

Senior Scope

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

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Inside



Celebrating Aging, page 3

- Senior Park Pass 2
- From the Editor..... 2
- SHINE 2
- Honoring Service 3
- Updates..... 4
- OAM Walk Photos..... 4
- Brain Health 5
- LGBTQ Commission..... 5
- Why Scams Work 6
- Housing Crisis (cont.) 7
- Second Marriages 8
- Trivia 8
- Deceptive Marketing 9
- At the COAs..... 10
- COAs Continued..... 11
- Dementia Directory..... 11
- Advocacy Turnout 12

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



Aging Advocacy, page 12



More than a Painting Class



Creative Care helps older adults create, connect and have fun

Not everyone walking into the New Bedford Art Museum Creative Care program considers themselves an artist. But that hardly matters once the paint starts moving.

About twice a month, a brightly lit museum room fills with people gathered around canvases, brushes and conversation for a guided painting lesson. Participants follow a shared design while adding creative touches of their own. By the end of the two-hour session, nearly everyone is surprised and delighted by what they've made.

Creative Care is the museum's free program for New Bedford area residents ages 60 and older, focused as much on connection as finished paintings. Beginners learn under the guidance of instructor Devin McLaughlin, while more experienced artists put their own spin on each session's design.

"It's not like a typical college class where everybody's expected to be quiet and pay attention to the instructor. There's a lot of...loose conversation and a step-by-

Continued on page 12

Housing crisis increasingly affects older adults

By Matthew Dansereau
 Community Outreach and Engagement Coordinator, Dartmouth Council on Aging & Town of Dartmouth

Many people across Southeastern Massachusetts have noticed a significant increase in homelessness in recent years. Encampments can now be found in wooded areas, behind businesses, near rail lines, and even in suburban communities that historically saw very little visible homelessness. People are also living in cars, motels, overcrowded apartments, or temporarily staying with friends and family because they have nowhere else to go.



What many people may not realize is

that this crisis increasingly affects older adults, individuals with significant medical needs, and even children. More seniors are facing housing instability than ever before, including people on fixed incomes, individuals living with serious health conditions, and long-time renters who are suddenly unable to afford rising housing costs.

In Bristol County, there are individuals over the age of 80 living in encampments or in vehicles. There are individuals trying to manage serious illnesses such as cancer, those who use wheelchairs, those with feeding tubes, and people on dialysis who are living on the streets.

These are some of the most medically vulnerable members of our community, and their presence underscores just how deeply the housing crisis now extends beyond traditional assumptions about homelessness.

Having worked with unhoused

individuals for nearly 30 years, I can say this is the worst housing crisis I have ever seen. More and more people experiencing homelessness are "first-timers" — individuals who never imagined they would find themselves in this situation.

Why Is This Happening?

The reasons are complicated, but one issue sits at the center of the problem: for decades, communities across Southeastern Massachusetts did not build enough housing, particularly affordable and subsidized housing.

At the same time, housing costs have risen dramatically. Since COVID, rents, property taxes, insurance, utilities, and interest rates have all increased significantly, while wages and fixed incomes have not kept pace. Even people with stable incomes are struggling to find housing they can afford.

Continued on page 7



Senior Park Pass instruction events to be held

In conjunction with Older Americans Month and Executive Order 642, The Massachusetts Department of Conservation and Recreation is hosting three in-person events to aid park visitors in applying for Senior Parking Passes. The passes grant Massachusetts residents age 62 or older lifetime parking access at participating state parks, beaches, forests, and recreational facilities for a one-time fee of \$10.

By offering direct, in-person enrollment opportunities, DCR staff will help reduce any application issues and be on-hand to answer any application questions.

DCR encourages older adults, caregivers, senior centers, veter-

ans organizations, and community groups to participate in these events and learn more about the recreational resources available throughout the state.

Events will be held at the following locations and times:

May 19 (weather dependent) - Lynn Shore & Nahant Beach Reservation, Ward Bathhouse, 1 Nahant Road, Nahant, MA 01908 - 10 a.m. - 2 p.m.

May 27 (weather dependent) - Nantasket Beach Reservation, Mary Jeanette Murray Bath House, 230 Nantasket Ave., Hull, MA 02045 - 10 a.m. - 2 p.m.

June 4 - Holyoke Heritage State Park, 221 Appleton St, Holyoke, MA 01040 - 12 p.m. - 2 p.m.

What do we call ourselves?

May was Older Americans Month, and this year I attended three celebrations and events honoring it: the Coastline Walk with a Doc on May 2, Lobby Day at the State House advocating for older adults, and the Dartmouth Friends of the Elderly lunch, where the community came together to honor Jackie McDonald and reflect on what it means to age well.

All of it was meaningful. All of it was necessary. And yet, standing in those rooms, I kept bumping up against a persistent tension that the words we use to describe this stage of life don't quite fit the people living it.

Older adults. Seniors. Elderly. Elders. Each carries its own weight, its own awkwardness, its own history. Some feel clinical. Some feel diminishing. Some are well-intentioned reclamations. None of them fully capture what it feels like from the inside which, for most of us, is simply: ourselves.

There is something strange about getting older in a culture that worships youth. Our bodies change in ways we didn't choose. The culture reflects our image back to us in ways that emphasize limitation, dependency, and decline. And yet inside, most of us don't feel like "an older adult." We feel like the same person we've

always been, only with more chapters read, more hard-won knowledge, more perspective.

When we sort people into the category of "elderly" or even the more careful "older adult," we risk reducing the full complexity of a person's life to their age, and to all the cultural assumptions that come with it.

I don't have a perfect answer to this. What I do know is that the people I stood with this month, on that Saturday morning walk, in the State House corridors, around a table in Dartmouth, defied every reductive label. They were advocates, neighbors, and friends. They were people who have earned their knowledge and are still putting it to use.

We will keep using the terms we have, because we need them to do the work of advocating, organizing, and celebrating. Maybe as more of us take them on, we can reimburse them with the respect and strength they deserve. But let's hold them lightly and remember that the person standing inside any label is always larger than the word.



Beth Perdue

Coastline
508-999-6400

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

SHINE Counselors
in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 S. Main St. Acushnet	508-998-0280	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

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In Memory Of
Christopher B. Souza, Grandson

\$25

— Ethel Souza, New Bedford

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Thirty years of showing up, and Dartmouth says thank you

Longtime Dartmouth public servant Jacquelyn “Jackie” McDonald was honored in style this May, recognized with four official citations and the warm appreciation of 160 people gathered in her name.

McDonald devoted more than three decades to the town, serving on the Conservation Commission, Community Preservation Committee, Soil Board, and Council on Aging Board of Directors. She was a Town Meeting member for more than 30 years and served on the Massachusetts Maritime Academy Board of Directors for a decade. Her son Shawn now sits on the Dartmouth Select Board, a sign that the family’s commitment to the community runs deep.

Rep. Christopher Markey captured something essential when he spoke before presenting McDonald with a citation from the Massachusetts House of Representatives.

