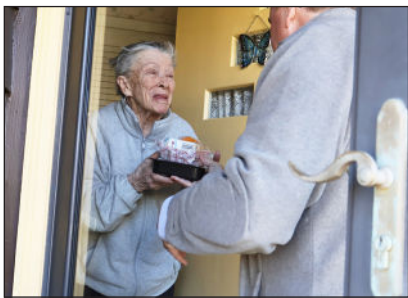


# Senior Scope

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

Vol. 8, Issue 7 Published by Coastline Elderly Services, Inc. April 2026

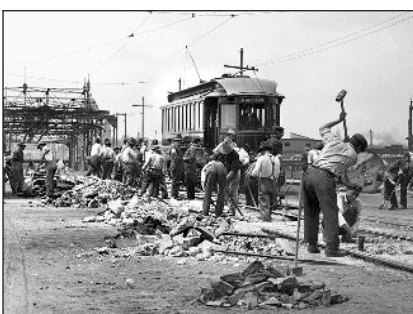
## Inside



March for Meals, page 9

- SHINE Volunteers ..... 2
- From the Editor..... 2
- How Play Helps ..... 3
- Updates..... 4
- March for Meals Photos ... 4
- AI and Health ..... 5
- Aging Policy Needs ..... 5
- Aging at Home ..... 6
- Longterm Care Costs ..... 7
- Historic Photo ..... 7
- Estate planning ..... 8
- Trivia ..... 8
- Housing Advocate (cont.) .... 9
- At the COAs ..... 10
- COAs Continued..... 11
- Dementia Directory..... 11
- Life's Transitions (cont.) ... 12

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



Trolley Tracks, page 7



## Adapting, reconnecting, and finding meaning through life's later transitions

**A**ging is often framed in terms of decline. But for many people, the more complicated reality is not just physical change, it is disruption. Roles shift or fall away. Social circles shrink. Loss happens over time.

These changes can raise the subtle but life-altering question: who am I now, and where do I belong?

Local therapists and a wellness practitioner say those questions are at the heart of what many older adults are navigating today. And while the changes are real, they also see resiliency, hope and the possibility of rebuilding connection to self, to others, and even to the body in new and meaningful ways.

"They are trying to navigate so many life changes, stress, their circles are shrinking," said Beth Martin, M.Ed., a therapist at The Bridge: A Center for Hope and Healing in Padanaram, about older adults. "There's almost no one to mirror back friendships, loss of a sibling, loss of somebody. It's that loneliness that comes, but also trying to be seen as an elder in a culture that really focuses on vitality and youth."

Much of Martin's work centers on transitions. Retirement, changes in caregiving roles, or shifts in identity after decades in the workforce can leave people questioning their purpose and place in the world.

Her colleague, Sarah Lake, MCMHC, sees the same patterns.

"I've seen a lot of older folks have this hard time with, 'How do I get involved now with everything that's

**"(Older adults) didn't seek counseling initially because they don't want to be the complainers. (They'll say,) 'You know, it's not that bad.' But it's just as important as anybody else's.**

—Beth Martin M.Ed.,  
*The Bridge: Center for Hope and Healing*

going on in the world?" she said. "There's a lot of technology involved and getting your voice out there... and adding to that, there's the loneliness of, 'What are my circles now? Who can I go to with these things?'"

For many, counseling itself is new territory.

"They've been taught to push through," Martin said. "They didn't seek counseling initially because they don't want to be the complainers. (They'll say,) 'You know, it's not that bad.' But it's just as important as anybody else's. Let's put it on the table and talk about it."

That willingness to talk openly, even about difficult subjects, can be a turning point. Martin said no topic is off the table, including death.

It's often easier to have those conversations in a neutral space, she said, noting the growing popularity of death cafés and "wind phones," where people can speak to loved ones who have died. Talking about death,

*Continued on page 12*

## Housing advocate honored after decades of work

**A**fter more than five decades working in housing and community initiatives, Ellen Bruder-Moore Abramowitz continues to focus on a central question: what does it take for people to grow older safely and with stability in places they can call home?

Now 70, Bruder-Moore Abramowitz serves as vice president of Housing and Community Initiatives



Ellen Bruder-Moore Abramowitz

at Community Counseling of Bristol County. Her work has spanned the country, from early efforts in New Jersey supporting people leaving state hospitals to developing permanent supportive housing across Massachusetts.

She was recently recognized by the Bristol County Continuum of Care, which presented her with its 2025 Sister Rose Award. The award honors Sister Rosellen Gallogly, a longtime leader at Market Ministries and a founding member of the city's Homeless Service Provider's Network.

Pamela Kuechler, chair of the Bristol County Continuum of Care, presented the award at the group's Feb. 19 meeting, highlighting Bruder-Moore Abramowitz's long-standing impact.

"Ellen Bruder-Moore Abramowitz has served and provided social services across the country for over 50 years and throughout the Bristol County area for 20 years, pushing communities to see the struggles of those experiencing housing crisis and advocating for empathy and change," she said.

Bruder-Moore Abramowitz began her career while still in college, working at Rutgers

*Continued on page 9*

## SSA brings medical continuing disability reviews in-house

The Social Security Administration is moving the processing of medical continuing disability reviews from state sites to its own federal processing site, according to an announcement it made in March.

The review process is used to determine if people receiving disability payments are still eligible to receive them. In the announcement, SSA said the shift will improve service to disabled Americans. "Aligning medical CDRs under SSA's direct oversight means all CDRs, including non-medical CDRs, are solely the agency's responsibility," the announcement said.

"By centralizing medical continuing disability reviews under Social Security, we are taking another important step towards operational excellence, reducing improper payments, and providing best-in-class service to Americans in critical need of support," said Commissioner Frank J. Bisignano. "With complete ownership and accountability of CDRs and the proven track record of our DCR, our state disability determination service

partners will be able to focus on the adjudication of initial disability claims and reconsideration cases, provide eligible individuals with expedited access to benefits, and further reduce initial disability claims backlogs, which are already reaching historic lows."

State sites can now "focus their attention on expediting disability claims for residents of their state, which will enable efficient decisions for claimants, resulting in eligible individuals receiving the critical benefits they need in a timely manner, according to the announcement. Those claims had reached an all-time high of 1.26 million pending claims, according to the SSA. As of February, 2026, those numbers had been reduced by about 33%.

Non-medical CDRs, which do not require the same expertise as medical CDRs to process, will continue to be handled by the agency's field offices and processing centers.

The shift in responsibilities and continued partnership between SSA and state DDSs will continue to significantly improve the processing times and reduce the initial claims backlog.

## From the Editor

I connected with The Bridge: A Center for Hope and Healing in Padanaram last month, expecting to talk about coping with stress after retirement. Instead, the conversation opened into something broader: what it really means to age, how those transitions feel, and how older adults draw on experience, wisdom, and hard-earned resilience to find new purpose.

Sarah Lake and Beth Martin have guided many older clients through life changes that can shake identity and direction. They help people navigate the emotions that come with these shifts while building new foundations for a more self-directed stage of life. Both spoke about this work with a deep respect for the courage it requires. Sarah noted that while transitions happen throughout life, those tied to aging can be especially complex.

I also gained a fresh perspective from wellness professional Jennifer Noyer. Alongside practical approaches to well-being, she shared how simple practices, from grounding outdoors to focused breathwork, can help people tap into the courage to try something new and connect with others.

If you have a chance, take a look at the story on page one.

Also featured in this issue is Ellen Bruder-Moore-Abramowitz, whose decades-long career in supportive housing has been driven by expertise and unwavering commitment. Now 70, she continues to lead efforts to create housing for individuals facing mental health and substance use challenges.

She is the recipient of the 2025 Sister Rose Award from the Bristol County Continuum of Care.

This issue also welcomes new columnist Kathy Clark, founder of Moxie Mobility Training, who shares insights on staying mobile as we age, starting with the importance of play. You'll also find columns on using artificial intelligence to support better health and how estate planning can serve as a form of self-care.

Finally, don't miss the photos from this year's March for Meals event. It's always fun to bring new people into the meal home delivery program and shake up everyone's day.

Connect with Beth at [bperdue@coastlinnb.org](mailto:bperdue@coastlinnb.org) or call 774-438-2729.



Beth Perdue



**Coastline**  
508-999-6400

**Mass Options** 844-422-6277  
[massoptions.org](http://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	Patricia Midurski Samantha Ortiz
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Ginny Walega Matthew Dansereau Joan Menard
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins, Julie Lizotte Carolyn Dantoni, Jean Silver, Richard Marcotte
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 Charylne Feeney
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 David Ducharme
City of New Bedford-Community Services, 133 Williams St., NB	508-984-2670	Ivis Espinoza-Oviedo
Rochester Council on Aging 67 Dexter Lane, Rochester	508-763-8723	Jan Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-965-1047 (Internal referrals)	Denise Dupuis

## Donations for March 2026

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.

