

“I think we’ve got a whole lot more work to do in order to balance the housing market in our region.”

—Michael Goodman
Executive Director of Economic and Community Partnerships

people experiencing homelessness in the region.

The award was named for the late Peter Muise, who was a committed advocate to ending homelessness

in his role as CEO of First Citizen’s Federal Credit Union. It was presented to Poulin by Muise’s widow, Robin Muise, and announced by Rev. David Lima.

“From Rise Up For Homes conception to its implementation, Leslie has been the support, the convener, the scheduler and the planner that made it all happen,” Lima said about Poulin. “A true compassionate leader, caring about the unhoused, she worked with Peter Muise and has been a close family friend, giving this award extra special meaning.”

REAL ID needed by May 7 to fly domestically in U.S.

After many extensions, the final deadline for obtaining a REAL ID compliant driver's license or identification card has been set and is now less than six months away.

As of May 7, all U.S. air travelers, age 18 and older, will need a REAL ID (or other Transportation Security Administration acceptable identification) to travel by air

domestically or enter certain federal facilities.

The new driver's license or identification card is identified by a gold star in the upper right corner of the card.

Getting the new identification involves a trip to the Registry of Motor Vehicles or to the RMV website with the necessary

documents. Most customers need to show just four documents, according to the state, proving lawful presence in the United States, their SSN, and residency in Massachusetts. Customers who have changed their name need to show additional proof documents such as a marriage certificate issued from a municipi-

pality; divorce decree; or court document.

For information on the documents required, visit the state website at mass.gov/real-id.

The New Bedford RMV is located in the New Bedford Business Park at 212 Theodore H. Rice Blvd and can be reached at 1-857-368-8000.

La REAL ID será necesaria a partir del 7 de mayo para volar en los EE.UU.

Después de muchas prórrogas, la fecha límite para obtener una licencia de conducir o tarjeta de identificación compatible con la REAL ID se ha fijado y ahora faltan menos de seis meses.

A partir del 7 de mayo, todos los pasajeros aéreos, mayores de 18 años necesitarán una REAL ID (u otra identificación aceptable de la Administración de Seguridad en el Transporte) para

realizar viajes aéreos nacionales o para ingresar a ciertas instalaciones federales.

La nueva licencia de conducir o tarjeta de identificación se identifica con una estrella dorada en la esquina superior derecha de la tarjeta.

Obtener la nueva identificación implica una ida al Registro de Vehículos Motorizados (RMV por su sigla en inglés) o a la página

de internet del RMV con los documentos necesarios. La mayoría de los clientes deben presentar solo cuatro documentos, de acuerdo con el estado, que compruebe la presencia legal en los Estados Unidos, su SSN (número de seguro social), y la residencia en Massachusetts. Los clientes que han cambiado de nombre deben presentar constancia de documentos adicionales como un

acta de matrimonio expedido por un municipio; una sentencia de divorcio; o documento de la corte.

Para obtener información sobre los documentos necesarios, visite la página web del estado en mass.gov/real-id.

El RMV de New Bedford está localizado en el New Bedford Business Park en 212 Theodore H. Rice Blvd y puede comunicarse llamando al 1-857-368-8000.

O REAL ID necessário até 7 de Maio para voar nos EUA.

Depois de muitas prorrogações, o prazo final para a obtenção de uma carta de condução ou de um cartão de identidade compatível com o REAL ID foi definido e faltam agora menos de seis meses.

A partir de 7 de Maio, todos os viajantes aéreos dos EUA, com 18 anos ou mais, necessitarão de um REAL ID (ou outra identificação aceitável da Administração de Segurança dos Transportes) para

viajar de avião no país ou entrar em determinadas instalações federais.

A nova carta de condução ou cartão de identidade é identificada por uma estrela dourada no canto superior direito do cartão.

A obtenção da nova identificação implica uma deslocação ao Registo Nacional de Veículos Automotores ou ao site da RNVA com os documentos necessários.

A maioria dos clientes precisa de apresentar apenas quatro documentos, conforme o estado, comprovando a presença legal nos Estados Unidos, o seu Número de Segurança Social e a residência em Massachusetts. Os clientes que mudaram de nome deverão apresentar documentos comprovativos adicionais, como por exemplo, certidão de casamento emitida por município; sentença de

divórcio; ou documento judicial.