“Everybody who knows Jackie, (knows) she’s no nonsense....She has the ability to guide people in their being generously to get to where they wanted to go. Because she cared,” he said. “She’s been an incredible asset to the town.”

Citations also came from Congressman Bill Keating, presented by District Director Mike Jackman; from the Massachusetts Senate via Sen. Mark Montigny, presented by Coastline CEO Justin Lees; and a certificate of recognition from the Dartmouth Council on Aging, presented by COA Director Amy Dipietro.

When asked how it felt to receive

such an outpouring of respect and gratitude, McDonald deflected the honor, suggesting there were so many others more deserving of the spotlight.

“I’m a little person, just trying to do what I can, you know?” she said. “I enjoyed it; I enjoyed going to volunteer.”

McDonald spoke warmly of her time with the Dartmouth Music School Association and working the concession stand at Dartmouth Memorial Stadium and during events at Gillette Stadium.

Dartmouth Town Administrator Cody Haddad put it plainly.

“You already all know how great a person Jackie is. The asset that she has been to the town of Dartmouth, the years of service. It’s truly a lifetime of service to the community,” he said.

The Friends of the Elderly event was held May 18 at the Country Club of New Bedford during Older Americans Month, with Maria Connor, FOE president, serving as emcee. Connor set the tone for the evening with a reminder of why these moments matter.

“May is Older Americans Month, a time to recognize the contribution that older Americans have made to our country and indeed the world, and to honor them for their leadership they have provided and the sacrifices they have made,” she told attendees. “So today, even though we’re not there yet... it is a celebration of where we’ve been and where we’re going, the past and the future.”



Jackie McDonald (above left) and Maria Connor catch up during the May 18 lunch. Below right, Joyce Connell took home the honor of wearing the winning hat at the event.



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Updates

Feel Good fair is June 6

The first Feel Good Fair will take place at UMass Dartmouth on Saturday, June 6, put on by the towns of Dartmouth and Westport. The event will be held from 11 a.m. to 2 p.m. that day. The community is welcome to attend for a fun, family-friendly event focused on mental health, wellness, and substance misuse awareness. Attendees can connect with local vendors and organizations offering valuable resources, education, and support for individuals and families of all ages. Enjoy free food and drinks, relax with free yoga on the lawn, and spend time with a petting zoo while learning how to support a healthier, happier community. Attendees are encouraged to register on the Eventbrite page at <https://www.eventbrite.com/e/the-feel-good-fair-tickets-1988100822077>, but registration is not required.

Acushnet Library events this summer

June will be an active month at the Acushnet Library starting on the first with a Spring Concert on the library pavilion by the Ford Middle School Chorus, directed by Ford Middle School Music Teacher Brian Shanbrum. Also happening in June are: Reader's groups with the morning edition reading "My Friends" by Fredrik Backman and meeting at 11 a.m. on June 4; and the evening group reading "Radar Girls" by Sara Ackerman and meeting at 6 p.m. on June 4. The Movie Matinee is 'Ella McCay,' a 2025 American political comedy-drama film written and directed by James L. Brooks, being shown at 2 p.m. on June 8. The Knitting & Crocheting Group meets at 6 p.m. June 8. Bring along your current project and join the group. The Summer Reading sign-ups for all ages begins June 15. Check out the library calendar for more details. Songs from the Great American Songbook and more will be shared by the Judy & Barry DeRossi Quintet at 6 p.m. on June 24. History Coffee Hour is 11 a.m. on June 25. Join the conversation and share stories or photos from the past. Finally, the Summer Concert kicks off at 6 p.m. on July 1 with the Pearly Baker Band. Please bring a blanket or chair and join us under the pavilion or on the lawn.

Outdoor yoga classes are back

Yoga is going outdoors this summer with the New Bedford Wellness Initiative. Two yoga locations are available. One, from June 1 to Sept. 28, is at 5:30 p.m. Mondays at Buttonwood Park. Park at the Warming House, cross the street to the right of Buttonwood Arboretum by way of greenhouse and playground. The second class is at Haskell Public Gardens, 777 Shawmut Ave., New Bedford on Thursdays at 5:30 p.m. beginning June 4 and continuing until Oct. 1. Parking is on-street along Shawmut Avenue. Both classes are free. Bring a towel, yoga mat and water. Blocks are optional. Wellness in Cushman Park also returns for its 15th year of free classes in the Fairhaven park. This year there will be 10 weeks of classes with yoga at 8:30 a.m. on Tuesdays and Qigong at 8:30 a.m. on Fridays. Classes begin June 16 and 19 respectively.

Local 988 hotline awarded \$500K statewide contract

Samaritans Southcoast has been awarded a \$500,000 contract by the Massachusetts Department of Public Health (DPH) to provide 988 Suicide & Crisis Lifeline text and chat services statewide, making the organization the only full-service 988 provider in Massachusetts to offer call, text, and chat support. Launched nationally in the summer of 2022, 988 is an easily recognizable three-digit number that replaced the former ten-digit National Suicide Prevention Lifeline, providing fast, confidential access to mental health crisis support. Much like 911 serves as a universal number for emergencies, 988 represents a simple, accessible entry point for emotional support and crisis care across the United States.

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.

Celebration of Seniors returns

The South Coast's premier gathering for older adults returns this month, bringing together hundreds of participants, dozens of vendors and a lineup of speakers addressing urgent issues facing seniors today.

Celebration of Seniors, the region's largest annual event for the aging community, will be held from 9 a.m. to noon on Friday, June 12 at White's of Westport. The event draws about 700 attendees and fills the room with aging-related agencies, nonprofits, insurers, healthcare providers, wellness practitioners and others, all on hand to answer questions, share resources and offer giveaways to older adults across the region.

Held each year during Elder Abuse Awareness Month, the event shines a spotlight on the threats facing older Americans and the numbers make clear why that spotlight matters. In the FBI's Boston Division, which covers Massachusetts, Maine, New Hampshire and Rhode Island, older adults reported \$134.9 million in losses to fraud in 2024 alone. Nationally, the picture is even more troubling as adults age 60 and older lost nearly \$4.9 billion that year, a figure that climbed to \$7.7 billion in 2025, a 60 percent increase in a single year. Cryptocurrency investment fraud has emerged as one of the fastest-growing threats, with crypto-related losses reaching \$11.3 billion across all age groups last year.

Bristol County District Attorney Thomas M. Quinn III, who, with Coastline, organizes the event each year, will address the many forms of fraud targeting older adults and what residents can do to protect themselves. Quinn's office has made elder fraud prevention a priority, and his participation reflects a longstanding commitment to keeping the region's senior community informed and safe.

Addressing attendees for the first time this year is Massachusetts Attorney General Andrea Joy Campbell, who brings statewide reach and authority to the conversation about elder fraud and financial exploitation. Campbell has made consumer protection a centerpiece of her tenure as attorney general. The breakfast program also features Coastline CEO Justin Lees as master of ceremonies, along with Courtney Quinn, Anodyne Homemaker Services president, Jen Kennedy, Atlas Healthcare regional director, and Jennifer Matthews, Protective Services director at Bristol Aging & Wellness.

