

# Senior Scope

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

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

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### Old skills return with new purpose in recycling workshops

At a table covered in thread, fabric, and well-used sewing tools, New Bedford resident Deborah Herrmann waited her turn with a practical question: how to shorten the sleeves of her son's lined suit jacket.

Herrmann already knew her way around a needle and thread. She learned the basics growing up and has built on them over the years, mending clothes and even restyling them. She once turned her husband's pullover sweatshirt into a zip-up for easier wear.

"My mother taught me how to darn years ago," Herrmann said. "I know how to darn. I can put zippers



in, and I know how to patch." Around her, the Howland Green Library had been transformed

into a hands-on workshop, with three stations dedicated to core mending skills. Volunteers showed participants how to darn, patch and repair zippers using slow stitching techniques.

For many, especially the older participants, the event tapped into something familiar. Sewing and mending were once skills passed down routinely from one generation to the next. That tradition has faded in many households, but interest appears to be returning.

The mending event was the first in Fix It Forward: A Workshop Series on Repairing and Reusing, a six-

*Continued on page 7*

### PACE to double grocery delivery program this summer

A New Bedford program that delivers free food bank groceries to older adults each week is poised to more than double in size this summer thanks to growing interest and new funding.

The news is welcome as food insecurity grows and SNAP benefits face cuts, increasing pressure on low-income older adults who already face barriers to accessing food.

The PACE Senior Delivery program serves low-income adults over 65 who have trouble accessing food on their own. Run out of PACE's Food Center at 477 Park St. in New Bedford, it currently reaches 121 people, with about 80 more on a waiting list as of early April.

"It caters to those over 65 in our community who are usually single, living alone, and low income," said Brooke L'Etoile, PACE's Health &

Food Access Director.

Residents in the Greater New Bedford area including New Bedford, Dartmouth, Marion, Rochester, Mattapoisett, Fairhaven, and Acushnet may participate.

It works simply. Each week, staff call participants and walk them through whatever is available in the pantry — vegetables, canned

*Continued on page 12*

### Consumer protection laws drafted for ALRs

In April, the state’s attorney general released draft regulations for Assisted Living Residences to protect residents from unfair and deceptive acts and practices, including misrepresentation of available services, improper fees, and unlawful evictions.

The draft regulations, the first of their kind under the state’s consumer protection law, are based on community concerns, and comments from community partners, elder law attorneys, and members of the Attorney General’s Elder Justice Council. The draft regulations then went through a public comment period which ended on May 1.

They focus on key areas of consumer protection, including financial protections and billing transparency, protection against misrepresentation of services, contractual and eviction protections, and complaint and reporting mechanisms.

“When our elders move into assisted living residences, they and their loved ones deserve safe accommodations and clear information about the costs they will pay and services offered,” said AG Andrea Joy Campbell. “These regulations will strengthen accountability to ensure that these facilities are

fulfilling their commitments and help ensure older adults live with dignity and respect. I look forward to collaborating with community partners as we work to finalize and implement them.”

Among other rules, the draft regulations state that:

- ALRs should have straightforward service agreements that clearly disclose the cost of services provided in the residence, as well as guidelines for when those costs may increase.

- Residents should have transparent information about what may happen if they cannot afford to remain in the ALR, or if they require advanced care that the ALR cannot provide.

- ALRs should provide clear information about the availability of nursing care at the residence.

- Residents in ALRs have the same rights as other tenants, including protections related to fees, eviction, and other tenancy matters.

AG Campbell created the Elder Justice Unit in August 2023 to protect and promote the safety and well-being of older adults through enforcement actions, legislative advocacy, and community engagement and education.

### From the Editor

Having just wrapped up the May issue, I’ve found myself thinking about the uncertainty so many of us are feeling right now. It shows up in different ways across different communities, but it’s hard to ignore how much is shifting all at once.

For those of us growing older, including anyone stepping away from full-time work, these changes can feel especially close to home. Without the cushion of a regular paycheck, even small disruptions can have a real impact.

In this issue, we take a closer look at several federal and state decisions that may create new challenges, particularly for older adults with limited incomes. One example is the resumption of SNAP overpayments. These situations are not the result of fraud or wrongdoing, but they can still make it harder for people to stretch already tight budgets. You can find more details on pages 3 and 8.

At the same time, there are people and programs responding with care and creativity, working to bridge the gaps that emerge. PACE’s senior delivery program is one such effort, helping address food insecurity while also reach-

ing older adults who may not be able to leave home. Just as meaningful is the sense of connection it fosters, with staff building relationships with the people they support and volunteers stepping in to get the tasks done to make the program a success.


An equally feel-good story is on page one about the growing numbers of people who are eager to learn “new” skills like mending clothing. This is really just a circling back of skills that were once passed down from generation to generation from the Dartmouth-based refuse district and their mission to reduce waste.

Lastly, Senior Scope and Coastline will also be at Older Americans Lobby Day in Boston on May 6, advocating for continued support for older adults. You can find more information on page 5, and you’re welcome to join us.

Connect with Beth at [bperdue@coastlinenb.org](mailto:bperdue@coastlinenb.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

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 **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 CharylN Feeny
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

 **Senior Scope**

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

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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.”

**For Prayers Answered**

To St. Jude **\$25**  
— Ethel Souza, New Bedford

**In Memory Of**


My Mother Doris “Kitty” Hebert **\$10**  
— With love, Diane Freitas, New Bedford

**In Memory Of**

Happy Heavenly Mother’s Day to my Mom, Enid Lee. **\$25**  
— Love, Ann McCrillis-Tipping, Bourne

**In Thanks For**

Ethel Souza on her Birthday. **\$10**  
— Mary-Lou Davis, Dartmouth



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## State hires staff to improve SNAP accuracy

Massachusetts is taking steps to improve how it manages SNAP (Supplemental Nutrition Assistance Program) benefits, with changes that could directly affect older adults who rely on this support to afford groceries.

According to a March 2026 report from the state's Department of Transitional Assistance, Massachusetts has hired dozens of additional caseworkers as part of an effort to reduce its SNAP "error rate." The error rate is a defined measure used by the United States Department of Agriculture to evaluate the accuracy of states' administration of SNAP, measuring how often benefits are calculated incorrectly, whether too high or too low.

Errors can lead to unexpected changes in monthly benefits, confusion during recertification, or even repayment requests in some cases. On a broader scale, any error rate above 6% means the state will be forced to pay a percentage of SNAP benefits as a penalty.

That percentage could be costly.

According to the report, if a state's federal fiscal year 2025 / 2026 is under 5.99%, the federal government will continue to pay 100% of SNAP benefits. But if its error rate exceeds 6%, the state will be expected to cover between 5 and 15% of state SNAP benefits, depending on the final error rate.

"Because of the size of SNAP,

these penalties could result in significant costs to the Commonwealth if the PER is not reduced," report authors wrote.