Para obter informações sobre os documentos necessários, visite o site do estado em mass.gov/real-id.

O New Bedford RMV está localizado no New Bedford Business Park, em 212 Theodore H. Rice Blvd e pode ser contactado pelo telefone 1-857-368-8000.

Translations provided by:

 Southcoast Health

City cuts ribbon on 28 new apartments

Mayor Jon Mitchell was joined by Richard Lafrance, members of the Lafrance family, and state and local officials on Dec. 10 to celebrate the opening of the Eighteen & Union housing development.

Developed by Lafrance Hospitality, Eighteen & Union involved the complete renovation of vacant and underutilized properties on Commercial Street into 28 new apartments in one of the most-visible locations in historic Downtown New Bedford, the corner of Union Street and JFK Boulevard/Route 18.

Funding for the project comes from a mix of public and private sources, including a total of \$2.85 million from New Bedford's Housing Expansion Initiative and Vacant or Abandoned Property Rehabilitation Program, which are funded through the American Rescue Plan Act.

Other funding includes state and federal tax credits, and private investments from Lafrance Hospitality and BayCoast Bank.

"Eighteen & Union is the latest example of the city successfully utilizing federal funds and other tools to spur the transformation of underutilized and vacant buildings into new housing units," Mayor Jon Mitchell said. "This building will serve as the front porch of the Downtown, greeting residents and visitors crossing over from the

waterfront."

The development includes the revitalization of 13-19 Commercial St., a wood-frame building previously owned by Beckman Marine Supply that is one of the oldest buildings in the historic district, and the granite building located at 21-35 Commercial St., which was the home of Beckman Marine Supply until 2021. The wood and granite were restored during construction to preserve the historic aesthetic of the district.

Also included in the project is The National Club building on the corner of Union and Front streets. The historic fishermen's bar, which has sat vacant for more than a decade, is in the middle of a transformation into an upscale Mexican restaurant that is set to open in the spring.

Eighteen & Union is one of several new downtown housing projects in various stages of development, including:

- A five-story mixed commercial/residential building nearing completion at 117 Union St.;
- Lafrance Hospitality's \$8 million rehabilitation at 89 N. Water St. into Elmwater Landing Apartments;
- The five-story 10th@8th Apartments building at the former RMV site at 278 Union St.; and,
- A new commercial/residential building at the former Keystone Building at 193-197 Union St.

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.

Coastline technology classes come with a free device

Technology classes at Coastline Elderly Services continue to expand with the latest offering including a free tablet – if participants complete all of the five sessions.

The aging services organization launched an ongoing effort to help older adults connect through technology in 2022 and has been growing its programs ever since.

In December, Coastline’s latest class took a bold new step with the addition of the free tablets. Participants worked with instructor Kraig Perry for five sessions to learn to connect virtually, access online resources and share photos and more with family and friends.

In feedback on the last day of class, participants were enthusiastic about what they’d learned, offering these comments:

- “Instructor Kraig Perry was not only an excellent knowledgeable instructor, but he also interjected humor often.”
- “His gentle and nurturing approach addressed the needs of every classmate.”
- “Kraig is an excellent teacher, very patient - he is great for beginners.”
- “I feel the class needs to be longer - want more.”

Asked about what’s next, Coastline Planning Assistant Dionne Gomes said via email that, in response to increasing demand, a new course launches this month. The latest class will focus on iPad training with participants receiving a free iPad upon course completion.

The program consists of two sessions, each running from 9 a.m. to noon. The first session begins Tuesday, Jan. 7, while the second session starts Tuesday, Jan. 21. The five classes will be held at Coastline on Tuesday, Wednesday, and Thursday the first week and Tuesday and Wednesday the following week.

Participants will learn to navigate the device, connect to and browse the internet, message



others, and take photos.

To participate, individuals must meet specific criteria including:

- No access to a personal device at home, but have Wi-Fi connectivity;
- Can fully commit to attending and completing the training; and,
- Are willing to provide consent for photographs.


To sign up, call Gomes at 508-742-9160.

There’s still more to come, Coastline says. “We have expanded both our locations and course offerings, including topics such as What is Artificial Intelligence?, Apps for Health: Featuring MyChart, and How to Comfortably Use Zoom, among many others,” Gomes said.