The event is free and open to everyone, but registration is required for the breakfast and speaking program. To register, contact Brian Rose in the District Attorney's office at 508-961-1972 or brian.rose@mass.gov. Call soon as registration will close when all seats are filled. Check with your COA for information about available transportation.



A Spring in their Step for OAM

Coastline joined Walk with a Doc's weekly Saturday morning walk in May to celebrate the start of Older Americans Month. The Older Americans Act is the federal statute and key funder for social and nutrition services for people aged 60 and older in the U.S. About 30 people participated in the 9 a.m. walk at Buttonwood Park.

Community

Initiative provides everyday actions that support brain health

The Alzheimer's Association launched a new brain initiative in May looking to close the gap between the awareness that maintaining brain health is important to better aging and knowing how to do it.

The association said the new initiative, called (re)think your brain, is a science-based program to move people from brain health awareness to action. It expands how people understand and care for their brains and introduces the (re)think your brain 6-Step Challenge, a step-by-step guide with proven practical actions people can start right away to help support brain health and cognitive function.

According to the 2026 Alzheimer's Disease Facts and Figures Alzheimer's Association report, nearly nine in 10 U.S. adults say maintaining brain health as they age is very important, and 99% say it is as important as physical health. Yet only 9% say they know how to maintain their brain health.

"People are looking for clear, credible guidance they can trust," said Joanne Pike, DrPH, president and CEO of the Alzheimer's Association. "As a global leader in Alzheimer's and brain health, we have a responsibility to translate the latest science into guidance people can act on, and (re)think your brain is how we're helping people take control of their brain health."

For decades, cognitive decline, Alzheimer's disease and other dementias have largely been viewed as conditions to address after symptoms appear, the Alzheimer's Association



"We are focused on delivering trusted, science-backed resources that help people take action earlier and support their brain health over time. You don't have to do everything at once. You just have to start."

—Joanne Pike, DrPH
President and CEO of the Alzheimer's Association

said in a media release. However, results from last year's landmark U.S. POINTER study demonstrated that combining

healthy lifestyle interventions can help protect cognitive function and support brain health.

The (re)think your brain movement supports this shift by engaging people earlier, before factors that affect brain health later in life begin to emerge, including high blood pressure, high cholesterol, diabetes and changes in sleep and stress levels. Addressing these conditions earlier can make a meaningful difference in long-term brain health and may help reduce dementia risk.

"Research has advanced significantly, and we now have a clearer understanding of how lifestyle factors influence brain health," Pike said. "Evidence shows that behaviors like physical activity, diet, and cognitive engagement may play a

meaningful role in reducing dementia risk. The opportunity now is helping people apply that science in ways that are practical and sustainable."

"The good news is that people are motivated," Pike added. "In our recent survey, 73% of adults said they are interested in programs that support brain health. That's why we are focused on delivering trusted, science-backed resources that help people take action earlier and support their brain health over time. You don't have to do everything at once. You just have to start."

To learn more and begin building your brain-healthy habits, visit rethinkyourbrain.org to sign up for the (re)think your brain 6-Step Challenge.

Commission on LGBTQ Aging announces new director

Allison F. Bauer, JD, MSW was appointed the new director of The Massachusetts Commission on LGBTQ Aging in early May. The commission works to enhance the quality of life for older LGBTQ adults through policy recommendations, partnerships, and advocacy, with a vision that all older adults and caregivers have equitable access to services, benefits, and community supports.

Bauer brings decades of experience in public health, government, and nonprofit leadership to her role. Most recently, she served as teaching professor and associate chair of the Department of Public Health & Health Sciences at Northeastern University Bouvé College of Health Sciences. Prior to that, Bauer directed the Bureau of Substance Addiction Services at the Department of Public Health, led the health and wellness strategy and grantmaking at The Boston Foundation, and served as staff director and chief

counsel for the Massachusetts Legislature's Joint Committee on Mental Health, Substance Use & Recovery.

In all of these roles, she has focused on addressing systemic inequities, advancing public policy solutions, and building cross-sector collaborations to improve health outcomes.

"This is a critical moment for the Massachusetts Commission on LGBTQ Aging and those we serve," said Bauer. "LGBTQ older adults face unique challenges shaped by a lifetime of discrimination and unequal access to care. I am honored to work alongside commissioners, community partners, and advocates to ensure that all LGBTQ older adults in Massachusetts can age with dignity and caring support."

Established by the Massachusetts Legislature, the commission brings together leaders from government agencies, advocacy organizations, and community groups to study and address the

needs of LGBTQ older adults and their caregivers, including health, housing, and social connection. Its priorities include expanding access to affirming healthcare, safe and affordable housing, social support networks, and culturally competent services for LGBTQ older adults.

Under Bauer's leadership, the commission will continue to advance these many priorities while strengthening its infrastructure, visibility, and statewide impact.

"Allison's deep expertise in public health, policy, and systems change makes her uniquely qualified to lead the Commission into its next chapter," stated Sen. Patricia Jehlen, Senate co-chair of the commission.

"(Bauer's) leadership will be instrumental in advancing equity and ensuring that LGBTQ people across Massachusetts can age with dignity and support," said Rep. Sam Montañó, House co-chair of the commission.

Brain Builder classes

Buzzards Bay Speech Therapy's free Brain Builders course is available to older adults at the Marion and Rochester councils on aging this summer as well as ongoing via Zoom. The class is designed to improve memory, word-finding skills, thinking skills, and socialization. Brain Builders is led by Lisa Yauch-Cadden, MS CCC-SLP, Kari Star, MS CCC-SLP, and Lori Yauch, MA CCC-SLP.

Upcoming classes will be held 1-2 p.m. on June 8 at the Marion COA; and 12:30-1:30 p.m. on June 11, July 9 and 23, and Aug. 6 and 20 at the Rochester COA. Zoom classes are held from 10:30 to 11:30 a.m. on June 1, 8 and 15; July 6 and 20; and Aug. 3 and 17; and from 7 to 8 p.m. on June 3, 10 and 17; July 8 and 22; and Aug. 5 and 19. For information and to obtain the link to connect to the class, contact Lisa at 508-326-0353; lycslp@gmail.com; or [@buzzardsbayspeech](https://www.instagram.com/buzzardsbayspeech).

Classes are for education and socialization and not intended to diagnose/treat any condition/problem.

Why smart older adults still fall for scams

A phone call from a grandchild in trouble can feel terrifying. Scammers know that. That's why "family emergency" scams continue to target older adults across the country.

The caller may claim a loved one was arrested, injured, stranded, or needs money immediately. Some scammers now use artificial intelligence to mimic a family member's

voice, making the call sound even more believable. They often pressure people to act quickly and keep the situation secret.

Older adults are not falling for these scams because they are careless. These scams work because they are emotional. They are designed to create fear before someone has time to think clearly.