Prior to 2020, Massachusetts maintained a low PER, typically between 4 and 6 percent; however, that percentage increased during the COVID pandemic and, as of FY2024, was 14.1%, according to the report.

By adding staff, the state aims to lower caseloads for individual workers so they have more time to review applications carefully, verify information, and ensure benefits are accurate. The goal is to bring Massachusetts back within federal standards and avoid costly penalties.

In January, the state added 76 new case workers with more hires expected.

For older adults, this effort may lead to a more reliable and consistent experience when applying for or maintaining SNAP benefits. Ideally, it means fewer mistakes, clearer communication, and more timely processing of applications and renewals.

Still, it's important for SNAP recipients to report changes in income, housing, or household size promptly to help prevent issues. Keeping copies of documents and responding quickly to DTA requests can also reduce the chance of delays or errors.

If you have questions about your SNAP benefits, you can contact DTA directly at 877-382-2363.



Rev. David Lima (right) poses with New Bedford Mayor Jon Mitchell at the April 10 RISE event where he was celebrated for 25 years of service to the community.

## Dedicated service to community recognized

There was plenty of good-natured roasting of Rev. David Lima last month, as Rise Up for Homes honored him as one of New Bedford's most steadfast community champions, marking 25 years of work that has touched nearly every corner of local need.

Over the years, Lima has helped address homelessness, substance use, violence and suicide prevention, and has consistently shown up for people in crisis, whatever the circumstance may be. He serves as executive minister of the Inter-Church Council of Greater New Bedford and, alongside his wife Joanne, pastors New Seasons Worship Center in East Freetown.

The sold-out crowd at White's of Westport reflected that wide reach. The room was filled with service providers, advocates, and community members, all drawn together by Lima's influence.

Gifts to Give founder Jim Stevens, joined by his son J.P., shared a playful list of ways Lima, whom Stevens called his sixth-closest friend, had been

"annoying" over the years. The stories included their first meeting during a bitter cold night spent sleeping in cardboard boxes to raise awareness for homelessness. But Stevens ultimately described Lima as perfect.

"Look around," he told the crowd. "There's 200 people in this room, and they're here for one reason. Because David Lima's here. There's no other reason that you're all in this room except for David Lima."

After a slideshow of photos spanning much of Lima's life, his brother John spoke about the foundation of faith and family that has guided him.

"Today he shares the blessing of his family with the community," he said.

"His past, of being a hero, he tries to walk it today. His faith...he attempts to do each and every day of his life. His competitive spirit tells him I never stop. I'll continue to fight. His heart for other people, the love that he shows for his family, he extends to others, as Jesus would. That's my brother, David Lima."



## EMPOWER CHANGE

JOIN US. VOLUNTEER FOR A FEW HOURS, ONCE A WEEK



### USE IT OR LOSE IT.

Think about it.

Join our dynamic community. Seniors foster impactful connections and inspire younger generations through shared wisdom, friendship and love.

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

## Coffee and a quick tour!

Everyday at 11. Ask for ChooChoo, Jewels, Lefty, JP, Alan or RichieRich.

GiftsToGive 4 Slocum Street in Acushnet  
508-717-8715 GiftsToGive.org

# Updates

## MBTA offers summer discounts

A series of summer fare promotions and discounts on the MBTA Commuter Rail will be in place this summer to lower costs for riders, support regular commuters and encourage more people to choose public transportation. Four promotions will run on the commuter rail through June, July, and August. First, all commuter rail service will be free on Fridays in June, July, and August 2026, including Juneteenth and July 3. Also, calendar month commuter rail passes for June, July, and August 2026 will be discounted by 50%. This discount applies to full fare and reduced fare monthly passes for Zones 1 through 10, Interzone 1 through 10, and commuter ferry passes. The discount will not apply to Zone 1A passes. All non-calendar month commuter rail products (for example, single-ride tickets, 5-Day Flex Passes, and Weekend Passes) will remain at their standard prices. In addition, monthly commuter rail passes will be valid for travel to any zone on weekends. Monthly pass holders will also be able to bring one companion on any weekend commuter rail trip covered by their pass for \$1 each way. This offer is limited to one companion per pass holder. For all promotions, regular fares will be in place for Boston Stadium trains, the CapeFLYER, and any other special event trains to Foxboro. To support increased ridership during the FIFA World Cup, the MBTA will temporarily adjust commuter rail schedules in June and July, including expanded service to accommodate up to 20,000 passengers on 14 trains per match day to Boston Stadium. These fare discounts are intended to offset schedule impacts, support regular riders, and encourage more people to choose transit during a busy summer season.

## 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.

## Medicare Supplement vs. Medicare Advantage talk

On Monday, May 4, at 2 p.m. the Acushnet Public Library is hosting Medicare Supplement vs. Medicare Advantage: Which is Best for Me?, a 45-minute session exploring the key differences between Medicare Supplement and Medicare Advantage plans using real-life case studies and helpful resources. It's valuable for those new to Medicare and for current members who can make changes during annual enrollment periods. Additional library events this month are: Thursday, May 7, at 11 a.m. is the Readers' Group Morning Edition. This month's selection is *Sisters of Auschwitz* by Roxane van Iperen. Thursday, May 7, at 6 p.m. is Readers' Group. This month's selection is *Little Monsters* by Adrienne Brodeur. Monday, May 11, at 2 p.m. is Movie Matinee with *Hamnet*, rated PG-13, 125 min. Monday, May 11, at 6 p.m. is the Knitting & Crocheting Group. And, on Thursday, May 28, at 11 a.m. is the History Coffee Hour.

## Organist to perform at St. Anthony's

Dr. Michal Szostak, an international concert organist and improvisation specialist from Warsaw, Poland, will be a guest performer for the Music at St. Anthony's Concert and Recital series at St. Anthony of Padua Church in New Bedford at 3 p.m. on Sunday, May 31. Szostak is a doctor of musical arts in organ performance, with a Ph.D. in the field of management from the Leon Koźmiński University, Warsaw. Music at St. Anthony's is an ongoing fundraising and cultural effort to restore the church's magnificent pipe organ that was designed for the French-Canadian church. Over time, many important repairs have been made to the pipe organ. But this year, fundraising will be designated toward the work of repairing the window frames in the church. Tickets are \$25 and are available on the website [www.musicatsaintanthonys.org](http://www.musicatsaintanthonys.org) or at the door.

## 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. To get help or to make a referral, just call Coastline's Information and Referral Department at 508-999-6400.