For more details, follow Coastline’s Facebook page at Facebook.com/CoastlineNB; connect with your local Council on Aging; or look for upcoming news in Senior Scope.



Top, graduates of the first tablet class display their certificates and devices during their last class together. Above, participants get their first look at their new devices as instructor Kraig Perry hands them out on day one.



Instructor:
Kraig Perry

January 2025

"Master the Skills, Take Home the Tools: Earn an iPad After the Course!"

Older adults seeking to develop digital literacy skills are welcome to register

Classes held at Coastline
863 Bellville Ave. New Bedford, MA 02745

5-Day Class Session: 9AM - 12 PM *Must attend all five days*

Featuring: Overview of the iPad
Device navigation, internet connectivity, WiFi, messaging, photography, and web browsing
—designed with ample hours of practice to ensure it is ideal for beginners.

First Session
Tues. Jan. 7, Wed., Jan. 8, & Thurs., Jan. 9,
Tues. Jan. 14 & Wed., Jan 15
6 participants max
Make up class will be - Thursday, January 16, 2025

Second Session
Tues. Jan. 21, Wed., Jan. 22, & Thurs., Jan. 23,
Tues. Jan. 28 & Wed., Jan 29
6 participants max
Make up class will be - Thursday, January 30, 2025

Classes and iPads are Free
- made possible through funding provided by the MA Broadband Institute’s Digital Equity Partnerships grant.

For more information, or to register, call
Dionne Gomes 508-742-9160



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Estate Planning for the LGBTQ+ Community

By Atty. Rebecca S. Spinner
Surprenant & Beneski

In 2015, the United States Supreme Court issued a decision in the landmark case, Obergefell v. Hodges, legalizing same-sex marriage in all 50 states. In the estate planning world, this means that LGBTQ+ couples that marry can now take advantage of all of the planning options offered to married people. However, for couples who may have had been married before the 2015 federal law was passed, their estate plans need to be carefully reviewed to make sure that they are taking full advantage of federal and state estate, gift, and income tax planning. For example, same sex couples are now entitled to the unlimited marital exemption for federal estate and gift taxes.

Another important point is that prior to the 2015 ruling, many LGBTQ+ people may have entered into domestic partnerships with previous partners in states where gay marriage was not recognized. Unfortunately, as with traditional straight couples, some of those unions broke up... and they did nothing about formalizing the dissolved union. What those couples may not know, is that many states automatically recognized those domestic partnerships as marriages once the federal law went into effect. So, even if they went their separate ways, that domestic partnership (now in some states marriage) is still very much legal and binding. In order to resolve this, a couple must first make sure that all prior relationships, domestic partnerships, civil unions, and other legal arrangements, are no longer valid. Because if they don't, their previous partner could file claims against their estate, should anything happen. As an estate planning firm, our goal is to make sure that your estate is protected. This may require some time and effort. We also recommend that any beneficiary designations on individually owned accounts (insurance policies, IRAs, 401Ks, etc.) should be double checked to make sure that they are current and up to date. No one wants an ex-spouse to receive an accidental inheritance because of a preventable oversight!

LGBTQ+ couples and individuals are no different from anyone else, in that they will need the basic, foundational Estate Planning documents that everyone needs! These are as follows:

- Last Will and Testament
 - Durable Power of Attorney
 - Advance Directive
 - Health Care Proxy
 - HIPAA Release
- What makes Estate Planning unique

for the LGBTQ+ community is when there are children involved. Sometimes LGBTQ+ families are blended families, melding biological children and stepchildren together. The unique part is when an LGBTQ+ couple are married and have a child together, and only one parent is the biological parent. In many states, the non-biological parent would have to adopt the child in order to be considered a legal parent. This is often referred to as "second parent adoption". Even in states that do recognize both parents as legal parents, it can often be a good idea to pursue a second parent adoption to guarantee that the non-biological parent will still be considered a parent no matter where the family goes. Sometimes families move out of state to find that they are not recognized as a legal parent in their new home. This is why second parent adoption is often a smart idea. If that step is not taken, in case of a sudden death, the non-biological parent could potentially face a custody battle with their partner's family. And if a family is unsupportive of your union, you may be at higher risk of other potential family battles down the line. Second parent adoption also ensures that the child will be considered your legal heir for Estate Planning purposes. If you choose not to pursue second parent adoption, there are still ways to ensure that your child is included in the event of your death. By having the appropriate Estate Planning documents in place, such as a Last Will and Testament or a Trust, you can be certain that your child, whether adopted or not, will receive whatever you'd like them to after your passing.