Before sending money, pause. Hang up and contact the family member directly using a number you already know. If you cannot reach them, call another relative or trusted friend. Never send money through gift cards, wire transfers, cryptocurrency, or cash pickups requested over the phone.

This message is especially important for families supporting relatives

in other states or countries, where emergency requests may feel more urgent and harder to verify.

If something feels wrong, trust that feeling. Asking questions is not rude. It's smart.

If you think you may have been targeted by a scam, call the National Elder Fraud Hotline at 833-372-8311 for free help in multiple languages.

Por que razão os idosos mais perspicazes continuam a cair em esquemas fraudulentos

Uma chamada telefónica de um neto em apuros pode ser aterrorizante. Os fraudadores sabem disso. É por isso que os esquemas fraudulentos relacionados com «emergências familiares» continuam a ter como alvo os idosos em todo o país.

Quem liga pode alegar que um ente querido foi detido, ferido, ficou retido ou precisa de dinheiro imediatamente. Alguns burlões utilizam agora inteligência artificial para

imitar a voz de um membro da família, tornando a chamada ainda mais credível. Frequentemente, pressionam as pessoas a agir rapidamente e a manter a situação em segredo.

Os idosos não caem nestes esquemas por serem descuidados. Estes esquemas funcionam porque apelam à emoção. São concebidos para criar medo antes que alguém tenha tempo para pensar com clareza.

Antes de enviar dinheiro, pare para

pensar. Desligue e contacte o familiar diretamente usando um número que já conheça. Se não conseguir contactá-lo, ligue para outro parente ou amigo de confiança. Nunca envie dinheiro através de cartões-presente, transferências bancárias, criptomonedas ou levantamentos de dinheiro solicitados por telefone.

Esta mensagem é especialmente importante para famílias que apoiam parentes noutros estados ou países,

onde os pedidos de emergência podem parecer mais urgentes e difíceis de verificar.

Se algo lhe parecer errado, confie nesse pressentimento. Fazer perguntas não é indelicado. É inteligente.

Se achar que pode ter sido alvo de um esquema fraudulento, ligue para a Linha Direta Nacional contra a Fraude a Idosos através do número 833-372-8311 para obter ajuda gratuita em vários idiomas.

Por qué las personas mayores inteligentes siguen cayendo en las estafas

Una llamada telefónica de un nieto en apuros puede resultar aterradora. Los estafadores lo saben. Por eso, las estafas relacionadas con "emergencias familiares" siguen dirigiéndose a las personas mayores de todo el país.

La persona que llama puede afirmar que un ser querido ha sido detenido, ha sufrido un accidente, se ha quedado varado o necesita dinero urgentemente. Algunos estafadores utilizan ahora inteligencia artificial para imitar la voz de un familiar, lo que hace que

la llamada resulte aún más creíble. A menudo presionan a las víctimas para que actúen con rapidez y mantengan la situación en secreto.

Las personas mayores no caen en estas estafas por descuidos. Estas estafas funcionan porque apelan a las emociones. Están diseñadas para generar miedo antes de que la persona tenga tiempo de pensar con claridad.

Antes de enviar dinero, deténgase un momento. Cuelgue y póngase en contacto directamente con el familiar

utilizando un número que ya conozca. Si no consigue localizarlo, llame a otro familiar o a un amigo de confianza. Nunca envíe dinero mediante tarjetas de regalo, transferencias bancarias, criptomonedas o recogidas de efectivo solicitadas por teléfono.

Este mensaje es especialmente importante para las familias que prestan apoyo a sus familiares en otros estados o países, donde las solicitudes de emergencia pueden parecer más urgentes y difíciles de verificar.

Si algo le parece raro, confie en su instinto. Hacer preguntas no es descortés. Es ser listo.

Si cree que pudo ser víctima de una estafa telefónica, llame a la Línea Nacional de Atención contra el Fraude de las Personas Mayores (National Elder Fraud Hotline) al 833-372-8311 para recibir ayuda gratuita en varios idiomas.

Translations provided by:

 Southcoast 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.

Vendor Info: Natacha Salemme at 508-742-9113, NSalemme@CoastlineNB.org.

Starting
in 2026!

Inside



Senior Scope, December 2025

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questions?

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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 Crisis continued...

This shortage creates a chain reaction throughout the entire housing system.

One example is the growing number of low-income seniors living alone in homes they can no longer realistically maintain. Many would gladly move into smaller senior or subsidized housing if units were available. Unfortunately, waiting lists are often years long.

Because affordable senior housing is so limited, many older adults remain in homes that may be financially or physically difficult to manage. At the same time, families looking to purchase homes cannot find inventory, renters cannot transition into homeownership, and apartments never become available for others. The result is a housing market that has become increasingly gridlocked and unaffordable.

The same pressures exist throughout every level of housing. Someone in subsidized housing may be financially ready to move into a market-rate apartment but cannot find one to move into. Someone in a shelter may be unable to move into permanent housing because there are no available units. Those living unhoused cannot get into a shelter because even they have waiting lists. Over

time, these pressures build until people end up living in unsafe or unstable situations.

Seniors Are Increasingly Vulnerable

Many older adults today are only one unexpected event away from housing instability. A rent increase, medical emergency, loss of a spouse, or unexpected expense can quickly become overwhelming for someone living on a fixed income.

We are also seeing longtime tenants lose housing for reasons beyond their control. Some landlords are selling properties, moving family members into units, or raising rents to current market levels. For seniors who may have rented the same apartment for decades, suddenly navigating today's housing market can feel impossible.

Many older adults face additional barriers such as limited savings, mobility issues, poor credit, or medical conditions that make relocating even more difficult.

Homelessness is no longer an issue affecting only a small segment of the population. Increasingly, it affects seniors, working individuals, families, and people with disabilities who simply cannot find housing they can afford.

What Can Be Done?

There is no quick fix, but there

are steps communities can take both now and in the future.

We need to expand housing options at every level, particularly affordable and subsidized housing for seniors and individuals with fixed incomes. The suburban communities surrounding Greater New Bedford also need to build more of this housing rather than relying primarily on the City of New Bedford to carry

"If we want our region to remain a place where people can age with dignity and remain connected to the communities they helped build, then housing must be treated as essential infrastructure; just as important as transportation, healthcare, and public safety."

the burden alone.

Communities and individuals also need to consider alternative housing models that were once far less common, including accessory dwelling units (ADUs), co-housing arrangements, and housing designed for medically fragile individuals who may not require, be able to afford, or want full assisted living care.

Equally important are programs that help people

remain housed before they lose housing altogether. Rental assistance, housing stabilization programs, landlord mediation, and supportive case management services can often prevent homelessness before it occurs. Preventing homelessness is almost always less expensive — and far less traumatic — than trying to solve it afterward.

Housing and homelessness are not simply urban issues or someone else's problem. They are community issues affecting every city and town in Southeastern Massachusetts.