## Beware scam texts that say they're from the Mass RMV

The Massachusetts Department of Transportation is reminding residents to beware of fraudulent text messages which ask for payment for tolls or violations by using a link sent to a person's cell phone. MassDOT divisions will never ask for payment at a link imbedded into a text message. "If you receive a text message telling you to make a payment or that you need to act quickly, do not click the link. We continue to hear disturbing accounts from the public that a text message scam is continuing," said Colleen Ogilvie, Registrar of Motor Vehicles. "Recipients should immediately delete text messages saying fines are owed, licenses and registration will be revoked, or a collection agency is being notified – these are deceitful and fraudulent messages." Unfortunately, scam artists have evolved to using more believable words and phrases in their fraudulent messages, including, "Per order of the Massachusetts Registry of Motor Vehicles," and "This document constitutes a formal final demand for payment." These communications are all fraudulent and should be deleted immediately. Registry of Motor Vehicles customers should go to [Mass.Gov/RMV](http://Mass.Gov/RMV) for online RMV services and information about their credentials and vehicle owners should contact EZDriveMA if they have questions at [www.EZDriveMA.com](http://www.EZDriveMA.com).

## 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/>



## Welcome Back Spring!

Spring showed up in style at the New Bedford Council on Aging's Sweet Spring Affair last month. With bright outfits, big smiles, and plenty of laughter, nearly 90 guests came together to celebrate the season. The afternoon featured delicious catered food, lively entertainment, and a few lucky raffle winners along the way. It was a chance to connect, unwind, and enjoy a little springtime sparkle. Here are a few images from the April 17 celebration at the Fort Taber Community Center.

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# Community

## Fitness and Aging: It's never too late to get in better shape

As a wellness professional and certified personal trainer who works with older adults, Julie Fostin has seen person after person improve their fitness over time no matter what their age or starting point. The co-director of the New Bedford Wellness Initiative and wellness director for the YMCA Southcoast in New Bedford has worked with adults in their 70s, 80s, and 90s, who were able to improve their stamina, cardiovascular health, and strength despite, in some cases, using a walker or cane to walk or needing a chair to lean on for balance. Her perspective is that everyone can improve no matter how long it's been since they were exercising regularly.

Julie took time recently to talk with Senior Scope about some of the misperceptions people have about fitness and aging and what really works.

**Q: What do most people believe about aging and fitness that simply isn't true?**

**Julie:** They believe that you can't start because you're too old. People think, well, 'I'm 80 years old, so I can't start today.' Or, 'I'm 80 so what can I really do? Nothing is going to improve.' But there are studies that show that with even five minutes a day of weight bearing exercises, there is great improvement seen. Five minutes a day!

Some people also feel that they're not safe because they might walk with a cane, walk with a walker, or they think they can't exercise because they can't stand up behind a chair or they have balance issues. There's a lot of misconceptions that go around.

But I've taught senior fitness classes where I've had people in the chair; I've had people standing up; and I've had people sitting on stability balls, just because they wanted to be extra fancy.

So, you really can start fitness at any age. There's no real time limit.

**Q: What surprises your older clients the most once they start**

**exercising?**

**Julie:** I have clients that when I tell them that we went up 5 pounds today (on their weights), they didn't even realize it. They're doing, what we call in the fitness industry, making gains or improvements within their exercise without even realizing it. Because I see that they're doing that chest press and they're doing it really easily. So I'm going to increase the weight a little bit and I'm not going to tell them because they're too busy telling me about their day because it's social hour.

When I tell them, I think it surprises them that at their age they can increase their weight, that they can increase and still see the progression.

**Q: What is the biggest mistake people make when they try to get back into shape later in life?**

**Julie:** Sometimes, if they haven't been doing fitness, their knowledge may be out of date because the industry changes frequently. So what was okay to do in the 1980s, the 90s, and the 2000s is not what's okay now. For example, the recommendations for older adults are different now. The National Academy of Sports Medicine has recommendations for active aging adults above the age of 64 and I think it's 150 minutes of exercise a week to start.

So, for example, I did a class for the Columbian fathers in Bristol, R.I., the retired missionaries, and we would talk about that a lot. I explained to them that if you come to two classes a week, that's 120 minutes. So, all you have to do is take a 30-minute walk outside and you've got your recommendations for the week.

Basically, I think people need guidance when they're getting back into fitness training. I think people should really take advantage of anything that's free in the facility or gym that they're going to, or really look for free programming that's very beginner-focused to make them comfortable. And if they are walking into a

group fitness class, they need to have a conversation with the instructor about what level of fitness they're at as well. I always encourage that.

The problem is people aren't comfortable with that because they're going back to something they may not have done for a while and they're feeling sort of nervous about being in an environment they no longer recognize. And it's intimidating. But gym culture has changed a lot and there's more support for helping people learn than there used to be.

**Q: What are the earliest warning signs that someone is losing strength or mobility?**

**Julie:** An early warning sign is balance. For example, when you can't put your sock on without holding on to something. Other warning signs are when standing up and sitting down gets hard and especially getting up and down off the floor. Also, not being able to stand up and put their clothes on, or when getting in and out of the shower seems to be dangerous.

**Q: What can someone start doing at home that makes a real difference even without a gym?**

**Julie:** If they're savvy with the computer, there are plenty of really great things for seniors on YouTube, including Silver Sneakers. They have a multitude of videos; they're just renowned and people are certified on the channel. There are also upper body strength exercises to do at home. They can use mini resistance bands when exercising or very light weights. They don't have to do anything crazy. They also have chair exercises and walking videos all over the internet as well. They can join a local walking group, including Walk with a Doc, or any of the programs the local senior centers have.

Walking is great because it also builds community in that way. And there's social interaction because that's also a big health need for



Julie Fostin works with Eileen, a client, to support her weight training progress.

**“You really can start fitness at any age. There's no real time limit for that.”**

—Julie Fostin,  
Co-director, New Bedford  
Wellness Initiative

seniors.

**Q: Have you seen people make meaningful progress?**

**Julie:** You will see improvements. All of a sudden I'll have a client say, 'I didn't realize until I got in the house that those two grocery bags felt manageable today.' Or, 'Oh my God, I had so much energy. I was able to vacuum my whole living room and not be out of breath.'

Walking up the stairs is also a big one. Someone might notice that they were able to get up the stairs without having to stop halfway to rest. But if you're going up the stairs and you're wheezing and really having a hard time that's a telltale sign that your cardiovascular fitness is overworking and you'll need to do something about that.

## Don't miss Older Adult Lobby Day at the State House on May 6

Advocates from across the state will gather on May 6 for Older Adult Lobby Day, returning to the Great Hall at the Massachusetts State House for a powerful show of support for older adults. Hosted by Mass Aging Access in partnership with AARP Massachusetts, Massachusetts Councils on Aging, Mass Senior Action Council, and the Older Adult Behavioral Health Network, the day centers on supporting older adults in being part of every policy conversation.

This year's event carries added urgency. As demand for home and community-based services continues to grow, funding pressures, workforce shortages, and evolving federal and state policies are putting real strain on the systems that help people remain independent. Programs that support

nutrition, caregiving, behavioral health, and in-home assistance are essential, yet they often compete for limited resources. Showing up now helps ensure these services remain strong, accessible, and responsive to the needs of a rapidly aging population.