### Donation

### In Memory Of

Ethel T. Caron

\$20

— Linda Anderson, New Bedford

### In Thanks For

Family and Friends

\$10

— Ethel Souza, New Bedford

Year-to-Date: \$227

Donate online via  
PayPal here:



## Senior Scope

Published by Coastline Elderly Services, Inc. with  
Title III funds from the Executive Office of Aging & Independence

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

For further information on advertising rates,  
please call: 774.438.2729  
or e-mail: [bperdue@coastlinnb.org](mailto:bperdue@coastlinnb.org)

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

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

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

Yes, I want to support Senior Scope. My voluntary donation in the amount of

\$ \_\_\_\_\_ is enclosed. (Checks paid to: Coastline.)

My name: \_\_\_\_\_

My address:

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

Do not list my name; I am an anonymous donor

Donating in honor of:

In memory of  For prayers answered  In thanks

\_\_\_\_\_

# What if staying independent started with something as simple as play?

By Kathy Clark

Moxie Mobility Training LLC

When was the last time you played?

Not exercised. Not walked with a fitness tracker counting your steps. Not completed a prescribed routine.

I mean truly played.

For many of us, play slowly fades as we age. Between careers, caregiving, responsibilities, and the quiet belief that play is “for kids,” we stop moving in ways that feel spontaneous and joyful. We trade games for obligations and sit more without realizing how much less we’re moving.

But our bodies were never designed to stop playing.

Play isn’t childish; it’s essential. It challenges balance, coordination, reaction time, and strength in ways structured exercise sometimes cannot. Tossing a ball, dancing in the kitchen, joining a recreational pickleball league, gardening with energy, or learning a new game, these are not just hobbies. They are powerful tools for maintaining mobility and independence.

Play also builds confidence.

When movement feels enjoyable instead of clinical, people are more willing to try. They step a little farther. Reach a little higher. React a little faster. Those small challenges keep the nervous system engaged and responsive.

They help maintain the quick

adjustments we rely on in everyday life, like stepping off a curb, turning to answer someone, catching ourselves if we trip.

And here’s something equally important: play often involves other people.

Being part of a team or group changes everything. Whether it’s doubles tennis, a bowling league, a walking club, chair volleyball, or a weekly dance class, moving together creates accountability and connection. When someone expects you to show up, you’re more likely to move. When you laugh after a missed shot or celebrate a small win, you strengthen more than muscles, you strengthen community.

Social connection supports cognitive health, emotional wellbeing, and even longevity. When movement and community combine, the benefits multiply.

There’s also a physical truth we don’t talk about enough: balance and coordination are skills. And like any skill, they improve with practice and fade without it.

As we age, many people become more cautious with movement. They avoid uneven surfaces or skip activities they once loved because they fear falling. That caution is understandable. But withdrawing from movement can actually increase risk over time. When we stop challenging balance and reaction time, the body becomes less prepared to



respond.

Falling is not a normal or inevitable part of aging. Often, it reflects strength, balance, or coordination that haven’t been maintained. We don’t consciously remember how we learned to walk, but we practiced constantly as children, wobbling, adjusting, trying again. Our bodies remain adaptable throughout life when we continue to practice.

That doesn’t mean every limitation can be fully reversed. Certain medical conditions or injuries require modification and thoughtful progression. But in most cases, improvement is possible. With appropriate guidance and consistent effort, we can strengthen what supports us and reduce unnecessary risk.

Perhaps the real issue isn’t whether we should still be playing as we

grow older—it’s that we quietly stopped, and no one reminded us we didn’t have to.

There is no expiration date on joy. There is no age limit on joining a team. And movement doesn’t have to become serious simply because we are.

Play doesn’t just help us maintain strength and balance.

It helps us stay connected, capable, and confident in the lives we want to keep living.

*Kathy Clark is a physical therapist assistant, senior fitness instructor, and founder of Moxie Mobility Training, LLC, helping older adults improve balance, mobility, community connection, and confidence as they age. Learn more at [moxiemobilitytraining.com](http://moxiemobilitytraining.com), email [kathy@moxiemobilitytraining.com](mailto:kathy@moxiemobilitytraining.com), or call 508-450-6774.*



## EMPOWER CHANGE

JOIN US. VOLUNTEER FOR THREE HOURS, ONCE A WEEK



USE IT OR LOOSE IT.

Think about it.

Join our dynamic community where your skills and experiences contribute to meaningful projects. Together, seniors foster impactful connections, enhance their community, and inspire younger generations through shared wisdom, friendship and love.

Senior volunteers play a crucial role in our community by enhancing skills and sharing knowledge. Their experience and insights foster growth, inspire youth, and strengthen community bonds.

### Coffee and a Tour

Everyday at 11. Ask for ChooChoo, Lefty or Richie Rich!

4 Slocum Street in Acushnet  
508-717-8715 [GiftsToGive.org](http://GiftsToGive.org)

# Updates

## COA seeks recipes for upcoming local cookbook

The Fairhaven Council on Aging is creating a Community Cookbook filled with the delicious recipes contributed by local cooks and is inviting the community to participate by submitting their favorites. All submitted recipes will be lovingly gathered and turned into the very first Community Cookbook at the Fairhaven COA. Fresh off the press just in time for Christmas, the cookbooks will be available for purchase at the COA. Drop off or email your recipes in either handwritten or typed form. Include a photo if desired. Email recipes to Jocelyn at [JBowers@Fairhaven-ma.gov](mailto:JBowers@Fairhaven-ma.gov). The deadline to submit a recipe is Sept. 25.

## Native planting talk scheduled with Mass Audubon

Mass Audubon will visit the Rotch-Jones-Duff House & Garden Museum on Thursday, April 9 at 4 p.m. for a lecture on gardening with native plants. Participants will learn how to transform their corner of the earth into an eco-friendly haven for native flora and fauna. The lecture will cover how ecosystems work, habitat resiliency, climate change, invasive species, biodiversity, and the ecological importance of human-managed landscapes. Participants will leave with the ability to read their landscape and select and maintain plants for long-term ecosystem health. Whether starting from scratch or transitioning an existing garden space, participants will discover how they too can create a wildlife sanctuary at home or in their community. The Museum is located at 396 County St., New Bedford. It is open Wednesday through Saturday, 10 a.m. to 4 p.m. This program is part of Project Planet AHA! New Bedford. Free admission.

## Know your options as you age

Options Counseling is a free Coastline program that guides adults age 60 and older, families and caregivers, through resources that can help them remain in the community as they age. An Options Counselor can provide counseling in your home, community, or in a hospital or facility setting. It's easy to get help or to make a referral, just call Coastline's Information and Referral Department at 508-999-6400.

## Fairhaven, New Bedford shuttle to Providence VA available

A new Fairhaven/New Bedford Shuttle Service will operate travel to the Veterans Administration center at 830 Chalkstone Ave., in Providence, R.I. on Mondays, Wednesdays, and Fridays. The shuttle departs from the Fairhaven Council on Aging, 229 Huttleston Ave., Fairhaven, at 7 a.m. It stops at the New Bedford VA Clinic, 175 Elm St., New Bedford, at 7:15 a.m. and arrives at the Providence VA Medical Center at 8 a.m. Reservations are required at least three business days in advance. Return trips depend on how long veteran appointments last with a 1 p.m. targeted time for the latest return. There is a coffee shop and cafeteria where veterans can wait, if needed. To reserve a spot, call 401-457-3387. For more information, visit <https://www.va.gov/providence-health-care/locations/providence-va-medical-center/>

## Free laundry access

Fresh clothes can make a world of difference, and Steppingstone's Project FAIHR is helping people access laundry services. The program offers free laundry service every month at XPress Laundry, 330 Hathaway Boulevard, New Bedford. The service is offered every third Wednesday of the month from 9 a.m. to noon; or every third Friday of the month from 1-4 p.m. During these times two loads of laundry, washing and drying, laundry supplies, and toiletries are available at no cost. The service is meant for individuals or families who are experiencing challenges or are currently unhoused, according to Steppingstone. Call XPress at 508-313-9901 or Project FAIHR at 774-992-0655 for more information.

## Pickleball event to support aging services is back

Join Coastline for a fun evening of pickleball! Whether you're an experienced player or brand new to the game, everyone is welcome. Come enjoy friendly competition, meet other supporters, and support our mission while having a great time on the court. The event is from 5-9 p.m. on April 7 at Southcoast Pickleball in Fairhaven. Light refreshments and raffle items. Tickets are \$30 per player; \$10 for spectators. Register at <https://coastlinenb.org/event/save-the-date/>

## Advocate for better aging at Older Adult Lobby Day

Mass Aging Access' annual Older Adult Lobby Day is taking place again this year on May 6 in the Great Hall at the Massachusetts State House. The advocacy day is held in partnership with AARP MA, Massachusetts Councils on Aging, Mass Senior Action Council, and the Older Adult Behavioral Health Network. Older Adult Lobby Day is about making sure older adults are not an afterthought in Massachusetts policy decisions. Home and community-based services help people age safely and with dignity in their own homes while strengthening families and local communities. This is an important opportunity to advocate for the needs, rights, and well-being of older adults. Help aging services professionals show legislators that these services are important to your well-being. Lobby Day will take place from 11:30 a.m. to 12:15 p.m. Speakers include: Senator Pat Jehlen; Representative Tom Stanley; Betsey Crimmins, Executive Director, Mass Aging Access; Betsy Connell, Executive Director, Mass Councils on Aging; Dennis Hohengasser, State President, AARP; Older Adult Behavioral Health Network; and, Rosa Bentley, President, Mass Senior Action Council. Jen Benson, State Director, AARP, is the event emcee.