If we want our region to remain a place where people can age with dignity and remain connected to the communities they helped build, then housing must be treated as essential infrastructure; just as important as transportation, healthcare, and public safety.

I am the Vice Chair of the Bristol County Continuum of Care (BC3), the homelessness continuum serving Bristol County — with the exception of Fall River (a story for another time). Anyone interested in learning more or becoming part of the solution can reach out to me at mdansereau@dartmouthma.gov.

If you or someone you know is currently experiencing homelessness or is at risk of losing housing, please reach out as well.

Can states meet rising energy demand without raising costs for consumers?

For millions of older adults, utility bills are not discretionary expenses; they are essential to health, safety, and the ability to remain in their homes as they age. As new, large-scale data centers drive electricity demand, AARP is advocating to ensure consumer protections are built in early, so households are not forced to pay the costs associated with building and operating these data centers through higher utility bills required to serve these facilities.

"Across the country, states are facing the same fundamental question: how to support rapid growth in energy demand without risking affordability for everyday consumers," said Jenn Jones, AARP vice president of financial security and livable communities. "States like Oklahoma and Florida are on the cusp of potentially passing legislation to help keep utility rate costs in check."

In 2026 alone, approximately 40 states have considered legislative or regulatory action related to the impact of large data centers on utility costs, grid reliability, or water use. AARP state offices are actively engaged in about 23 states, advocating for consumer-first principles such as fair cost allocation, transparency in utility planning, and safeguards that prevent long-term cost-shifting to residential customers.

Some states have enacted new laws or regulatory frameworks aligned with these principles, while others

are advancing proposals, pursuing or rate-case approaches, or continuing to debate next steps. Across states, there is a growing recognition that without clear guardrails, the infrastructure costs required to serve large, new electricity users can become embedded in utility rates for decades.

The stakes are high for households already struggling with rising costs. In a recent AARP survey of older Oklahomans, more than half said they kept their homes at uncomfortable temperatures over the past year because of high utility bills, and nearly four in ten said even a modest increase in their electricity bill would be a major financial problem.

These findings echo national AARP research, which shows that 78% of adults age 50+ believe large data centers should pay their own way, and 75% agree that state policymakers should act to protect consumers from rising utility costs tied to these facilities.

In states such as Florida and Oklahoma, policymakers are pursuing approaches designed to ensure that large data centers cover the full cost of their heavy utility use, rather than shifting those costs onto residential customers. Along with Florida and Oklahoma, AARP is working with other states to put consumer protections in place now before rising energy demand locks new infrastructure costs into utility rates.



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Second Marriages and Estate Planning: When Good Intentions Create Complications

By **Brandon C. Walecka, Esq.**
Walecka Law, P.C.

Second marriages often present estate planning challenges that differ significantly from those faced in a first marriage. In many cases, one or both spouses may enter the marriage with children from a prior relationship, separate assets, or different perspectives about how their estates should ultimately be distributed.

For some families, the solution is straightforward. Many couples decide that all children — regardless of which spouse is the biological parent — should be treated equally after both spouses pass away. In those situations, the estate plan may look very similar to that of a traditional first-marriage family.

But not every second marriage is structured that way. Sometimes one spouse enters the marriage with substantially more assets than the other. That spouse may want to preserve certain property for their own children while still ensuring that the surviving spouse is financially secure. Prenuptial agreements may also play a role, especially where the spouses previously agreed on inheritance rights or limitations.

One of the biggest misconceptions in estate planning is the belief that a will controls everything. In reality, many assets pass outside of the will entirely.

Certain assets pass by contract, such as retirement accounts, life insurance policies, and payable-on-death (POD) accounts. These pass directly to the named beneficiary regardless of what a will says.

Other assets pass by operation of law, particularly jointly owned property with rights of survivorship. When one owner dies, the surviving owner automatically inherits the deceased owner's interest. Married couples commonly own real estate this way through a form of ownership known as tenants by the entirety.

A real-life example illustrates how these arrangements can create unintended consequences:

A wife entered a second marriage already owning her home. After the marriage, she added her husband to the deed while also adding her children from her first marriage as co-owners. The arrangement appeared to satisfy everyone's goals. Husband would have security and a place to live if Wife died first, while Wife's children would eventually inherit the property.

When the matter eventually came to my office, however, Wife had already passed away and disputes had begun.

Husband believed he had been added to the deed to ensure he could remain in the home for the rest of his life. Wife's children believed their mother intended for the home to pass entirely to them after both spouses had died. At first, those goals did not necessarily conflict because everyone assumed Husband would continue living in the property indefinitely.

“A plan that appears simple today may produce unintended results years later if asset ownership and family expectations are not carefully addressed.”

But life rarely unfolds exactly as expected.

As Husband aged, his health deteriorated and he eventually required long-term care placement. While he had some savings, the cost of care was substantial. Selling the home and using his share of the proceeds toward his care became a financial necessity. There was also concern that he could eventually exhaust his funds and need to apply for Medicaid.

That is when the conflict escalated.

Wife's children insisted that the

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What led to the creation of Instant Ramen?
 - A.) An American challenge
 - B.) A pasta failure
 - C.) A food bet
 - D.) World War II
- 2.) What does “SMS” stand for in the context of text messaging?
 - A.) Social Media Share
 - B.) Simple Messaging System
 - C.) Short Messag Service
 - D.) Standard Messaging Software
- 3.) What was the first fast food ever cooked in a microwave?
 - A.) Eggs
 - B.) Meat
 - C.) Soup
 - D.) Popcorn
- 4.) Which store featured the first self-checkout machines in the U.S.?
 - A.) Sears
 - B.) Macy's
 - C.) Kroger
 - D.) Target
- 5.) The first bicycle escalator was built where?
 - A.) United States
 - B.) Norway
 - C.) Australia
 - D.) Belgium
- 6.) Which of these was America's first fast food drive-thru?
 - A.) McDonald's
 - B.) Wendy's
 - C.) Burger King
 - D.) Red's Giant Hamburger
- 7.) Which of these is a jug or pitcher to hold and pour liquids?
 - A.) Ewise
 - B.) Eweps
 - C.) Ewer
 - D.) Ewage
- 8.) What screwdriver is best for removing a screw with a cross-shaped tip?
 - A.) Flat blade
 - B.) Robertson
 - C.) Allen head
 - D.) Phillips
- 9.) What is the fastest flying insect?
 - A.) Dragonfly
 - B.) Mosquito
 - C.) Ladybug
 - D.) Bee
- 10.) Which of these birds can NOT fly?
 - A.) Raven
 - B.) Ostrich
 - C.) Swan
 - D.) Dove

[Answers listed on page 11]

property was always intended to go entirely to them and demanded that Husband transfer his ownership interest to them. They refused to cooperate in listing the property for sale jointly.

Situations like this are far more common than many families realize. What began as a well-intentioned effort to “keep everyone happy” ultimately created uncertainty because the long-term consequences of the ownership structure had not been fully considered.