When residents, caregivers, and professionals come together, it sends a powerful signal to legislators that these supports are not optional, but vital to health, dignity, and community well-being.

The program runs from 11:30 a.m. to 12:15 p.m. and features remarks from Sen. Pat Jehlen and Rep. Tom Stanley, along with leaders from partner organizations. Whether you work in aging services or rely on them yourself, your presence helps shape the future of care in Massachusetts.



*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, May 3

8:30 a.m. Science of Well-Being  
9:30 a.m. Meditation  
10 a.m. Yoga  
11 a.m. Zumba

### Sunday, May 10

8:30 a.m. Science of Well-Being  
9:30 a.m. Meditation  
10 a.m. Yoga  
11 a.m. Zumba

### Sunday, May 17

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

### Every Saturday

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

## MassHealth to Members: Update your contact information now

MassHealth members in Massachusetts are being encouraged to stay aware of changes made at the federal level that may affect their health coverage and pay extra attention to any mail from the health care insurer.

The changes, part of the One Big Beautiful Bill, are expected to roll out over time and may impact eligibility rules, renewal processes, and coverage for

some members. Not all individuals will be affected or affected in the same way, but state officials are urging everyone enrolled in MassHealth to stay informed as new information becomes available.

The information on changes is incomplete as of April, MassHealth officials said in a recent webinar, adding they expect additional guidance from the federal government sometime

this summer.

MassHealth will be sending renewal and eligibility inquiries by mail, usually in a blue envelope. These notices may require a response and could have shorter deadlines than in the past, meaning members should be as prompt as possible in opening the envelope to avoid risking gaps in coverage.

One of the most important steps

members can take right now is to make sure their contact information is up to date. This ensures they will receive important notices about their coverage, including any actions that may be needed.

To learn more about these changes, go to: [www.mass.gov/orgs/masshealth](http://www.mass.gov/orgs/masshealth). To update your contact, go to: [www.mass.gov/how-to/report-changes-to-masshealth](http://www.mass.gov/how-to/report-changes-to-masshealth).

## MassHealth aos membros: Atualizem já os vossos dados de contacto

Os membros do MassHealth em Massachusetts são encorajados a manterem-se a par das alterações introduzidas a nível federal que possam afetar a sua cobertura de saúde e a prestarem especial atenção a qualquer correspondência enviada pela seguradora de saúde.

As alterações, que fazem parte da One Big Beautiful Bill, deverão ser implementadas ao longo do tempo e podem afetar as regras de elegibilidade, os processos de renovação e a

cobertura de alguns membros. Nem todas as pessoas serão afetadas, nem da mesma forma, mas as autoridades estaduais estão a exortar todos os inscritos no MassHealth a manterem-se informados à medida que novas informações forem disponibilizadas.

As informações sobre as alterações ainda estão incompletas em abril, afirmaram os responsáveis do MassHealth num webinar recente, acrescentando que esperam orienta-

ções adicionais do governo federal ainda este verão.

O MassHealth enviará avisos de renovação e de elegibilidade por correio, normalmente num envelope azul. Estes avisos podem exigir uma resposta e ter prazos mais curtos do que no passado, o que significa que os membros devem abrir o envelope o mais rapidamente possível para evitar riscos de lacunas na cobertura.

Uma das medidas mais impor-

tantes que os membros podem tomar neste momento é garantir que as suas informações de contacto junto do MassHealth estão atualizadas. Isto garante que receberão avisos importantes sobre a sua cobertura, incluindo quaisquer ações que possam ser necessárias.

Para saber mais sobre estas alterações, aceda a: [www.mass.gov/orgs/masshealth](http://www.mass.gov/orgs/masshealth). Para atualizar as suas informações de contacto, aceda a: [www.mass.gov/how-to/report](http://www.mass.gov/how-to/report).

## A los afiliados a MassHealth: Actualicen ahora sus datos de contacto

Se recomienda a los afiliados a MassHealth en Massachusetts que se mantengan al tanto de los cambios introducidos a nivel federal que puedan afectar a su cobertura médica y que presten especial atención a cualquier comunicación que reciban del seguro médico.

Los cambios, que son parte del One Big Beautiful Bill, se espera que se vayan implementando progresivamente y que puedan afectar a las normas de elegibilidad, los procesos de renovación y la cobertura

de algunos afiliados. No todas las personas se verán afectadas, ni de la misma manera, pero las autoridades estatales instan a todas las personas afiliadas a MassHealth a mantenerse informada a medida que va llegando nueva información.

La información de los cambios es incompleta hasta la fecha de abril, según indicaron los representantes de MassHealth en un seminario web reciente, añadiendo que esperan recibir una orientación adicional del gobierno

federal en algún momento de este verano.

MassHealth enviará por correo las notificaciones de renovación y elegibilidad, usualmente en un sobre azul. Es posible que haya que responder a estas notificaciones y que los plazos sean más cortos que los anteriores, por lo que se recomienda a los afiliados que abran el sobre tan pronto como sea posible para evitar posibles interrupciones en la cobertura.

Una de las medidas más importantes que pueden tomar los afiliados en este

momento es asegurarse de que sus datos de contacto en Mass Health estén actualizados. De este modo, se garantiza que recibirán avisos importantes sobre su cobertura, incluidas las medidas que sea necesario tomar.

Para obtener más información sobre estos cambios, visite: [www.mass.gov/orgs/masshealth](http://www.mass.gov/orgs/masshealth). Para actualizar su información de contacto, visite: [www.mass.gov/how-to/report-changes-to-masshealth](http://www.mass.gov/how-to/report-changes-to-masshealth).

Translations provided by:

 Southcoast<sup>®</sup> Health

## A Bristol County Celebration of Seniors



Friday, June 12, 2026

9am-12pm

White's of Westport

Save the Date



Join us for a **FREE** breakfast, resource fair, and presentations on issues important to seniors.

**Breakfast RSVPs begin on Monday, April 27th.**

*More information to come!*

Sponsor Info: Zach Boyer at 508-742-9161, [ZBoyer@CoastlineNB.org](mailto:ZBoyer@CoastlineNB.org).

Vendor Info: Natacha Salemme at 508-742-9113, [NSalemme@CoastlineNB.org](mailto:NSalemme@CoastlineNB.org).



**Join us!!**

for **COMMUNITY WALK**  
**OLDER AMERICANS MONTH**

Coastline will join Walk with a Doc to kick off Older Americans Month with an easy, social walk around Buttonwood Park as we celebrate healthy aging and staying active and connected in our later years.

**9 A.M. ON MAY 2ND**  
Buttonwood Park, New Bedford, MA

**ALL ARE WELCOME!**

Meet at Zoo entrance. [www.CoastlineNB.org](http://www.CoastlineNB.org) Sign up at event.

*Mending Comeback continued...*

part program from the Greater New Bedford Regional Refuse Management District. The goal is both practical and cultural: to help people fix what they have and rethink what gets thrown away.