As with any other couple, Estate Planning documents can provide you with protection in the event of incapacity, they can minimize Estate Taxes, provide creditor protection for your beneficiaries, protect assets from the cost of long term care, protect disabled beneficiaries and so much more!

If you do not yet have an estate plan in place, or if it's been a while since you've had your plan reviewed, I highly encourage you to reach out to an Estate Planning attorney to get started. Preparing in advance can provide you with the peace of mind that during your incapacity, or after your death, your wishes will be adhered to.

This article is for illustration purposes only and does not constitute legal advice. There is no attorney/client relationship created by this article. DO NOT make decisions based upon information in this handout. Every family is unique and legal advice can only be given after an individual consultation with an elder law attorney.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- Which of the following is one of Santa's reindeers?
A.) Comet B.) Lancer C.) Blixem D.) Donny
- What is Jack Frost doing in the Christmas song?
A.) Melting at your toes B.) Nipping at your nose
C.) Showing how it grows D.) Stealing Santa's clothes
- The 25th of December was originally a Roman holiday to what god?
A.) Zeus B.) Poseidon C.) The Sun D.) Kringle
- In the '12 Days of Christmas' what does my true love give me on the 9th day?
A.) Swans a-swimming B.) Play Station 5
C.) Lords a-leaping D.) Ladies dancing
- When is Christmas celebrated in Russia?
A.) Dec. 24th B.) January 1st C.) January 7th D.) January 9th
- Which was one of the wise men?
A.) Balthazar B.) Ezequiel C.) Malachi D.) Abraham
- Children in what country refer to Santa Claus as "Babbo Natale"?
A.) France B.) Italy C.) Spain D.) India
- In what country did the tradition of putting up a Christmas tree begin?
A.) Germany B.) England C.) Canada D.) United States
- Which of the following is NOT a name for December 26th?
A.) Boxer Day B.) St. Stephan Day
C.) Little Christmas D.) Filipino non-working day
- Donald Trump appeared in which Home Alone movie?
A.) Home Alone B.) Home Alone 2
C.) Home Alone3 D.) Home Alone 4

[Answers listed on page 11]

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Finding vintage treasures

The co-founder and former owner of Nostalgia Antiques & Collectibles in Providence was in Marion on Nov. 8, helping older adults build their skills in finding vintage fashion in New England.

Karen Antonowicz showed off the treasures she's found at vintage and thrift shops, estate sales, and secondhand stores like the Salvation Army, Goodwill, and Savers in the Council on Aging program. She also explained how she mixes vintage and modern pieces to create unique fashion looks.

Buying gently used fashion pieces

is sustainable for the environment, fun, and good for the wallet as well, Antonowicz said. The vintage styles are so well made, they're meant to last, she added.

"It's more interesting and it will last a lot longer than anything you buy at the dollar store," she said. "You just never know until you put it on."

Attendees oohed and aahed over the many vintage pieces and recommended Marion's own local vintage hotspot - Parting Ways Consignment Shop at 3 Wells Road in town.



Top left, Karen Antonowicz brought a clothing rack filled with vintage pieces as well as handbags, shoes and other pieces with her to the program. Above top, participants loved this pink paisley Mandarin-style jacket. Above, Antonowicz shows off other impressive finds on the screen.



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 ½ South Main St., Acushnet, MA 02743.

Adult Storyteller: With John Porcino, Jan. 22 at 12:30 p.m. Registration required. Performing 'A Heck of a Way to Stay Warm,' a mostly humorous look at the long, cold winter and how to find joy in the middle of it.

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: Jan. 7.

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

Tai-Yo-Ba: With Cameron. Mondays, 10:30 a.m. \$1. Gentle movements inspired by elements of tai chi, yoga and physical therapy. Can be done seated or standing up.

Hey Moxie Caregiver Connection: By Moxie Mobility Training. First Monday of the Month at 12:30 p.m. or virtually on Facebook Live at Moxie Mobility Training LLC. Solutions and guidance for caregivers and their loved ones. Education, training and info. on community resources to help you find strategies to overcome the struggles and obstacles in caregiving. Free.