Questions quickly arise in these situations:

- Does the surviving spouse have the right to force a sale?
- Should the children's future inheritance take priority over the spouse's current care needs?
- What happens if long-term care expenses consume most or all of the proceeds?
- Did everyone truly understand what rights were created when the deed was signed?

These disputes can become emotionally and financially draining for blended families, particularly when expectations were never clearly communicated in advance.

Second marriages are not inherently problematic, but they do require careful planning and coordination. Wills, trusts, deeds, beneficiary designations, and any prenuptial agree-



ments should all work together toward the same objectives. Just as importantly, families should understand how those documents function in real-world situations — including illness, incapacity, remarriage, and long-term care needs.

A plan that appears simple today may produce unintended results years later if asset ownership and family expectations are not carefully addressed. Thoughtful planning now can help avoid disputes later and better protect both surviving spouses and children from prior relationships.

This article does not constitute legal advice. To reach out to Walecka Law, P.C., call 774-203-9003 or email Brandon@WaleckaLaw.com.

What Beneficiaries Need to Know not to Fall Victim to Deceptive Marketing

By **Tabitha Kreyling, Complex Interaction Specialist**

MA Senior Medicare Patrol

Every year, beneficiaries are flooded with advertisements promising “more benefits,” “zero-dollar plans,” or “money back in your pocket.” Many of these offers rely on deceptive marketing practices designed to confuse or mislead older adults into enrolling in plans that may not meet their healthcare needs.

As we recognize Medicare Fraud Prevention Week (June 1–5), it is especially important to understand how misleading marketing and Medicare scams can put beneficiaries at risk. Medicare Fraud Prevention Week is a nationwide effort to educate consumers, family members, and caregivers about preventing, detecting, and reporting Medicare fraud, errors, and abuse.

Deceptive marketing occurs when an agent, broker, or organization provides misleading, incomplete, or false information to influence a beneficiary’s enrollment decision. These tactics often exploit complex Medicare rules and target individuals who may not fully understand their coverage options.

Fraudsters and dishonest marketers frequently use fear, urgency, or promises of extra benefits to pressure beneficiaries into making quick decisions or

sharing personal information.

Be cautious if you encounter:

- Unsolicited calls claiming to be from “Medicare” (Medicare will not call you without permission).

- Ads that promise free benefits without explaining costs or limitations.

- Pressure to enroll quickly or risk “losing benefits.”

- Claims that a plan is “endorsed by Medicare” (this is not accurate).

- Requests for your Medicare number or personal information outside of a trusted setting.

- Offers of “free” medical equipment, genetic testing, or gift cards in exchange for your Medicare information.

- Salespeople encouraging you to switch plans without reviewing whether your doctors, hospitals, or medications are covered.

Enrolling in a plan based on misleading information can have serious consequences including loss of access to trusted doctors or hospitals, unexpected out-of-pocket costs, enrollment in plans that do not cover medications, and delays or denials in care.

Medicare fraud can also lead to identity theft, false charges billed to Medicare in your name, and can compromise your healthcare coverage.

How to Protect Yourself

- Verify before you trust:

Always confirm information with official sources by calling 1-800-MEDICARE or your State Health Insurance Assistance Program (SHIP/SHINE) 1-800-243-4636.

- Take your time: You are not required to make decisions on the spot.

- Review your plan annually: Make sure your current coverage still meets your needs.

- Protect your Medicare number: Treat it like a credit card and only share it with trusted healthcare providers and verified representatives.

- Check your Medicare Summary Notice (MSN): Review statements for charges or services you do not recognize.

- Work with trusted counselors: Free, unbiased help is available through local SHIP/SHINE or Senior Medicare Patrol (SMP) programs.

If you believe you’ve experienced deceptive marketing, Medicare fraud, or were improperly enrolled in a plan, don’t stay silent. Reporting helps protect not only you, but others in your community.

Contact the Massachusetts Senior Medicare Patrol (SMP) Program for assistance. SMPs empower beneficiaries to prevent, detect, and report Medicare fraud, errors, and abuse.

During Medicare Fraud Prevention Week, take a moment to talk with family members, friends, and caregivers about common scams and how to stay protected. Awareness is one of the strongest tools we have in preventing fraud.

The bottom line is: if something sounds too good to be true, it probably is. Take the time to ask questions, understand your options, and make informed decisions about your Medicare coverage. Your healthcare, your identity, and your peace of mind are worth protecting.

Tabitha Kreyling is a complex interaction specialist for the Massachusetts Senior Medicare Patrol program, AgeSpan, Inc., Lawrence. She can be reached by emailing Tkreyling@AgeSpan.org or calling 978-406-4594 direct or 800-892-0890.

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6/1-6/5



Preventing Medicare Fraud

SMP is a national program that educates Medicare beneficiaries, family members, and caregivers on preventing, detecting, and reporting Medicare fraud.

Call the Massachusetts SMP Program to report healthcare errors, fraud and abuse at **800-892-0890**.

800.892.0890
REPORT@MASMP.ORG

MEDICARE FRAUD PREVENTION WEEK!



PREVENT

- ✓ Don't answer unknown calls and stay up to date on the latest scams.

DETECT

- ✓ Learn how to read your MSN or sign up for a Medicare.gov account to view claims online.

REPORT

- ✓ Contact the MA SMP Program if you suspect health care fraud, errors, or abuse.

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.

The Wandering Brush: Wednesday June 3 and 17, 10:30 a.m. Watercolor with The Wandering Brush. The cost is \$10 per person. Registration is required.

Veteran's Coffee Social: Tuesday June 2, 8:30 a.m. Veteran's Coffee Social with Brad Fish, VSO.

Manicures: Thursday June 4. Manicures with the Old Colony RVTTHS Students. Various times available. Registration required.

Summer Cookout: Thursday June 11, Noon to 2 p.m. Swing into Summer Cookout. Registration required.

Hearing Clinic: Friday June 12. Hearing Clinic with At Home Hearing. Registration required.

Lunch Trip: Wednesday June 24. Kozy Nook Lunch Trip. Registration Required. Limited seats available; transportation is at no cost. Attendees are responsible for own meal.

Bingo: Tuesday June 30. Registration is required.

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.

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!

Beginning Sailing: With Community Boating Center of New Bedford. June 1-4.

THRIVE: Steeped in Strength: Pilates & Herbal Wellness Thursday June 4.

Annual Beach Party: At Apponogansett Beach. June 5. Call center to register.

Brown Bag Medication Review: June 11 10 a.m. - noon. Call to preregister.

A Friend of Dorothy: This short film explores intergenerational friendships and connections that form between people of different backgrounds. Followed by a Q&A with Andy Pollack, Executive Director of the South-Coast LGBTQ+ network. June 11 at 1p.m.

Cut the Cord: Explore ways to save on cable TV streaming. June 12 at 10 a.m.

Music on the Lawn: Johnny Cash: Songs & Stories with Matt York June 18 at 1:30 p.m.

SHINE Medicare Savings: Info with Ginny & Joan. Could save you \$\$\$. June 22 at 1 p.m. Call to preregister.