The series is supported in part by the Art is Everywhere! grant funded by the City of New Bedford through its Arts, Culture & Tourism Fund, and is facilitated by New Bedford Creative at the New Bedford Economic Development Council.

The intent is to promote waste reduction in everyday life, said Marissa Perez-Dormitzer, the district's waste reduction manager.

"When people repair clothing or swap fabric, they extend the life of materials and avoid unnecessary waste," Perez-Dormitzer said. "With textiles no longer allowed in the trash in Massachusetts, Fix It Forward helps residents turn that policy into every day, doable actions."

Upcoming sessions will expand beyond textiles, with workshops on bicycle repair, fabric dyeing, knife care, jewelry-making from tableware, jewelry and eyeglass repair, and Japanese mending techniques known as sashiko. All are free and open to the public.

For volunteer Ami Chitwood,

the event also reflects a shift in how people learn these skills.

She came to mending on her own, eventually starting South Coast Stitch & Mend Studio in New Bedford. Her mother, she said, failed sewing class.

"It's a funny family story, but it just was never her purview, and her mother never did it either," she said. "There are people in my generation who clearly had it passed down to them and it was something that they did in the family. I'm self-taught, although I kind of wish I'd grown up with it."

Chitwood emphasized that mending doesn't have to be perfect to be worthwhile.

"If you've got something that you like then you shouldn't throw it out just because it's got a moth hole in it or it's got a rip or there's a seam that's busted," she said. "Everybody can do something. It doesn't have to be as artistic as the experts, it can be functional."

"I think that there's a sense of satisfaction of doing something with your hands that solves a problem," she added. "And I think we just don't get that opportunity often enough."

For Herrmann, the appeal was both practical and personal. She didn't want her son to have to keep rolling up his sleeves.

"I thought, I know how to sew, I should do this. So I just want some advice with the lining and



**"I think that there's a sense of satisfaction of doing something with your hands that solves a problem. And I think we just don't get that opportunity often enough."**

—Ami Chitwood,  
South Coast Stitch & Mend Studio



all," she said, adding, "I think this is wonderful. I came from North New Bedford just to participate."

The next workshop, A Bicycle Fixed By You, will take place from 10 a.m. to noon on May 9 at the Howland Green Branch Library. Led by Bill Trimble of Youth Opportunities Unlimited, it will focus on troubleshooting common

bike problems. Participation is limited to 12, and registration is required.

Also upcoming is the Jewelry Repair 101 workshop on June 6.

For more information on workshops, visit [www.gnbrmdistrict.org](http://www.gnbrmdistrict.org). For textile recycling options, see options on page 9.

## Mayor Mitchell announces key investments in state of the city address

Mayor Jon Mitchell delivered the annual State of the City Address Wednesday morning at the Zeiterion Performing Arts Center, announcing new initiatives focused on improving local roads and boosting early childhood education services to an audience of more than 600 business leaders, elected officials, stakeholders, students, and others.

"Block by block, we are building the foundation of a thriving city at the center of a vibrant region, a city in which everyone not only feels welcomed, but recognizes they have a role to play – a city that all will be proud to call home," he said.

Mayor Mitchell highlighted programs and made several announcements in Wednesday's address, including:

- A 33% increase in local investment in road reconstruction and paving which would boost the current level of funding from \$3 million to \$4 million annually and an agreement with Eversource to upgrade an underground main transmission line across the city and repave the entirety of the transmission corridor curb-to-curb at its own expense over the next two years.

- A key investment in early childhood education to maximize the impact of existing programs and create new opportunities to support

the city's youngest children.

- The long-awaited RiverWalk project in the Near North End will begin construction next year. The city will be submitting detailed permitting plans for the project in the coming months, and once it is completed, it will unlock not only new recreational opportunities, but serve as an anchor for the redevelopment of an entire new district of the North End that is oriented around the river.

- With the help of funds from the court settlements involving opioid manufacturers, the Health Department and the Greater New Bedford Opioid Task Force will expand its street-level outreach programs, especially in the area around the bus station.

- The upcoming launch of the dashboard on the city's website will soon offer updates on ongoing public works projects.

- A proposal submitted to the City Council seeking to change the ordinance governing stormwater management that will allow DPI to reduce the time and cost of stormwater requirements for large developments.

- Using federal funds available by the Bipartisan Infrastructure Law, the city will have removed 98% of its lead water lines by the time the next phase of replacements is done, a far higher percentage than most cities in the Northeast.

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## What to do if you receive a DTA letter about overpayment

By Raquel Antonio

South Coastal County Legal Services

We are seeing an uptick in Department of Transitional Assistance (DTA) overpayments, especially SNAP benefits.

The reason why we are seeing this uptick is because some of the collections are restarting pre-Covid and DTA is collecting them. DTA mailed about 50,000 notices in March 2026. It appears that about 25% of them will be appealable and some are on SNAP benefits.

There are different types of claims. There is what we call agency errors. For example, DTA made a mistake and overpaid the household.

The other type is what we call unintentional Program Violations (UPV). This is when a client makes a mistake and is overpaid. For example, the client could have mistakenly reported late or made a mistake on a complex form. Moreover, the client could also have misunderstood what a worker was asking for or didn't know the rules.

UPVs are very common and are

not fraud.

Intentional Program violations (IPV) are when DTA suspects that someone intentionally committed fraud. Fraud is extremely rare.

However, there are special waiver rules in place during Covid for non-IPVs.

If you have received a letter from DTA regarding an overpayment, please contact our intake line at 1-800-244-9023 to complete an intake with our office.

The intake line is open from Monday to Thursday between 9am to 2pm. If you want to learn more about the services SCCLS provides, you can visit our website <http://www.sccls.org>.

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

## SNAP overpayment collections resume

The Massachusetts Department of Transitional Assistance restarted SNAP overpayment collection notices in March and April, with people beginning to receive notices as early as March 20.

Collections activities were set to restart on April 27, after Senior Scope printed, according to the state.

The state is required to restart collections to maintain compliance with federal SNAP regulations. People who receive a notice have 90 days to appeal the decision. The collections cover past frozen overpayments from the pandemic when waivers were created that allowed DTA to suspend collections.

Benefit amounts are determined by DTA based on information, such as income and household size, that is provided by the person receiving benefits. If benefit amounts are

incorrect, DTA must collect any overpaid money back.

Overpayments are rarely due to intentional fraud, according to DTA, which said they are often the result of mistakes by people who receive benefits.

For people who need to repay benefits, multiple repayment options are available, including the ability to make reduced payments based on financial circumstances.

Those who have questions about overpayment notifications can call DTA's Collections Unit at 800-462-2607.

## Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- Which animal is poker slang for a weak player?  
A.) Chicken B.) Donkey C.) Rabbit D.) Mouse
- In which decade was "Dolly the Sheep" cloned?  
A.) 1970's B.) 1990's C.) 1980's D.) 2000's
- Besides dogs, what other species of animal can be trained as a service animal?  
A.) Cats B.) Rabbits C.) Parrots D.) Miniature horses
- Which of these was a Yorkshire Terrier that served during WW II?  
A.) Smoky B.) Buck C.) Togo D.) Balto
- In which U.S. state is the largest flat-topped mountain?  
A.) Wyoming B.) Colorado C.) Utah D.) Idaho
- In which country is the largest golf facility in the world?  
A.) China B.) Canada  
C.) United States D.) Russia
- What does the abbreviation "A.D." stand for regarding dates?  
A.) Astronomical Date B.) After Death  
C.) Ancient Date D.) Anno Domini
- What is the postal state abbreviation for Missouri?  
A.) MI B.) MO C.) MS D.) MR
- Which of these actors had an asteroid named after him?  
A.) Tom Hanks B.) Denzel Washington  
C.) Robin Williams D.) Clint Eastwood
- In which US state is Microsoft Corporation located?  
A.) Vermont B.) Washington  
C.) California D.) Massachusetts

[Answers listed on page 11]

Starting  
in 2026!

Inside

Senior Scope



Senior Scope, December 2025

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.

## Easy ways to recycle textiles

Looking for ways to recycle rather than discard your used textiles?

As of November 2022, Massachusetts officially banned the disposal of textiles in the trash, meaning residents must find new ways to repair, reuse, or recycle their textiles. The decision is behind a growing movement to help people regain skills to mend their clothing.

Residents must recycle clothing, footwear, bedding, and fabric scraps, even if torn or stained, through donation, consignment, or special drop-off sites rather than placing them in household trash.

To help people find ways to do this, the Greater New Bedford Regional Refuse Management District put together this list of local options for Senior Scope. Based in Dartmouth and New Bedford, the list is heavy on these communities; however, similar options are available in other South Coast towns.

### Free home pickup options

Big Brother Big Sister Foundation offers all Dartmouth residents free home pickups of gently used clothing, linens, shoes and small household items! To schedule a free pickup, call or text PICKUP to (508) 466-4590

or visit <https://donation-form.donatene.org/?code=bbbs>.

See the full list of accepted items at <https://donatene.org/pickup-info-faqs/>

### Clothing bins

The refuse district maintains a Google map of clothing bins in the area: Go to: <https://www.google.com/maps/d/viewer?mid=1nDEwG3xkcgDyZal3zGXWFVgN1JA>). For residents without online access or who wish to support the schools, there are clothing bins at all Dartmouth Public Schools. The school district earns funds for each pound of clothing dropped off in the clothing bins by community members. There is also a clothing bin at the Department of Public Works, 759 Russells Mills Road. Bins are available: 7 a.m. to 4 p.m., Monday - Friday, except for holidays or other scheduled closures.

It's okay if items are stained or torn, they'll be turned into wiping cloths or insulation. Gently used items may be reused.

What can go in the bins?

- All clothing (any condition, as long as they are clean and dry)
- Shoes & accessories
- Towels, bedding & curtains
- Stuffed animals
- Bags & soft goods



### More options

If you have items still in great shape, local businesses and nonprofits like Gifts to Give in Acushnet, Savers, and local thrift stores including the Dartmouth Friends of the Elderly Thrift Shop are excellent options for reuse.

The state's Recycle Smart website also offers a search tool to find local bins where textiles can be dropped. Go to <https://recyclesmartma.org/beyond-the-bin-search/> to search a community near you.

Dartmouth Thrift Stores, located behind the Dartmouth Council on Aging at 628 Dartmouth St,

Dartmouth. Run by the Dartmouth Friends of the Elderly, the thrift store is open Tuesday–Thursday from 9 a.m. – 1 p.m. and accepts donation drop-offs Tuesdays and Wednesdays from 9 a.m. – 12:30 p.m. They accept a variety of small household items including clothing; shoes; housewares; jewelry; books; games and puzzles; and more.

Gifts to Give has a drop off site at its location at 1 Titleist Drive in Acushnet. Donation drop-off hours are Monday, Tuesday, Thursday and Friday from 9 a.m. to 5 p.m. as well as Wednesday and Saturday from 9 a.m. to 2 p.m.

## 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.

**Veteran's Coffee Social:** Tuesday May 5th, 8:30 a.m. with Brad Fish VSO.  
**Hearing Clinic:** May 8. Hearing Clinic with At Home Hearing (appointment necessary)  
**Chair Yoga:** Friday May 8th at 1 p.m. Chair Yoga with Susan Ashley returns.  
**Decluttering and Downsizing:** Wednesday May 13th at 1 p.m. Decluttering and downsizing in-service with Andrea Davis (registration required).  
**Watercolors:** Wednesday May 13 at 10:30 a.m. Watercolor with Lana from the Wandering Brush (registration required).  
**Trip:** Thursday May 28th. Lunch Trip to C-Stones Tavern (formally Vel's family restaurant in Wareham.) Transportation will be provided, attendees are responsible for their own meals. Registration is required.  
**More Trips:** Be on the lookout for our upcoming Summer and Fall trips with the Acushnet COA Travel Program!  
**Veteran's Wall:** Acushnet COA is seeking 8x10 or 5x7 photos of Acushnet Veterans in uniform for our new Veteran's Wall. In addition to the photo, we request name, service branch, MOS and years of service. Please contact the center or VSO Brad Fish, 508-998-0207 X4207 with any questions

## 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).

**Stay Safe and Connected:** First Thursday of the month 9 a.m.-1p.m. Dartmouth Police Department Older Adult Liaison, Scott Affonse will be on hand to listen to concerns, provide guidance, share safety tips and resources. Walk-ins welcome!

**Music Bingo:** Motown theme Thursday, May 14 1:30 p.m. Cost is \$5. Pre-registration required.

**Understanding Alzheimer's and Dementia:** Led by Home Instead Senior Care, Friday, May 15 at 10 a.m. Call to preregister.

**Titleist Golf Workshop:** Friday, May 15 2:15-3:45 p.m. Unlock a more efficient, powerful and pain free golf swing. Learn how to identify physical imbalances affecting your performance. Cost is \$20. Pre-registration required.

**DNRT Walk:** At the Star of the Sea Reserve. Wednesday, May 20. Guided walk. Van leaves the Center at 9 a.m. Pre-registration required.

**Broadway Tunes:** With Piano Player/Storyteller Richard Armir, Wednesday, May 20th at 1 p.m. Cost is \$5. Pre-registration required.

**Movie and Popcorn:** "Calendar Girls" Monday, May 28 at 1 p.m. Pre-registration required.

**Funeral Benefits for Veteran's:** Friday, May 25 at 1 p.m. Join Dartmouth Waring-Sullivan designed to help veterans and families understand burial and memorial benefits available through the U.S Department of Veteran's Affairs. Call to pre-register.