## Acushnet Library announces events for April

The Acushnet Public Library wants people to know about the following April events. Thursday, April 2 at 11 a.m.: Readers' Group - Morning Edition - The Alice Network by Kate Quinn; Thursday, April 9 at 6 p.m.: Readers' Group - Braiding Sweetgrass: indigenous wisdom, scientific knowledge, and the teachings of plants - by Robin Wall Kimmerer; Monday, April 13 at 2 p.m.: Movie Matinee - Song Sung Blue; and, Monday, April 13 at 6 p.m.: Knitting & Crocheting Group. Also, the Wandering Brush returns on Wednesday, April 15 at 5:30 p.m. for a Beach & Roses Watercolor Class. The Wandering Brush, Lana Quann, will lead a class in watercolors. Participants will create a 5" x 7" painting titled "Beach and Roses." All materials will be supplied. Registration is required. Age 16+. And, on Thursday, April 23, at 11 a.m., a History Coffee Hour group gathers to discuss Acushnet's history. Join the conversation and share stories or photos from the past. Bring your coffee and memories.

## March for Meals photos taken at Fairhaven COA

During March's March for Meals celebration, Coastline held two events celebrating the impact meals has to support elders' health and social well-being. A third event was held at Buttonwood Senior center on March 27, two days after this issue went to print.

March for Meals celebrations lets volunteers from elected officials to friends and family help pack and deliver meals, enjoying that moment when you ring the bell on a quiet home and shout out, Meals on Wheels.

See page 12 for a full story on the events and people who helped raise awareness that nutritious meals are available.



# Community

## AI offers healthcare benefits but beware wrong information for personal health use

**By Megan Fletcher, Ph.D. and Alex Weiner, MPH, FNP/PMHNP**  
*New Bedford Wellness*

Artificial intelligence is quickly becoming part of everyday life. From voice assistants to online search tools, many people are already interacting with AI without realizing it. Healthcare is one of the areas where AI is growing the fastest. Doctors, hospitals, and patients are increasingly using AI to help answer medical questions, organize health information, and even assist with diagnosis.

Recently, during a “Walk with a Doc” event, we discussed how AI is beginning to influence healthcare, and why it’s important for patients to understand both its benefits and its limits.

AI tools can be helpful. Some systems help doctors analyze medical images like X-rays or MRIs. Others can scan large amounts of medical data to help identify patterns that might be difficult for humans to see quickly. For patients, AI-powered tools can summarize medical information, explain health conditions in simpler language, or help people prepare questions before a doctor’s appointment.

But while AI can be useful, it should never replace medical professionals or trusted health advice.

One important reason is that AI sometimes produces incorrect information while sounding very confident. Experts call this “hallucination.” Put simply, this means an AI system might generate an answer that looks convincing and authoritative but is wrong, incomplete, or made up. Because AI is designed to sound helpful and confident, it can be difficult for users to recognize when the information isn’t reliable.

This is especially important when it comes to health and medical decisions. If someone asks an AI tool about symptoms, medications, or treatments, the response might sound like expert advice even when it isn’t accurate or appropriate for that person’s specific situation.

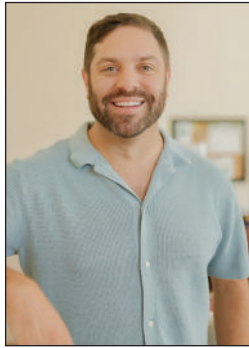
That’s why digital and media literacy are increasingly important skills. Just as we learn to evaluate news sources or online information, we also need to learn how to use AI tools thoughtfully and cautiously.

A few simple guidelines can help:

First, treat AI as a starting point, not a final answer. AI can help you gather general information or think of questions to ask, but it should not be the only source you rely on for health decisions.

Second, verify important health information using trusted sources. Organizations like the American Medical Association (AMA), the National Institutes of Health (NIH), and your healthcare provider remain the best places to confirm medical information.

Third, remember that healthcare decisions are personal. AI cannot fully understand your medical history, medications, or individual circumstances the same way your doctor can.



The key takeaway is simple: AI can be helpful, but it should never replace conversations with qualified healthcare professionals. When it comes to your health, the most reliable guidance will always come from trusted medical experts who know you and your needs.

**“Because AI is designed to sound helpful and confident, it can be difficult for users to recognize when the information isn’t reliable.”**



*Classes are free and take place at the Boys & Girls Club, 166 Jenney St., New Bedford.*

*For updates or more information, visit [www.nbewell.com](http://www.nbewell.com).*

**Sunday, April 5**  
 No classes for Easter holiday.

**Sunday, April 12**  
 8:30 a.m. Science of Well-Being  
 9:30 a.m. Meditation  
 10 a.m. Yoga  
 11 a.m. Zumba

**Sunday, April 19**  
 8:30 a.m. Science of Well-Being  
 9:30 a.m. Meditation  
 10 a.m. Yoga  
 10 a.m. Hypnosis to Stop Smoking  
 11 a.m. Zumba

**Sunday, April 26**  
 8:30 a.m. Science of Well-Being  
 9:30 a.m. Meditation  
 10 a.m. Yoga  
 11 a.m. Zumba

**Every Saturday**  
 9 a.m. Walk with a Doc  
 Buttonwood Park. Meet at the zoo entrance.

## USAgging sets legislative priorities to support older Americans

Aging services are delivered at the local level but the priorities are often set at state and national levels.

Last month, USAging, the national association for the area agencies on aging network, announced its 2026 policy agenda at its 32nd Aging Policy Briefing and Capitol Hill Day.

For 2026, USAging announced four key priorities including:

- Support Aging Well at Home Through Older Americans Act Programs and Services;
- Bolster Family and Professional Caregivers to Meet Growing Demand;
- Protect Cost-Effective Medicaid Home and Community-Based Services; and,
- Connect Health Care and Aging Sectors to Lower Costs and Improve Outcomes

“These priorities outline the key areas where our collective advocacy is essential this year to advance the health, security and well-being of older adults and caregivers in communities nationwide,” the association said in a Facebook post announcing the policy briefing.

The policy agenda is built on the demographic reality of a rapidly growing older population. Of those 65 and older, 85% prefer to age at home rather than in institutional settings, US Aging noted.

This preference is also the most cost-effective solution, USAging said, for older adults, their families and governments.

Locally, the aging services network includes Coastline in New Bedford, Bristol Aging & Wellness in Fall River, Old Colony Elder



Services in Plymouth and Taunton, and more than 20 more across Massachusetts.

To read more about the policy decisions and data supporting them,

visit the USAging website at [www.usaging.org](http://www.usaging.org) or read the policy booklet at [https://www.usaging.org/Files/USAgging\\_2026PolicyPriorities\\_final\\_508.pdf](https://www.usaging.org/Files/USAgging_2026PolicyPriorities_final_508.pdf).

## How can I remain living in my own home as I age?

Are you or someone in your family in need of assistance in your home or worried about obstacles to continuing to live at home?

Options Counseling at Coastline Elderly Services is a free program that guides adults age 60 and older, families and caregivers through resources that can help them remain in the community. An Options Coun-

selor will work with you to meet your individualized goals, including your present or future planning needs. They can provide counseling to you, whether you're currently at home, in the community, or in a hospital or facility setting.

The program is designed to help answer questions about maintaining independence, long-term care, finan-

cial planning, and other topics to help individuals make informed decisions. It focuses on navigating community resources to support independent living for seniors and people with disabilities.

An Options Counselor may assist with setting up services that may be available to you through Coastline or provide you with local resources. The

Options Counselor will follow-up to ensure that you have been connected with resources, to make referrals if needed, and ensure that no further needs have been identified prior to closing the referral.

To find out more or to speak to someone about Options Counseling, call Coastline's Information and Referral Department at 508-999-6400.

## Como posso continuar vivendo na minha própria casa à medida que envelheço?

Você ou alguém da sua família precisa de ajuda em casa ou está preocupado com dificuldades para continuar vivendo em casa?

O Programa de Aconselhamento de Opções da Coastline Elderly Services é um programa gratuito que orienta adultos com 60 anos ou mais, familiares e cuidadores sobre recursos que podem ajudá-los a permanecer vivendo na comunidade.

Um Conselheiro de Opções trabal-

hará com você para ajudar a alcançar seus objetivos individuais, incluindo necessidades de planejamento para o presente ou para o futuro. Eles podem oferecer aconselhamento se você estiver em casa, na comunidade, em um hospital ou em uma instituição.

O programa foi criado para ajudar a responder perguntas sobre como manter a independência cuidados de longo prazo planejamento financeiro

e outros temas importantes.

O objetivo é ajudar as pessoas a tomarem decisões informadas, orientando sobre recursos disponíveis na comunidade para apoiar a vida independente de idosos e pessoas com deficiência.

Um Conselheiro de Opções pode ajudar a organizar serviços que podem estar disponíveis através da Coastline ou fornecer recursos locais. O conselheiro também fará

acompanhamento para garantir que você tenha sido conectado com os recursos necessários, fazer encaminhamentos se necessário e confirmar que todas as suas necessidades foram atendidas antes de encerrar o atendimento.