Beginner Watercolors: With Lana Quann of the Wandering Brush. June 25 at 10 a.m. Call to preregister.

CarFit: Presentation on June 25 from 1-2 p.m. Learn simple adjustments to make your driving experience safer. Call to preregister.

Art for your Mind: Early New England Seascapes. June 30 at 2 p.m. Call to register.

Movie and Popcorn: Thursday June 25 at 1pm. 'Tow' with Rose Byrne. In the movie, Amanda Ogle, a homeless Seattle woman, fights her way out of "tow-company hell" to reclaim the car that had held her life together after receiving a tow bill for \$21,634. Registration required.

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.

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.

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

Parkinson's Support Group: 2nd Thursday of the month. Contact Donna Valente for more info dvalente@comcast.net.

Blood Pressure: Walk In Blood Pressure Screenings June 11 & June 30 from 9-11 a.m.

MADOT RMV Clinic: Last Friday by appointment between 10 a.m. and 1 p.m. Offers assistance with applications, paperwork review, real ID, and more.

Poetry Circle/Workshop: Mondays 6/8, 6/15, 6/22 and 6/20. Call to register.

Line Dancing: Every Friday at 1pm.

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.

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. June 1st Remarkably Bright Creatures, June 8th Going in Style, June 15th People We Meet on Vacation, June 22nd Polyanna, June 29th The Last Word.

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: 10-11 a.m. \$3 Wednesdays.

Tech Cafe: Wednesday's 4:30-5:30 p.m.

MS Support Group: 10:30 a.m.-noon. Third Tuesday of the month. Please contact A.Nogueira@aol.com for more information and to join the meeting.

Watercolor Classes: Wednesday's - 2:00-3:30 p.m. \$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: June 24. 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.

Bingo: 2nd Friday of the Month 1 p.m. (Pay for cards and 50/50 at the door).

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

Triple Play Game Day! Scrabble, Bunco & Yahtzee: 1st and 3rd Friday 12:30-3 p.m.

Lifeline Info Session: 10:30am Call to sign up.

Tiny Liberty Garden Craft: 9 a.m. 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. Marion Board of Health: 508-748-3530.

Plymouth County Mosquito Control Project: Monday, June 1, 1 p.m. Erin and Blake from Plymouth County will be on hand to talk about the importance of protecting yourself from mosquitoes and ticks—how to choose the most effective repellents, learn what objects to remove in and around your property that hold water and the diseases that they carry. Call 508-748-3570 to reserve your spot.

Southcoast Ringers: Wednesday, June 3 1 p.m. Celebrate the 250th anniversary of the United States with a patriotic handbell performance. You will hear some familiar American tunes that will fill you with pride.

Continued on Page 11

SENIOR SCOPE

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Rabies: Wednesday, June 3, 5:30 p.m. The Cape Cod and Southeast Massachusetts Rabies Task Force is actively involved in rabies prevention and control in the region. They coordinate with local health directors, Animal control officers and natural resource officers to contain terrestrial raccoon rabies on Cape Cod. Come learn more about their work and ways to reduce risk of exposure to rabies. A light dinner will be served. Call 508-748-3570 to register to attend.

Grief Support Group: Thursday, June 4 1 p.m. This group offers a safe, supportive environment for individuals who are grieving the loss of a loved one. Together we will foster connection, understanding, and the sharing of coping strategies to help navigate the grieving process.

Nashville & The Smoky Mountains Holiday: Friday, June 5, 1 p.m. A representative will be on hand to make a special travel presentation that will provide information on this exciting travel opportunity. Highlights of this trip include: Grand Ole Opry performance, Historic RCA Studio B, Country Music Hall of Fame, Gaylord Opryland Resort Dinner & Holiday Show, Dollywood, Great Smoky Mountains National Park, Asheville and The Biltmore Estate.

2026 Elder Law Education Program: Thursday, June 11, 1 p.m. Attorney Brandon Walecka will present the 2026 Elder Law Program. Topics to be covered include: Power of Attorney, Health Care Proxy, MOLST, Wills, Trusts, Revocable & Irrevocable Trusts and Special Needs Trusts. You will also receive a copy of the expanded 2026 edition of the Elder Law Education Guide. Call 508-748-3570 to reserve your spot, space is limited. Light refreshments will be served.

Mattapoisett COA

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

Drum Circle: June 10, 1 p.m. Free. Drum circle class—an engaging way to move your body, connect with others, and tap into the power of rhythm. Led by instructor Sam Holmstock, this interactive session blends light exercise, creativity, and community in a fun, welcoming environment. No experience needed— just bring your enthusiasm and get into the groove! Registration required. Call 508-758-4110.

Shakespeare for Scaredy Cats: June 18-July 16, 6-7:30 p.m. Free. All's Well that Ends Well, another of Shakespeare's problem plays, or to some, a dark comedy. While living in the Count of Rousillon's household, Helena, daughter of a renowned physician, falls deeply in love with Bertram, the count's son who must marry Helena despite his disdain for her and her lower social rank. A cad beyond measure, Bertram treats her abominably and lays out several conditions for her to fulfill before he accepts the marriage. One requirement - bear him a child, despite their not having lain together. Bertram's abuse, however, strangely doesn't deter Helena, a Renaissance feminist who flouts patriarchal tradition in order to win Bertram's love. This play explores deception, trickery, love, gender roles, redemption and forgiveness. Led by Karrie Szatek, Ph.D.

Happy Hour: June 26 at 1 p.m. With Peter Vincent Carboni, an award-winning singer-songwriter from Wareham, known for crafting pop music that gets stuck in your head and touches your soul. Over the years, his vocal journey has taken him from intimate stages to iconic venues like Radio City Music Hall and even a private performance for President Barack and First Lady Michelle Obama. In 2024, Peter made waves as a standout contestant on Netflix's Building the Band, where his audition earned a rare solo spotlight. Experience the vocals of this incredibly talented singersongwriter while sipping on one of our signature "mocktails," delicious cocktails without the alcohol, and unwind with great music and good company.

All Access Path Celebration: On Saturday, June 20th at 10am, join the Mattapoisett Land Trust and the COA as we celebrate the new all-access path at Grace Pond. The new parking area was designed to be safe and navigable for individuals using mobility devices. We will not only use the new all-access path, but we will honor all, whose dedication helped transform Grace Pond and Santos Farm Preserve into the community treasures they are today. Once an overgrown, former pig farm, the land was restored through the efforts of many. The COA will provide transportation. Call to register.

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

June 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, June 18th, Slater Mill Museum, Pawtucket, RI with lunch at Venda Ravioli, Providence, RI. Depart COA at 9 a.m. and return by 3 p.m. Thursday, June 25th, Beavertail Lighthouse, Jamestown, RI with lunch at The Topsy Toboggan, Fall River. Depart COA at 9 a.m. and return by 2:30 p.m.

Member Appreciation Day: June 1, free chair massages and manicures, pedicures and mini-facials for COA members. Limited seats available.