**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:** Second and last Friday by appt. 9 a.m. to noon by appointment. Cost is \$15.

**Walk in Blood Pressure Screenings:** 2nd Thursday and last Tuesday 9-11 a.m.

**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.

**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!

**French Conversation and Culture:** Wednesdays at 10 a.m. Join Suzanne Pelletier, retired French Professor, for an hour of fun in the world of French. 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:** May 6- Plainridge Casino, May 13- Mashpee Commons, May 20-Wrentham Village Outlets, May 27- South Shore Plaza. Call to sign up and please mention if you live in town or not.

**Memorial Day Cookout:** May 22 at 11:30 a.m. Sign up at COA by May 18. Call 508-979-4029.

**Elder Law Program:** Fairhaven COA will participate in the Massachusetts Bar Association 2026 Elder Law Program on May 26 at 10:30 a.m. Among the topics to be discussed include Veterans Affairs financial benefits, how to protect your home and assets, and power of attorney and healthcare proxies. Atty. Brandon Walecka will be the presenter. Call 508-979-4029 to sign up.

**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. May 4, -Star Wars Episode IV, A New Hope, May 11- Miss Willoughby and the Haunted Bookshop, May 18- Green Dolphin Street.

**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.

## 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://facebook.com/marioncoa). Marion Board of Health: 508-748-3530.

**Flower Arranging:** Tuesday, May 5th 1 p.m. Members of the Marion Garden Group will lead us in arranging a beautiful spring floral arrangement. Call 508-748-3570 to reserve your spot. There is a \$6 materials charge for this workshop due at sign up. Space is limited.

**Cooking Demonstration:** Tuesday, May 19 at Noon. Barbara 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.

**Chicken Bake:** Sunday, June 14, 1 p.m. Marion Social Club's Annual Chicken Bake. Please be aware of the change of date. Tickets are \$1 and will be sold at the Council on Aging's office when they become available.

*Continued on Page 11*

## SENIOR SCOPE

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

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**Brain Builders:** Friday, May 8 and Monday, May 18 at 1 p.m. Brain Builders is a community-based experience that enables attendees to enhance their brain fitness. This series will focus on improving memory skills using all new activities and challenges. This is a great way to reinforce what you have learned in past classes. Registration is a must, call 508-748-3570. The last day of the series will be June 8.

**Atlantic White Sharks:** Monday, May 11th 1 p.m. The Atlantic White Shark Conservancy will be here to increase our knowledge of the Atlantic White Shark. You will learn about ongoing research projects and how that research is impacting conservation and public safety efforts and up-to-date information on what that research has discovered.

**Legal Lunch & Learn:** Thursday, May 14th at noon. Join Attorney Jilian Morton from Shore Estate Law as she educates attendees on the subject of trusts. She will explain: Wills and trusts—what they do, how they differ and how to choose the right plan for you. Incapacity documents—Powers of Attorney and Health Care Proxies and why every adult needs them. Strategies to preserve your home, savings and legacy for the next generation. Call 508-748-3570 to reserve your spot at this lunch and learn lecture.

**Counterfeit Cash:** Friday, May 22nd 1 p.m. Join us for this concert, a tribute to the Man in Black. The influence of Johnny Cash, his lyrics and messages to the common folk, downtrodden and afflicted have left a huge impact.

**Chronic Inflammation:** Friday, May 29th 1 p.m. This is a silent epidemic linked to heart disease, diabetes, arthritis and autoimmune disorders. Over time, healthy tissues and organs can be damaged. Poor diet, stress, and inadequate sleep can all contribute. Learn how dietary strategies can help combat this and support overall health.

### 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.

**Shakespeare for Scaredy Cats:** April 16-May 21, 6-7:30 p.m. Free. Measure for Measure's setting is Vienna, a loose city comprised characters as Pompey, a pimp; Mistress Overdone, a brothel owner, and Angelo, Vienna's so-called moral deputy whom the incompetent Duke Vincentio assigns to clean the city of its unscrupulousness, especially of its sin of fornication. Shakespeare explores themes of mercy, justice, hypocrisy, corruption, and sexuality in this often bawdy comic-tragic "what goes around comes around" problem play. Please bring a Folger edition copy of the play. Led by Karrie Szatek, Ph.D.

**Caretaking:** May 5, 11:30 a.m. Free. Mattapoisett resident, Colby Rottler brings a deeply personal perspective on being a care partner for his wife who, three years ago, was diagnosed with Alzheimer's. Through their journey he has gained firsthand insight into the realities, challenges, and meaningful moments that come with caregiving. His experiences are drawn from true events in his and his wife's lives as they continue navigating everyday life. In this presentation, Colby shares what he has learned as a care partner, offering practical guidance and heartfelt reflection. Attendees will hear how he has approached long-term planning for medical decisions, living arrangements, and in-home care, as well as the steps he has taken to prepare for the evolving needs that come with Alzheimer's. Listen to Colby as he speaks candidly about resilience, planning, and the importance of compassion while supporting a loved one through this journey.

**Lunch & Learn:** May 19, 11:15 a.m. \$5. After 232 years of loyal service, it's time to throw a retirement party for America's favorite overachiever — the penny. We'll take a stroll down memory lane, revisiting his many glow-ups and celebrating the shiny, and occasionally sticky, highlights of his career. From piggy banks to couch cushions, no small moment will be overlooked. Join us for a light lunch and an education on the penny with Nancy Franks. Lecture sponsored by the Friends of the Mattapoisett COA.

**Medication Review:** May 18 by appointment. Do you take multiple medications? Bring in EVERY medication—prescriptions, over-the-counter meds, supplements, even creams or inhalers, and sit down for a private, one-on-one consultation with licensed pharmacist Lisa Lavalette. She will help you: understand each medication, avoid harmful drug interactions, organize your daily doses, and get answers to your questions. Call the COA to schedule your appointment.

### 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 [townofrochesterma.com/council-aging](http://townofrochesterma.com/council-aging). Facebook: [facebook.com/Rochester, Mass.](https://www.facebook.com/Rochester,Mass)

**May trips:** Vanrides 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, May 7, Kennedy Library & Museum, Boston, MA (Lunch at the on-site café.) Depart COA at 9:30 a.m. and return at 3:30 p.m.; Wednesday, May 27, New England Wildlife Center, Weymouth, Ma with lunch at Fishers Pub. Depart COA at 9:30 a.m. and return at 2:30 p.m.

**May Special Luncheon:** Monday, May 4. May The Fourth Be With You, Star Wars Day Luncheon! See COA newsletter for menu.

**TRIAD meeting:** May 6 at 11 a.m.

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

**Veterans' Social:** May 7 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 5/5 and 5/19.

**Grief group:** Thursday, May 14 from 1:30 - 3 p.m. in the COA Conference Room. All are welcome. 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.