Para saber mais ou falar com alguém sobre Opções Aconselhamento ligue para o Departamento de Informação e Referência da Coastline no número 508-999-6400.

## ¿Como puedo seguir viviendo en mi propia casa a medida que envejezco?

¿Usted o alguien en su familia necesita ayuda en su hogar o le preocupan los obstáculos para seguir viviendo en su casa?

El asesoramiento de Coastline Elderly Services es un programa gratuito que orienta a adultos mayores de 60 años, familias y cuidadores con recursos que pueden ayudarles a permanecer en la comunidad. Un asesor sobre opciones trabajará con usted para alcanzar sus objetivos individuales, incluidas

sus necesidades de planificación presentes o futuras. Pueden ofrecerle asesoramiento, tanto si se encuentra actualmente en su hogar, en la comunidad o en un hospital o centro médico.

El programa está diseñado para ayudar a responder preguntas sobre cómo mantener la independencia, los cuidados a largo plazo, la planificación financiera, y otros temas con el fin de ayudar a las personas a tomar decisiones informadas. Se

enfoca en orientar sobre los recursos disponibles en la comunidad para apoyar la vida independiente de los adultos mayores y las personas con discapacidad.

Un asesor de opciones puede ayudarle a configurar los servicios que pueden estar disponibles para usted a través de Coastline o proporcionarle recursos locales. El asesor de opciones se pondrá en contacto con usted para asegurarse de que se le haya conectado con los

recursos, para realizar derivaciones si es necesario y para garantizar que no se hayan identificado otras necesidades antes de finalizar la derivación.

Para obtener más información o para hablar con alguien sobre Opciones de Asesoramiento, llame al Departamento de Información y Derivaciones de Coastline al 508-999-6400.

Translations provided by:

 Southcoast Health



**PICKLEBALL**

 **Coastline**  
Your guide to independent living

**FUNDRAISER**

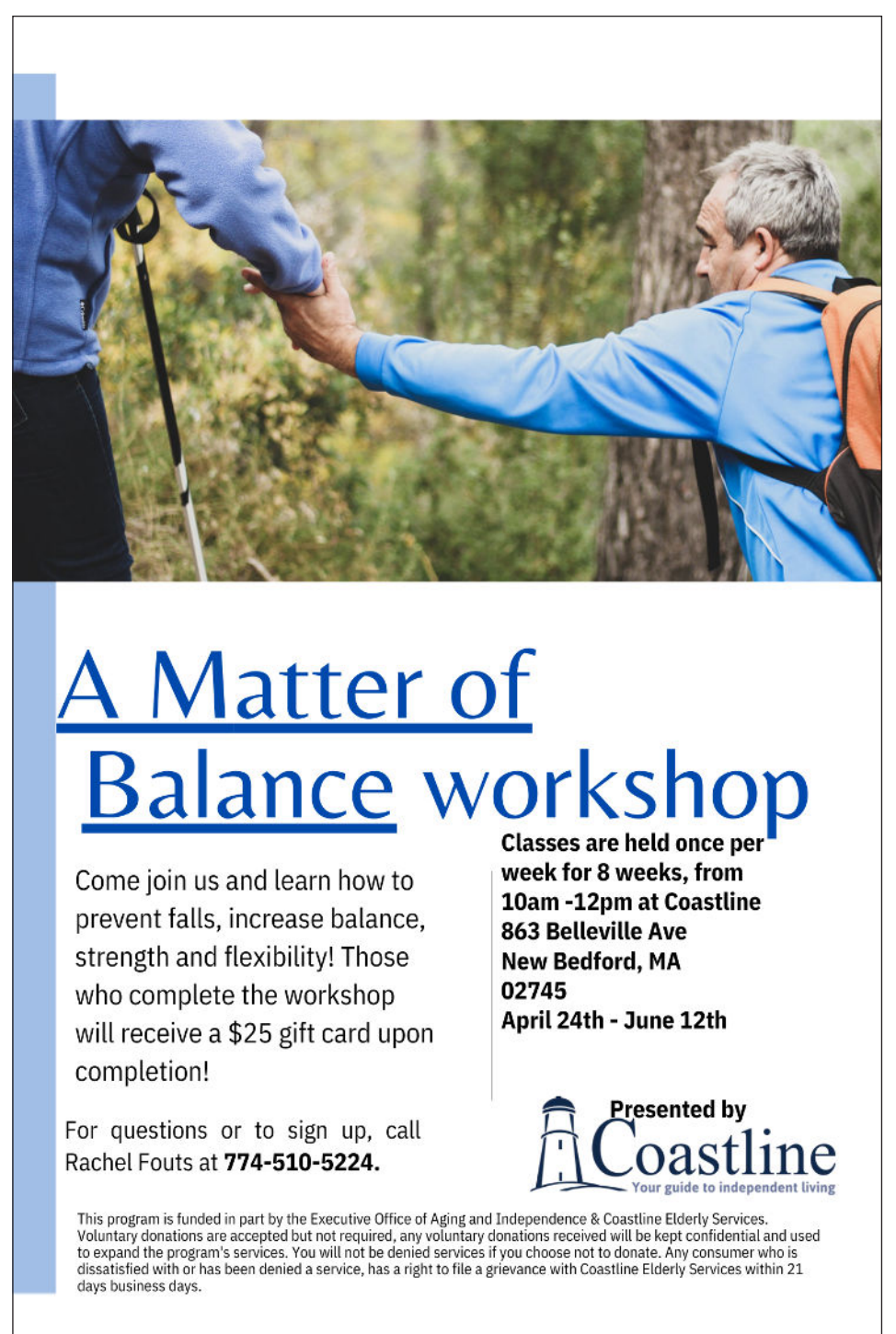
Play **\$30** Per Person

**TUESDAY, 7 APRIL**  
5:00 PM - 9:00 PM

Spectators \$10

- light refreshments
- beer & wine
- raffles

**REGISTER NOW**





**A Matter of Balance workshop**

Come join us and learn how to prevent falls, increase balance, strength and flexibility! Those who complete the workshop will receive a \$25 gift card upon completion!

Classes are held once per week for 8 weeks, from 10am -12pm at Coastline 863 Belleville Ave New Bedford, MA 02745 April 24th - June 12th

For questions or to sign up, call Rachel Fouts at 774-510-5224.

Presented by  **Coastline**  
Your guide to independent living

This program is funded in part by the Executive Office of Aging and Independence & Coastline Elderly Services. Voluntary donations are accepted but not required, any voluntary donations received will be kept confidential and used to expand the program's services. You will not be denied services if you choose not to donate. Any consumer who is dissatisfied with or has been denied a service, has a right to file a grievance with Coastline Elderly Services within 21 days business days.

## Long-term care affordability worsening for middle-income Americans

Home care and assisted living costs have surged nearly 50 percent since 2019, according to a recent AARP report, wiping out a decade of progress in long-term care affordability for middle-income older adults.

Report findings show affordability varies dramatically across states. Older adults in states with the least affordable long-term care can pay for about half the amount of care that older adults in states with the most affordable.

As costs rise faster than older adults' household incomes, many families must deplete savings, rely on unpaid family caregivers, or go without needed care.

"Home care and other long-term care services have quickly become increasingly unaffordable in recent years," said Alan Weil, senior vice president for public policy at AARP. "The result is a widening gap between what care costs and what older adults and their families can afford -- and we've got to fix this, because the consequences can be life-threatening."

Additional key findings from the report include:

- In recent years, long-term care costs grew faster than incomes. From 2019 to 2024, the annual median cost of home care services increased by close to



**"The result is a widening gap between what care costs and what older adults and their families can afford - and we've got to fix this, because the consequences can be life-threatening."**

**—Alan Weil,**  
Senior Vice President, Public Policy

50 percent, while over the same period the median household income for someone age 65 or older grew by less than half that amount, making long-term care further unaffordable.

- Typical incomes are not enough to pay for long-term care. In 2024, the median household income for someone age 65 or older was about \$60,000, while the annual median cost of home care services exceeded \$50,000.

- Savings are often insufficient to cover long-term care needs. The median household age 75 and older has about \$50,000 in financial assets, enough to cover roughly one year of home care or only a few months of nursing home care.

For more findings from the report, read it at [www.aarp.org/content/dam/aarp/ppi/topics/ltss/ltss-becoming-more-unaffordable.doi.10.26419-2fppi.00400.001.pdf](http://www.aarp.org/content/dam/aarp/ppi/topics/ltss/ltss-becoming-more-unaffordable.doi.10.26419-2fppi.00400.001.pdf)

## 250th anniversary plate lottery still open

The Massachusetts Registry of Motor Vehicles announced in March that it is still accepting applications in a special lottery for low number license plates celebrating the country's 250th anniversary. The lottery ends at 5 p.m., Friday, April 17.