Community Nurse: Hosting a Blood Pressure/ Wellness Clinic Wednesday Jan. 15 from noon to 2 p.m.

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.

Thrive Dartmouth: Jan. 2, 5-6:30 p.m., "You are in Good Hands. Explore the anatomy and function of your hands" with Lynee A. Charbonneau, COTA. Learn a hand-centric creative project with Christine Cummings, Artist/ Expressive Arts certified. Pre-registration is required. And, Jan. 11 10-11:30 a.m., "New Year New Resolve: Life balance workshop to pause, reflect and clarify intentions for the New Year" with Vanessa MacDonald Anderson. Both are free and at the Dartmouth COA. Call 508-999-4717 to register.

Home Modification Loan Program: Jan. 23 at 1 p.m. The HMLP is a state-funded, lending program that provides loans to homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their homes. Pre-registration is required.

Learn Watercolours: Jan. 24 and Feb. 7 from 1-2:30 p.m. Step by step process to guide you, supplies included. Class 1 "Winter Landscapes." Class 2 "Small Birds." \$10 for each class. Pre-registration is required.

"Scenes of Winter" with Mass Audubon: Jan. 27 at 1 p.m. Uncover the seasonal dynamics of nature in winter. Learn ideas and resources for observing, appreciating and supporting wildlife near home. Pre-registration is required. Free.

Movie Tuesday: "Free State of Jones" with Matthew McConaughey. Based on the true story of Newton Knight, who declared his southern county part of the Union during the Civil War. Pre-registration required. Free.

COA "Cash" and Gift Certificates: A great gift idea! Can be used to pay for any class, activity or event at the Center. For more information, contact Angela at the Center.

Parkinson's Support Group: Second Thursday of the month from 1-2:30 p.m. This group is designed for people with Parkinson's and their caregivers. Contact Donna Valente at 617-899-1892 or davalente@comcast.net

Elder Law Consultations: Free Elder Law Consultations with Atty Brandon Walecka on the second Thursday of the month from 10-11 a.m. Call the Center for an appointment.

Dental Clinic: With Public Health Dental Hygienist. For more information and to schedule an appointment, call Teresa at 508-287-6725.

Senior Supper Club: First Tuesday of the month, 4-6 p.m. Dinner, dessert and raffle. Reservations required; begins the 13th of previous month for Dartmouth residents and the 20th for non-residents. Cost is \$5.

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

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.

Qigong with Christina: Wednesdays 2:15-3:15 p.m. Practice can be done seated or standing. Class combines gentle movements, deep breathing and meditation. Walk-ins welcome. Free.

Restorative Yoga with Lynda: Thursdays at 10:30 a.m. Class is designed to help you stretch and relax. Guided poses will allow you to deepen your practice and reset. Practice is performed on the floor. Cost is \$5. Limited to 8. Pre-registration required.

Book Club: Second Monday at 1 p.m. Book pick for January is "Angels Walking" by Karen Kingsbury. Walk-ins welcome.

Line Dancing: With Christina, Fridays 1-2 p.m. Cost is \$3. Walk-ins welcome.

Fairhaven COA

For information on programs and activities, see Fairhaven Council on Aging Community Newsletter at <https://www.fairhaven-ma.gov/council-aging/pages/calendars-menus-and-newsletters>. For more information, call the COA at 508-979-4029; located at 229 Huttleston Ave., Fairhaven. Open 7:30 a.m.-3:30 p.m. and until 8 p.m. on Wednesdays.

Cribbage: Mondays 10 a.m. to noon.

Tech Cafe: Every Thursday 3-4 p.m. (See FCOA newsletter for any changes.)

Single Senior Supper Club: Third Tuesday of month, 2:30-4:30 p.m. Must sign up at the front desk or call a week before. Now \$5 due to meals increase from provider.

Zumba: Mondays 10-11 a.m., \$6.

Tai Chi: Mondays 11am-12pm with Joe Rebelo. \$30 for 8 weeks.

Mall Trips: Jan. 8, Twin River Casino; Jan. 15, Hyannis Mall, Trader Joes & Whole Foods; Jan. 22, Providence Place Mall; Jan. 29, South Shore Plaza. Trips are \$6. Please bring exact change. Must call to sign up.