**Car Show:** March 14 from 4-7 p.m. The theme for May is "Let's Roll"

**Plymouth Bristol Emergency Alert System:** SMART911 is a notification program offered by the Plymouth County Sheriff's Office. For information or to enroll, log into [www.pcsdma.org](http://www.pcsdma.org) and click SMART911 under the "Community" tab. Or you can call 833-533-6163 for assistance with registration.

### 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.

### May 2026 Trivia Quiz Answers

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



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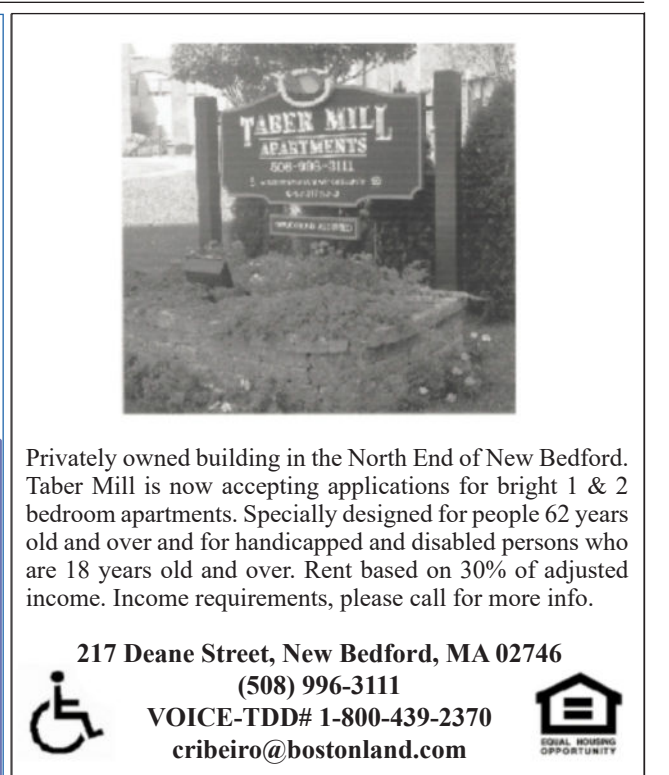
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# Community

## The Way Things Were



ENJOYING THE SEA BREEZE: People are out in groups on this overcast day in 1890 at Fort Phoenix in Fairhaven. (Courtesy of Spinner Publications)

### Senior Delivery continued...

goods, meats, yogurt, staples — and let them choose what they need.

“Essentially, we call them and we give them all the options that are here in the pantry over the phone and they pick out what they like, just like if they were to come here to shop, so that way they can still have a choice,” L’Etoile said.

Then everything gets bagged up and delivered to their door.

For Madelyn Gregory, a New Bedford resident who receives weekly deliveries, the program stretches her SNAP benefits and fills in the gaps.

“It gives me the basics especially when I can’t go get them,” she said. “I especially appreciate the fresh produce. It might be just a little, but it’s plenty for me.”

She’s been at it long enough that the relationship feels personal. “They call me every week,” she said. “They know me by name and I know most of them by name.”

That personal connection is something program manager Stefani Rodriguez takes seriously. Her weekly calls with participants can sometimes run 30 minutes or more.

“I just think it’s great connecting one-on-one with them. I even stay on the phone with them for a couple of minutes just to talk about how they’re doing. A lot of the ladies like telling me what they do throughout the day,” she said. “I feel like they appreciate that because they don’t get to talk to a lot of people who are willing to listen to them.”

Rodriguez hears firsthand how much the deliveries matter. “A lot of the ladies aren’t able to leave the house and a lot of the food benefits, their food stamp benefits, were cut



Food options available at the PACE Food Center in New Bedford.

short, so they really didn’t have enough to make it stretch for the whole month,” she said. “Some of them also have custody of their grandchildren and this has helped them a lot. We do send those ladies extra food because they have their kids with them.”

The program began serving women through funding from the New Bedford-based Association for the Relief of Aged Women. New funding from Sailors’ Snug Harbour of Boston, has allowed them to include men and expand participation.

This summer’s expansion will immediately bring the total served to around 200, absorbing the current waiting list with L’Etoile expecting the number could reach as high as 400 or beyond. A newly purchased refrigerated van will allow more cold food deliveries during warm months, something previously out of reach when the program contracted out its deliveries.

L’Etoile sees the growth as an opening to do even more. Each weekly call, she hopes, will eventually work like informal case management, asking participants about dietary needs, household essentials, whatever else they might need brought to their door.

“We’re going to personalize it, almost like a one-on-one conversation with them every week to see if there’s something else we can help out with,” she said. “We’ll ask them, ‘Are there other things that we can get you that you might need and deliver that as well?’”

Also underway is a move to expand the volunteers who bag orders, load vehicles and deliver groceries.

Older adults interested in being in the program can call PACE at 508-999-9920, Ext. 348. Anyone interested in volunteering can apply online at [www.paceinfo.org](http://www.paceinfo.org). The Food Center also accepts donations and is often in need of plastic shopping bags.

## Check in on your mental health this month

As we age, life brings many changes but ongoing sadness, stress, or worry doesn’t have to be one of them. Behavioral health challenges among older adults often go unnoticed, yet they can have a real impact on overall well-being and daily life.

Common signs may include changes in mood, energy, or appetite; increased feelings of worry or restlessness; irritability or anger; and self-medicating.

Help is available; no one has to navigate these challenges alone. Reaching out for support can lead to improved health, greater independence, and a better quality of life.

May is Mental Health Month — a good time to do a “self-check” on how you’re feeling within. While it’s common to schedule your dentist, primary physician and specialists, emotional support resources often go unnoticed or are left behind.

The BHOAP (Behavioral Health Outreach for Older Adult Populations) Program can help. This program connects older adults with social workers who provide personalized care plans, one-on-one counseling, and support for medical and emotional needs. They can also connect individuals with other community resources.

BHOAP consumers have reported:

- “I feel more comfortable than I thought I would. The clinician listens to what I want for my life. I really appreciate this program.”

- “I am still working on living with being newly disabled, so coming up with ideas with the clinician of things I am still able to do has been helpful.”

- “My clinician is helpful with grief counseling and kept me on track looking for a job. I have a 20-hour a week job now that I like and am happy with.”

- “The clinician has helped me talk about losing my husband and is helping with living life without him.”

- “I am alone most of the time. Having a counselor has been a highlight; having someone come to my house is great. I do not drive, so it’s less worry.”

- “I am learning ways to cope and receive support regarding housing, MassHealth, and finding a psychiatrist.”

- “Counseling has been helpful for me and my wife. I had a stroke, so I don’t feel in control of my life. This has helped.”

Please contact your Coastline case manager or your local Council on Aging for a referral.

Article courtesy of BHOAP New Bedford Dept. of Community Services. BHOAP serves 60+ adults from Acushnet, Dartmouth, Fairhaven, Fall River, Freetown, Marion, Mattapoisett, New Bedford, Rochester, Seekonk, Somerset, Swansea, and Westport.