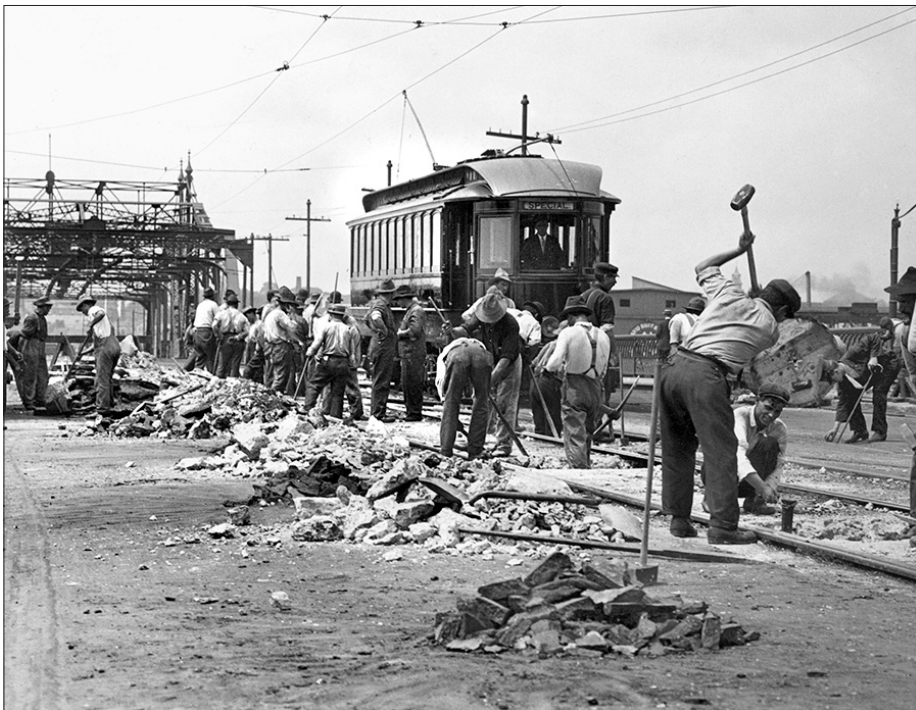
Applicants can learn more about application rules at [Mass.Gov/MA250Plate](http://Mass.Gov/MA250Plate), and, while there is no cost to apply for the lottery, there are costs should an applicant be selected during the lottery. Approximately 30,000 Massachusetts residents have entered the lottery so far.

The "Massachusetts 250 Years of Independence" plate is emblematic red, white, and blue and features a blue background, with the year "1776" surrounded by 13 stars and the phrase "250 Years of Independence" at the bottom. There are 1000 plates available through the lottery, numbered from 1-999 and including the symbolic sequence of 1776.

All specialty plates carry a biennial \$40 special plate fee, along with a registration fee of \$60 if applicable. Rules related to the low plate number lottery and eligibility requirements are available online at [mass.gov](http://mass.gov).

A drawing is planned for May 7, and residents will be able to watch the event online via the RMV website. Following the event, results will be available on the RMV website. Lottery plate applicants will also be sent a notification to the email address provided in their lottery entry.

### The Way We Were



#### HERE COMES THE TROLLEY

The trolley seen above has just crossed the New Bedford Fairhaven Bridge as men work to repair the tracks next to it. The photo, shown courtesy of Spinner Publications, was taken in 1912. The electric trolley continued to support traffic between Fairhaven and New Bedford for another 15 years before being discontinued in September, 1927.



Photo courtesy of Spinner Publications.

### Estate Planning • Elder Law • Probate

- HEALTHCARE PROXY
- ADVANCE DIRECTIVE
- LAST WILL & TESTAMENT
- HIPAA AUTHORIZATION
- DURABLE POWER OF ATTORNEY
- TRUST PLANNING TO ACHIEVE YOUR GOALS
- MASSHEALTH/MEDICAID PLANNING FOR LONG-TERM CARE
- ESTATE ADMINISTRATION

**Surprenant, Beneski & Nunes**  
Estate Planning | Elder Law

508-994-5200 • [www.MyFamilyEstatePlanning.com](http://www.MyFamilyEstatePlanning.com)



## Why healthcare planning is the ultimate act of self-care

**Erin L. Nunes, Esq.**  
**Managing Partner**

*Surprenant, Beneski & Nunes, P.C.*

As we navigate our later years, we often focus our “self-care” on staying active, eating well, and keeping up with doctor’s appointments. These are vital, but there is another form of self-care that is just as important, though often overlooked: proactive healthcare planning.

At Surprenant, Beneski & Nunes, P.C., we understand that maintaining independence is a top priority for seniors in our community. However, true independence includes making sure your voice is heard even if you are temporarily unable to speak for yourself.

National Healthcare Decisions Day (on April 16) serves as a yearly reminder that documenting your medical wishes is a gift, both to yourself and to the people who love you.

### More Than Just Paperwork

For many, the idea of “advance directives” or “healthcare proxies” feels like a daunting legal chore. In reality, these documents are about empowerment. Life is unpredictable; a sudden illness or injury can leave us unable to communicate. Without clear, written instructions, family members are often left to make agonizing choices under immense stress. This can lead to family conflict and lasting emotional burdens.

By taking the time to plan now, you ensure that your quality of life is protected according to your personal values, not someone else’s best guess.

### Key Tools for Your “Peace of Mind” Toolkit

To ensure your wishes are honored, there are two primary documents every adult—especially those in our senior community—should have in place:

•**The Healthcare Proxy:** This allows you to appoint a person you trust (your “agent”) to make medical decisions for you if you become incapacitated. This should be someone who understands your values and is capable of making tough calls during a crisis.

•**The Advance Directive (Living Will):** This document outlines your specific preferences regarding medical

interventions and life-sustaining treatments. It serves as a roadmap for your doctors and your healthcare proxy.

### A Gift to Your Family

We often see families struggling because a loved one didn’t have a plan. In these cases, families may have to involve the probate court just to make basic medical decisions. This adds a layer of legal red tape to an already emotional situation.

When you document your wishes, you are relieving your children, spouse, or friends of the “burden of the doubt.” You are giving them the clarity they need to advocate for you with confidence. As many who have completed this process will tell you, the primary feeling afterward isn’t fear, it’s relief.

### How to Get Started

You don’t have to do this all at once, and you don’t have to do it alone. Here is a simple way to begin:

**Have the Conversation:** Start by talking to your loved ones. It doesn’t have to be a formal meeting; a simple kitchen-table chat about what matters most to you is a great start.

**Choose Your Advocate:** Think about who in your life is best suited to speak for you. Have a candid talk with them to ensure they are willing to take on the role.

**Put it in Writing:** Seek guidance from an experienced elder law attorney to ensure your documents meet Massachusetts state requirements.

**Keep it Accessible:** Once signed, don’t hide these papers in a safe deposit box! Give copies to your healthcare proxy, your primary care physician, and keep one in an easy-to-find spot at home.

### You Are in Control

Taking control of your healthcare decisions is a profound act of self-care. It’s about embracing the present and planning for the future with confidence. Don’t wait for a crisis to decide how you want to be treated. Make your healthcare decisions today, for your peace of mind and for your family’s.

*This article is for illustration purposes only and does not constitute legal advice. There is no attorney/client relationship created with Surprenant, Beneski & Nunes by this article.*

# Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What is hidden behind the head of Abraham Lincoln at Mt. Rushmore?  
 A.) Hall of Records      B.) Water Tank  
 C.) Secret radio station      D.) Lady Liberties documents
- 2.) What bridge was nicknamed, “The bridge that couldn’t be built”?  
 A.) Golden Gate Bridge      B.) London Bridge  
 C.) George Washington Bridge      D.) Brooklyn Bridge
- 3.) What is the Big Ben clock tower called?  
 A.) London Tower      B.) Big Ben Tower  
 C.) Victoria Tower      D.) Elizabeth Tower
- 4.) What candy bar is famously called “the Great American Chocolate Bar”?  
 A.) Snickers      B.) Hershey Bar      C.) KitKat Bar      D.) Milky Way
- 5.) What popular street style did James Dean influence?  
 A.) Teddy Boy      B.) Punk      C.) Greaser      D.) Mod
- 6.) The Starbucks coffee brand took its name from what famous novel?  
 A.) Catcher in the Rye      B.) Moby Dick  
 C.) Great Expectations      D.) Time Machine
- 7.) What spice was carried in travel sized boxes by the wealthy?  
 A.) Cardamom      B.) Nutmeg      C.) Turmeric      D.) Ginger
- 8.) The trade of which material has been banned internationally?  
 A.) Ivory      B.) Uranium      C.) Gold      D.) Cedar
- 9.) Where in the human body is the hypothalamus?  
 A.) Heart      B.) Liver      C.) Ears      D.) Brain
- 10.) The ‘Impala’ was a passenger car produced by which company?  
 A.) Ford      B.) Mercedes      C.) Chevrolet      D.) Chrysler

[Answers listed on page 11]

Starting  
 in 2026!



Do you have  
 questions?

- CALL US AT .....
- 774-438-2729 .....
- OR, EMAIL.....
- BPerdue@coastlinenb.org ..
- Senior Scope Editor.....
- 863 Belleville Ave.....
- New Bedford, MA .....

Senior Scope is published by  
 Coastline, 863 Belleville Ave.,  
 New Bedford, MA 02745  
 508-999-6400

# SENIOR SCOPE MOVES TO 11 ISSUES A YEAR

Beginning in 2026, Senior Scope will publish 11 issues per year and will skip the month of August. This small change helps us continue to provide the high-quality coverage you count on.