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

Chair Yoga with Bet: 10:15-11:15 a.m. \$3. Wednesdays

Chair Yoga with Diana: 9:30-10:30 a.m. \$3. Fridays.

Memory Cafe: Jan. 23 at 11:30 a.m. Memory Cafe is a gathering that individuals with early to moderate Alzheimers or other memory loss and their care partner, family or friends can attend. Join us for lunch and entertainment!!

Monday Movie Matinee: 12:15 p.m. Jan. 6 movie is 'The Blue Angels,' Jan. 13 movie is 'Rustin,' and Jan. 27 movie is 'NYAD.' Call to sign up.

Moxie Motion: 2nd and last Wednesday of the month at 1 p.m. Next sessions are Jan. 8 & 29. Free. Build strength and endurance safely through crucial fundamental movements that also enhance balance. Engage in exercise at your own pace, supported by the group.

Alzheimer's Association Caregiver Support: Jan. 2, 1-2 p.m.

Marion COA

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

Busted Canvas Art Project: Thursday, Jan. 9, 11 a.m.-1 p.m. Join us for this creative and fun activity. Transform two plain canvases into your own masterpiece with this 8 x 10 busted canvas project. You will learn how to turn a printed page into a unique work of art. Experiment with paints, textures and techniques to make your canvas come to life. Cost of the project is \$20 and covers instruction and materials. Call 508-748-3570. Don't miss this chance to unleash your inner artist and have some fun!

LGBTQ+ Supper Club: Meets Jan. 8 from 5-7 p.m. at the Marion COA. Join us for food, drink & great conversation! Call 508-748-3570 so we know to expect you.

Continued on Page 11

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How to Become a Better Sleeper: Jan. 13, 1 p.m. Dr. Joshua Fischer, MD, a graduate of Brown University and Board-Certified Internist will give some guidance on how to get a better night's sleep. He will cover such topics as: How much sleep do you really need?, What defines a good night of sleep? Why sleeping pills are not the answer to your sleep difficulties. How to improve the odds that you will get a good night of sleep using natural techniques. Why you wake up in the middle of the night and what to do about it. Bring your questions and concerns.

Senior Medicare Patrol: Jan. 16 1 p.m. Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud annually? Join a representative of the Massachusetts Senior Medicare Patrol Program and participate in a discussion on how Medicare beneficiaries are instrumental in preventing, detecting and reporting Medicare fraud. This workshop provides you with the tools to become more informed and engaged as a health care consumer.

The Dangers of Distracted Driving: Jan. 17, 1 p.m. St. Luke's Trauma Center will be educating us on the three main types of distractions. How many injuries occur every day due to distracted driving. And how often, on average, drivers are distracted while driving and how to limit distractions. Learn what you can do to keep yourself and others safe on the road and behind the wheel.

Cooking Demonstration: Jan. 21, noon. Join us for a lunchtime cooking demonstration with Barbara Canuel, Registered Dietitian from Community Nurse Home Care. Learn some new tips and tricks while preparing quick, nutritious and delicious meals. Call 508-748-3570 to reserve your spot.

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.

Titanic, Artifacts Exhibit: A limited engagement in Boston showcases an interactive tour featuring incredible re-creations, including the grand staircase. Follow a chronological journey through life on the Titanic. Real stories. Real people. Real artifacts. Thurs., Jan. 9. Following the museum, the van will stop for lunch at a restaurant TBD in the Quincy area. \$38 total.

Black Salt Bistro: Swansea. Enjoy lunch with others on a winter afternoon. The Phantom Gourmet notes: "Sometimes a restaurant comes along that does things a bit different than everywhere else in town. And in the South Coast community ..that place is Black Salt." According to Black Salt's website: "We refuse to compromise on quality in our restaurant. That's why we source our fresh ingredients from local farmers' markets. No matter what time of year, you can be sure you're eating the best of the season." Jan. 30. \$5 van.

Manicures: Free. Offered by Old Colony High School Cosmetology students. Appointments available between 9:30-11 a.m. Jan. 30. Sign-Up at COA.