Brain builders: Classes on June 11 at 12:30 p.m.

Veterans' Social: June 4 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 6/2 and 6/16 at 10 a.m.

Grief group: Thursday, June 11 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.

Healthcare Planning: Join "Honoring Choices MA" on 6/17 AT 11 a.m. Learn about health care proxies and living wills.

Free Hearing Clinic: June 26 from 10 a.m. to noon.

Mobile Food Pantry: June 27 from 10 a.m. to noon in the COA parking lot. For Tri-Town Seniors in need.

Dementia Directory

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.

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

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

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

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

Virtual Support Groups

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

Additional Options: Call the Alzheimer's Association at 800-272-3900 or visit www.alzconnected.org.

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

June 2026 Trivia Quiz Answers

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



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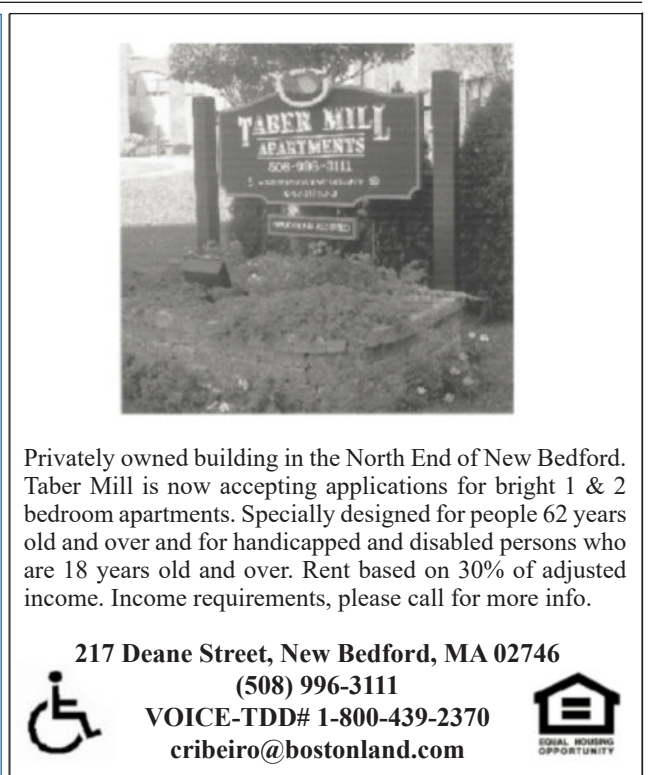
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Community

The Way Things Were



NOT SO LONG AGO: The northwest corner of Cross and State Roads was home to the Dartmouth Drive-In, a gathering place that served Southcoast families for nearly four decades before closing its gates in the late 1970s or early 1980s. This 1985 snapshot captures it already gone quiet on land that eventually became the Walmart Supercenter. (Photo courtesy of Spinner Publications)

Creative Care continued...

step process (based on) when people are ready," said program manager Ashliana Felix. "If they're having fun talking, that's something our instructor will work with."

Everyone starts with the same design, but participants might change colors, alter the scene or add elements of their own. Felix sees the creative process as something that extends well beyond the canvas.

"Making art is a type of problem solving," she said. "If you get really good at figuring out how to dissect big problems within a painting, you realize it seeps into your psyche every day. Big problems that seem overwhelming become easier to overcome by breaking them down step-by-step."

The program currently draws about seven participants per session, with room for more. Everything is provided and repeat attendees are welcome.

"They just bring themselves," said Felix. "The canvases, the brushes, the paint, the friends, all of that is offered here."

McLaughlin's unconventional style and energetic personality have made him a favorite. "Every time somebody calls to reserve, they're like, 'I just love Devin,'" Felix said. "He really is very popular amongst our patrons."

For those unable to visit the museum, Creative Care offers an art kit component delivered directly to participants. Each kit is designed to be completed



Conversation and connection are encouraged as is following one's own creative muse at the New Bedford Art Museum's Creative Care program for adults age 60 and over.

in a single session. A recent one featured a color-by-number activity based on a painting by Georgia O'Keeffe, printed on quality paper with colored pencils and an instruction sheet included.

Felix assembles each kit with care, drawing on her background in fine arts. "Then we use the art mobile to deliver them to people's residences," she said.

She's also open to adapting kits for individuals with specific needs.

"If they really struggle with fine motor skills or their sight, I...have a background working with individuals with special needs, so I'm able to adapt these lessons for them," she said.

For example, for one participant

with fine motor difficulties, she swapped standard pencils for thicker, three-sided crayons that allowed for a full-hand grip rather than a tight pinch.

To participate in either program, contact Felix at 508-961-3072 or afelix@newbedfordart.org. Kits are available to residents of New Bedford and any connecting town. Museum classes run Mondays from 4–6 p.m. on June 1, 15 and 29; July 13 and 27; and August 10 and 24.

Felix requests that sign-ups are made at least 24 hours in advance to give staff time to collect materials.

For more information about visiting the museum, go to the museum's website at newbedfordart.org.



'Care Not Cuts'

Uncertainty and strain mark Older Adult Lobby Day

Hundreds of older adults who spent decades working and contributing to their communities came to the State House in May to make one thing clear: cuts to aging services, from home care and nutrition to housing, are not abstract policy decisions. They are personal.

"Care not cuts," they chanted.

An annual advocacy event, this year's speakers spoke about the difficult budget cycle, deep federal cuts, and rising numbers of older adults creating uncertainty in an already strained system.

In his remarks, Rep. Tom Stanley, co-chair of the state Elder Affairs Committee, noted that House representatives had just finalized their FY27 budget proposal, calling it the most difficult process he's seen in more than 25 years as a legislator.

"The level of uncertainty we see from the federal government is unprecedented," he said. "Tariffs, immigration changes and the war in Iran have significantly impacted our economy. We are also facing \$3.5 billion in annual cuts to Medicaid at a time when utilization is increasing due in large part to our growing aging population."

Betsy Crimmins, executive director of Mass Aging Access, agreed, adding that the historic increase in older adult numbers is adding to the strain.

"The issue really is we have a growing demand for services. More people, as they age, want to remain in their homes," she said. "So the question for our legislators, for our administration, for our governor, is this, with a shrinking budget and a greatly increased demand for services, where should the state invest? That's a really important question, but I think the answer is clear. Our state should continue to invest, not just in the rate it is now, but in an increased rate to meet demand in the home and community-based services that people want and that save this state money."

There is also a growing complexity of need, Betsy Connell, executive director of Massachusetts Councils on Aging, told the audience.

"From food insecurity and housing instability to behavioral health challenges and navigating very complex benefit systems, the councils on aging are responding in real time," she said. "And in these times of uncertainty, that role has become even more critical."

Ultimately, supporting people through aging services makes financial sense, argued Crimmins. It "results in lower healthcare costs, a higher quality of life, and, as if that is not enough, home-based services are actually the least expensive form of long-term care, so it actually saves the state money when people are able to remain at home," she said.