### What This Means for Subscriber

All current subscribers (as of Dec. 31, 2025) will receive 12 issues. If one of your 12 issues would have been the August issue, we will extend your subscription by one month. All renewals and new subscriptions will be for 11 issues at the same \$18/year price.

### What This Means for Advertisers

Your per-ad price stays the same. With the new schedule, annual advertising cost will simply drop by one month. Same audience. Same value.

**Housing Honoree continued...**

college, working at Rutgers Mental Health Center in New Jersey.

"I was a counselor at a community mental health center at Rutgers Mental Health Center in New Jersey and I started working with folks coming out of state hospitals. These are folks who had been institutionalized for years and basically were learning for the first time what it was like to live in the community," she said.

Her work focused on helping people secure housing while also providing on-site support.

"I was advocating for folks to be able to live on their own with support, with care coordination, (and) case management support."

From the beginning, she saw housing as the foundation for stability, a perspective shaped in part by ongoing debates with her late husband, Mark Moore, who worked in employment services.

"I always focused on where are they going to put their head at night, where are they going to sleep, because many people became homeless," Bruder-Moore Abramowitz said. "They got out of being in a state hospital and they never had a place to really live, if they weren't in a halfway house."

"And he and I would fight all the time, which should come first, the job or the place to live. And I would say, 'If you don't have a place to take a shower, put your

head at night, get up and go to work, and he would say, 'But how are you going to pay for it?'"

That philosophy continued to guide her work as she moved to Massachusetts, where she helped develop licensed housing through the Department of Mental Health, the Bureau of Substance Addiction Services, and the U.S. Department of Housing and Urban Development.

She helped establish permanent supportive housing programs in Bristol County, a model that combines housing with ongoing services.

"Basically it was my mantra," Bruder-Moore Abramowitz said. "Help people get into housing. Help people get to a place they feel safe, and then you begin to engage them around their mental health, or their substance use."

Many of those served through these programs are now older adults who were once chronically homeless.

"The majority of people we serve in permanent supportive housing are older adults," she said. "Because we housed them and then we kept them housed. They were chronically homeless over a year, out in the streets, in tents, you know, in their cars and these people are over 50 years old now."

Much of that housing is supported by federal subsidies, which she said are now at risk. Massachusetts has joined other states in legal action

challenging recent federal housing policies.

"If we don't have the subsidy for them and they take it away from us now, the folks are looking me in the eyes saying, 'I'm going to die, you know, if you don't continue to help me stay housed,'" she said. "So we're fighting this."

**"The majority of people we serve in permanent supportive housing are older adults. Because we housed them and then we kept them housed. They were chronically homeless over a year, out in the streets, in tents, you know, in their cars and these people are over 50 years old now."**

—Ellen Bruder-Moore Abramowitz,  
VP, Community Counseling of Bristol County.

Among the projects she points to is the conversion of a former nursing home in Dighton into 10 apartments for residents age 55 and older, with shared spaces and supportive services.

"It's completely focused on older adults and what we do is provide case management, groups, and group clinical support," she said.

In addition to housing development, Bruder-Moore

Abramowitz oversees the Behavioral Health Outreach for Aging Populations (BHOAP) program across much of Bristol County. Through that work, she has seen firsthand the role coordination plays in helping older adults remain stable.

"I think that there needs to be what I call care coordination, and there's not enough of it. Somebody who's aware of what's going on with this person and connecting with them and making sure they are getting to their appointments and helping them," she said. "So having either a peer specialist, a care coordinator, or someone in that person's life to call them, stop there, connect with them and make sure that they're not being taken advantage of, make sure that their bills are being paid and make sure that there's food on the table. A care coordinator is a critical role."

She continues to work on housing efforts, including a new project in Taunton, and emphasized the importance of partnerships in making them possible.

"I think one of the most important things is to work with the business community," she said. "I've been really surprised by some of the folks who have stepped up in the community. And I think we need to do more education of the business community so they will work side by side with us and so that we're not working at odds with each other in this country right now."

## Massachusetts Senior Medicare Patrol (SMP) Program **VOLUNTEER WITH US!**

**Looking for a meaningful  
volunteer opportunity?**

**The Massachusetts SMP Program  
invites you to join our team.**

- We are always looking for volunteers who want to give back to their community, and help Massachusetts' seniors fight Medicare fraud.
- To apply visit [MASMP.org](http://MASMP.org)
- Multilingual volunteers encouraged to apply!



# SMP

Senior Medicare Patrol

Preventing Medicare Fraud

**CALL 1-800-892-0890 OR VISIT [www.MASMP.org](http://www.MASMP.org)**

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$602,337 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

# Councils on Aging

## Acushnet COA

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

**Manicures:** Thursday April 2. With the Old Colony RVTHS Cosmetology Students (various times available- registration required).

**Veteran's Coffee Social:** Tuesday April 7, 8:30 a.m. with Brad Fish VSO.

**Watercolor with The Wandering Brush:** April 4 & 22, 10:30 a.m. Registration required.

**Brain Builders:** Wednesday April 15 & 22 at 11 a.m. with Lisa Yauch-Cadden, MS CCC-SLP (Registration required.)

**Nutrition with Barbara Canuel:** Wednesday April 22. Dietician from Community Nurse (registration required).

**BINGO:** Thursday April 23, (Registration required.)

**Fireside Grille Lunch Trip:** April 24, registration required. (Limited seats available. Attendees are responsible for their own lunch; transportation is complementary.)

**Travel Program Trips:** Registration is required for all trips, April 14- Aqua Turf "Rock n' roll Heaven" \$110; May 28- 3 hour Cape Cod Canal Cruise and lunch at Seafood Sam's \$60; June 19- Hampton Beach Sand sculpture tour \$46; and July 14- Boston Tall Ship Cruise/ Quincy Market \$90. Are you interested in a trip to the Springfield Fair Thursday Sept. 24? We want to hear from you!

## Dartmouth COA

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

**What is Identity Theft and Safe Banking:** With BayCoast Bank, Thursday, April 9, 2-3 Pre-registration required.

**Independent Blind Program overview:** With the Commission for the Blind Friday, April 10 at 11 a.m. Learn what they can do to help. Pre-registration is required.

**Digital Photos with Carly:** Tuesday, April 14 at 1 p.m. Learn the latest iPhone features and how to take, edit and organize your digital photos. Cost is \$5. Pre-registration is required

**Garden Center and Lunch on Federal Hill:** Wednesday, April 15. Welcome the Spring season with a trip to the 7,000 square foot Jordan's Jungle in Pawtucket, R.I. and have lunch on Federal Hill where you will find everything green to refresh your home and garden. Cost is \$5 for transportation. Call the Center for more information.

**Natural Allergy Relief Workshop:** Thursday, April 16 at 10 a.m. Learn how adding simple natural solutions to your daily routine can help reduce or eliminate your allergy symptoms. Cost is \$5. Includes a take home product.

**Music and Memory:** Thursday, April 16 1-2:30 p.m. Dr. Randi Lebar will give talk focusing on the power of music in dementia. Inspired by her mother, a concert pianist, whose videos went viral while she was living in a memory care unit. Pre-registration required.

**DNRT Walk Reserve:** Wednesday, April 29 at 9:30 a.m. Guided walk. Van leaves the Center at 9. Pre-registration required.

**"Spring" with the New Bedford Symphony Orchestra:** Thursday, April 30 at 1 p.m. Duo of musicians will perform a 45-minute program celebrating the Spring season.

**Free Coffee Hour:** Tuesdays and Thursdays 9:15-10:30 a.m.

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

**Qigong with Cristina:** Wednesdays 2:15-3:15 p.m. Free. Walk-ins welcome.

**Board Games:** Wednesdays 1-3 p.m. Walk-ins welcome.

**Parkinson's Support Group:** Second Thursday of the month 1-2:30 p.m. Contact Donna Valente for more info [dvalente@comcast.net](mailto:dvalente@comcast.net) Walk-ins welcome.

**Walk in Blood Pressure Screenings:** 2nd Thursday and last Tuesday 9-11 a.m.  
**MADOT RMV Clinic:** Last Friday by appt 10 a.m. – 1 p.m. Assistance with applications, paperwork review, appt setting, Real ID, Disability Placard and RMV questions.

**Manicures:** 2nd and last Friday by appt. 9 a.m. to Noon by appointment. Cost is \$15.

**Line Dancing with Kristina:** Fridays 1-2 p.m. Cost is \$3. Walk-ins welcome.

**Alzheimer's Support Group:** 2nd and 4th Tuesday of the month 2:30-3:45 p.m. Contact Donna Leary at 508-264-3892 or email her at [mimi.donna29@gmail.com](mailto:mimi.donna29@gmail.com)

**Pedicures:** Third Tuesday by appt. Basic Waterless \$30 non-polished; \$35 polished. Nail clipping non-diabetics \$30 by appt.

**Manicures:** Second and last Friday 9 a.m. - Noon by appt. Cost is \$15 by appointment.

**Acoustic Jam Session:** Tuesdays 1-2:45 p.m. Do you love music, like to sing or play an instrument? Informal group meets to share songs and sounds. Walk-ins welcome!