Veterans Breakfast: Jan. 23, 8 a.m. Free. Mattapoissett residents who served in the Armed Forces, and their spouse or significant other, are invited to a full breakfast to start the new year together. Meet with Veterans Agent, Chris Gerrier and members of the COA Board of Directors. Join us for food and conversation. Registration required.

New in 2025, Bingo: Tuesdays, Cards sold from 12:30-12:55 p.m. Game starts 1 p.m. \$1 per card. Limit three cards. No sign up needed! Come early enough to park, get your cards and a seat. Number of games played will depend on the number of players & cards purchased.

Art for your Mind: Feb. 5 at 12:30 p.m. Free. The featured topic, 'Massachusetts' Art Revealed.' Enjoy a selection of images from the Pilgrims to modern skylines. See how Massachusetts' famous people, events, architecture, landforms and industries come to life in surprising and interesting ways— through a variety of art styles. 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 Jan. 15; Feb. 12. Free. 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 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.

Beginner's Spanish: Mondays, 9:00-10:00 a.m.

Tai-Yo-Ba: Wednesdays, 8:30-9:1 a.m. with Cameron Bergeron.

Tai Chi: Fridays, 10:00-11:00 a.m. with Joe Rebelo.

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.](https://facebook.com/Rochester,Mass)

Brain Builders: Returns on Jan. 9 and 23. Classes are from 12:30-1:30 p.m.

Trips: On hiatus in January and February. Will resume in March. Call 508-763-8723 or visit the front desk for more information.

Caregiver Support: Are you the caregiver for someone with Alzheimer's? We have a support group here at the COA with a trained professional and our outreach personnel. The support group meets on the first and third Tuesdays of the month at 10 a.m. in our conference room. Please stop by as you will find it extremely helpful. This month's meetings are on Jan. 7 and 21.

State legislative issues: Maureen Estes Flanagan, legislative aide for Senator Michael Rodrigues, will be at the COA on Jan. 22 from 8-9 a.m. Please come and visit her with any of your questions on Massachusetts/state issues.

TRIAD Mock Trial: New Event! Coming in February 2025, we will have a Mock Trial here at the COA. Would you like to be a participant? There will be speaking and non-speaking parts or just sit in the audience (jury). If so, you will need to contact Carol at 508-763-8723. Those with specific parts will need to join us on Feb. 5th after the Triad meeting to review the script and learn the format. DA Cruz and the Plymouth County DA's office will be involved along with the Rochester Police Department. The Mock Trial will take place on Feb. 6th at 11a.m. at the COA.

Car Show and Sock Hop: Will be held monthly on the 4th Thursday from May to September. DJ Johnny Angel will coordinate this with his car show members at their January meeting.

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.

January 2025 Trivia Quiz Answers

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

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Community

Documenting the lasting impact of French-Canadians in New Bedford

For anyone seeking to learn about the impact of French-Canadian immigrants on New Bedford and the region over the past few centuries, Spinner Publication's latest historical book, "The French of New Bedford," is a comprehensive and well-researched place to begin.

Author Alfred H. Saulniers researched and wrote, "The French of New Bedford: The Early Years" using an impressive number of details he researched about the lives of French-Canadians, Belgians and others of French heritage who came to the city seeking work or new lives.

The book, which includes a generous number of historic photos, follows the French community's arrival, growth, and eventual decline in the city, showing the lasting impact these communities had on the region's culture.

About 60 people came out to St. Anthony of Padua Church in December to learn more and hear from the author at an official book-signing. Several brought the hefty tome with them, eager to get it signed by the author, while others purchased it at the event.

In his talk, Saulniers described the resources that became available recently, especially online databases, that allowed him to paint such a detailed picture of French communities in the region. The 2018 World War I Armistice anniversary celebration, in particular, led



Alfred Saulnier (above standing and at right) speaks about his book, "The French of New Bedford," at St. Anthony of Padua Church in the North End of New Bedford.

governments in France and Canada to digitize information and make it accessible about those who served in the war, he said.

At the Dec. 14 event, Saulniers read an excerpt from one of the more traumatic events to impact the French-Canadian community in the early 20th century when "the clerestory wall of the north transept (of St. Anthony of Padua Church) collapsed" "suddenly and without warning" during construction.

This Romanesque-style church with its ornate interior was built to serve the French-Canadians in the city's North

End. But on that day, seven workers, five of whom were French-Canadians, were crushed by the collapsing wall. Two French-Canadian men died from their injuries.