## Fairhaven COA

For information on programs and activities, see Fairhaven Council on Aging Community Newsletter on the town's website at <https://www.fairhaven-ma.gov/council-aging/pages/calendars-menus-and-newsletters>. For more information, call the Fairhaven Council on Aging at 508-979-4029, located at 229 Huttleston Ave., Fairhaven, MA 02719. Open 7:30am-3:30pm and until 8pm on Wednesdays. \*Everything subject to change. Please call the COA if you have any questions.

**Mall Trips:** April 1st- Twin River, April 8th- Providence Place Mall, April 15th-Mashpee Commons, Aprils 22nd- Hyannis Mall & Trader Joes, April 29th- Patriot Place. Call to sign up and please mention if you live in town or not.

**Monday Movie Matinee:** 12:15 p.m. If you would like lunch before the movie at 11:30 a.m., please call the Thursday BEFORE the movie on the Monday. April 6th-Philomena, April 13th- St. Vincent, April 27th- The Boss.

**Alzheimer's Association Caregiver Support:** Every First Thursday 1-2pm

**Cribbage:** Mondays 10 a.m. to noon.

**Tai Chi:** Mondays 11am. Joe Rebello Instructor. See instructor for cost.

**Osteo Class:** Simple and safe bone boosting exercises. Monday, Wednesday and Friday 8:30-9:30 a.m. \$1.

**Seated Yoga with Audra:** 9-10 a.m. \$3 Thursdays 9-10am.

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

**Tech Cafe:** Wednesday's 4:30-5:30pm

**MS Support Group:** 10:30am-noon. Third Tuesday of the month. Please contact [A.Nogueira@aol.com](mailto:A.Nogueira@aol.com) for more information and to join the meeting.

**Watercolor Classes:** Wednesday's - 2:00-3:30pm \$10/Class. See the COA Newsletter for the dates. Please call to sign up.

**Single Senior Supper Club:** \$5pp. 4-6 p.m. Must call to sign up.

**LGBTQ Supper Club:** March 25th . Must call to sign up.

**Senior U Technology Classes:** Mondays 1:30-3:30 p.m. Please call the center to sign up and see class offerings or see the COA Newsletter.

**Music Bingo:** Last Friday of the month 12:30-1:30pm \$2 Per Person.

**Public Transit Information:** 11:30-1pm. First Friday of the month.

**Bunco:** 1st and 3rd Friday 12:30-3:00pm

**Matt York Country Music:** April 9th 12:30pm

**Scams & Fraud Awareness:** April 21st 9:30am

## 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.

**Food Labels:** Monday, April 6, 1 p.m. Does all the information on a food label make you wonder what you are consuming? Is it good for you, is it too much of this and not enough of that? Barbara Canuel, Registered Dietitian from Community Nurse Home Care, will be here to educate us on reading a product label. She will help us decipher the information that we are looking at. After, we will better understand what we are consuming and hopefully be more mindful of things like sodium and additives.

**Cooking Demonstration:** Tuesday, April 21 at Noon.mBarbara Canuel, Registered Dietitian from Community Nurse Home Care. Learn new tips and tricks while preparing quick, nutritious and delicious meals. Call 508-748-3570 to reserve your spot.

*Continued on Page 11*

## SENIOR SCOPE

Advertise here

Senior Scope offers advertising packages at great rates.

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

Contact Beth Perdue at [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org) or call 774-438-2729.



SIGN UP NOW

GET SENIOR SCOPE DELIVERED STRAIGHT TO YOUR INBOX

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

Now Accepting Applications\*

## Bedford Towers

62+ Senior Living Community

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

231 Middle St., New Bedford  
508.992.9603 | [PeabodyProperties.com](http://PeabodyProperties.com)



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

Professionally managed by:



**Life Aboard a Whaleship:** Monday, April 13 11:15 a.m. The Nantucket Historical Association will lead a discussion on the history of the early Nantucket whaling and how it evolved into a global industry. Participants will journey aboard the Whaleship, Edward Cary, and learn what life was like out at sea. Call 508-748-3570 to sign up.

**Brainteaser Bootcamp:** Thursday, April 9 1 p.m. Donnie & Aleah Lombard, puzzle book authors, will lead this fun workshop that will keep your brain sharp. You will be given a custom puzzle book to reference during class. There are step-by-step instructions in these books that go along with the presentation of sudoku puzzles, crypto-grams and word jumbles. There are many cognitive, neurological, emotional and social benefits of practicing puzzles on a regular basis. Learn how logic puzzles can keep your brain sharp. This workshop is limited to 10 participants. Call 508-748-3570 to reserve your spot.

**Scam Alert:** Friday, April 10th 1 p.m. Kaleigh Goulart from the Boston Area Better Business Bureau will be covering the topic of scams and fraud. Scams come in all forms—over the internet, through the phone, email, on television and door to door. They generally work through scare tactics and pressure. The best protection is to know what to look for. We will cover best practices and what the BBB can do to help.

**Ken Monteiro in Concert:** Friday, April 17th 1 p.m. Ken is an acoustic musician playing music for the majority of his life. He will bring his seasoned voice and instrumental talent to the Community Center. He plays a mix of modern and classic music from rock and country genres. Ken plays songs that you grew up with and songs that will be sure to spark memories. Feel free to make requests, he loves to learn songs that people request, as it broadens his horizons.

### Mattapoisett COA

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

**Who is a Caregiver?:** Coastline Family Caregiver Support Program. A caregiver is anyone who provides care for a family member, friend, or neighbor who is 60 or over, or anyone who cares for an individual of any age living with dementia, Alzheimer's disease, or a related diagnosis. Are you a caregiver? Do others consider you a caregiver? The COA will be hosting Coastline's Support Specialists who will help caregivers connect with available services. These services may include one-on-one counseling, in-home services, respite (a break for caregivers), nutritional services, transportation assistance, caregiver training, support groups, financial counseling, and legal referrals. This is a walk-in event, and anyone and everyone is welcome to stop in on April 7 between 11 a.m. and 1 p.m. There is no cost to attend.

**Plymouth County Extension:** April 28, 11:15 a.m. Light lunch will be served. If you hate ticks and mosquitoes, the best defense starts with understanding them. Effective tick and mosquito bite prevention isn't just about avoiding the outdoors—it's about knowing their biology, behavior, and ecology so you can prevent a disease before it starts. With the right knowledge, tickborne and mosquito diseases are preventable. By exploring local epidemiology, learning how ticks and mosquitoes live and spread pathogens, and applying proven protection methods, you can confidently reduce your risk. Hosted by Blake Dinius, entomologist extension educator from the Plymouth County Extension office—passionate about helping others stay informed and protected. Registration required.

**Mattapoisett Land Trust:** Every month through October the Mattapoisett Land Trust (MLT) will be hosting a guided walking tour of a selected trail here in Mattapoisett. This is a fabulous opportunity to get out, meet other participants, learn something new, all the while getting your steps in. Our first walk will be at the Munn Preserve, 124 Mattapoisett Neck Road at 9 a.m. on April 15. Comfortable walking shoes, a light jacket, and water are all recommended. Call to register.

**Imagine If:** April 8 & 22 at 10 a.m. Free. In the event of an emergency, could those who need it locate your important information in five minutes or less? Join Outreach Coordinator, Liz Leatham, and learn how to prepare an "Imagine If..." workbook. Liz will teach you the importance of organizing personal information, legal documents, and how to best document your wishes if something unexpected were to happen to you. By putting your affairs in order, you are providing your family and/or caregivers with the necessary information they need should anything happen to you. This is a 2-part class.

### New Bedford COA

For assistance, contact the New Bedford Council on Aging at 508-991-6250. Buttonwood Senior Center Programs and Activities with daily Coastline lunches (Monday-Friday) from 11:30 - 12:00. Brooklawn Social Day is at 1997 Acushnet Ave. and Rosemary S. Tierney Social Day 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, 8:30-9:15 a.m. with Cameron Bergeron.

**Energy Efficiency Webinar:** Mass Save Resources by HomeWorks Energy, March 20, 9:45 a.m. Call 508-991-6193 to register. Join to understand the resources available to you through the Mass Save program at little to no-cost.

**Zumba Gold:** Mondays 10-11; Zumba Toning is Thursdays 12:30-1:30 with Pati Cautillo.

**Strength & Condition:** Monday 12:30-1:30 and Fridays (2-3) with Larry Bigos.

**Line Dancing:** Monday, 1:30-2:30 p.m. with Kristina Hernandez.

**Yoga Chair:** Tuesdays and Wednesdays, 10:00-11:00 with Susan Ashley.

**Chair Massage with Diane Charnley:** Every other Tuesday (12:30-2:10). Call for schedule. Advance-sign-up required - 15 mins slots - Cost \$5.

### Rochester COA

For more information, call 508-763-8723. The Rochester Council on Aging is located at 67 Dexter Lane, Rochester, MA 02770. Visit the website at [townofrochester.mass.com/council-aging](http://townofrochester.mass.com/council-aging). Facebook: [facebook.com/Rochester, Mass.](https://www.facebook.com/Rochester,Mass)

**April trips:** Van rides are a \$5 voluntary donation for town residents or \$10 for non-residents. (Please park in our overflow parking lot when going on a trip.) Thursday, April 9, Plainridge Park Casino, Depart COA at 9:30 a.m. and return at 2:30 p.m.; Thursday, April 23rd, Daffodils at Parsons Reserve & lunch at Traveler's Alehouse in Fairhaven. Depart COA at 10 a.m. and return at 2:30 p.m.

**April special luncheon:** Monday, 11:30 a.m. April 13, Hawaiian Lunch With Hula Dancers & A Big Menu! Cost is \$20. Hula Dancing show featuring Lola & The Polynesian Fusion Dancers & Featured chefs include The Cambras, Daniels & Margie O'Brien. Menu includes pork, chicken terriyaki skewers, lemon garlic shrimp skewers, pineapple fried rice, Fuji apple salad, Kings' Hawaiian rolls, pineapple, orange & guava punch & tropical dessert.

**TRIAD meeting:** April 1 at 11 a.m.

**Brain builders:** Classes on Thursday, April 2 and Thursday, April 16. Starts at 12:30 p.m.

**Veterans' social:** Thursday, April 2 at 5 p.m.

**Caregiver Group:** Are you the caregiver for someone with Alzheimer's, Dementia or another illness? We have a Caregiver Support Group here at the COA. This month's meetings are on 4/7 and 4/21.

**Grief group:** Thursday, April 9th from 1:30 - 3 p.m. in COA conference room. Grief can be experienced from the loss of a loved one, separations & divorce, a serious medical diagnosis & more. Facilitated by certified grief educator Carol Valcourt.

### Dementia Directory

[www.alzconnected.org](http://www.alzconnected.org)

#### In-Person Groups

**Alzheimer's Support Group:** 2nd and 4th Tuesday of each month, 2:45 to 4 p.m. Held at the Dartmouth COA. Group is for caregivers and their care partners. Please contact Donna Leary, 508-264-3892 or [mimi.donna29@gmail.com](mailto:mimi.donna29@gmail.com).

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

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

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

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

#### Virtual Support Groups

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

**Additional Options:** Call the Alzheimer's Association at 800-272-3900 or visit [www.alzconnected.org](http://www.alzconnected.org).

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

### April 2026 Trivia Quiz Answers

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



**Senior Scope**

YOUR AD HELPS US HELP OLDER ADULTS

**SENIOR SCOPE**  
Keeping older adults informed and engaged.

[COASTLINENB.ORG/NEWS/SENIORSCOPE/](http://COASTLINENB.ORG/NEWS/SENIORSCOPE/)

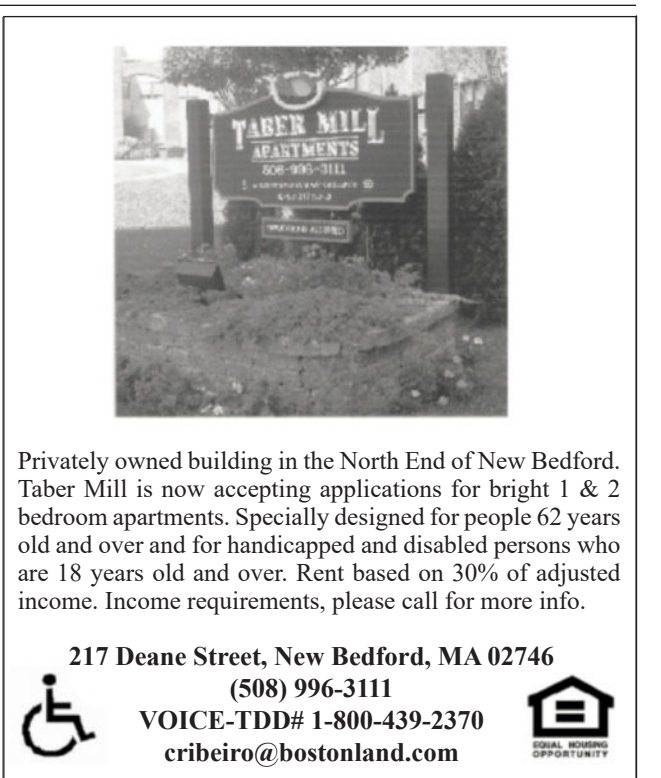
For ad rates, call Beth at 774-438-2729 or email [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.org)



Get a full year's subscription (11 issues) delivered to your door for only \$18.



**Senior Scope**

If you can't pick up the free newspaper at local Councils on Aging, markets, and other spaces, or just want the convenience of having the paper arrive at your door, send your name and address along with a check for \$18 to Coastline, 863 Belleville Ave., New Bedford, MA 02745 Attn: Senior Scope Subscriptions.



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

217 Deane Street, New Bedford, MA 02746  
(508) 996-3111  
VOICE-TDD# 1-800-439-2370  
[cribeiro@bostonland.com](mailto:cribeiro@bostonland.com)

# Community



## March for Meals in action

"This helps quite a bit, let me tell you. It's very, very convenient and it helps," Alan in Dartmouth told selectmen David Tatelbaum and Chris O'Neil when they arrived with his lunch and regular Meals on Wheels driver, Stacy Tinkham.

The two men were volunteering to deliver meals as part of Coastline's annual March for Meals events.

"The service is excellent," Alan continued, with a grin in Stacy's direction. "You've got a heck of a girl working for you."

Town officials, elected leaders, and Council on Aging staff joined Coastline in Dartmouth and Fairhaven last month, helping to pack and deliver meals to local residents. A third event is scheduled for March 27 at Buttonwood Senior Center, after Senior Scope printed. (See more photos from the Fairhaven March for Meals event on page 4.)



## Life Transitions continued...

she said, does not mean someone is ready to die, but it can help people process, prepare, and feel less alone.

Alongside that emotional work is a shift in how people see themselves.

Many older adults carry a belief that aging means becoming less capable. Both therapists push back on that idea, pointing instead to resilience built over a lifetime.

"Everyone wants to look back on what they've done wrong because they think that's going to help prepare them for the future," Lake said. "Instead, it's more of looking back on all the things that you've done right... and preparing your mindset through the future of all the different things that your physical body is capable of and your brain is capable of."

Martin agrees that sense of value can get lost.

"You might not be able to do technology as fast and everything else, but boy, do you have a wealth of knowledge and wisdom," she said. "And they're struggling to be recognized for that. Recognized and also maybe not left behind."

Part of that process, Lake said, involves revisiting long-held beliefs and habits.

"Sometimes when you're getting older you get to rebelling against those rules that you made for yourself," she said. "Things like, 'This is just what I do.'... Does that serve you anymore? Does it do anything to help you out anymore?"

As people begin to rethink those internal rules, the next step often involves re-engaging with the world around them.

A Well-lit Room: Sun streams into one of the therapy rooms at The Bridge: Center for Hope and Healing in Padanaram.



Both therapists stress the importance of getting out of the house, trying new things, and rebuilding social connections. That can feel daunting, especially for those who have lost touch with friends or feel out of practice socially.

"There's a lot of isolation," Lake said. "But it is possible to still make friends in your 70s and 80s and 90s."

She often encourages clients to reconnect with activities that once brought them joy.

"I always ask, 'What are your symptoms when you're content, when you're happy?'" she said. "If you paint when you're happy, if you play music... let's go back and revisit that. What are those things that are kind of missing right now?"

Even small changes can help. Lake suggests something as simple as stepping out of a routine.

"If you like coffee, maybe instead of the drive-through, go into a coffee shop," she said. "There could be bulletins on the board... How do we just do a little bit more where there are people around us, where there's a chance to interact, even briefly?"

Martin points to three essential elements for healthy aging:

movement, purpose, and connection.

"We know science says the three things for aging are keep moving, do something for somebody else, and connections," she said. "Those three things will keep people going, but it's how to get involved. What is the best volunteer position for you?"

Finding the right fit may take some trial and error, she added, and it's important that activities feel meaningful, not just busy.

While therapy and social connection address emotional and psychological needs, wellness practitioner Jennifer Noyer emphasizes another dimension of well-being - the body.

A certified yoga instructor, holistic health coach, licensed massage therapist, and Reiki practitioner, Noyer works with clients to stay grounded physically as they navigate change. Practices like yoga, breathwork, and time in nature can help regulate stress and create a sense of stability.

Touch, she said, is especially important and often overlooked.

"The availability to have access to touch becomes limited for lots

of folks," she said. "From a healing standpoint as well as just from an emotional wellness standpoint, touch is so very important for connection... for that sense of overall well-being and knowing that there is a support system there."

Even simple techniques can make a difference. Noyer encourages people to pay attention to their breath, particularly in moments of stress or uncertainty.

"Just be aware of the breath and how shallow your breathing might be," she said. "Are you able to get a full deep belly breath to help reset that nervous system? Breathe a full inhale through the nose, full exhale through the nose."

That pause can create space to respond more calmly to new or unfamiliar situations.

"It's about knowing, 'I've got this. I'm good. I'm just going to take a couple of deep breaths, clear my head, and move forward,'" she said.

Noyer also emphasizes that wellness does not have to be complicated or formal. It can be found in everyday moments of connection and care.

"Whether that is breathing, yoga, walking every day, massage, sitting with a cat or the dog for 20 minutes and connecting in that way, that is super powerful," she said.

For those unsure where to begin, she suggests following curiosity, even toward something that feels unfamiliar.

"I would start with either what intrigues you the most or what you think is completely silly," she said. "Start there."