Much of the book follows French communities as they adjust to the city and begin to influence it through the work and professions they chose. In his research, Saulniers found these emigrants did much more than work in the textile mills – considered the principal reason for their arrival in the region – and instead filled a variety of positions including serving as whalers in the city's thriving whaling



industry. They were lawyers, priests, barbershop and beauty salon owners, builders, nurses, pharmacists, and more.

For Saulnier, the book was clearly a labor of love. Born and raised in Acushnet as a native French speaker, he earned a Ph.D in economics from the University of Wisconsin at Madison. After an extensive international career, he returned to New Bedford in 2000, serving as the lead writer for Spinner's two volumes of the Picture History of New Bedford.

The French of New Bedford will be available for sale at special events in the area, and also through spinnerpub.com and other online retail outlets.

Personal Trainer continued...

health concerns and needs.

"I am the patient trainer in the gym," she said. "So my clients range from folks that have had multiple hip surgeries, knee replacements, back surgeries, Parkinson's Disease."

There is no age limit for working with a personal trainer, according to Fostin. She's worked with individuals up to age 95, she said. One of her most dedicated clients is an 83-year-old retired physician who has had multiple shoulder surgeries.

"He's by far the strongest male client I have. He's like a rock star," she said. "He knows his limitations but always pushes himself to the limit. He's always willing to do that extra repetition. Not everybody has that drive."

For Diggle, Fostin started out with exercises done while sitting that would help when using a walker. These included a lot of leg work as well as strength-building exercises for Diggle's upper body so she could more easily hold herself upright with the walker.

"That's how we started...it had to be three to four years ago. We're now working on machines and she is walking with a cane and a walker," Fostin said.

The two worked in a less active section of the gym to support Diggle's use of the walker and help her go at her own pace. All of their efforts focused on improving Diggle's quality of life.

"Physically, she works on the issues I have so that if I have a problem with something, she tries to find a way to help me with it," Diggle said about

their twice a week sessions.

Diggle said she's not the perfect client. For example, she has taken the month of February off when the weather makes it hard to get to the gym. She measures her progress in inches, not feet; but even so, her longterm gains have been impressive.

In the time they've worked together, Diggle has regained her license and managed to drive to the gym on her own with her walker, including navigating stairs and heavy doors. It's a big step up from having to ask her husband to bring her in the past. In fact, she proudly says she was able to drive her husband to his colonoscopy appointment when he needed transportation.

"Julie's been a huge help," she said. "And she encourages me too. Like every time I make a little progress, she's like I need to cheer with you."

Deb Fraine, an occupational therapist and certified hand therapist (for work with shoulders, elbows, wrists and hands) said Diggle's experience is not unusual. Her clients usually get a very specific number of sessions with her before their insurance coverage ends. Fraine too recommends additional options like going to a gym, working with personal trainers individually or in a group setting, or taking yoga classes, when that happens.

She often hands off clients to personal trainers like Fostin, with whom she has worked in the past.

No matter what the challenge, modifications can always be made, Fraine said, even for those with very limited mobility. In those cases,



Julie Fostin adjusts Eileen Diggle's feet on the leg press machine.

exercises can be done seated or in bed.

Finding the right personal trainer is important and Fraine recommends shopping around for the best fit. Having an emotional connection with your trainer is important.

"For someone who has never exercised before, I'd have them interview their trainer," Fraine said. (Ask), have they worked with people who have never exercised before, what experience level do they work with."

Alternatively, Fraine said consider asking your doctor to make a referral to a physical therapist and start there.

The goal is to "keep every session interesting for them and make sure the client always has a successful experience," she said. "As long as they have the right attitude, they will do it."

Diggle clearly has the attitude

needed.

"I'm kind of a tough old lady," she said about her resolve. "I was always very independent. You wouldn't know it now because I'm a big chicken all the time. But back in the day, I was the kind of person that would jump first and then be sorry later."

The quality of life gains Diggle has achieved are a very big deal, Fostin said.

"We take for granted those things like showering on our own or going to the bathroom by ourselves or getting your license back and driving again," she said. "I think that those are huge achievements. When you know what that's like and then you don't have it, and you've got to fight your way back to that and having the will to do that is pretty extraordinary."